

THE INFLUENCE OF THE EMOTIONALLY NEGATIVE TV-NEWS PLOTS WITH REAL VIOLENCE ON THE PSYCHOLOGICAL STATE OF HUMAN

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Numerous governmental and non-governmental health organizations report significant harmful effects of TV news containing violent episodes. The aim of this study was to investigate immediate reactions on watching violent news stories, as well as delayed consequences of it. 53 healthy volunteers (women and men) - first-year students aged 17 to 22 years participated in this study. Psychological testing was performed before and after the demonstration of set of videos containing violent episodes. We used the following tests: Syndrome of emotional burnout (by Boyko, adapted for students), WAM (Well-being, Activity, Mood), State Anxiety Inventory by C. Spielberger, Y. Hanin, Internal Aggression test by S. Dayhoff, and Aggression Test by A. Assinger (assessment of aggressiveness in the relationship). Facial reactions observed while watching to the TV-plots were recorded with video camera. The results of psychological tests demonstrated that watching to the negative TV-news plots increased state anxiety and decreased internal aggression; it also worsened well-being, mood, and reduced activity. We found direct correlation between burnout and changes in state anxiety, and inverse *correlation between burnout and changes in well-being*; watching to violent plots caused such emotions as fear, anger, and abomination. It should be noted that we couldn't find interrelations between burnout and a set of mimic reaction. Thus, our results suggest that violence in TV news exert significant influence on the psychological condition of the participants.