

The Portrayal of Discourse of Violence in Fantasy Fiction and Its Impact among Adolescents and Early Teenagers

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Abstract

Fantasy fiction is an extremely popular genre that acts as easy and interesting reading material, also mostly acquired by parents or peers as a gift. Its availability may also be promoted by local bookstores or the School library. It has been shown by multiple studies that media that display violence adversely affects the mental health of children. Unlike movies and films, there is no censorship associated with literature. This article is designed to elaborate upon these effects. The media referred to in this article is print media. A large amount of research is focused largely on visual media like television, digital games as well as films. However, the way by which violent acts are projected on the psychology of children through print media still remains to be comprehensively researched. The genre of print media referred to in this article is popular fantasy fiction. This particular genre of fiction is vastly popular and conveniently available to children. The study includes primarily adolescents and early teenagers in the age group 10 years to 16 years. The consumption of media violence through fantasy fiction during the early and impressionable years has been known to predict aggression, aggressive behaviour and stress among children, especially when the children under study are school-going. It also may most likely result in facing peer rejection and socially unwanted consequences. The context of the “General Aggression Model” or GAM is a complex and multifactorial concept that forms the basis of the findings. The purpose of the study is to validate and create a clear awareness about the effect of short-term as well as the long-term exposure of violence, on young children who are of an impressionable mindset. The study also aims to propose some measures of intervention that may be undertaken to reduce the effects of this exposure that lead to aggression and stress, which could be of a long lasting nature. The finding and outcomes of the study undertaken through the data analysis clearly supports its objectives.

Keywords: fantasy fiction, aggression, stress, behaviour, violence discourse

1. Introduction

1.1 Need for Study

So far, very little research has been conducted to understand the part of violence in literature projected in fantasy fiction genre. Violence projected in the presence of violence in literature meant for adolescents and teenagers can prove to be upsetting to the reader (Isaacs, 2003). One of the most popular genres in literary consumption in the contemporary period is Fantasy fiction. Fantasy is a genre that is a reflection of events in the sense of the real world. The effect of reading fantasy fiction has a noteworthy role in triggering the imagination of readers. The reference in the conducted study points to adolescents and children in their early teens. The violence projected in this genre is largely graphic, larger than life and allows the reader to take for granted that it is justified, especially if the protagonist is inflicting it on one who supposedly deserves to be on its receiving end. The content is always larger than life and awakens awe, wonder and the wish that it could be real and therefore available as a possibility in real life as well. The extent of the effect of consuming fantasy literature largely depends on a one time read or an increased and continued dependency on consuming such literature. The emotional investment in fantast fiction by its consumer is known to result in aggression, aggressive thoughts, stress and in criminal activity, even though criminal

intent may not be conscious. Fantasy literature is often connected with media fandom, which constitutes a high level of imaginative engagement. The association of violence and aggression by the favorite character becomes justifiable to the consumer of fiction because of this very fandom, wherein aggression becomes associated with heroism. An alternative form of social and emotional engagement, which has been perused excessively in fiction related psychology, is the phenomena of “identification”. This is a functioning of the imagination via which a would-be reader can assume the visible standpoint of a character that is fictional. The reason for doing so by the reader is that the vivid description in the content causes the reader to identify with the persona of the fictional character or be more like the personality themselves (Cohen & Cohen, 2017). Hence resultant actions are those of aggression, stress and criminal intent at times. Studying the effects of violence that is depicted in fantasy fiction and its effects on impressionable minds and how to negate these effects forms the purpose of the study.

1.2 Effect of Violence through Media

Exposure of an individual to media violence causes the aggression-related scripts to be activated and strengthened, reflecting aggression and behavior that is aggressive. General Aggression Model (GAM) applies to prolonged consumption of revelation to content that showcases violence, in fantasy fiction, by suggesting that continuous periods of exposure to violence through media is most likely causal in the overlearning, advancement, and corroboration of knowledge structures that are related to aggression (Anderson & Bushman, 2018). An association between consumption of violent media and aggression in behaviour has been recognised through multiple investigational and correlational studies alongside a considerable number of longitudinal studies (Gentile et al., 2011). The study of effects seen in children on consuming fantasy fiction through print media is carried out in reference to the GAM. Identification of the readers with famous and powerful fictional characters influences children to emulate their actions (Hariharasudan & Kot, 2018). If not directly, the violence in the genre is the lead cause of aggression, aggressive behaviour and stress that affects the regular functioning of the mind. Aggression often results in criminal intent and similar behaviour.

1.3 Popularity of Fantasy Fiction

Fantasy fiction is the current favorite genre of a large number of adolescents and young adults. Not only is it easily available for consumption, but it is also responsible for creating larger than life characters and an increased fandom. Young children’s imagination is triggered by the violence and aggression showcased by powerful characters, and they are found to be identifying with the characters. The psychological balance in such children is affected as they begin to justify violence when it is projected through aggression and aggressive actions, which begin to manifest in their daily transactions with people around them, either in the family, school or community. Sometimes these thoughts cause stress when affected children start underperforming in social circles or in certain cases, turn towards actions that may have criminal intent.

The study of the effects of violent fantasy fiction in literature is significant as it derives a favorable resolution to the problem after conducting analysis and study. For study purposes, a detailed questionnaire was designed and shared with 208 children across the age group from 10-16 years, inclusive of adolescents and young teenagers. The group of children under study belongs to different Schools across various states. They were asked to fill in the prescribed questionnaire with their responses. The questionnaire was based on their responses towards the consumption of fantasy fiction, the genre under study. The group of students to whom the questionnaire was administered were a mix of boys as well as girls.

1.4 Objectives

The projected objectives of the study are as follows:

1. There is a marked effect of violence in fantasy literature on neuroendocrine alterations and stress generation in adolescents and teenagers, resultant in causing stress
2. There is a significant observation of socio-emotional disturbance in the mind of readers who consume fantasy genre.
3. It is immensely notable that readers are very likely to imitate the violence and anger projected in fantasy fiction.
4. The reader is impacted by the aggression projected in fantasy fiction.
5. It is evident that crime is considered as one of the outcomes of exposure to fantasy-based literature
6. Violence portrayed in fantasy fiction is considerably responsible for aggression and stress among adolescents and early teenagers.

7. Fantasy fiction is a reasonably widespread genre among young juveniles and teenagers, despite knowing that the action may be crime based
8. The impact of violence and aggression projected by the hero/protagonist is justifiable to the reader.

2. Literature Review

An action intentionally meant to create the outcome of causing injury to a person who strives to avoid harm is defined as aggression. On the other hand, an aggressive action with an intent to cause grave physical harm as its eventual goal is classified as violence (DeWall, Anderson, & Bushman, 2012). Previous research undeniably divulges that prolonged contact to violence in media over a considerable time period considerably intensifies the likelihood of exhibiting violence as well as aggression in the behavior in an individual, either in immediate or long-term context. The forms of aggression may, however, differ in various individuals, depending on their cognitive response to the stimulus. The nature of the media content can affect the degree of aggression. There may, however, be certain factors that can cause intervention of these effects. Media violence through the consumption of fantasy fiction may also result not purely in aggression but also in aggressive thinking (Anderson et al., 2003). Verbal aggression or nonverbal aggression are various noted forms of showcasing aggression. In children, it ranges from verbal abuse, threats, pushing, shoving, stabbing, bullying, gossiping, giving ultimatums, sometimes leading to possibly unintentional or deliberate criminal tendencies.

The “GAM”, is designed to be ensure of accountability for behaviour that is aggressive owing to contact with extended violence projected through media. In this case, the media under consideration is fantasy fiction through print media. Essentially, GAM comprises of a broad-spectrum of a bio-social-cognitive model of how a combination of many multifaceted processes impacts the likelihood of the enactment of behaviour that displays aggression. The concept is one that is co related with the way in which real life experiences are associated with biological as well as personalised difference and subsequent generation of knowledge structures that form the very basis of one’s personality, and are absolutely causal in influencing and affecting, cognition, and awakening very particular encounters of the social kind, in being influential on the possibility of exhibiting either aggressive or behaviour that is nonaggressive. Essentially, acts that are projected to cause a high level of physical harm are classified as violent, however all violent acts are classified as aggressive (Anderson & Bushman, 2018). The essence of the General Aggression Model is to provide a reasonable theory being aggression and aggressive behaviour caused to short- or long-term exposure to consumption of violent media, which in this article is related to violence depicted in fantasy literature exposure through print. Unlike movies, literary media does not comply to any kind of censorship for age appropriate or adult content hence the reader is exposed to the violent version of whatever the author wants to communicate. This study is about young adolescents with impressionable minds, who often tend to mimic through identification with the protagonist or antagonist by finding justification in their action, even if it is violent or aggressive, often resulting in mental distress an unconsciously crime inducing. Validation that exposure to violence through media is causal to the enhancement of aggression by children and adolescents towards strangers, classmates, peers and friends has been experimentally authenticated (Wood et al., 1991); (Savage & Yancey, 2008), hence affecting their acceptance by their peers.

Predominantly, the observed increase in aggressive behaviour due to short-term exposure to violence in media is dependent on the psychological processes that include the marked activation of existing structures of knowledge associated with aggression, identification with a fiction character and subsequent imitation of their projected/observed behaviour or action and the differences in stimulation or awareness that may be physiological and prompted by violence in media (C. A. Anderson & Bushman, 2018). A complex association consisting of emotions induced by aggression, ideas associated with aggression, anger, aggression in thoughts and the impulse to act aggressively can be provoked by the exposure of the reader to violence projected by media (Berkowitz, 1990). The referred media under study is that which acts as the stimulus, through a certain timeline of exposure to violent content present in fantasy fiction, which is easily available for consumption at a fairly reasonable cost and easy affordability. Surprisingly enough, such literature is often available to children as gifts or subscription through School libraries, and often through easy exchanges between peers. In certain fantasy literature, the hero is also sometimes projected as the anti-hero. This is a very common feature in showcasing entertainment-violence. A scene wherein the hero in a literary context shoots the villain resultant in saving the lives of the innocents is an action showcasing violence and aggression, however, is supported through inspired internalised cognitive and emotion-based responses that support such action and even justify it (C. A. Anderson & Bushman, 2018). Fantasy fiction mostly consists of scripts where an attractive hero, or a powerful anti-hero is the character who, through aggression and violence, brings about a favourable outcome, which may be justifiable to the reader. It is often found that the graphic description of such

scripts leaves behind a memory, which is accessed by the reader from time to time while often thinking or procrastinating. In order for a script to be retained in memory, rehearsals and reinforcement through modes of read, recall and effectively triggering the imagination must be facilitated. An elaborate imagination and frequent rehearsal of the script will ensure greater accessibility of the script in memory (Coyne et al., 2004). The attention of an average reader or someone looking for a diversion can be easily drawn by fiction that boasts of a style, complete with suspense, surprise and contrasts through the unexpected. Projection of violence is a largely effective and cheapest available component that ensures a twist and holds the reader's attention very effectively (Davis, 1966). The content of the fantasy-based literature for young adults is a reflection of violence, contextualised by economic, social and political domains. It is found to interpose between the projection of the lives of the fictional characters and forms the basis of the lives of characters and structures the framework of the story (Franzak & Noll, 2006). Violence in popular fantasy literature is not necessarily an irrefutable picture of real-life situations, however, it could be used to help in learning how violence can be better interpreted and also restricted in one's own favour.

Young children and teenagers often have trouble in differentiating between real and fictional characters. It is found that the mechanism of imitation or mimicry is extremely powerful. It causes young children to fantasize about and imitate the characters, which are powerful stimulators, out of fantasy fiction. The more the children identify with the characters, the higher is the possibility to imitate and mimic them (Davies, 1997). It is immensely likely that children, as well as young adults and teenagers, have the ability to replicate the actions of real as well as fictional characters, the persona of which impacts them cognitively (Chartrand & van Baaren, 2009). Short-term imitation requires just a single time exposure to observed behavior, however, long-term observational learning most often involves recurrent exposure.

Observational learning is an influential extension of impersonation in which logical stimulus and intellection are used to encrypt-composite exemplifications in reminiscence.

Individuals may be easily provoked show aggression in their behaviour when physiologically stimulated. Stimulation caused by the sensationalism in content found in fantasy literature is more likely to result in a display of aggression or violence spontaneously the consumer simply because of its arousal (Zillmann et al., 1972). Fantasy fiction often projects larger than life action and scripts of heroism and revenge against the antagonist, hence producing changes in the reader to behave in a similar manner. The result may often be in the form of aggression, aggressive thoughts or even anger which may stem out of helplessness to act out the fantasy or thought simply out of the presence of associated social stigma of the repercussions of the action if concluded in a real-life situation.

The relationship that exists between aggressive children and their peers and parents constantly changes along with the increase in their aggressive tendencies. Non-aggressive children tend to avoid peers who tend to subject them to aggression or possible violence. Furthermore, their relationships with their own families and facilitators at School also undergoes a change. Such response for the social circle leads to their increased association with other social outcasts which usually includes more children prone to display aggression or aggressive behaviour (Anderson et al., 2007, Study 3). Experimental research has shown that being rejected by peers increases attraction to violent media in children and adolescents (Gabbadini & Riva, 2018). Usually, in a social circle, aggressive or violent children are not easily accepted by their peers, often also due to parental pressure towards their children, which often leads them to dissociate with their peers who display violence or aggression. Such social rejection often escalates onto acts of bullying or threatening by the so-called social rejects towards their peers. Once carried on consistently, such action is most likely to lead to juvenile crimes, which is likely to be punishable by imposition of penalties, depending on the degree of seriousness of the action. Violence in media has been known to bring about an escalation in thoughts that are aggressive. Media violence has been demonstrated to increase aggressive thoughts, stimulation and result in aggression shown in behaviour (B. C. A. Anderson & Bushman, 2001). The effects caused due to exposure to media violence have been established in investigational studies, long-term longitudinal studies, field experiments, and studies that are correlational (Anderson et al., 2016). Consumption of violence in media by children causes a paradigm shift in their conceptual understanding of aggressive 'norms'. If children consume a lot of media violence, their conceptions of aggressive "norms" may shift. They tend to perceive aggression as that is, they would likely come to see aggression as a normal response system and are more than likely to exhibit enhanced aggressive behaviour causing a decrease in acceptable social behaviour. Such behavioural changes may further cause peer group rejection towards them (Gentile et al., 2011). Investigational outcomes validate that media violence augments episodes of aggression by children and teenagers in their interface with other children and adults that come within their social circles (Wood et al., 1991) (Savage & Yancey, 2008). Social and peer acceptance is of prime importance during their adolescent years as this balance affects their responses to social groups in the future. The violence projected in popular fantasy fiction is an assured way of helping the content gain popularity and increase in

consumption. In fact, this particular genre has recently gained immense popularity among adolescents and young teenagers. The fact that popular fantasy fiction usually is a part of a series keeps the interest in consumption thriving! At an impressionable age, the action depicting aggression and violence remains in the imagination of children and surfaces when faced with a similar situation among social circles.

The role of complex characterisation is focussed upon by various psychological notions that differentiate between popular fiction genre and literary genres. Such characterisation is causal to challenging the consumer in imaginative engagement with the content present in the literature. The power of literary fiction and its effect on social cognition can be credited partly to the ability of literary fiction to easily digress from the conventional and normally anticipated. This was an instance, proposed by Kidd and Castano (2016). The characters projected in popular fantasy fiction are archetypal and are furthermore unpredictable, often complex, challenging to understand and largely multi-dimensional. It is a requirement of popular literary fiction to make it essential that consumers derive conclusions about the complexities of the life of the fictional characters. The reader is expected to imagine various perspectives behind the character's emotional aspects, behavioural actions and role in making a sensible argument pertaining to complexities and contradictions in order to contest a characterisation that is multi-dimensional (D. Kidd et al., 2016). This study explains the reasons and effects of identification of the reader of popular fiction with the characters and plausible actions of mimicry and imitation, especially through the aggression shown by them, even if it to justify the correctness of the actions. It is very remarkable that despite the fact that this theory focusses on the engagement of the imaginative nature, it is more predominantly mentalistic (Hariharasudan, Rahiman, Nawaz & Panakaje, 2021). A considerable number of various theories presented till date spotlight the "de-familiarizing" practice which fictional authors use as an essential methodology through which popular literary fiction engages the audience imaginatively and cognitively and, at the same time, facilitates artistic distance (D. C. Kidd & Castano, 2013) (D. Kidd et al., 2016).

Fan-written stories dedicated to the characters or world of a well-known media property are contextually referred to as "fan-fiction". Fan-fiction authors very often experiment or cultivate obscurities while characterising, by either attributing an intriguing quality to proposed simple minor characters in reference to the sourced material or alternatively ethically optimising the source material by projecting the characters of the villains as antiheroes who may be ethically abstruse (Jenkins, 1992).

While reading their favourite fantasy fiction content, fans are often likely to use delicate prompts and apply them in drawing conclusions about the emotional and mental states of fictional characters, in a context, not really required and translating it with unnecessary annotations (Barnes, 2018).

Taking on the perspective of a fictional character is an imaginative process. It is also termed as identification and is recognised as the ability of facilitating social cognition through popular literary fiction (Cohen & Cohen, 2017)). It is a common behaviour for a reader to want to be more like a particular character in popular fiction. One of the reasons may be because the reader may have certain character traits which may resonate with the fictional characters that they identify with. Moreover, the reader is encouraged to emotionally engage or identify with a character because the characteristics of the contents in the fiction promote this identification (Cohen & Cohen, 2017). Previously conducted research validates that the extent to which the traits of fictional characters for written popular fantasy fiction are taken on by the consumers is affected by experimental manipulation of the identification, understudy (Richter et al., 2014). Further, it was found by Kaufman and Libby (2012) that the reader's perspective is impacted by suspending the self to take on the perspective of a character. This has been known to have enhanced the capacity of fiction in context (Kaufman & Libby, 2012).

It is advisable to ensure that any potential media stimuli should be paid close attention to, especially when it comes to easy availability. Such media may result in inducing fear of the world that may be long-lasting. Such fears are often known to intervene with regular functioning, physically as well as mentally (Thavabalan, Mohan, Hariharasudan, & Krzywda, 2020). It has come to notice that the impression created by the norm that the world is threatening by young children and teenagers is causal to the feeling of anxiety and remaining threatened even as adults. It is essential for parents and guardians to be aware of the types of media that may be contributing to long-term fright effects in children, especially considering that the regular functioning of children is an indispensable objective of parenting (Harrison & Cantor, 1999). These fears give rise to mental stress and anxiety in children. It is a known fact that parents play an exceptionally significant part in the life of adolescent children. It is imperative and of great consequence and highly advisable that parents carefully observe and monitor the nature of popular fantasy literature consumed by their wards. Such observations go a long way into ensuring that children bear a healthy distance from being affected by psychological feelings of stress and anxiety arising out of exposure, not just

short-term but also long-term, to the violent and aggressive components of fantasy fiction.

Informational experiences acclimatizing and modelling, as per studies and research, are significant contributors to the occurrence of expressions of common anxiety through childhood (Muris et al., 2000). In addition, a substantial elevation in anxiety and fear in children is known to have been caused by the experience of violence projected in media (van der Molen & Bushman, 2008). One of the reasons for such anxiety and stress may be caused due to prolonged and long-term exposure of adolescents and young adults to the consumption of fantasy media through identification or mimicry of the powerful characters that appear and act as triggers to the imagination of the reader. Usually, fantasy fiction is found as a part of a series, which acts as a reason for readers to follow the series, trail, hence forming long term imaginative engagements in mind. Such graphic images and violence become part of memory and results in physical outbursts or display during similar situations. These actions are usually a response to the stimulus received earlier through exposure to the violent content.

Children, especially adolescents, tend to identify and experiment with people as well as characters and conduct trials on alternative personalities, ideas, fantasies, images and attitudes (Thavabalan, Mohan, Hariharasudan & Nawaz, 2021). This process is seen clearly in children with impressionable minds that are easily moulded into being influenced by noticeable characters found in media. Despite the fact that the adoption of this imaginative engagement may be temporary, it may result in the exhibition of unacceptable behaviour that may affect the social environment of the child gravely (Meyrowitz, 1994). (“The life and death of media friends: New genres of intimacy and mourning”). In “R. Cathcart & S. Drucker (Eds.), American heroes in a media age (pp. 62–81). Cresskill, NJ: Hampton”, it is significant how violence projected through fantasy fiction plays a role in affecting and bringing about a change in the personality traits of the minds of young adolescents. Further research is required to be employed to actually analyse and affirm the effects these traits have on further adulthood on a long-term perspective.

3. Methodology

3.1 Subject Characteristics

The study was developed by the questionnaire through literature review. The questionnaire was in different segments first one is designed to know the demographic profile, second is primary questions on fiction, third on behavioural changes, fourth is aggression, fifth is on physical assault, sixth is on crime, the developed questionnaire was given to the two Industry experts and academics for their review feedback, the feedback was incorporated made the questionnaire is to fit for data collection. The questionnaire was inserted in google forms and generated the link and circulated for the data collection. The data collection was done between September 2021, and January 20, 2022, and received 250 respondents. After scrutinising, found that forms of 208 respondents were filled properly, calculated the response rate is 83.20 percentage, it is a quite good response, that the study has received, and the same sample size was used for the analysis. The study adopted the convenience sampling methods while data collection from the respondents. Moreover, the study was aimed to collect data from the age of 10 to 16 years (Gentile et al., 2011)(C. A. Anderson & Bushman, 2018) (C. A. Anderson et al., 2003).

The data collected was validated primary questions on fiction, 10 variables alpha is 0.86, behavioural changes 8 variables alpha is 0.87, aggression 7 variables alpha is 0.91, physical assault alpha is 0.90, crime 2 variables alpha is 0.80 and stress 3 variables is 0.92, all the variables validation is in an acceptable range.

The study incorporated the SPSS 25 version to analyse collected data, using descriptive statistics and structural equation modelling, and regression to draw meaningful inferences for the study.

3.2 Results

The study analysed the collected data to meet the developed study objectives. After careful analysis, the study came up with the following results. In Table 1, the age-wise frequency and percentage is explained

Table 1. Age category of Respondents

Age	Frequency	Percent
10	3	1.4
11	15	7.2
12	13	6.3
13	17	8.2
14	30	14.4
15	45	21.6
16	85	40.9
Total	208	100.0

Table 2. Opinion of Students

	Statement	Yes	No
1	You are a school student	196(94.2)	12(5.8)
2	You are a teenager	182(87.5)	26(12.5)
3	You like to be with friends having similar likes	195(93.8)	13(6.3)
4	You love reading	175(84.1)	33(15.9)
5	You started reading from a very young age	134(64.4)	74(35.6)
6	Your parents are proud of your reading skills	159(76.4)	49(23.6)
7	You have good collection of fiction	140(67.3)	68(32.7)
8	You spend your pocket money on books	150(72.1)	58(27.9)
9	You parents buy/ gift you fiction books	118(56.7)	90(43.3)
10	You like to read fantasy fiction	161(77.4)	47(22.6)
11	Your school has a library with a good book collection	171(82.2)	37(17.8)
12	You often borrow books from the library	126(60.6)	82(39.4)
13	You exchange books with your friends/ sibling	129(62.0)	79(38.0)
14	Fantasy fiction is a favourite among teenagers	148(71.2)	60(28.8)
15	Fantasy fiction is a favourite among adolescents (Preteens)	169(81.3)	39(18.8)
16	Fantasy fiction is a favourite among young adults	108(51.9)	100(48.1)
17	Fantasy fiction is an interesting genre in literature	186(89.4)	22(10.6)
18	Fantasy fiction is best read in a series	160(76.9)	48(23.1)
19	You prefer to invest in fantasy fiction compared to any other genre	114(54.8)	94(45.2)

Table 2 demonstrates the opinion of the students regarding fiction towards the movies; almost all of the respondents expressed very positively, the results will also support the same.

3.3 Structural Equation Modelling

SEM is a multivariate statistical technique that is employed with the purpose to examine structural relationships. This method is the combination of factor analysis as well as multiple regression analysis, and it is used in order to investigate the structural relationship among measured variables and latent constructs. The model made use of both exogenous and endogenous variables. The model is focused on the assessment of the relationship between endogenous and exogenous variables. The study purpose is to assess whether there is any impact on VPL on violence and Anger. In addition, the model focused on measuring whether violence affects aggression, crime, and stress. Furthermore, the model concentrated on measuring whether anger affects aggression, crime, and stress. The model indicates that CMIN=31.25, Df=15, CMIN/DF=2.083, CFI=0.948, SRMR=0.04, RMSEA=0.041, and Pclose=0.06. The results of the model exhibits that the values are threshold level. Therefore, the study confirmed that the model perfectly fit.

Table 3. Model Results

Measure	Estimate	Threshold	Interpretation
CMIN	31.25	--	--
DF	15	--	--
CMIN/DF	2.083	Between 1 and 3	Excellent
CFI	0.948	>0.95	Excellent
SRMR	0.04	<0.08	Excellent
RMSEA	0.041	<0.06	Excellent
Pclose	0.06	>0.05	Excellent

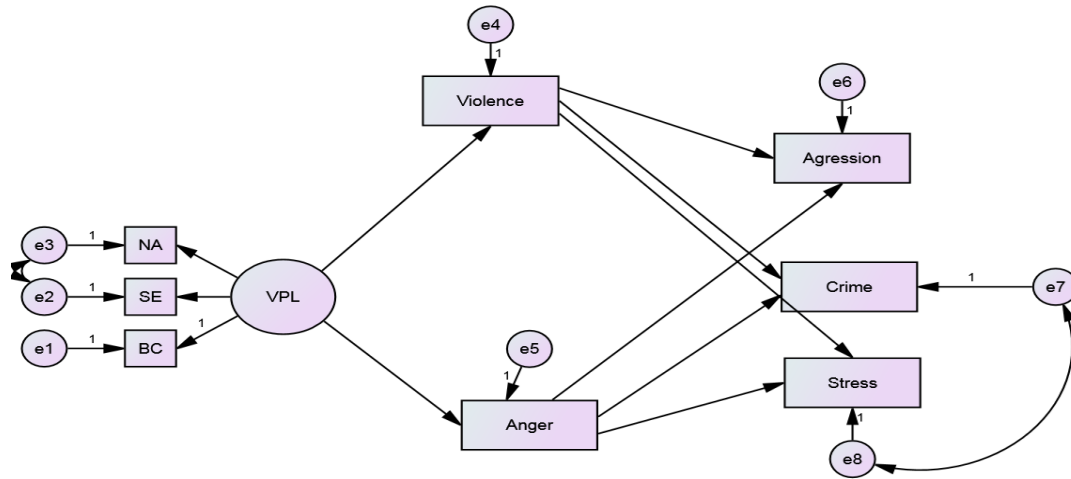


Figure 1. Relationship Model

Table 4. Regression Weights

Endogenous variable		Exogenous variable	Estimate	S.E.	C.R.	P	Decision
Neuroendocrine alterations	<---	VPL	1.028	.180	5.700	***	H ₁ : Supported
Social/ Emotional Disturbance	<---		1.319	.227	5.812	***	H ₂ : Supported
Behavioural Changes	<---		1.000				
Violence	<---		.813	.194	4.185	***	H ₃ : Supported
Anger	<---		.794	.198	4.009	***	H ₃ : Supported
Aggression	<---	Violence	.453	.072	6.331	***	H ₄ : Supported
Crime	<---		.355	.074	4.818	***	H ₅ : Supported
Stress	<---		.149	.074	2.002	.045	H ₁ : Supported
Aggression	<---	Anger	.248	.064	3.907	***	H ₆ : Supported
Crime	<---		.262	.065	4.007	***	H ₇ : Supported
Stress	<---		.358	.066	5.416	***	H ₈ : Supported

Table 4 explains the relationship among social, emotional disturbance, neuroendocrine alterations, behavioural changes, violence, aggression, crime and stress, hypothesis 1, hypothesis 2, hypothesis 3, hypothesis 4, hypothesis 5, hypothesis 6, hypothesis 7 and hypothesis 8 supporting the developed hypothesis.

4. Discussion

The study conducted with 208 respondents was conducted through a well-designed questionnaire, which supports the objectives of the study. The fact that fantasy fiction is easily available for consumption by young adults and teenagers is the very reason for its exhaustive consumption. The identification by the readers of the characters in the fantasy read by them is responsible for certain behavioural actions conducted by them. This is a result of short term as well as long term exposure to such fiction, as validated by the General Aggression Model. This identification often translates the violent experience from fantasy literature into a real-life situation. Fandom is also largely responsible for this behavioural display of anger, aggression and violence. Fandom, often towards larger-than-life characters also responsible for violent actions being justifiable to the consumer of fantasy fiction, causing prejudice towards similar actions. According to the results deduced from the study, stress is another outcome that causes changes in the normal routine of young adults and teenagers exposed to the fantasy fiction genre.

The study is undertaken to prove the hypothesis is based on previous research conducted in this area, which is not

exhaustive. The outcome of exposure to fantasy fiction can be controlled and negated if various measures of intervention can be employed. Censorship of literature belonging to the genre of fantasy fiction can largely control the exposure of impressionable minds to it. Age-wise ratings can be prescribed based on the degree of violent content present in the literature. Parental supervision is another way to monitor the content that is consumed by the young reader (Nawaz, Durst, Hariharasudan & Shamugia, 2020). Further and exhaustive research is recommended in this area to keep adolescents and teenagers at a lower risk of exposure to content that is highly likely to cause a social display of negative emotions and lead to unwanted consequences that may also affect their future cognition and peer acceptance. It is possible that censorship, age wise ranking, and parental intervention could be integrated into future studies to develop innovative strategies to ensure a positive outcome of exposure to fantasy literature.

5. Conclusion

In conclusion, the study conducted goes on to validate that the acts and scripts that portray violence in fantasy fiction are largely responsible for the induction of aggression and stress among adolescents and early teenagers. The observations find the basis of GAM to help understand the effects of short-term and long-term effects of exposure of young adolescents and youngsters to violence. The easy accessibility to uncensored fantasy fiction, often through parents, and school libraries, makes it possible for children to consume this popular fiction genre. It is easy for children to identify with and imitate the actions of popular characters because they find common traits in them. This tendency is also referred to as 'fandom'. The concept of fandom allows children to assume the qualities of the hero or also tend to identify the characteristics of the anti-hero. Both characters appear to be larger than life, and consumers of fantasy fiction tend to find a very thin line between fact and fiction. It gives vent to imaginative tendencies, which is often expressed in the form of aggression that certainly leads to violent tendencies, aggressive behaviour and stress. Often, the imitated acts of aggression cause social expulsion of such children by their peers and, in certain cases, even by their mentors. Social isolation often prompts aggressive children to find or be included in peer groups that believe in violence and aggression as a way of becoming like their image of the character in popular fiction by justifying acts of violence or aggression as acceptable. Despite the fact that further research is required in this area of thought, it is possible to reduce the effect of aggression or violent action as a result of exposure to fantasy fiction through timely intervention by parents and mentors. Their assistance in selecting the right kind of fantasy fiction that is age-appropriate may be critical in curbing the effects of identification and imaginative engagement. Counselling is another way of intervention that may be causal in negating aggressive or violent behavior. This article is designed to initiate thought processes that may be further developed to help address behavioral concerns in young adolescents and young teenagers. Their future and evolution of their thought processes may well depend on the choices that they make in early life.

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