

# Decipher psychological fear of ghosts but like to watch horror movies

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2. The stories are more scary than horror movies
3. 10 horror photos that only look can make you panic

According to researcher Jeffrey Goldstein - professor of social and psychology at Utrecht University in the Netherlands, people like feeling frightened and want to end the feeling of curiosity when they have not tasted that horror. They like to watch ghost movies.



When frightened, the human body will automatically produce natural reactions such as a fast heartbeat, cold sweats, shortness of breath, a startle. These are strong feelings that fearsome people fear and experience after watching scary scenes in the movie.

After the movie ended, viewers felt safe without any danger. At that time, fear will be replaced by joy, satisfaction, curiosity as the body will release hormone Dopamine - hormone that brings happiness.



If you have regular contact with a fear, the brain will get used to it and no longer consider it a scary thing. This is the reason we see people who go to horror movies do not scream, fear but laugh instead.

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