

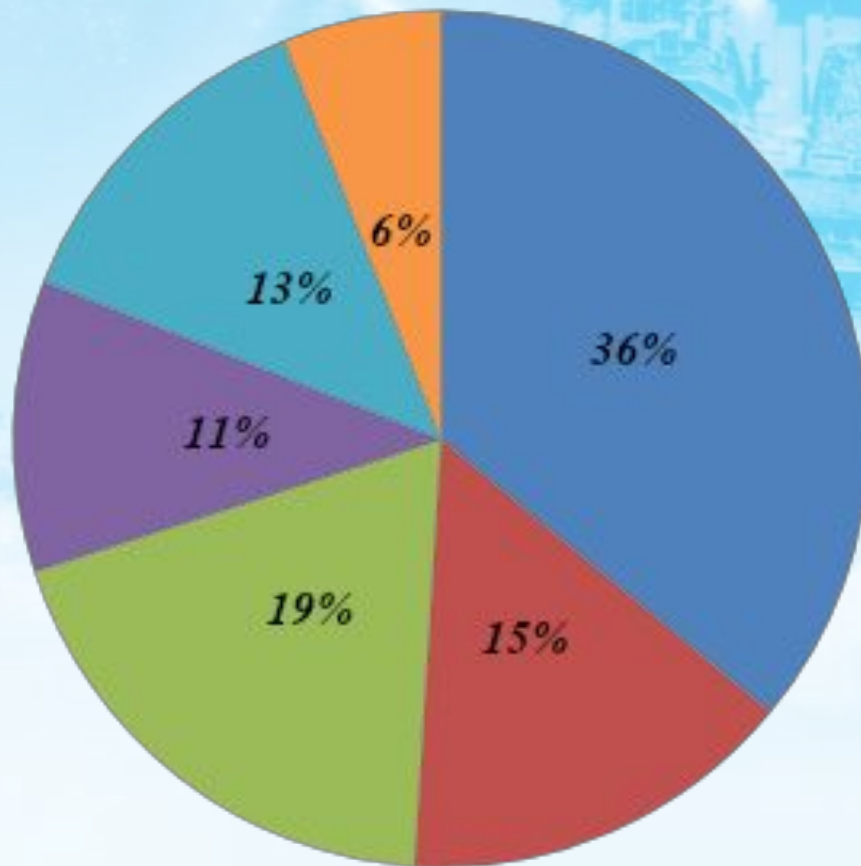


WHY ADULTS ARE WATCHING CARTOONS

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THE REASONS WHY ADULTS ARE STILL WATCHING CARTOONS

In the process of work, we asked adults questions about whether they are watching cartoons:



- *They watch when accidentally see somewhere*
- *Don't watch cartoons*
- *They watch, because they are interesting in the life of the younager generation*
- *They watch when have fun and forget about the problems*
- *They watch with their children*
- *The watch plung into memories of childhood*

Of course, adults also watch cartoons. I asked my mom, dad and grandmother why they like cartoons. Dad said that he wants to know what is interesting for modern children, to understand why they think in one way or another, because children often copy the behavior of the characters from the cartoons. He is also interested in the development of the cartoon industry, how far it has moved forward. My mother does not hide that she is still a child in her soul. So she watches cartoons every time like the first time. Sincerely rejoices in the triumph of good, cries, if one of the heroes is bad. She is a very sentimental person. Grandmother said that for her 70 years she had enough problems of adulthood. So now she wants to get pleasure from life and in her opinion, only cartoons help her in this. After all, there is a lot of vulgarity on television, there are a lot of violence and murders in films. And cartoons always symbolize something good, bright and sincere.





My parents never refuse to watch cartoons. When they watch old domestic cartoons, they feel like they are returning to their childhood, and when they look at something new, they just have fun and go away from the problems of adulthood.

I asked some people why do they watch cartoons and found out interesting things. For example, my friend, who is 24 said that he likes cartoons because they're like the echo of childhood and some of them hide the profound truth. My dad and his friends mostly like soviet cartoons. That's obviously, animated films of that years remind adult people about their childhood and carry bright, kind ideas. They mentioned «Hedgehog in the fog», «Holidays in Prostokvashino», «Fixiki» from modern animation. Me and my dead also like watching “Futurama” and “The Simpsons”. They-re not so kind, but they're true. You watch them and find situations and people from your real life.

My grandpa watches cartoons only because we have a little kid in our family, but he says that it's nice to watch them because in his childhood they didn't have an opportunity to watch cartoons.

For me cartoons are really important. Besides other opinions I like to watch them to rethink stories and characters I adored years ago. It gives me pleasure to imagine how plot of some cartoons can be adapted in reality, how characters would look like and how would the behave.

INFLUENCE OF CARTOONS ON ADULTS ON THE EXAMPLE OF SPECIFIC CARTOONS

«GARFIELD & POOKI»

Millions of adults around the globe are still watching cartoons, as it is the best way to avoid the stress of everyday life. This phenomenon is called "kidult" (kid+adult), which refers to adults who have habits of consumption of teenagers. Before, being a kidult was frowned upon, but now it's seen as something fun.



TO DISCONNECT FROM REALITY

«DRAGON BALL Z»

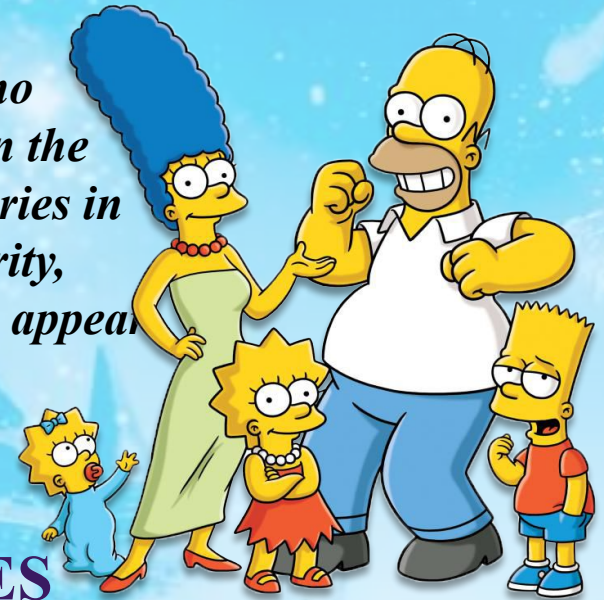
Being an adult implies having responsibilities and sometimes it is good to watch a cartoon that entertains and makes us laugh. In a cartoon, everything is possible, therefore everything is more fun. In addition, there are many cartoons that surprise and leave wise teachings to their followers, like the Japanese anime Dragon Ball Z which invites their fans to conquer their own fears in the face of adversity. The anime was created to instill in the children moral values that will serve them for a lifetime. At present, Dragon Ball Z has millions of followers around the world, who appreciate every teaching they receive.



VERACITY

«THE SIMPSONS»

Adult cartoons give direct messages to viewers, as there are no famous actors or expensive settings. Everything is focused on the story they want to tell. The Simpsons has been able to tell stories in the most funny way, for more than twenty years. For a celebrity, appearing in "The Simpsons" represents a fame goal: if you appear there, it means you are important.



GOOD MEMORIES

«THE POWERPUFF GIRLS»

When an adult watches cartoons, he feels that he regains his childhood, being able to relive the best moments. Sometimes because he had a beautiful childhood or because he has a difficult childhood. Either way, he wants to go back in time. When one is a child, one identifies with the characters of the cartoons. For example: in The Powerpuff Girls, there is "Blossom" (pink), the coherent girl, "Bubbles" (blue), the sweetest girl and "Buttercup" (green), the most energetic girl. The three girls have strong and defined personalities.





EASY TO ENJOY

«FRITZ THE CAT»

When you watch a movie, you want to see good performances, a good script and a good direction. When you watch cartoons, you do not demand any of that, you just want to relax and enjoy. There is a comic, Fritz the Cat, created by Robert Crumb in 1965, that generated much controversy in its time. Fritz is a university cat, with an individualistic personality and very sophisticated. Fritz lives many sexual adventures, regardless of the opinion of others. This cat was a great critic of the social system of his time, generating a lot of fans around the globe, who agreed with him.

BOUNDLESS

«SOUTH PARK»

The cartoons for adults have no limits to tell what they want. The best example is where four little children say the worst insults and remain adorable. Eric, Stan, Kyle, and Kenny do the most eschatological things, like never seen in a cartoon. Their secret of success is to be politically incorrect. In fact, nobody imagined that a cartoon would arrive so far. South Park has broken all the limits of good taste and that's why they're so great. This cartoon is always updated on what is happening in the US and in the rest of the world, and this is even more valuable. The most important of all is not to feel ashamed to watch cartoons as adults. You can be a child all your life if that's what you want. In fact, there are millions of kidults around the globe who are happy to be as they are. The kidults leave the prejudices behind and live their life as it seems best. Most of them have a good job and good income, since they are usually successful in what they do. Some have children and share their tastes with them, to perpetuate the same customs in the next generations.



THERAPISTS EXPLAIN HOW CARTOONS AFFECT YOUR MENTAL HEALTH

WE TALK TO EXPERTS ABOUT THE POSITIVE BENEFITS OF WATCHING CHILDREN'S TELEVISION SHOWS

Elisabeth Sherman

In the spring of 2015, my life seemed bleak. Shuttered in at home, I spent most of my time in bed, eating delivery and watching Penguins of Madagascar, a Nickelodeon children's cartoon about a team of James Bond-like penguins who run the Central Park Zoo. Watching it provided a momentary distraction from my depression. While discussing that period of darkness with my now partner, I admitted that I often watch cartoons meant for children as a method of self-care. He confessed that he still watches Tom & Jerry in times of turmoil. The coincidence struck me. Undoubtedly, I needed therapy during that period of my life, but instead I self-medicated with cartoons, as did my partner. Could there actually be some medical benefit to this coping mechanism?



"Is it a go-to strategy? No. But I'm open to it," Dr. David Rosmarin, founder and director of the Center for Anxiety in New York City, told me. "We would use it primarily to treat depression. I also could see it being helpful for people who have chronic worry because that co-occurs with depression." Rosmarin uses "behavioral activation" to treat these types of mood disorders. The method entails not talking with patients about their inner demons, childhood traumas, or job stress, but rather encouraging them to increase their pleasure activities. "TV could be a pleasure activity. Watching something funny, that could be a lift," Rosmarin said. "I don't think that it has to be specific to cartoons or kid's television. You could go to a comedy show, or watch rom-coms, or The Office."





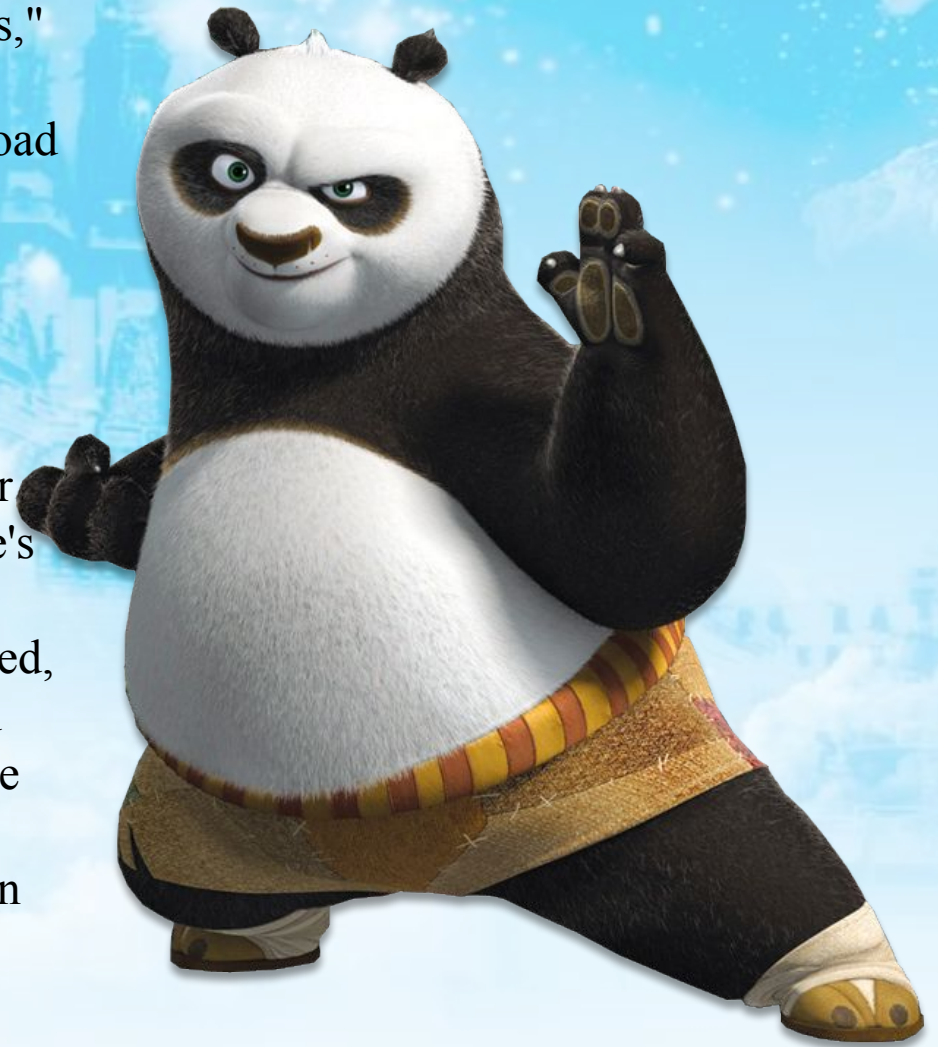
There are some benefits to watching cartoons specifically, though. The penguins'—Skipper, Kowalski, Private, and Rico—adventures were my antidote to the complexities of adult life. In the zoo, there were no worries about money, no heart-wrenching relationships to leave one feeling worthless. Watching the animals navigate their flattened version of basic human issues—frustration, conflict, loneliness—made it easier to cope with my own much more nuanced reality. In the world of the penguins, the human emotions that I had such trouble processing—sadness, especially—were easily resolved as long as you had the moxie to express them to your friends. They could comfort you, remind you of the bright side of life. "Kids' cartoons can be a support treatment because they incorporate themes like community order, friendship, family, teamwork, that good always wins over evil, and that the sun will always come out tomorrow," Dr. Laurel Steinberg, a New York-based psychotherapist, told me. "They can help restore optimism and give someone a break from worrying or feeling sad, all of which can elevate [your] mood."





Effective children's television is supposed to be educational as well. Some shows teach kids to count or say the alphabet; others try to convey abstract emotional concepts, preparing their young audiences for an adulthood in which they may apply these lessons to their interpersonal relationships and interactions. "Cartoons model higher frustration tolerance and activate a person's problem solving abilities," said Steinberg. She believes that building up these basic problem-solving skills can, in the long run, improve life circumstances and "further reduce anxiety and depression." Live-action television could probably achieve the same ends, but I'll watch Nickelodeon over The Office every time I'm feeling depressed, even though the NBC sitcom is funnier and provides the same benefits that Steinberg outlined. So what might make a depressed person turn to a cartoon instead?

"I don't think it's as simple as wanting to watch cute animals over people, but [instead] wanting to see an unreal character tackle real problems," Tony Celano, a professional animator and comedian, told me. "Animation lightens the load of a normally rough subject. If a character in live action runs into a wall, we wince. If a cartoon does it, we laugh at the slapstick humor." Though cartoons might relieve symptoms of depression in the short term, Rosmarin stresses it's just one part of a "larger context of actions you can take." In fact, there's an actual medical term for taking part in any activity that distracts you from feeling "stressed, anxious, angry, or sad": opposite action. "You engage in an action that is exactly the opposite of the way you feel in order to regulate your emotions. If you're feeling really anxious, then to do something very bold. If you're feeling socially anxious, get dressed up and go to a party," Rosmarin explained.





In the case of a depressed or anxious person, the answer might be to just watch something that makes you laugh. "Laughter can be very therapeutic," Dr. Julia Sampton, a psychiatrist who specializes in treating mood disorders, explained. "Freud conceptualized defense mechanisms, a mental process that is used to avoid anxiety or conflict. Mature defense mechanisms are used by healthier people, and humor is categorized in that way." In fact, the Mayo Clinic recommends laughter as a form of stress relief, explaining that not only can it soothe tension but even improve your immune system. A study from the University of Maryland Medical Center showed that laughter may help prevent heart attacks. Of course, a cartoon won't magically cure depression, but if it makes you laugh? Then it's done its job. Follow Elisabeth Sherman on Twitter.

WHY WATCHING CARTOONS IS GOOD FOR ADULTS?

Many people has a controversial perception that only immature adults watch cartoons and play video games. Life is not a bed of roses. Each one of us has problems in life. Miseries, setbacks, agony, anxiety, stress, etc. are very common in life. We cannot run away from the problems or ignore them. However, a short break will be a great relief for us. If we are able to be away from the problems for a short while, we can strengthen our mind and can get relief from the stress and anxiety. Many people get into bad habits such as consuming drugs or alcohol abuse for temporary relief.



But these are unhealthy practices, and it can only spoil our health and make our life shorter. Watching online cartoons is indeed a healthy way to escape from mental stress for a while and feel fresh after that. When we watch cartoons, we are able to relax our mind at least for a few minutes. Listening and watching the cartoons are straightforward and healthy methods to refresh our memories. The adults have many advantages in watching cartoons regularly. Cartoons provide a lot of useful information in an easy to understand way. The information provided by animated movies are psychologically supported, and one can make use of the information in real life situations.



THE PRECIOUS CARTOON LESSONS

Those who watch cartoons are sure to come across with a lot of cartoon lessons. The lessons that an adult learns through the animations are very useful in real life, and they can be applied as practical solutions to various problems. Cartoons show the right path ahead to those who want to enter into their love life or those who do not know how to impress a girl of their choice. Many parents find it tough to deal with their kids and as a result, they make use of wrong or harmful methods to bring them up. Many online cartoons teach parents how to nurture their children and how to educate them. Adults from all walks of life are benefited from watching cartoons regularly. Cartoons show us how to become a successful leader, how to develop good friends, how to be a good friend and how to build up confidence. Those who watch cartoons selectively are always confident. They are able to deal with complex situations in a better way. There are also cartoon lessons that teach us how to live healthily. Cartoons provide valuable tips to eat healthily as well as live healthy.



CARTOONS ARE FOR ALL

The adults who regularly watch the online cartoons are able to gather many useful tips regarding spending money and finance. Many online cartoon shows provide useful information for shopping. We get useful information about the latest products as well as fashions that are trendy. The cartoons provide comparisons among the leading brands. When we view the cartoon shows, we get the message that any problem can be solved. We learn from the many cartoon lessons that “if there is a will there is a way.” Cartoons provide useful information about various types of toys that are technically advanced and are also healthy for the kids. When we watch cartoons with Tom and Jerry regularly, we are able to develop a positive attitude in real life. Many grown up people keep fresh in their minds the memories of cartoon shows that they enjoyed during their childhood. People of all age groups enjoy the comic cartoons and animations. This proves that cartoons are not only for kids but for all. Cartoons effectively convey social messages with a touch of humor.



NURTURING MANY GOOD QUALITIES

Cartoons have the power to influence the minds of children as well as adults. The online cartoons and animations have become so popular because those who watch cartoons find them useful in many ways. The humorous characters in the cartoon shows have the unique charm with which they influence the minds of adults also. Hence, they can actually carry special messages and also provoke the viewers to think and act. Those who watch cartoons can have entertainment, education and relief from stress simultaneously. The online cartoons make people optimistic and also make them futuristic. Thus, the cartoons facilitate nurturing of many good qualities in the minds of the adults who watch them



VALUABLE LESSONS FOR LIFE

The adults who watch cartoons develop social awareness from the messages carried by the programs. The cartoons that have happy endings instill confidence in the minds of those who watch them. Cartoons help to develop the quality of focusing the mind and those who watch cartoons regularly are able to concentrate their attention. Adults can improve their vocabulary by watching the educational animation programs. Just as children learn many new words and improve the quality of their speech, adults also can enhance their linguistic skills by watching the educational cartoons. Cartoons are rich sources of useful lessons for one's life. Cartoons help us to differentiate between the right and the wrong and cartoons teach us how to help others and share with others. The cartoons show us a small model of the real world in a funny and entertaining way.





CONCLUSION

A fairly well example which proves us that cartoons are very helpful and that no matter how old you are, there are still so many things to learn. Quickly learn something from things that are exciting and fun. Another thing is that you can understand the hidden message as an adult, the sarcasm or any other clue which you haven't figure out as a kid.

