

# How human emotions change through watching sad films and how these changes may affect life.

- Why I chose this topic
- Some of the initial challenges with this report
- How I decided the direction of the research
- Sources I used
- Research question and findings
- The skills I have learned

# WHY I CHOSE THIS TOPIC

I was curious as to why people like sad movies even though sad films make them cry. I was interested in what made it enjoyable, as well as how humans deal with negative and happy emotions. As a result, I wanted to concentrate on sad films and how that affect people's life.



# SOME OF THE INITIAL CHALLENGES WITH THIS PROJECT

- Learning brain function
- Understanding the content of the sources
- Difficult vocabularies
- Paraphrasing



# DIRECTION OF MY RESEARCH

"why do people enjoy sad films?"

"what do they enjoy about in sad films?"

" What part of brain is functioning?"

"How do people enjoy sad movies?"

"What kind of differences do they have after watching sad films?"



# SOURCES I USED

Case studies were very useful for me to know how people reacted after watching sad movies. Interviewing viewers their emotion is the most reliable sources of information.

I found most of the sources from Google scholar, sometimes google.





# RESEARCH QUESTION

Pleasure and Sadness.

Relations of music and emotion.

Brain function.

Impact on people's life.

# PLEASURE AND SADNESS

"people simply like to be moved." (Hanich et al, 2014, pp.130-143)

## **Sad movies can offer pleasure-giving assistance in the management of these real world**

- Remind the viewer that s/he has the strength to overcome their struggle.
- Notice that they are not alone.
- They might realize that what s/he thought of the worst was not actually so bad by watching a movie that are more intense situation.

Evaluation of negative real-life experience can be positively modified.



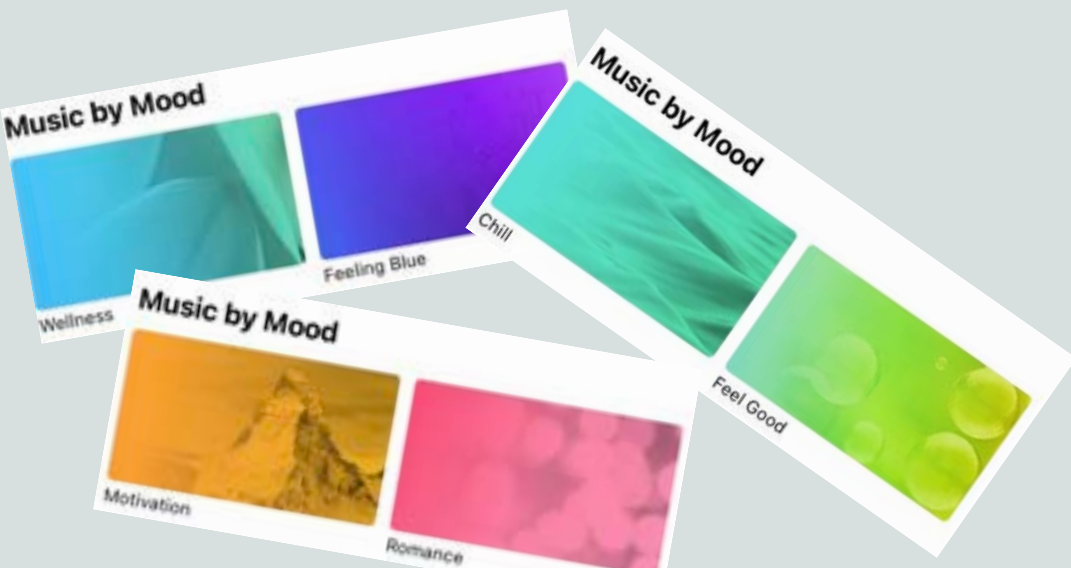
# RELATIONS OF MUSIC AND EMOTION

"Film music helps to establish tone, enhance atmosphere, amplify emotions, and change audience perceptions."

"An audience's experience of a film can be dramatically altered by even a slight variation in how a piece of music is applied."

(Mat Vegeris, 2018)

When brand fit background music is played in a store, average sales increased by **31.7%** and time spent in the store increased by **42.24%**.  
(Moradi and Johanson, P.9, 2015)



Music is an influential controller of human emotional state.



# BRAIN FUNCTION

- An increase in the amount of **dopamine release**.



*Help control the brain's reward and pleasure centers.* (Goldstein, 2017)

- Circuits in the emotional brain can be activated by watching emotional expressions.  
**Prefrontal cortex** is the place which other people's feelings and emotions are processed and understood.



*Experiencing of pleasure.* (Jeffery, 2014, cited in Reily, 2018).



- **Boost endorphin levels** in the brain.



*Increases pain tolerance, both physical and emotional.* (Nicola Davis, 2016)

# IMPACT ON PEOPLE'S LIFE

A rise in pain tolerance → Reduction in stress.

Watching the movie forced people to reflect on themselves, their aspirations, their relationships and life in general.

(Villarcia, 2012)

→ An increase in contentedness or appreciation of the good in her/his life.

Crying activates the parasympathetic nervous system

→ Help people to self-soothe.

Watching sad films have a positive effect on people's lives.

# THE SKILLS I HAVE LEARNED

## Researching skills

Not just the title but read abstract,  
and chapter titles .

## Planning skills

Go more in depth when planning so that I do not  
have to search for more sources while writing.



# Referencing list

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