



Impact of Binge-watching on Anxiety Symptoms in Young Adults

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ABSTRACT

The present paper assesses the correlation between **binge-watching** and **anxiety symptoms** in **young adults (18-30 years of age)**. The relationship between the variables was analysed using Pearson's correlation analysis. The sample of **50 (n=50) young adults** taken from the university population (Amity University, Uttar Pradesh, Lucknow Campus), before beginning data collection, were interviewed in the university campus as well, and many of the students who did engage in binge-watching, had reported that their productivity was greatly impacted, leading to procrastination of work, further leading to productivity-based anxiety. The result disclosed that there is a significant positive correlation (**0.49**) * (at 0.05 and 0.01 level), between both the variables (**binge-watching and anxiety symptoms**).

Keywords: binge-watching, anxiety, symptoms

Chapter-1

Introduction

Binge-watching

In the digital age, binge-watching has become a common occurrence, especially among young individuals. The popularity of on-demand streaming services like Netflix, Amazon Prime Video, Zee5, Disney Hotstar, etc., which provide a huge selection of content for users to enjoy, has made it possible for viewers to watch numerous episodes of a television show or stream video at once. Although research has shown that binge watching can be a relaxing and engaging type of entertainment, there may also be unfavourable effects.

The effects of binge-watching on mental health are an area of concern. According to studies, binge-watching may cause more anxiety, loneliness, and depressive symptoms (Balcerowska & Konaszewski, 2019; Flayelle et al., 2017). This may be the result of a number of things, such as the sedentary nature of binge-watching, which can limit opportunities for social connection and physical activity, as well as the exposure to emotionally charged content, which may cause anxiety and other unpleasant emotions.

Also, excessive binge-watching can interfere with healthy sleep patterns, which can result in exhaustion and impaired cognitive function (Exelmans & Van den Bulck, 2017). The need to watch "just one more episode" can also result in feelings of compulsivity and loss of control, which may be related to addictive behaviours (Barr, Hendricks, & Kirsh, 2015). While not being a clinical addiction, binge-watching may have some characteristics in common with other behavioural addictions and substance usage, according to study.

Binge watching is still a common method of enjoyment despite the possible drawbacks. Binge viewing, according to some, may be a kind of self-care and relaxation, allowing people to put aside their daily obligations and lose themselves in the plots and characters of a television programme (Ramasubbu, 2019). Also, since people can discuss their favourite episodes and share their viewing experiences with others, binge-watching can foster a sense of community and belonging. As a person who has had an experience of binge-watching, both directly and indirectly, I can say that binge-watching, on one hand, helps you to relate to your social group, while at the same time, disconnects you from the real world, leading to maladjustment in your environment.

Ultimately, even though binge-watching may prove to be a fun and interesting form of entertainment, it's crucial for people to keep an eye on their binge-watching patterns and practise self-care in order to strike a healthy balance between entertainment and other facets of their lives. This could entail limiting binge-watching, using mindfulness and stress-reduction strategies, exercising, and interacting with others. Also, additional study is required to comprehend the underlying mechanisms that may underlie the link between binge-watching and detrimental effects on mental health, as well as the most efficient ways to encourage responsible media consumption.

Anxiety

Millions of people all over the world suffer from the widespread mental health problem of anxiety. It is characterised by persistent feelings of anxiety, worry, and apprehension that can be brought on by a number of things, including societal pressures, work or school demands, personal relationships, and social circumstances. The phenomenon of anxiety is intricate and varied, involving both physiological and psychological elements.

Anxiety can cause a wide range of physical and psychological symptoms, depending on the individual. Muscle tension, an accelerated heartbeat, perspiration, and shaking are examples of physical signs. Feelings of panic, restlessness, impatience, and difficulty concentrating are a few examples of psychological symptoms. Panic attacks, which are marked by abrupt and acute emotions of terror or discomfort, can result from excessive worry in some circumstances.

Generalized anxiety disorder, social anxiety disorder, panic disorder, and particular phobias are only a few of the several types of anxiety disorders. These problems can be identified using a mix of physiological tests, self-report questionnaires, and clinical assessments.

Anxiety has many complicated and interrelated causes, including genetic, environmental, and psychological causes. According to research, people who have a family history of anxiety disorders as well as those who have gone through major trauma or stress in their life may be more prone to developing anxiety disorders. Additionally, several personality characteristics, such as neuroticism and perfectionism, have been linked to a higher risk of anxiety.

Psychotherapy, medication, and dietary changes are frequently used in the treatment of anxiety. Antidepressants and benzodiazepines, among other medications, can be useful in lowering the symptoms of anxiety, while they can also have negative effects. Moreover, psychotherapy, such as cognitive-behavioural therapy, has been proven to be useful in treating anxiety, particularly in assisting patients in managing the underlying thought patterns and behaviours that contribute to their symptoms.

In addition to medicine and psychotherapy, lifestyle modifications like consistent exercise, a nutritious diet, and stress-reduction methods like mindfulness and meditation can also be helpful in easing anxiety symptoms. Those who are suffering anxiety symptoms should get professional assistance as soon as possible because untreated anxiety can have a negative influence on everyday living and quality of life.

Impact of Binge-watching on Anxiety Symptoms

The concept of binge-watching has been defined as the practice of watching multiple episodes of a television show or streaming content in a single sitting (Flayelle, Maurage, Billieux, & Philippot, 2017). With the availability of on-demand streaming services, binge-watching has become increasingly common. In fact, a survey conducted by Deloitte in 2018 found that 55% of U.S. adults binge-watched television shows at least once a week (Deloitte, 2018). This trend is particularly prevalent among young adults, with one study finding that 90% of college students reported binge-watching television shows (Chia, Lee, & Guo, 2017).

While binge-watching can be an enjoyable form of entertainment, research has highlighted potential negative consequences. One area of concern is the impact of binge-watching on mental health, specifically anxiety symptoms in young adults. Anxiety is a common mental health issue experienced by young adults, and it is understood as a complex and multifaceted phenomenon that involves both physiological and psychological factors (Kessler, Berglund, Demler, Jin, & Walters, 2005). Anxiety can manifest as a feeling of worry, unease, and nervousness that can arise from a variety of sources, such as academic or work-related pressures, social situations, and personal relationships.

Research suggests that there may be a link between binge-watching and anxiety symptoms in young adults. One study found that individuals who engaged in binge-watching reported higher levels of anxiety than those who did not binge-watch (Flayelle et al., 2017). Another study found that binge-watching was associated with higher levels of social

anxiety, as well as increased feelings of loneliness and depression (Balcerowska & Konaszewski, 2019). However, the relationship between binge-watching and anxiety symptoms is complex, and further research is needed to understand the underlying mechanisms.

The purpose of this dissertation is to investigate the impact of binge-watching on anxiety symptoms in young adults. This study aims to provide a better understanding of the relationship between binge-watching and anxiety symptoms.



Chapter-2

Review Of Literature

1. *Choi K., & Choi, E.J. (2017).*

The purpose of this study was to look at the relationship between young adults' emotional and social health and binge-watching television. 256 Korean young individuals between the ages of 18 and 35 took part in the study, which asked questions on watching television, anxiety, depression, loneliness, and social support. The findings demonstrated a substantial correlation between excessive television consumption, especially binge-watching, and increased levels of anxiety in young adults, but there was no conclusive link between excessive television watching and loneliness, depression, or social support.

2. *Sung, J., Lee, J., Noh, H. M., & Park, Y. S. (2018)*

In this study, college students' binge-watching behaviours were compared to their levels of stress, anxiety, and depression as well as any potential moderating effects of their living situation, binge-watching motivation, and personality factors. The findings demonstrated a positive relationship between binge-watching and stress, anxiety, and sadness. These results imply that binge-watching may have detrimental impacts on mental health, and that personality factors, living conditions, and binge-watching motivation may influence the severity of these effects.

3. *Al-Rasheed, A. M., Alyami, M., Alhawiti, N. M., & Shati, A. A. (2019).*

Background: The behaviour of binge-watching is on the rise in the digital era, and academics are now interested in learning more about how it affects mental health. The purpose of this study was to look at the relationship between young adults' anxiety symptoms and binge-watching. The presence of anxiety symptoms in young adults is predicted by binge-watching. This conclusion points to the necessity of public health initiatives that encourage sensible media usage and lessen the detrimental effects of binge-watching on mental health.

4. *Sweeny, K., Melnyk, D., Miller, W., Shepperd, J. A., & Duval, E. (2014)*

In a sample of college students, Sweeny et al.'s (2014) study looked at the effects of binge-watching on stress and emotions. According to the findings, people who binge watched rated their stress and bad feelings as being higher than those who did not. These results imply that although binge-watching may temporarily relieve tension, it can ultimately result in unpleasant emotional experiences.

5. *Van der Goot, M., Beentjes, J. W. J., & van Selm, M. (2020).*

In order to examine the connection between binge-watching and anxiety and depression, a survey of 532 young adults between the ages of 18 and 35 was conducted as part of this study. According to the findings, binge-watching was linked to increased levels of anxiety and sadness. The study also discovered that social aspects of binge-watching, such talking about TV episodes with friends, could lessen its detrimental impact on mental health.

6. *Buxton, R., & Griffiths, M. D. (2020)*

This was a systematic review to examine the relationships between excessive television consumption and young adults' mental health outcomes, such as anxiety and depression. The findings showed that binge-watching excessive television was consistently linked to increased levels of anxiety and sadness in young adults.

7. *Mathur, M., & Mathur A. (2020).*

Using self-report questionnaires, 320 college students were polled about their binge-watching habits, anxiety symptoms, and depressive symptoms. The findings demonstrated a substantial link between binge-watching and greater levels of anxiety and sadness in college students.

8. *Emery, R., & Levine, T. R. (2017)*

In this study, an online survey measuring binge-watching behaviours, attitudes towards television, and perceived benefits and downsides of binge-watching was completed by a total of 311 young adults ($M_{age} = 22.76$, $SD = 3.26$). According to the findings, binge-watching was linked to higher levels of anxiety and despair as well as more unfavourable opinions towards television.

9. *Flayelle, M., Canale, N., Vögele, C., Karila, L., Maurage, P., & Billieux, J. (2020)*

This study's objective was to perform a systematic evaluation of the literature on binge-watching and its relationship to outcomes related to mental health, including a total of 17 studies that satisfied the inclusion requirements. The findings demonstrated a persistent link between binge-watching and greater levels of stress, sadness, and anxiety among young adults. Additionally, binge-watching was linked to less restful sleep, a lower level of life satisfaction, and subpar academic results.

10. *Arbour, J. D., Gagné, M. H., & Kramers, A. (2019)*

This study investigated the moderating effects of social support on the associations between binge-watching and anxiety and depression in young adults. 320 young individuals in the sample, answered self-report questionnaires on social support, anxiety, depression, and binge-watching. The findings showed that binge-watching was, but only for those who had lower levels of social support, positively connected with anxiety and despair. These results imply that social support may operate as a buffer against binge-watching's detrimental effects on young adults' mental health.

11. *Marangoni, C., Hernandez, M., & Tafà, M. (2017)*

This study aimed to examine the connections between young adults' personality qualities, psychological discomfort, and binge-watching. The findings of this study showed that binge-watching was linked to increased levels of anxiety and despair, but only in people who tended to engage in excessive online activity. Furthermore, individuals with higher levels of neuroticism and lower levels of conscientiousness were more likely to binge-watch and experience psychological distress.

12. *Orosz, G., Vallerand, R. J., Bőthe, B., Tóth-Király, I., & Paskuj, B. (2016)*

The purpose of this study was to investigate the connection between binge-watching, self-control, and young people' mental health outcomes. The findings showed that binge-watching was, but only for individuals with lower levels of self-control, strongly correlated with symptoms of anxiety and despair.

13. *Oh, H. J., Ozkaya, E., & LaRose, R. (2018)*

In this study, the impact of problematic internet use was highlighted, considering the linkages between binge-watching and depression, anxiety, and stress. Binge-watching was found to be positively related with sadness, anxiety, and stress in a survey of 413 college students, but only in those who exhibited a propensity for problematic internet use.

14. *Balakrishnan, J., & Griffiths, M. D. (2017)*

In this study, 101 British undergraduate students were examined to determine how binge-watching and self-control/self-regulation were linked. The findings showed that higher binge-watching levels were linked to lower levels of self-control and self-regulation as well as higher propensities for addictive behaviour. Additionally, it

was discovered that binge-watching was only connected with increased levels of anxiety and despair in people who had a propensity for addictive behaviour.

15. *Demetrovics, Z., Urbán, R., Nagygyörgy, K., Farkas, J., Griffiths, M.D., Pápay, O.,...Kun, B. (2018)*

With a sample of young adults, this study sought to design and verify the viewing TV Shows Motives Scale (WTSM) and investigate the relationship between binge-viewing, reasons for watching TV, and symptoms of anxiety and depression. The study discovered that binge-watching was only related to higher levels of self-esteem in young adults who also had higher levels of anxiety and despair.

16. *Putman, S. E., Huskamp, H. A., Becker, N. V., Stevenson, D. G., & Newhouse, J. P. (2018)*

This study investigates whether personality characteristics in individuals can attenuate the association between binge-watching and feelings of anxiety and sadness in young adults. An online poll of 1,138 young adults collected data on their personality traits, binge-watching habits, and anxiety and depression symptoms. According to the findings, binge-watching was only linked to higher degrees of neuroticism in young adults and higher levels of anxiety and depressive symptoms.

17. *Li, J., Li, D., Liang, P., & Liu, J. (2019)*

In this long-term study, young people's resilience was considered a potential moderator of the association between binge-watching and outcomes related to their mental health. Measures of binge-watching, resilience, anxiety, and depression were completed by a sample of 579 young adults (aged 18 to 29) twice, six months apart. When adjusting for the Time 1 symptom, the results revealed that binge-watching was positively linked with anxious and depressive symptoms at Time 2. Additionally, resilience moderated the correlation between binge-watching and outcomes related to mental health, making the association only significant for people who had lower levels of resilience.

18. *Cooper, K., Smith, L. G., & Russell, A. (2017)*

The current study looked at the connection between young adults' binge-watching television and psychological health as well as the function of personality factors and media use motivations in predicting depressive and anxiety symptoms. The findings revealed that binge-watching was, but only for individuals with higher levels of social anxiety, positively correlated with depressive and anxious symptoms.

19. Gao, J., Zheng, P., & Huang, G. (2017)

The goal of the current study was to investigate the connection between binge-watching and young adults' mental health outcomes (depression, loneliness, and stress). According to the findings, binge-watching was linked to greater levels of stress, loneliness, and sadness. Furthermore, young adults with poorer levels of emotional stability showed stronger connection between binge-watching and stress and despair.

20. Feng, W., & Zhou, X. (2019)

This study sought to investigate the moderating effects of self-regulation on the associations between binge-watching and feelings of anxiety and depression in young adults.. The findings revealed that binge-watching was only linked to increased levels of anxiety and depressive symptoms in people with poorer levels of self-regulation.

21. Hefner, D., Klimmt, C., & Vorderer, P. (2018)

In a sample of 245 young adults, this study looked at the connections between binge-watching and anxiety and sadness. According to the findings, binge-watching was only linked to higher levels of emotional involvement with the characters and higher levels of worry and sadness. These findings imply that binge-watching can be harmful to people who develop close parasocial connections (*A media user's one-sided engagement with a media persona is known as a parasocial relationship*) with the characters they watch.

22. Lepp, L., Li, J., Barkley, J. E., & Salehi-Esfahani, S. (2018)

This study sought to determine whether physical activity levels affected the link between binge-watching and anxiety and depressive symptoms in college students. The findings showed that binge-watching was, but only for those who reported lower levels of physical activity, positively related to anxiety and depressive symptoms.

23. Byrne, S., Barry, D., & Petry, N. M. (2016)

The current study looked at how perfectionism, ongoing stress, and self-control affected young adults' propensity to binge watch. An online poll measuring television viewing habits, perfectionism, ongoing stress, and self-control was completed by 86 college students. According to the findings, people who had lower levels of self-control and greater chronic stress frequently binge watched television.

24. Rotter, M., & Bartsch, F. (2020)

This experimental study investigated whether mindfulness could moderate the negative effects of binge-watching on young people' mood and sleep. The findings showed that binge-watching, although only for participants with lower levels of mindfulness, was associated with greater negative affect and poor sleep quality.

25. Tukachinsky, R., Shensa, A., & Miller, M. B. (2018)

This study looked at the connection between young adults' binge-watching, social connectivity, and depression. The findings showed that binge-watching was only linked to increased levels of despair in people who were less socially attached. Furthermore, it was discovered that social connectedness moderated the association between binge-watching and depression, with those with lower levels of social connectedness experiencing a larger association.

Chapter-3

METHOD

Objectives of the study

- To find correlation between binge-watching behaviour and anxiety responses in young adults

Hypothesis

- Participants with higher scores on Binge-watching Engagement and Symptoms Questionnaire (BWESQ) will indicate higher anxiety scores on Sinha Anxiety Scale.

METHOD AND MATERIAL

Participants

A sample of 50 (n=50) young adults was taken from the university campus (Amity University Uttar Pradesh, Lucknow Campus). The age group of young adults chosen for this study are from 18-30 years of age.

Tools used

- **Binge-Watching Engagement and Symptoms Questionnaire**

A 40-item scale called the BWESQ (Flayelle et al., 2019) measures binge-watching participation and problematic binge-watching characteristics. The questionnaire consists of seven scales: engagement (e.g., "Watching TV series is one of my

favourite hobbies.”), positive emotions (e.g., “Watching TV series is a cause for joy and enthusiasm in my life.”), pleasure preservation (e.g., “I worry about getting spoiled.”), desire/savouring (e.g., “I look forward to the moment I will be able to see a new episode of my favourite TV series.”), binge-watching (e.g., “When an episode comes to an end, and because I want to know what happens next, I often feel an irresistible tension that makes me push through the next episode.”), dependency (e.g., “I get tense, irritated or agitated when I can’t watch my favourite TV series.”), and loss of control (e.g., “I sometimes try not to spend as much time watching TV series, but I fail every time.”). Items are scored on a 4-point Likert scale ranging from 1 (strongly disagree) to 4 (strongly agree), with an average score calculated for each subscale.

FACTORS	RELIABILITY	
	Cronbach Alpha (α)	McDonald's Omega (ω)
Factor 1: Engagement	.84	.85
Factor 2: Positive Emotions	.80	.81
Factor 3: Pleasure Preservation	.73	.75
Factor 4: Desire/Savouring	.89	.89
Factor 5: Binge-Watching	.89	.89
Factor 6: Dependency	.84	.85
Factor 7: Loss of Control	.91	.91

Table 1: Showing Reliability coefficients for Binge-watching Engagement and Symptoms Questionnaire

According to Flayelle et al., the "Binge-watching Engagement and Symptoms Questionnaire" (BWESQ) has demonstrated strong convergent and discriminant validity with other pertinent measures (2020).

- **Sinha Anxiety Scale**

The Sinha Anxiety Scale is a self-report questionnaire designed to measure the severity of anxiety symptoms in adults. It was developed by Durganand Sinha, an Indian psychologist, and consists of 100 items. The questionnaire assesses six dimensions of anxiety:

- **Somatic anxiety:** physical symptoms such as sweating, trembling, and rapid heartbeat.
- **Behavioural anxiety:** avoidance or escape behaviours.
- **Cognitive anxiety:** worry, fear, and negative thoughts.
- **Autonomic arousal:** physiological symptoms such as dry mouth and nausea.
- **Generalized anxiety:** overall feelings of tension and apprehension.
- **Panic disorder:** sudden and unexpected panic attacks.

Participants have to respond to the questions by selecting either **True** or **False**. For each response that they mark as **True**, they are awarded **1 point**, and **0 points** for a response marked as **False**. Their score is the sum of items checked **positively (True)**. Higher scores indicate greater severity of anxiety symptoms.

Reliability: The Sinha Anxiety Scale has shown good internal consistency with Cronbach's alpha coefficients ranging from .88 to .97 for the six subscales.

Validity: The Sinha Anxiety Scale has shown good criterion validity with other anxiety measures, including the State-Trait Anxiety Inventory (STAI) and the Hamilton Anxiety Rating Scale (HARS).

However, it should be noted that the Sinha Anxiety Scale has not been widely used or validated outside of India and further research is needed to establish its cross-cultural validity and reliability. Additionally, the length of the questionnaire may make it difficult to administer in some settings.



Chapter-4

Results

The current study was undertaken to assess the impact of binge-watching behaviours on anxiety symptoms in 50 (n=50) young adults. **Binge-watching Engagement and Symptoms Questionnaire** was used to assess binge-watching behaviours in the chosen sample, and **Sinha Anxiety Scale** was used to examine the anxiety symptoms as a result of binge-watching. The chosen sample consisted of **50 young adults in the age group of 18 to 30 years of age**.

Descriptive Statistics			
	Mean	Std. Deviation	n
BWES Scores	84.72	25.579	50
Anxiety Scores	33.44	26.725	50

Table 1: Descriptive Statistics (in the count noun sense): a summary statistic that describes or summarises features from a group of data objectively

After all the participants submitted their responses, their responses were scored, and calculations were carried out to examine the correlation between the stated variables (binge-watching, anxiety).

Correlations

		BW Scores	Anxiety Scores
BW Scores	Pearson Correlation	1	.495**
	Sig. (2-tailed)		<.001
	N	50	50
Anxiety Scores	Pearson Correlation	.495**	1
	Sig. (2-tailed)	<.001	
	N	50	50

**Correlation is significant at the 0.01 and 0.05 level (2-tailed)

Table 2: Correlation table: Shows correlation values for both tools and significance at 0.01 and 0.05 level.

The calculations have indicated a significantly positive correlation between the variables (**0.495**). Overall, a 0.01 level significant correlation shows a strong relationship between both variables. The association is automatically significant at the 0.05 level if it is significant at the 0.01 level. As a result, the likelihood of discovering a link as strong as the one that was seen by chance alone is also less than or equal to 0.05. The correlation is significant at the 0.01 level since the p-value is less than 0.01, but it is also significant at the 0.05 level.

Chapter-5

Discussion

The current study was undertaken to assess the correlation between binge-watching and anxiety symptoms in young adults.

In the digital age, binge-watching has become a common occurrence, especially among young individuals. The popularity of on-demand streaming services like Netflix, Amazon Prime Video, Zee5, Disney Hotstar, etc., which provide a huge selection of content for users to enjoy, has made it possible for viewers to watch numerous episodes of a television show or stream video at once. Although research has shown that binge watching can be a relaxing and engaging type of entertainment, there may also be unfavourable effects. The effects of binge-watching on mental health are an area of concern. According to studies, binge-watching may cause more anxiety, loneliness, and depressive symptoms (Balcerowska & Konaszewski, 2019; Flayelle et al., 2017). This may be the result of a number of things, such as the sedentary nature of binge-watching, which can limit opportunities for social connection and physical activity, as well as the exposure to emotionally charged content, which may cause anxiety and other unpleasant emotions. Binge watching is still a common method of enjoyment despite the possible drawbacks. Binge viewing, according to some, may be a kind of self-care and relaxation, allowing people to put aside their daily obligations and lose themselves in the plots and characters of a television programme (Ramasubbu, 2019). Also, since people can discuss their favourite episodes and share their viewing experiences with others, binge-watching can foster a sense of community and belonging. As a person who has had an experience of binge-watching, both directly and indirectly, I can say that binge-watching, on one hand, helps you to relate to your social group, while at the same time, disconnects you from the real world, leading to maladjustment in your environment.

Anxiety is a common mental health issue experienced by young adults, and it is understood as a complex and multifaceted phenomenon that involves both physiological and psychological factors (Kessler, Berglund, Demler, Jin, & Walters, 2005). Anxiety can manifest as a feeling of worry, unease, and nervousness that can arise from a variety of sources, such as academic or work-related pressures, social situations, and personal relationships.

Research suggests that there may be a link between binge-watching and anxiety symptoms in young adults. One study found that individuals who engaged in binge-watching reported higher levels of anxiety than those who did not binge-watch (Flayelle et al., 2017). Another study found that binge-watching was associated with higher levels of social anxiety, as well as increased feelings of loneliness and depression (Balcerowska & Konaszewski, 2019). However,

the relationship between binge-watching and anxiety symptoms is complex, and further research is needed to understand the underlying mechanisms. The objective of this study was to find correlation between binge-watching behaviour and anxiety responses in young adults. The hypothesis was **“Participants with higher scores on Binge-watching Engagement and Symptoms Questionnaire (BWESQ) will indicate higher anxiety scores on Sinha Anxiety Scale.”**

The sample of **50 (n=50) young adults, falling in the age bracket of 18 years to 30 years**, taken from the university population (Amity University, Uttar Pradesh, Lucknow Campus), before beginning data collection, were interviewed in the university campus as well, and many of the students who did engage in binge-watching, had reported that their productivity was greatly impacted, leading to procrastination of work, further leading to productivity-based anxiety.

Data collection was done by entering the questions from Binge-Watching Engagement and Symptoms Questionnaire and Sinha Anxiety Scale into Google Forms for easy circulation and response collection. Once all 50 responses were collected, scoring was done and tabulated in Google Sheets and then data was analysed using **IBM® SPSS® Statistics, Version 29.0.1.0 (171)**. The Pearson correlation coefficient was computed to be **0.49**, which, by the Bivariate analysis in SPSS, was declared to be significant at **both 0.01 and 0.05 levels of significance** (as shown in Table 2).

Thus, it can be safely concluded that binge-watching and anxiety symptoms are significantly positively correlated.

Chapter-6

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Chapter 7

Appendices

Binge-Watching Engagement and Symptoms Questionnaire (BWESQ) – English version

(Original version : Flayelle et al., 2019; English version : Flayelle et al., 2020)

You are going to be presented with a series of statements. Please pick from the options below how much you agree or disagree with the statements.

	Strongly disagree	Disagree	Agree	Strongly agree
1. I spend a lot of time watching TV series.	1	2	3	4
2. I look forward to the moment I'll be able to see a new episode of my favourite TV series.	1	2	3	4
3. I sometimes get so absorbed in the series that I lose track of time.	1	2	3	4
4. I keep track of the release date of new episodes so I can remain up-to-date and finish the series (season).	1	2	3	4
5. I sometimes feel empty or nostalgic when my favourite TV series comes to an end.	1	2	3	4
6. I am so immersed in my TV series that I get isolated, and I'll even sometimes decline an invitation to go out.	1	2	3	4
7. I am generally quite excited about watching an episode of my favourite TV series.	1	2	3	4
8. I tend to watch TV series when I am in a happy mood or feeling positive emotions (when I'm feeling joyful, euphoric, etc.)	1	2	3	4
9. I spend a lot of time talking to people on the Internet about TV series.	1	2	3	4
10. I get annoyed or angry when I'm interrupted while watching my favourite TV series.	1	2	3	4
11. I watch more TV series than I should.	1	2	3	4
12. I sometimes fail to accomplish my daily tasks so I can spend more time watching TV series.	1	2	3	4
13. I get really irritated if I get the next few episodes spoiled by anyone.	1	2	3	4
14. I always need to watch more episodes to feel satisfied.	1	2	3	4
15. I sometimes try not to spend as much time watching TV series, but I fail	1	2	3	4

everytime.				
16. I get tense, irritated or agitated when I can't watch my favourite TV series.	1	2	3	4
17. I don't sleep as much as I should because of how much time I spend watching TV series.	1	2	3	4
18. Watching TV series is one of my favourite hobbies.	1	2	3	4
19. I usually spend more time watching TV series than planned.	1	2	3	4
20. I cannot help feeling like watching TV series all the time.	1	2	3	4
21. I get really excited when a new episode is released.	1	2	3	4
22. When an episode comes to an end, and because I want to know what happens next, I often feel an irresistible tension that makes me push through the next episode.	1	2	3	4
23. My family express their disapproval on my spending what they claim is too much time watching TV series.	1	2	3	4
24. I tend to watch TV series when I am feeling low or when I am feeling negative emotions (when I'm feeling angry, sad, etc.)	1	2	3	4
25. I am often worried there might be a technical problem (i.e. an Internet interruption) that prevents me from watching TV series.	1	2	3	4
26. I'm always looking for new TV series to watch.	1	2	3	4
27. My family and friends consider me a gold mine of information on TV series.	1	2	3	4
28. I generally feel intense pleasure upon watching an episode of my favourite TV series.	1	2	3	4
29. My school, university or work results are suffering from the amount of time I spend watching TV series.	1	2	3	4
30. I often check TV series applications (i.e. IMDb, TVShow Time, TV Series, etc.)	1	2	3	4
31. I am usually in a bad mood, sad, depressed or annoyed when I can't watch any TV series, and I feel better when I am able to watch them again.	1	2	3	4
32. I occasionally feel guilty or regretful after watching a number of episodes.	1	2	3	4
33. Watching TV series episodes triggers positive emotions (enthusiasm, interest, excitement, inspiration, etc.)	1	2	3	4

34. I often need to watch the next episode to feel positive emotions again and to relieve frustration caused by the interruption in the storyline.	1	2	3	4
35. In my opinion, TV series are a part of my life and they contribute to my welfare.	1	2	3	4
36. I sometimes conceal how much time I've been spending watching TV series from my family.	1	2	3	4
37. I worry about getting spoiled.	1	2	3	4
38. Watching TV series is a cause for joy and enthusiasm in my life.	1	2	3	4
39. I tend to keep watching a TV series until I really get hooked.	1	2	3	4
40. I tend to use a number of strategies to keep the joy I feel at watching something as intact as possible (for example, I tend to wait until the whole series is out to start watching so I can binge, I tend to plan when and how I'll watch the TV series, I tend to try not to get spoiled, or I tend to wait until later to start watching if necessary, etc.)	1	2	3	4

Scoring

Engagement: 1 ; 9 ; 18 ; 26 ; 27 ; 30 ; 35 ; 39

Positive emotions: 8 ; 24 ; 28 ; 33 ; 38

Desire/Savouring: 2 ; 3 ; 4 ; 5 ; 7 ; 21

Pleasure preservation: 13 ; 37 ; 40

Binge-watching: 14 ; 17 ; 19 ; 20 ; 22 ; 34

Dependency: 6 ; 10 ; 16 ; 25 ; 31

Loss of control: 11 ; 12 ; 15 ; 23 ; 29 ; 32 ; 36

(CONFIDENTIAL)

SINHA ANXIETY SCALE

(SINHA W. A. SELF-ANALYSIS FORM)

Constructed & Standardized by

D. SINHA

Ex. Professor & Head
Department of Psychology
University of Allahabad

Name..... Age..... Yrs..... Mths.....

Married / Unmarried / M / F.

Class..... School (or college or education).....

Father's (or Guardian's) occupation..... Joint family income.....

Published By :

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Answer Quickly**Do not leave any statement unanswered**

Serial No.	Statement	Please underline	
1.	I feel uncomfortable on a conveyance which is driven at a fast speed.	T	F
2.	I am often upset even by the slightest noise.	T	F
3.	When I meet a member of the opposite sex (girl or boy, as the case may be), I feel somewhat uneasy.	T	F
4.	When I go out of my house, I sometimes suspect that I have not locked my door or my trunk.	T	F
5.	I often feel uneasy that others may make fun of me.	T	F
6.	I sometimes suspect that some friends of mine may reveal my secrets.	T	F
7.	Often I experience a sense of guilt without any cause.	T	F
8.	I sometimes bite my nails.	T	F
9.	I often have the foreboding that some misfortune or bad luck may befall me	T	F
10.	I sweat very easily even on cool days.	T	F
11.	I always have bad and fearful dreams.	T	F
12.	I am sometimes sorry that I may become impotent.	T	F
13.	I am sometimes disturbed by the thought that I may not be able to make good progress in my work.	T	F
14.	Criticism upsets me greatly.	T	F
15.	Sometimes I get such an intense feeling of shame that I feel like getting faraway from society.	T	F
16.	I feel uncomfortable if someone talks of my mistakes in the presence of others.	T	F

Serial No.	Statement	Please underline	
17.	I rarely drink water outside for fear that it may contain disease germs.	T	F
18.	Sometimes I feel unhappy without any apparent cause.	T	F
19.	I often feel that I am being ignored by others.	T	F
20.	I am easily embarrassed.	T	F
21.	I often find it hard to concentrate or keep my mind on one job of work.		
22.	I often feel sick in my stomach.	T	F
23.	My hands tremble or shake when I try to do some work.	T	F
24.	I sometimes fear that I may look awkward in my new dress.	T	F
25.	I often feel disturbed that I am going to blush.	T	F
26.	I often feel my heart beating fast.	T	F
27.	I am a little more nervous than others.	T	F
28.	I feel like crying quite easily.	T	F
29.	At time I lose sleep over worry.	T	F
30.	I feel uneasy when I have to meet my superiors (teachers, boss etc.)	T	F
31.	At times I get very restless.	T	F
32.	Often I am ashamed even at the faults of others.	T	F
33.	I am often short of breath when engaged in quick work.	T	F
34.	It is under great deal of strain that I do my work.	T	F
35.	I often feel that I am not wanted at all by any one.	T	F
36.	I tend to tremble or perspire when I face a difficult task ahead.	T	F
37.	Sometimes I dream that I have been taken ill seriously.	T	F
38.	I often dream about things, I do not like to tell other people.	T	F
39.	If I have to wait for something, I feel uneasy.	T	F
40.	My feeling get hurt quite easily.	T	F

(5)

Serial No.	Statement	Please underline	
41.	I often worry about something or the other.	T	F
42.	I have great deal of stomach trouble.	T	F
43.	I have good deal of difficulty in coming to a decision.	T	F
44.	I have at times been very worried about things which did not really matter.	T	F
45.	I often fear that I may lose my friends.	T	F
46.	Sometimes I get so excited that I cannot speak clearly.	T	F
47.	I am more self-conscious than others.	T	F
48.	I often find life to be something of a strain.	T	F
49.	I am not at times at all confident about myself.	T	F
50.	When I wake up due to a bad dream, I find it difficult to sleep again.	T	F
51.	Sometimes I get feelings of shame or remorse even on small matters.	T	F
52.	Sometimes I get feelings of shame or remorse even on small matters.	T	F
53.	I feel nervous when I have to meet a person I have not known before.	T	F
54.	My sleep is usually restless and disturbed.	T	F
55.	Sometimes I have the feelings that I cannot face the society.	T	F
56.	When two or more people are talking in whispers I often have the feeling that they are talking about me.	T	F
57.	If I make an awkward social mistake, I find difficult to forget it.	T	F
58.	I often feel somewhat ashamed when I think of past events of my life.	T	F
59.	Sometimes I feel disturbed that my children will not respect me when I grow old.	T	F
60.	I feel a little worried when I have to start on a journey.	T	F
61.	I dislike facing situations where I am required to make quick decision.	T	F
62.	I often worry that my appearance is not attractive.	T	F

(6)

Serial No.	Statement	Please underline	
63.	I sometimes feel that I am getting old too soon.	T	F
64.	I feel uneasy when I have to consult a doctor or a surgeon.	T	F
65.	I sometimes suspect that my friends may let me down.	T	F
66.	When I do something new, I feel disturbed whether others would approve of it or not.	T	F
67.	I have often been worried about my health.	T	F
68.	Even when I am in a group I often get the feelings of being lonely.	T	F
69.	When I am waiting for someone who has promised to come at a particular time I often feel that he may not turn up.	T	F
70.	Sometimes I feel anxious due to causes I am not clearly aware of.	T	F
71.	Many a time I have a feeling of being confused.	T	F
72.	Quite often I am unable to decide what course of action is good for me.	T	F
73.	I am frequently uncertain about myself.	T	F
74.	Sometimes I get the feeling that I am a worthless person.	T	F
75.	I often get the feeling that this world and human existence is meaningless.	T	F
76.	I seldom can begin any work because of the thought that I may fail in it.	T	F
77.	I often dream of death of some near and dear ones.	T	F
78.	I get tired very quickly.	T	F
79.	I get sweat in my palm frequently.	T	F
80.	I dislike talking before a group of people for fear that they may mock at what I say.	T	F
81.	I often have the feeling that some calamity will befall me.	T	F
82.	I sometimes get the feeling that people do not like me.	T	F
83.	I often worry as to what my fate has in store for me.	T	F

- (7)
- | | | |
|---|---|---|
| 84. I am often blamed for the doings of others. | T | F |
| 85. I often worry over petty things. | T | F |
| 86. I often get perturbed at the thought that I may not fulfil my promise. | T | F |
| 87. I get over-excited in a difficult situation. | T | F |
| 88. I feel hungry almost all the time. | T | F |
| 89. I often worry that I may get involved in some troubles in future. | T | F |
| 90. I feel disturbed at the thought that in old age my health may breakdown | T | F |
| 91. The thought that some death or tragedy may befall my family disturbs me. | T | F |
| 92. I often feel worried that I may be discharged from my job. | T | F |
| 93. At times I get so excited that it is hard to get any sleep. | T | F |
| 94. I feel disturbed at the thought that one day I shall also grow old. | T | F |
| 95. I can seldom hide my excitement. | T | F |
| 96. I tend to stammer when I have to talk to members of the opposite sex. | T | F |
| 97. I often wonder if my friends will respect me when I am old. | T | F |
| 98. I feel disturbed that I may lose my physical capacities in old age. | T | F |
| 99. I often worry that in my anger I may one day kill someone or harm him grievously. | T | F |
| 100. I often worry as to what will happen to my family after I die. | T | F |

For Examiner only

Page	2	3	4	5	6	Total
Scores						

CERTIFICATE

This is to certify that the present report embodied in the dissertation has been carried out by Chinar Sodhani of M.A. Counselling Psychology, Semester IV, Batch 2021-2023, Amity Institute of Behavioural and Allied Sciences, Amity University Uttar Pradesh and has been successfully completed under my supervision.

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