WHY WE ENJOY FEAR

Read the article and answer the questions: https://www.theguardian.com/science/2022/oct/23/why-we-enjoy-fear-the-science-of-a-good-scare

1. What physiological response does the body exhibit during a fearful situation?
   A) Increased blood pressure
   B) Decreased heart rate
   C) Lowered glucose levels
   D) Dilation of blood vessels

2. Which brain structure controls the fear response in the body?
   A) Hippocampus
   B) Thalamus
   C) Amygdala
   D) Cortex

3. What is the primary function of the amygdala in a fearful situation?
   A) Initiating the "rest and digest" response
   B) Regulating blood sugar levels
   C) Activating the fight-or-flight response
   D) Enhancing sensory perception

4. In the brain, what is the function of the cortex in response to potential threats?
   A) It immediately triggers the fight-or-flight response.
   B) It processes and analyzes the threat, determining whether it is real.
   C) It stores long-term memories of fearful situations.
   D) It coordinates physical reactions to stress.

5. In early societies, why were fear-inducing stories used to teach children?
   A) To entertain them
   B) To help them sleep better
   C) To educate them about potential dangers
   D) To instill a love for reading

6. According to Professor Marc Malmdorf-Andersen, what role do horror films play in learning and adaptation?
   A) They have no significant impact on learning.
   B) They increase anxiety and stress levels.
   C) They offer opportunities to prepare for uncertain situations.
   D) They reduce cognitive flexibility.

7. What did a study on horror fans during the Covid pandemic reveal about their psychological resilience?
   A) Horror fans were less psychologically resilient than non-fans.
   B) Horror fans experienced higher levels of anxiety.
   C) Horror fans were more psychologically resilient than non-fans.
   D) Horror fans were less likely to enjoy scary films.

8. Why is "enjoyment of fear" likened to a form of play by Malmdorf-Andersen?
   A) Because it's a way to escape reality.
   B) Because it helps reduce the release of endorphins.
   C) Because it aids in making unpredictable situations more predictable.
   D) Because it has no impact on emotion regulation.

9. According to researchers at Exeter University, what function does risk and fear play in children's play?
   A) It increases the likelihood of developing anxiety.
   B) It has no impact on children's emotional development.
   C) It serves as a protective factor against anxiety.
   D) It decreases a child's ability to adapt to new situations.

10. What is the "sweet spot" discussed in the article, regarding the enjoyment of fear?
    A) The point where fear is absent, and comfort is maximized.
    B) The level of fear that is far beyond one's comfort zone.
    C) The point where fear is moderate, but not overwhelming.
    D) The level of fear that leads to genuine terror.

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