

THE EFFECT OF HORROR FILM ON MENTAL CONDITIONS IN STUDENTS OF UIN RADEN FATAH PALEMBANG

**Imam Ragil Rahmatullah, Ridyarsa Emir Aziz, Reygi Pratiwi,
Muhammad Rahman Putra, Keshu Aryka Nurfadillah, Fitria Puspita
Sari**

Universitas Islam Negeri Raden Fatah Palembang, South Sumatera, Indonesia

Email:

imamragilr30@gmail.com, ridyarsaazis@gmail.com, keshanurfadillah31@gmail.com, mhdrahmanputra@gmail.com, revgiprtw0605@gmail.com, fitriapuspitari171201@gmail.com

Abstract

This study examines the effect of horror films on the mental condition of early adulthood (20-22) which is observed in 2 domains, namely the level of anxiety and emotional control. chi square method or chi square. The results showed that 19 samples with a high frequency of watching horror films experienced a high level of anxiety, they easily felt anxiety, while 11 samples with a low frequency of watching horror films showed a low level of anxiety, but the emotional control of horror films did not affect the realm of emotional control.

Keywords: Mentally, Anxiety, Emotional Control

INTRODUCTION

Film is one of the entertainments that many people like. Various types of film genres, such as the action, comedy, romantic, and horror genres, have their own fans. The interesting storyline and the nuances given by each film genre are a benchmark for how good a film is based on its genre, especially in horror films with gripping nuances, adrenaline-inducing scenes, and storylines that sometimes present plot twists. at the end of the film makes people addicted to watching it. But of course we know that horror films also have an influence on the mental state of the audience, this is reinforced by several previous studies such as Surbakti (2008) in his book stating that television shows with the horror genre have a negative impact on the mental health of early childhood, they tend to be afraid to sleep alone, they don't dare to go to the bathroom alone, always feel shadowed -shadow something.

Musfira (2018) in his research also found that children who often watch horror films tend to experience emotional disturbances. Even for teens, horror films can have serious and long-lasting effects. Lawrence (2013) also said that horror films have a serious and lasting impact on teenagers.

Based on that, the researchers conducted this study to find out how influential horror films are on mental conditions in early adulthood. Because previous research conducted a lot of research with children as subjects, this prompted researchers to conduct research in early adulthood, an experiment was conducted on 30 students of UIN Raden Fatah Palembang, aged 20-22 years. The mental conditions to be observed here are the level of anxiety experienced and emotional control.

RESEARCH METHOD

This research was conducted on a group of students at UIN Raden Fatah Palembang with an age range of 20-22 years with a total of 30 samples using the questionnaire method to examine the effect of horror films on the mental condition of students at UIN Raden Fatah with a focus on how anxiety is experienced and emotional control. The researcher used the One Group Post Test where the participants were shown horror films and afterward were given a questionnaire to find out how often they watched horror films and see what level of anxiety they experienced and how the participants performed in controlling their emotions. The analytical method used in this research is Chi square or Chi Square to draw conclusions.

RESULTS AND DISCUSSION

Anxiety is a mental condition where we feel uncomfortable, anxious, afraid of something. The triggers for this anxiety itself vary, both in a physical condition such as a dark room condition or a psychological condition because you feel insecure can be a trigger for anxiety. The other factors that cause anxiety are suggestions, suggestions themselves can be obtained through stories or watching movies, horror films themselves are one of the films that give many scary suggestions to the audience.

Anxiety Level Analysis

This analysis was carried out using a questionnaire method to 30 sample people to find out the level of anxiety they experienced and how often they watched horror films. Based on the results of the study, it was found that 8 samples stated that they watched horror films very often, 11 samples stated that they often watched horror films, and 11 samples stated that they did not often watch horror films. Those with a high frequency tend to experience anxiety quite easily, while samples with a low frequency of watching horror films show that they do not experience anxiety easily.

Following is the Frequency Table:

Table 1.

Count		Frekuensi_Menonton			Total
		Sangat Sering	Sering	Tidak Sering	
Kecemasan_O1	Sangat Tidak Mudah Cemas	0	0	3	3
	Tidak Mudah Cemas	0	1	8	9
	Mudah Cemas	8	6	0	14
	Sangat Mudah Cemas	0	4	0	4
Total		8	11	11	30

Here are the Chi Square Results:

Table 2.

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	32.944 ^a	6	.000
Likelihood Ratio	39.893	6	.000
Linear-by-Linear Association	12.309	1	.000
N of Valid Cases	30		

Analysis of Emotional Control

For the analysis of emotional control, the researcher also used the questionnaire method to find out how good the emotional control of the 30 samples was, then based on the results of the study the following results were

obtained, samples that had a high or low frequency of watching horror films on average had good emotional control , there is only 1 sample whose frequency of watching horror films is low but has poor emotional control (Figure 2.1), then when viewed from the results of the chi square (Figure 2.2) it can be seen that the asymp sig value is > 0.05 which indicates that there is no relationship between watching horror films with the level of emotional control

Following is the Frequency Table:

Table 3.

Count		Frekuensi_Menonton			Total
		Sangat Sering	Sering	Tidak Sering	
Kontrol_Emosi_O1	Tidak Baik	0	0	1	1
	Baik	4	4	2	10
	Sangat Baik	4	7	8	19
Total		8	11	11	30

Here are the Chi Square Results:

Table 4.

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	3.560 ^a	4	.469
Likelihood Ratio	3.910	4	.418
Linear-by-Linear Association	.243	1	.622
N of Valid Cases	30		

CONCLUSION

Based on the research we conducted, it can be concluded that horror films have an impact on the mental state of young adults (20-22 years) causing mental disorders in the realm of anxiety that they feel, but this research shows that horror films have no impact on emotion control.

BIBLIOGRAPHY

- Musfira (2018). Children's Emotional Disorders Due to Television Mystery Shows. *Journal of Education, Teacher Training and Learning* 2, 2 (132-137)
- Surkti (2008). *Beware Television Shows: Mystery And Violence Threatening Your Children*. Jakarta: Alex Media Komputindo
- Rudd, MD (2006). Fluid Vulnerability Theory: A Cognitive Approach to Understanding the Process of Acute and Chronic Suicide Risk. In TE Ellis (Ed.), *Cognition and suicide: Theory, research, and therapy* (p. 355–368). American Psychological Association.
<https://doi.org/10.1037/11377-016>
- Ross, Lawrence (2013). Tidewater parents: Can Watching Horror Films Be Harmful To Our Children?, 22 (10).