**КОМИТЕТ ПО ОБРАЗОВАНИЮ АДМИНИСТРАЦИИ Г.О. ПОДОЛЬСК МУНИЦИПАЛЬНОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ «СРЕДНЕЕ ОБРАЗОВАТЕЛЬНАЯ ШКОЛА №30»**

**ПРОЕКТ**

По английскому языку

«THE ART OF FEAR: REASONS AND MANIFESTATIONS OF FEAR ON EXAMPLES OF RUSSIAN AND FOREIGN WRITERS’ COMPOSITIONS»

Автор: **Панин Олег,**

Учащийся 10 «А» класса

г.о. Подольск

Научный руководитель:

Учитель английского языка

**Горбачева Н.И.**

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**Introduction**

**Table of contents:**

[**Introduction** 2](#_Toc71023306)

[**1.The emergence of fear** 4](#_Toc71023307)

[**2.Fears in psychology Z.Freud’s** 7](#_Toc71023308)

[**3.Examples from sourcebook “Fear”** 8](#_Toc71023309)

[**4.CONCLUSION** 10](#_Toc71023310)

[**LIST OF LITERATURE** 11](#_Toc71023311)

**INTRODUCTION**

**Relevance of the problem**

Fear always protected a person, this is a feeling accompanying the instinct of self-preservation. I think that fear can be called the engine of progress: in ancient times, people learned how to make weapons from wild animals for fear of being killed or eaten. But the nature of the occurrence of such a feeling can be different and because of this, the manifestations of fear are noticeably different from each other, therefore this topic is very relevant and interesting for analysis.

**The problem**

Brain is the individual structure of each person. Scientists have not studied this center of accumulation of nerve cells yet, therefore, the nature of fear has not been fully investigated. We still cannot entirely understand where fear comes from and what are the features of its manifestation.

Ambition: using the examples of the works of Russian and foreign classics to consider various types and manifestations of fear.

Tasks:

1. To study the works of psychologists on the origin and manifestations of fear.
2. Get acquainted with the works of the classics from the collection "Fear".
3. Come to conclusion about the nature of fear using the examples of works.
4. Make your own conclusion about the influence of the causes of fear on its manifestations.

Object of research: studying humans’ behavior during the manifestation of fear.

The subject of research:

* Works from the collection "Fear"
* Works of psychologists

Methodology:

To achieve the goal and solve the research problems, such methods of work as the analysis of literary works, the analysis of the works of psychologists and the comparison of conclusions were used.

Review of used literature:

In the course of the work, we used the texts of literature works from the collection of "terrible" stories of Russian and foreign writers "Fear" and articles by Sigmund Freud about fear.

Practical significance:

The practical significance of the work is based on the fact that schoolchildren and students who are keen on psychology will be able to study the information I received in order to improve their level of education in the field of the psychology of human feelings.

# **1.The emergence of fear:**

A fear is a strong negative emotion that arises as a result of an imagined or real danger and presents a threat to life for the individual. Under fear in psychology, they understand the internal state of a person, which is due to a perceived or real misfortune.

In everyday life, as well as in emergency situations, a person is faced with a strong emotion - fear. A negative emotion in a person represents a long-term or short-term emotional process that develops due to an imaginary or real danger. Often, this state is marked by unpleasant sensations, at the same time it is a signal for protection, since the main goal that stands in front of a person is to save your life and health.

Fear arises completely For various reasons: we are afraid of being around children, we are afraid of censure of our parents' actions, as we grow up we may be afraid that someone will truly find out our secrets or hidden feelings or fears that are the basis of panic.

**The main hypotheses about the causes of fear:**

**Cognitive processes.**

First of all, let's give an explanation of this concept. Cognitive processes are the investigating processes of a person, including his sensations, perception, attention, imagination, memory, thinking, speech.

The fear (like any other emotion) can be the result of a cognitive assessment of the situation as potentially dangerous; Tomkins calls this cause cognitively constructed, i.e. constructed in the process of cognition. Indeed, cognitive processes constitute the most extensive, most widespread class of fear activators.

So, for example, fear can be caused by the recollection of a certain object, a mental image of the object. Cognitive processes quite often reflect an unreal threat, but a fictional one, as a result of which a person begins to fear situations that do not present a real threat, or life in general. Recollection of the previous fear or anticipation of fear by oneself can be an activator of fear. If a person perceives another person as a source of threat, he may experience fear not only at a real meeting with him, but also when he thinks about him. In this way, a person, an object or a situation can become a source of fear as a result:

a) the formation of hypotheses (imaginary sources of harm),

b) expectations of harm

c) an immediate collision with a constructed (imagined) or objective object of fear.

Some scientists divide the causes of fear, natural (objective) and acquired (subjective). The English psychiatrist and psychoanalyst Bowlby John in his interpretations of the causes of fear relies on the research of biologists and ethologists. As natural signals of danger, giving rise to fear (irritants), Bowlby names four factors, namely: pain, loneliness, sudden change in stimulation and sudden approach. For example, someone can be afraid of the “arrow of Kupidon”, and someone, on the contrary, can desire it.

**Pain and pain prevention:**

Pain, the first and most important of natural fear activators, is truly a good teacher. The fear of anticipating pain dramatically speeds up the learning process. Any object, event, or situation associated with the experience of pain can become conventional stimul, a repeated meeting which reminds the individual of a past mistake and of pain management.

**Loneliness.**

Another natural fear activator is loneliness. Often, remaining in loneliness, a person feels a threat to his security, but he should be among people, as fear recedes (but not always). An old proverb says: "Company in distress makes trouble less." As a generalization, this natural wisdom is not always applicable, but the thought contained in it, undoubtedly, deserves attention.

**Sudden change in stimulation.**

Extraordinary changes in stimulation, to which the individual is not able to adapt, can serve for him as a signal of danger and cause an emotion of fear.

**Sudden approach.**

The rapid approach of an object under certain conditions can serve as a natural signal of danger.

**Unusual.**

This hypothesis postulates that any stimulus that is sufficiently different from the usual incentives can activate an emotion, and the degree of inconsistency of this stimulus with the usual incentive affects the type and intensity of the activated emotion. It is because of its strangeness and incomprehensibility that the stimulus is alien to the individual and is perceived by him as a source of the threat. This is a rather contradictory source: it is both frightening, so interesting, and attracts with something new.

# **2.Fears in the psychology of Z.Freud**

Fear is a specific affective state. Any affective state is essentially a repetition of some significant experience that took place in the past. Z. Freud writes: "We also recognize as very significant that the first state of fear arose as a result of separation from the mother." Despite all the disagreements on this statement, Freud himself recognizes the degree of significance of experiencing the act of birth for a child, albeit only in terms of the emergence of a feeling of fear. Later, at first O. Rank, and then representatives of transpersonal psychology will show in their works, how important the prenatal period of life and the subsequent experience of birth are for a person.

 Various events in a person's life lead to the fact that many instinctive drives are suppressed and repressed, which in turn causes displeasure and fear. It should also be noted that, according to Z. Freud, "... fear is a popular coin for which all affects are changed or can be exchanged if the corresponding content of the representation is subject to repression." Any impulses emanating from It can be embodied in the form of various affective states, but the very appearance of affect in a person's mental life can lead to the appearance of fear. A violent outburst of rage or jealousy is quite different from a state of fear. Having laid the foundations for understanding fear as a special mental phenomenon, Freud naturally deduced the genesis of fear from the interaction of various structures of the psyche and the work of basic defense mechanisms. But, like many other aspects of psychoanalysis, the problem of fear has not received its full development, and further research in this area belongs to the followers of the greatest Austrian thinker.

# **3.Examples from the collection «Fear»**

Collection, compiled by N.N. Popova, is, as she herself says in her address to readers, "a kind of 'anthology of fear'."

The collection opens with the story of Edgar Allan Poe, The Tell-Tale Heart. I think that there a feeling of fear is mainly felt by the reader, watching how the main character slowly but surely goes crazy with fear of being caught and revealed, from this he eventually confesses to the perfect crime. The recognition of the hero can be considered a consequence of the fact that he experienced fear, because when a person is overwhelmed with excitement and emotions for a long time, he goes crazy and all these feelings break out. In this work, fear arose due to the commission of an illegal act and the unwillingness to denounce this violation, but the "heart" is still the "accuser". The manifestation of the fear of the protagonist is nervousness, panic, as a result - survival from the mind.

Further, Prosper Mérimée's work "The Blue Room" seemed very interesting to me. Here we see the fear of the unknown and the manifestation of the "human factor". The main characters, due to their ignorance and fear that they would find out about their romance, subjected themselves to the "torture" of fear. Thinking that blood was leaking from the room, they decided to leave, and as soon as possible, their secluded place in the hotel, very worried about the future of their love, as a result, they spent a lot of nerves to find out that their fears were false.

Another suitable piece is Guy de Maupassant's Fear. The main character's fear is caused by a panic before being buried alive. The hero was so worried about his funeral that he created a comfortable tomb for himself with the ability to leave it when buried alive. In a situation of misunderstanding of the area, he began to panic and fear seized him, which, again, later did not come true and he remained alive. As a result, having experienced the fear of death, he decided to end his experiences and live like a normal person. In this case, the feeling of fear played a positive role and changed the hero's life.

Stefan Zweig's Fear also tells us about a different nature of fear: the fear of punishment. The female character, fooling around her husband and meeting with a stranger blackmailing her, eventually gets panicky worries about her future and the future of her family, she is afraid of being punished and exposed. She prefers to commit suicide, during the attempt she decides to confess to her husband, but at the end he stops her and says: "Everything will be fine," this is how fear can lead to death.

In the work of Vladimir Nabokov "Horror" the hero is faced with the fear of himself (he does not recognize himself in the mirror) and the fear of death. The lyrical hero, and maybe the author himself, is so mired in everyday life and his problems that only the death of his beloved woman filled his life with meaning and feelings, as he writes: "Her death saved me from madness." But the hero is also afraid of the future: “... the horror experienced once, the helpless fear of existence will one day come over me again, and then there will be no salvation for me. "

# **4.OUTPUT**

In the course of my research work, I managed to collect and analyze the most complete information about the nature and manifestations of fear, not only as feelings, but also as something that changes lives and destinies of people, as well as their behavior.

Using the information I have received, you can enrich your knowledge of psychology and recognize yourself in something, try to understand the causes of fear and control it, and you can also learn something new about your favorite writers and the meaning of their works.

I would like to finish my research with the words of Vissarion Belinsky: "A person is afraid only of what he does not know, any fear is conquered by knowledge."

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