Benefits of being scared
看恐怖片竟然会让人更快乐？

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导读： 看恐怖片时，不少人往往都会有种"不敢看，又想看"的感觉。而据一项最新研究表明，看恐怖片时会让人更快乐，甚至还能增强自信心呢~

Whenever we watch a horror movie and something scary happens, we might close our eyes and scream. However, chances are that we'll continue to watch and enjoy the movie anyway. So why can fear be so much fun?

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每当我们看到恐怖片中的一些恐怖场景时，我们或许会闭上眼睛，大声尖叫。但我们也很有可能继续看下去，依然喜欢这部电影。那么，为什么我们受到惊吓还觉得如此好玩呢？

Watching horror movies can make us happier, according to a new study. CFP

According to a recent study conducted by researchers at the University of Pittsburgh in the US, watching horror movies can raise our mood, unite people and boost our confidence.

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据美国匹兹堡大学的研究人员近期进行的一项研究表明，看恐怖片能够振奋情绪，团结众人，并且增强我们的自信心。

In the study, 262 adults were asked to enter a haunted house attraction. Inside, they were met with a series of intense scenarios over a course of 35 minutes, and were asked to record their feelings both before and after the experience. At the same time, the researchers also monitored their brain waves.

研究中，262名成年人被邀请进入一处鬼屋。在鬼屋的35分钟里，他们看到了一系列紧张的场景，并被要求记录下自己进入鬼屋前后的感受。与此同时，研究人员也对他们的脑电波进行了监测。

According to the researchers, the participants were more likely to be happier and less anxious and tired after they left the attraction. That's because in this intense condition, their brains released more dopamine, a chemical which "generates a feeling of exhilaration that continues after the threat has passed," reported Business Insider.

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研究人员发现，这些参与者在离开鬼屋后大多更加开心，没有那么焦虑了。据"商业内幕"网站报道，那是因为在紧张的处境下，他们的大脑释放出了更多的多巴胺，这种化学物质"在威胁消失之后，依然能产生一种快乐的情绪。"

What's more, taking advantage of this sensation may bring people together. According to The Conversation, experiencing the attraction is just like "running a 5 kilometer race or tackling a difficult climbing wall." This means that people in scary situations are more likely to be uncertain and depend on others for support.

v.　　tackle

此外，这种感觉或许会将人们团结在一起。据"对话"网站报道，体验鬼屋就像"跑了5公里的比赛，或者是征服了一面高难度的攀岩墙。"这意味着处于恐怖环境之中的人们更有可能感到前路未卜，并成为彼此的依靠。

"We build a special closeness with those we are with when we're in an excited state," Margee Kerr, one of the study's authors, told The Atlantic. "We're social and emotional beings – we need each other in times of stress, so the fact that our bodies have evolved to make sure we feel close to those we are with when afraid makes sense."

"当我们处于一种兴奋的状态下，我们会对身边的人产生一种特别的亲密感，"研究作者之一的玛吉·克尔在接受《大西洋月刊》采访时表示。"我们是有感情的群居生物 —— 我们在感到压力时都会需要彼此，所以当我们感到害怕时，久而久之我们的身体会令我们对身边之人产生亲近感，这点是有道理的。"

In addition, being scared in a safe place could be a good way to boost our confidence.
除此之外，在安全的地方受到惊吓，也是增强自信心的大好方式。

"Being scared in a safe place is a source of enjoyment and makes us feel good physically and can even serve as a confidence boost by reminding us that we can make it through a scary situation, we are strong," Kerr told The Independent.

v.　　reminding

"在安全的地方感受惊吓是种乐趣，这让我们自身感觉良好，甚至能够增强自信心，让我们知道自己能够克服恐怖环境，我们很坚强，"克尔在接受《独立报》采访时如此表示。

(Translator & Editor: Wang Xingwei AND Ji Yuan)
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辞海拾贝

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