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This paper is focused around the question “How can we learn about our emotions through the empathy we experience in science fiction ?” The paper addresses the empathy between people and the genre of science fiction and how that empathy allows people to better understand their own emotions. The research focuses mostly on sci-fi films and how the films chosen teach consumers of the sci-fi genre to better their understanding of their own emotional states. The evidence found was quoted from directors of these films, writers who responded to these films and Doctors that emphasized how the real world replicated the emotional lessons taught by these movies.

The first evidence we found that helped this concept of emotional learning through empathy was the directors. The directors had a message to give the audience. Once the message was found in each film it was quickly understood the ways that these films were supposed to and did affect people emotionally. The research also included how real life amplifies the understanding of our emotions. In Dr. Krause's findings she states that elderly people show attachment to people they don't really know through technology. This is amplified by the sci-fi films as we empathize the relationships of people with technology. Overall the research states that when exposed to sci-fi films people were able to connect to themselves through the use of empathy because the characters from these works are not so distant from what people see in themselves but distanced away enough from reality that it gives people a chance to critically evaluate and discover more about their emotions. Additional research was established that displays how Sci-Fi is different from another genre like fantasy because of plausibility. Science Fiction has to be plausible relative from what we know in the world currently this allows consumers of sci-fi to empathize better between these scenarios which seem so close to reality then in scenarios that seem highly implausible that a consumer may never experience.