

OUR BRAIN AND THE NEWS: THE PSYCHOPHYSIOLOGICAL IMPACT OF JOURNALISM

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The book constitutes an interdisciplinary study amalgamating the realms of journalism and neuroscience. In a succinct overview of journalism's foundational challenges, the author delineates a research endeavor to proffer a novel perspective on journalistic quandaries. The book makes several significant contributions to the literature. First, by integrating journalism and neuroscience, it offers a new perspective on understanding media impacts. Second, it details how news and literary journalism affect emotional and physiological responses differently, providing insights into media consumption's diverse effects. Third, it highlights the role of demographic factors, such as age and education, in moderating these effects. Fourth, it explores the influence of emotional resilience on media-induced emotional changes. Finally, it examines how media consumption impacts pain perception, revealing that news tends to increase pain perception while literary journalism can decrease it.

The book aims to elucidate how various news and journalistic literature genres are perceived via physiological and psychological metrics. The methodology encompasses quantitative and qualitative approaches to render comprehensive insights into the research inquiries. The resultant findings furnish significant empirical evidence regarding the influence of disparate news and literary journalistic texts on readers' emotional responses, pain perceptions, and physiological reactions. These exhaustive findings explicate the modulations in emotional responses, pain perceptions, and physiological reactions induced by news and literary journalistic texts. Consequently, it is observed that both news

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and literary journalism texts tend to evoke emotional perturbations, notably concerning self-efficacy, pro-social sentiments, and negative affect. Elderly individuals exhibit pronounced emotional fluctuations, particularly regarding self-efficacy and pro-social emotions, after perusing both text types.

Furthermore, individuals with higher educational attainment evince heightened pro-social and positive emotions post-news consumption while manifesting diminished positive activation alterations post-literary journalism perusal. Those with lower emotional equilibrium demonstrate attenuated emotional variability, especially concerning self-efficacy and emotional well-being following news consumption. Notably, pain perception tends to escalate post-news reading, especially among individuals experiencing substantial shifts in negative and pro-social emotions, culminating in a general amplification of pain perception after news consumption.

The introductory section (Neurosciences of Communication: A Multidisciplinary Approach) furnishes insights into communication neuroscience and delineates an approach employing neuroscientific methodology to comprehend the impact of news texts on recipients. The subsequent section (Methodology and Procedures) meticulously expounds upon the research methodology and procedures, encompassing diverse data collection, analysis, and interpretation facets. The ensuing section (What Our Data Tells) presents the analysis outcomes, summarizing several pivotal findings about the psychophysiological effects of news and literary journalism texts.

Participants engaging with news texts typically undergo emotional vicissitudes, particularly concerning self-efficacy, pro-social affect, and negative emotions. Advancing age correlates with heightened fluctuations in self-efficacy and pro-social emotions, while increased educational attainment tends to engender augmented pro-social and positive affect post-news consumption. After news consumption, individuals exhibiting diminished emotional resilience evince attenuated emotional fluctuations, notably concerning self-efficacy and emotional well-being. Notably, pain perception tends to escalate post-news

reading, with more significant emotional upheaval, particularly in negative and pro-social emotions, correlating with augmented pain perception. Participants presenting with heightened psychological distress exhibit diminished alterations in pain perception post-news consumption.

Conversely, participants engaging with literary journalism texts similarly undergo fluctuations in self-efficacy, pro-social effect, and negative emotions. Elderly participants typically experience amplified shifts in self-efficacy and pro-social emotions, while higher educational attainment correlates with diminished positive activation changes post-literary journalism consumption. Participants presenting with heightened psychological distress evince attenuated alterations in pro-social and serenity emotions post-literary journalism perusal. Remarkably, pain perception tends to decrease post-literary journalism consumption, particularly with more remarkable changes in serenity and pro-social emotions correlating with diminished disparities in pain perception.

References

Isabel Nery, I. (2024). *Our Brain and the News: The Psychophysiological Impact of Journalism*. Switzerland: Palgrave Macmillan.