Take Away English 隨身英語
Why do people like horror films?
人們為什麼愛看恐怖片？

詞彙：horror 恐怖

What's your favourite genre of film? For many people who love being **petrified,** or **scared out of their wits**, by **jump scares** that answer will be horror. Whether it's splatter films, **wastelands** in the **apocalypse, monsters** like **demons, zombies, vampires, werewolves** or **phantoms,** there's something to suit everyone's taste. But just why do people enjoy watching these **terrifying** films?

First off, being scared can give us a **rush of adrenaline**. The heart starts pumping, making these films **exhilarating**. But the fact you're actually at home safe on the sofa makes the experience of being **frightened** all the more enjoyable because what's happening to the characters on the screen is far removed from your experience of being in your living room eating popcorn. It feels more **thrilling**.

Coltan Scrivner, a PhD candidate in the Department of Comparative Human Development at The University of Chicago, argues that people who watch horror films learn how to regulate their anxiety. A study that he co-authored found that horror fans exhibited greater resilience during the early stages on the Covid-19 pandemic than those who didn't.

Also, some horror fans think they could survive the events on screen. That gives those viewers a sense of superiority. We often mock the typical **tropes** of horror films. Why do they try to escape the **masked** killer by running upstairs and confining themselves? The characters often make terrible decisions that lead to their deaths – decisions we as viewers believe we wouldn't make.

So, whether it's to help people regulate their anxiety, be thrilled by getting scared, or to feel superior mocking the decisions of the characters, there are many reasons people love watching horror films – and if they really scare you, maybe it's best to watch them with the lights on.

詞彙表

petrified	嚇呆了

scared out of one's wits	嚇得 "魂飛魄散"
jump scare	（影視、電子遊戲中的）猛然一嚇，嚇一大跳
wasteland	不毛之地，荒地
apocalypse	世界末日
monster	怪物
demon	魔鬼
zombie	僵屍
vampire	吸血鬼
werewolf	狼人
phantom	幽靈
terrifying	嚇人的
rush of adrenaline	腎上腺素激增
exhilarating	令人興致高漲的，激動人心的
frightened	害怕的
thrilling	驚心動魄的
trope	（藝術作品中的）典型形象、主題
masked	蒙面的

測驗與練習

1. 閱讀課文並回答問題。

1. True or false? *According to the article, many people who like horror enjoy being scared.*

2. What happens to our bodies when we are scared?

3. Why is it so enjoyable to watch horror films on your sofa?

4. What did people who like horror films exhibit during the early stages of the Covid-19 pandemic?

5. Why can horror films make us feel superior?

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. A fictional person who transforms into a wolf on a full moon is called a _____.

| werewolf | vampire | lone wolf | phantom |

2. I don't like _____ scares. I prefer a building of tension over a quick fright.

| leap | jump | hop | skip |

3. I'm so scared, I can't move. I'm _____.

| exhilarating | petrified | trope | wasteland |

4. As she left the bunker, she walked out into barren _____.

| wasteland | petrified | zombie | masked |

5. They say this film is really _____. Do you think it could be that exciting?

| rush of adrenaline | exhilarating | petrified | trope |

答案

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1. 閱讀課文並回答問題。

1. True or false? *According to the article, many people who like horror enjoy being scared.*

True. Many people who love being petrified or scared out of their wits by jump scares will say they like horror.

2. What happens to our bodies when we are scared?

We get a rush of adrenaline when we are scared.

3. Why is it so enjoyable to watch horror films on your sofa?

Because you're safe, and what's happening to the characters isn't happening to you.

4. What did people who like horror films exhibit during the early stages of the Covid-19 pandemic?

A study found that horror fans exhibited greater resilience during the early stages on the Covid-19 pandemic than those who didn't.

5. Why can horror films make us feel superior?

The characters make bad decisions, which often lead to their deaths. We feel we wouldn't have made those decisions.

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. A fictional person who transforms into a wolf on a full moon is called a **werewolf**.

2. I don't like **jump** scares. I prefer a building of tension over a quick fright.

3. I'm so scared, I can't move. I'm **petrified**.

4. As she left the bunker, she walked out into barren **wasteland**.

5. They say this film is really **exhilarating**. Do you think it could be that exciting?