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The enjoyment that some people get from fear is likely not from fear itself. Instead, thrills stem from the physical and emotional release that follows scary situations, according to Seeker, a division of Discovery. For some horror fans, the desire to feel fear is a manifestation of an adrenaline-seeking personality.

The Psychology of Fear: Exploring the Science Behind Horror Entertainment

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So why do we like it? It is a combination of an adrenaline rush and an opportunity to learn about dealing with scary situations in a safe environment, researchers say. Clasen and his colleagues identified three broad types of horror fans: adrenaline junkies, white knucklers and dark copers.

Why we like scary things: The science of recreational fear - Washington Post

washingtonpost : wellness : 2024/10/27 : why-we-like-scary-th...

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are on mean city streets or international battlegrounds, your fate is in your hands. If you want to join the mafia, complete all sorts of illegal missions for the Don. Or, join the armed forces, and use your tactical skills to outlast opponents during World