



Article published on December 2nd 2011 | [Movies](#)

Have you ever wondered why do people like watching Horror movies? If yes, then you are not the only one who thinks it's contestable. There have been a lot of researches and claims made about the same. One of the researches announced that this primal behaviour is stimulated by the thrill, especially in males. In other words, people like to evaluate the threat levels by watching such movies.

While some horror movies are based on true events, most of them are made specially to make the audience worry. It has also been proved that humans can worry in ways which other animals cant. Also, some of the movies try to portray that when a person goes against the rules, he may suffer. They may also be based on the theme that innocence always persists.

One of the most praise-worthy horror movies is "Paranormal activity". This movie was made with a very low budget but earned manifolds and became so popular that its 3rd sequel has also been released.

But then again, why do people like to watch movies that make them worry or feel terrorised? Some say that it's a way of experiencing the fear in a controlled setting. As the fears faced in real life are not controllable, people like to face them in movies. By doing this they know that they are safe in reality and feel better because they might be confronting fears every day which can be even more alarming.

As for the thrill, watch horror movies can be compared to being on a roller coaster ride. Just like people like to reach height and fall freely, similarly watching such movies is considered enjoyable. These movies have the ability to increase one's heart rate or boost up the adrenaline. Also, the feeling of relief once the movie is over is considered to be a positive factor. This is why the ending of such movies are often decided after severe anticipation. Even the end of the above mentioned movie "Paranormal activity" was changed after accepting the suggestion from "Mr. Spielberg" turned out that the masses liked it a lot, because people like to enjoy the sense of ease at the end.

Still, there have been arguments, studying that such movies have negative effects. According to a latest research, one can experience both positive as well as negative emotions while watching horror movies. Although this may seem uncanny, it has actually been proven. Rather, it is said that the person is not actually afraid, but is only excited by the movie. Thus, the fear that you feel while watching a horrific thriller is merely an excitement that will go away as soon as you are done with the movie. You only have to endure the terror and relish the shiver.

While some people try to connect their real life with the reel life, most of them only take a little from the movie. Thus watching horror movies can be justified in a lot of ways.

Article Source:

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I am sam from new york, a movie lover who likes the most to watching movies in the free time . .

Article Keywords:

horror movies online, watch horror movies, horror movies 2011, 2010 horror movies

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