



# Reasons Why People Enjoy Horror Content



The fear created by horror content can cause an adrenaline rush



Horror can stimulate the release of the happy hormone in some people



The feeling of catharsis can be calming for people with PTSD



Horror content can assist in bringing people closer



Horror content can make some people feel less tired and bored



It makes people face their fears in a controlled way

## Reference :

1. Why Do People Like Horror Movies? What Is the Psychology Behind It?; PSCHI
2. The Psychology of Fear: Exploring the Science Behind Horror Entertainment; CSP
3. Margee Kerr et al.;(2019); Voluntary arousing negative experiences (VANE): Why we like to be scared; NCBI

