

Does reading fiction make us better people?

This article was written by Claudia Hammond and published on the BBC website on the 3rd June 2019.

It deals with the relation between reading fiction and altruism : in other words, can fiction make us better people?

Researchers have tackled the question and have come to the conclusion that the identification process involved in reading fiction makes people more concerned about other people's goals and desires than about their own : fiction readers are therefore more altruistic.

Moreover it has been proved that people who often read fiction have better social cognition, that is to say they are better at putting themselves in other people's shoes and understanding their feelings. What is more, there is a correlation between readers' capacity to delve into a story and their altruism.

All in all, the research suggests that reading fiction makes people behave better.