

Youth Diversion from the Reality Through Fiction and Fantasy

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Abstract

The study concentrates on how fantasy fiction is becoming important part of youth lives and help them to escape from the real world. By watching and reading this genre youth escape from reality and make their world of imagination. From witches to the fairy, dragon to unicorns and from superheroes to monsters, most of the youth grew up hearing these stories from their parents which carries this supernatural and fantastical element in it from the age of three itself, kids were exposed to this fantasy element. Youth started believing in these fantastical elements and gradually after long exposure to it, they make it part of their lives. The study focused on respondents from the age of 13 to 35. Survey method is used, and the research tool was closed ended questionnaire. The study throws light on how the teenagers, youth and millennial are reaching to this fantasy fiction world and how they affect them. In this research, users and gratification theory are used as an approach to understanding why and how people actively seek out specific media to satisfy their needs. The research will also make understand the process of escaping, through a media form.

Keywords: Fantasy, Fiction, Reality

Introduction

Human is a social animal, for entertainment they look for book, movies, tv serials or web series. From past few decades people are specific about their own, genre which they fancy while reading and watching a movie. Where Fantasy Fiction is a genre which is continuously penetrating in people's mind and life. This study will discuss that how fantasy fiction genre is helping people to escape from reality and create their world of imagination and fantasy which comfort them to run from their daily life problem and encourage them to not to face the problem which led to escapism. Before going further into details let's discuss some terms like Fantasy fiction and Escapism. Fantasy is a secondary world where things like magic, ghost, exists this fantasy world is usually showed described in books and movies. "An enduring genre of literature, the word 'Fantasy' comes from the Latin word Phantasia and the middle English fantasie. Fantasy refers to a story where magical events are a vital part of the plot. Mythology can be considered as the earliest form of fantasy. Stories of Gods and Goddesses with limitless power to create or destroy may have been an attempt to make sense out of a world that the simpler people of the time couldn't comprehend, but these tales certainly fit the mould of the fantasy story." (Evangeline ray thesis, and fiction on another side which is a genre of literature in which imaginary and unrealistic people, events are described. Margaret Culkin Banning (American Author and writer) define fiction as "Fiction is not a dream. Nor is it guesswork. It is imagining based on facts, and the fact must be accurate, or the work of imagining will not stand up Her definition brings together the relationship between fact and imagination and that imagination is based on facts. If join this two-word fantasy fiction it makes a whole larger than life world where fairy, witches, magic exist. It is considered that this fantasy fiction was started when a Scottish author George McDonald wrote novels like 'The Princess and the Goblin' and 'Phantastes' this book was written in the year 1858. Many more books and novels were written in this era like the Well at the World's End, At the back of the North Wind, the wonderful Wizard of Oz. during this time author like William Morris, R.R Tolkien, C.S Lewis were ruling the world of fantasy fiction literature. Although Juvenile fantasy was more acceptable that day which led to more creation to same literature books like The Lords of Rings, hunger games, chronicles of Narnia, The hobbit which become juvenile favourite's and the, or about nature of love started loving such books, later these books were converted in movies which help fantasy lover to get more engaged in it. This popular culture for fantasy fiction didn't stop in the 21st

century. The books like Harry Potter by J.K Rowling's and George R. R Martin's Song of Ice and Fire which now become a series of The Game of Thrones is making people irrational. These two series, Harry Potter and game of thrones are not only dragging people towards them but making them believe in this genre of fantasy. Nowadays people not only watch them but they get to indulge in them, which affect their lifestyle. Author Arthur Asa Berger explained –“all texts teach us the thing, whether about human personality, about motivation, about morality”. The researcher explained that “people reads, to escape from day to day existences and to live through other people to have adventures, to meet interesting people of all kinds, and to gain insight that will help us live better.”(Berger;1997) and his these words, about people reading the text to escape, is what applicable to present scenario This fantasy fiction genre is one which is helping millennial to escape from reality. Before we discuss in advance let's bring light to escapism, which is the motive of research, escapism is a tendency by which people get distracted and get relief from unpleasant realities, usually, people do this through entertainment or by indulging online into fantasy. And this is the purpose of my research on how this fantasy fiction is leading to escapism.

Literature Review

“I would not be surprised if in coming some years people will start celebrating days like Harry potter day or GOT day”, (Lgorevna, 2015) in her research on Escapism in contemporary Psychology to review and investigate current empirical studies and tendencies in the escapism problem is presented. According to (Olkina, 2015), in this modern world, an individual is provided with a wide range of media tools like games, movies etc.to escape from reality, which varies from person to person. The researcher also put forward the point that the problem of escapism and immersion in any other realities involves emotional, mental, and physical personal, well-being which later led to serious problems. The researcher mentioned that usually this problem is found in young people and adult when they start involving in video games, movies, series and then change in addictive behaviour. Yee, (2006) considers escapism as a way of relaxation and ignoring real-world problems. The researcher also mentioned about negative and positive escapism in the study. Negative escapism is more significant than positive escapism. Olkina, (2015) defined escapism as avoiding behaviour. During her Theoretical investigation the author studied that according to Evans (2001) escapism is

phenomena happening because of present media society. While studying Evans Researcher found out about his mixed classification of escapism types which are (1) **Avoiding** – running from reality, (2) **Passive** – not making any effort just get indulge in TV, music or movies. (3) **Active** – changing of hobbies (4) **Extreme** – activities which are actually or potentially dangerous like drugs alcohols, etc. The researcher also discussed cause and effect of effect in accordance to Evan's study the youth gets bored and want to run from this mundane daily life or opposite when one gets too stressed and avoid and run from life problem and challenges. The researcher mentioned about RPG (role-playing games) these games provide their users with an opportunity to submerge into different reality created by games master in actual time and space. In her study Olkina, (2015) discussed and mentioned the present theoretical study of escapism which is basically through social media or games. By refereeing different researcher's, escapism was stated that "avoiding and ignoring reality refers to an immersion into psychotic illusion caused by altered states of consciousness, the world created in one's imaginative unrealistic world while reading fantasy books or watching fantasy pieces of art. Victoria, (2014,) a senior lecturer in English at Macquarie University wrote a newsletter called Children's Fantasy Literature: why escaping reality is good for kids. The paper was all about how escapism is good for kids. As Olkina, (2015) mentioned that people find escapism in books series, and movies here in this newsletter Victoria discussed same in some depth that how harry potter and the lords of the rings are already there in people heart especially, kids and young people. According to Victoria, fantasy is a genre of literature which is for polarizing people. The researcher explained that serious reader prefers realism and who view reading as a form of escapism read fantasy (usually children's) because of less value and the unrealistic element of fantasy, fantasy is associated with the kids. It was a belief in the old days that serious realistic novels were read by males and fantasy and unrealistic novels are for female and children. This gendered perception of fantasy has gradually changed, fantasy is more often is associated with men and young boys. Fantasy has become a popular culture which is on everybody's head and mind. Victoria discussed her childhood memories and mentioned that during her childhood her mother convinced her that fantasy is rubbish. The Researcher explained that this is the biggest irony that all the writing is a fantasy to some extent. Researcher quotes Professor John Stephens "one of the more curious sides to the criticism of children's literature is the urge to polarize

fantasy add realism into rival genres, and to assert that children prefer one or the other or progress from fantasy to realism (or vice versa)”

Victoria, (2014) mentioned how this young lady J.K Rowling’s change the definition of fantasy for children’s. From the 450 million copies of Harry Potter books sold over this period to the more recent "young adult" phenomena of Stephenie Meyer's Twilight series, it was witnessed that children's are as keen on fantasy as ever before – and rather than "progressing" out of fantasy the domination of dystopian fantasy within the young adult market with Suzanne Collins Hunger Games Trilogy leading the charge just to the opposite. All these books and series have taken the hearts of the young people with its charm. In her paper, Victoria mentioned how escapism is essential for kids, according to her, fantasy reading consents its reader to testing with different ways by seeing the world, with this hypothetical situation reader make the connection between the fictive scenario of book and their social reality. Researcher quantified that fantasy use metaphor which makes it more open to its reader. This allows fantasy to explore quite lesser complex issues than realism because it takes place in world which is distanced from social reality (actually this is a world which doesn’t exist only) Victoria, (2014) in her paper by giving example of (M.T Anderson’s 2002) novel Feed stated that set in a future hardwired into their brain, which constantly bombards their consciousness with advertising, the novel is a sharp satire of both consumer and digital culture. By mentioning the name of Cory Doctorow (who specializes in science fiction) Victoria wrote how the idea of fantasy allows the reader to play with a hypothetical situation. Researcher explained Anderson and Doctorow both work within the genre of Sci-fi, which happens to be immensely popular with teenagers at the moment – perhaps because it offers the reader a way to make sense of our times. According to her fantasy is an extremely board literary category that encompasses a wide variety of subgenres. By concluding her paper Victoria mentioned fantasy fiction is a genre of literature which offer much more too young reader than any other genre. One important reason to give fantasy to children is that it comments on social reality through indirections (metaphor, allegory, and parable) and can, therefore, deal with complex moral questions more playfully and exaggeratedly. Fantasy also prompts the young reader to play at seeing the world in different ways and accordingly teaches them to construct meaning by making a connection between the seemingly unrelated concept and things. In the end,

Researcher explained – *“unlike green vegetable, children can often be persuaded to read fantasy without the adult in their lives resorting to bribery.”*

It was always a battle whether the escapism is good or bad. Allan, (2015) in his study mentioned life is full of problem and hardship and it is obvious that people want to step back from reality and get lost in the fantasies of their mind. For the same, they read books about faraway lands and explore the virtual world with powerful avatars. However, sometimes it leads to productivity and personal and some time goes in the wrong way. Allan, defines escapism as an intentional detachment and distraction from the real world which allows a momentary reprieve from your problems, by giving a chance to a person to recharge its mental batteries before he or Researcher jumps back into the fray. According to him if an individual is interested to watch TV or movies, listen to music, read books, play games and daydream, its mean he has partaken in escapism. It is usually normal to escape until unless one will not go too far. The researcher explained watching movies and reading aren't inherently bad for you and according to him, daydreaming can be good for one's brain. Without escapism, everyday stresses could burn one person out a lot faster. As researcher mentioned before escapism is good until one stays near reality and doesn't go too far. The researcher quoted "it's like salt and sugar, you can sprinkle it on the top of your life to make it better, but too much will ruin the whole thing" too much escapism can cause problems at work, damage personal relationships, and sometimes even cut you from your normal social circles. Where it sometimes led to productivity as same it has potential to plummet your productivity as well. The researcher explained escapism doesn't make one person lazy, per se, but too much of escapism can turn into avoidance and make an individual stagnate instead of actively pursuing your goals. The researcher also mentioned one should not waste their time by pondering whether escapism is good or bad. According to him, it is a tool in your possession that can be used the right way just as easily as it can be used the wrong way. When a person's escapism overpower its experience in its real life, it starts poling persons head out of the clouds, and the person doesn't want to spend his whole life running from it. In his study, Allan explained how a person can wean oneself off of Escapism, learning and realizing how to put your hand back on the control and stop escapism from your problems are easy, it's just like stopping a bad habit, however its time. A person probably won't stop cold turkey, and probably he doesn't necessarily want to. An individual needs to balance it with the rest of his life at a healthy level. The researcher

discussed that if a person chooses fun real-life experience over its escapism can help you to set some basic ground rules. Like the "Real life – Right now", Right now. By giving an example of substituting one positive experience for another. The researcher explained that it important for one to still involve oneself in fun an enjoy moments away from the downsides of life, and not alienate yourself from your social circle or damaging your relationship. The researcher stated “whatever your poison is, it will be there when you get back. Just you make sure that the real-life things are something you at least think you will enjoy, otherwise you will be dragged back to the escapism even more”. This rule won't instantly solve the abuse of escapism, but its good stepping stone in the right direction.

Allan, (2015) in his study also mentioned Psychotherapist Dr Michael J. Hurd and what the researcher explained about escapism according to him – "Escaping can have negative implication because it implies that you're escaping important things like family, work, friends, pets and rest of the real world." Allan, (2015) also explained it is very important for a person to identify what he or researcher are trying to avoid and why which is very essential to avoid the mental dis-balance which happens when person fully get escaped from reality he explained "weaning yourself off escapism can also be an opportunity to make you are real-life better in the process. “If you are escapism from real life then it is a high point to ask you why?” Allan, (2015) also being light on Celestine Chua, life Coach and founder of the personal Excellence thought about escapism according to him escapism is a defense mechanism, by which you protect yourself from something negative in your life, and parallels he explained that unfortunately there is no escape from your circumstances. The researcher explained that your movie marathon won't protect you from the bill you have to pay and your harry potter series won't make things better for you at work. The researcher told that a person needs to pick things apart and recognize what's causing your "escape mode".

According to other than getting answer why and what you are avoiding one more thing is important to be present in realism that is aimed for smaller doses of escapism, which is same as quitting smoking, you would probably consider using nicotine patches or gum to help ease yourself off your addiction. Similarly, Reddit user's unwrite, in trying to wean himself off the drug use, suggested replacing extreme cases of escapism with something less damaging. The last thing Allan suggests people to do to come back to real life is too ask them to escape in the world they are already present. The researcher explained “when you the urge to escape, think

about all the things you've always wanted to learn about. Instead of locking oneself in the entire season of breaking bad, start doing which you love like designing artwork or start a website of your choice it will help you or explore the city you live in from last so many years try to convert with new people, all this help you to escape less. Make a separate do list which you love to do, and whenever you get the urge to escape look at it, find your goal in life. Escapism sometimes led people to end their life, as they are unaware of what they want to do in their life. Reality may not be fun always like movies novels, but still, it is adjustable. Because escapism can be a good thing and you owe it to yourself to keep it that way.

Gold, (2017) discussed reading is a great thing, but a certain type of reading can be valued more than others. However, assigning value to book or genre is wrong because it is something subjective. As different research defined escapism in their way Gold, (2017) also defined it as a story which allows the reader to "escape from reality" according to him some genre is meant to be used as an escapist genre. In his study, the researcher tried to answers the question "what do reader see as an escape?" The reader wants a genre which swept them away from reality. In another way, they want story immersion as a form of escapism which a form of escapism only. The researcher explained escapism could also mean that reader enjoy a story different from their day-to-day lives, granting an experience they couldn't otherwise share.

Gold, (2017) studied about Escapism vs. realism in his blog, and as he already mentioned that no book is escapist for all the reader. By using the same statement he mentioned that story immersion and reader circumstances vs story circumstances is subjective. All the books like harry potter, hunger games are not written for mere escapism. According to researcher it is the perspective of reader how he/she perceives the book. Researcher explained even in fantastical stories there is an element of realism. And these realism facts are the ones which help the reader to relate with the character of the book like a child how never saw their parent can relate with harry as he is also someone who is alone in his world.

Similarly, Ashmitha, (2010) studied that the real world to J. K. Rowling harry potter Fantastical world Researcher concluded that harry potter Prisoners of Azkaban has the element of reality like the use of languages such as Latin and French in character of series. Also, the elements of the plot are related to ancient myth. In the same way, Gold, (2017) considers that fantasy also has realism. Researcher wanted to analyse whether escapism is a bad thing or not. In his study Gold, (2017) found that how people accept happy ending which is not so easy in realism

through escapist genre it gives wrong illusion to the reader. But on contradictory researcher explained it's not easy to write a happy ending for an author so if a story satisfies or if it makes you happy. Researcher explained whether the story is escapist or not is depend on the reader's mental status.

According to Mikey, (2014) if one wants to escape from a particular time of life then fantasies act as a means of dissociation your mind from you. Mikey, (2014) studied that when a person practices escapism he or Researcher stop involving in social life and engage oneself in books movies, video games etc. he also states that "Escapism is opposite of mindfulness" according to researcher escapism numb a person to accept anything which he or Researcher do not want to accept. Mikey, (2014) studied that "for most of the people, these fantasies are localized to one or a few specific area's as opposed to fantasies of being an entirely different person for men, a common fantasy realm is that where their success with women is far greater than it is in real life. They imagine themselves as being able to get any women they want (excessive porn use likely reinforces this fantasy), so the dearth of romance their life doesn't hurt as much. Mikey, (2014) explained escapism is a way of attempting to avoid oneself and we are responsible for all our decision which we make will urge to live in that fantasy world. Researcher studied that an escapist doesn't have any problem in their lives because they are already in the world of fantasy which took them away from reality and now they are unknown to their- self.

A writer, columnist teacher of creative writing at University of Leicester, **Damien Walter**, 2013, Damien quote the word of C.S. Lewis that- "The only people who hate escapism are jailers" Damien by describing his childhood explained that-

"I am a writer and critic of fantasy, and for most of my life, I have been an escapist. Born in 1977, the year in which Star Wars brought cinematic escapism to new heights, Damien, (2013) had seen TV screens grow from blurry analogue boxes to high-definition wide-screens the size of walls. Damien, (2013) discussed that people how love reading J.R.R Tolkien's they also admire Lewis and explained with Lord of the rings Tolkien's created an entire world of fantasy for fantasy lovers. And by mentioning middle earth he explained it's no metaphor or allegory but is an altogether a another world with different reality, languages etc. according to Damien as the reader start reading this fantasy fiction books they gradually start escaping the real world goes into second world of imagination, and as immersion is mantra for new escapism theory,

creating a secondary world is only the mission of the author nowadays, author explained literature is powerful way to escape, but it is powerful if the mind of the reader is literate enough to understand it.

Damien, (2013) studied that from past few decades the genre is changing the definition of fantasy in mind of people when star wars come on the screen people got more immersive and then terminator series which change the standard of CGI and then Jurassic Park, toy story, matrix, Avatar, harry potter, Narnia, Lord of the rings all this larger than life unrealistic and supernatural elements made people escapist and that's why Damien explained this transformation in cinema fuelled a ravenous appetite for escape. Damien, (2013) studied that video games used to an entertainment medium but today video games franchise such as Halo, Grand Theft Auto and Call of Duty is earning \$65 billion globally. With the accelerating culture of escapism, everybody began to see an eruption of fantasy into reality. And Damien's believe that is some days this digital fantasy will become a physical fantasy. Researcher also stated that with this popular culture of escapist fantasy idealism and imagination took a new birth. According to Damien, (2013) this harry potter and hunger games which replaced the good book known created a new world of imagination.

According to Walton, (2013) it's an individual's choice what he or reader wants to read and nobody has the right to question their reading habit. Its one's choice whether they read fantasy fiction or non –fiction and nobody become defensive about their reading habit. Walton, (2013) studied that people don't read fantasy for escapism and there is no need to do so but yes he mentioned that he used to read fantasy genre when he was in hostel which was like a jail for him and that's why he used to read Narnia, Harry Potter, vampires stories, he explained I don't fly either I suck blood nor I know Petronius charm but yes I like them I enjoy them. According to author, every fantasy lover is not escapist nor did they read it because they want to run from reality. As per Walton, (2013) reader have their own story which connects him or her to the literature. But literature like Harry potter whose character grown up with the audience itself and it's become an escapist saga.

Kayti, (2017) discussed that Harry Potter is the most beloved series and book of the 21st century. It is considered as cultural phenomena, with its much-lauded west end sequel: Harry Potter and the cursed child. Rowling not only created a vivid, relatable character but Researcher made a whole world of imagination. Kayti, (2017) imagined whole life as the escapist worlds

were kids and adult escape into. Researcher explained Harry Potter and the End of an Era by which Researcher means 9/11 and the transition into the fear culture, Researcher explained for this generation of readers this shift in national consciousness coincided with secondary, much more abrupt widening of the world, one brought into stark focus by the attacks on the twin tower.

According Weird, (2012) escapism will be a bastardised term. Researcher doesn't care what people debate about whether it is about escapist literature or its nature. For her when escapism comes it means stepping in a new world of imagination, one which is full of fantastical, supernatural, vibrant elements. Weird, (2012) explained this character of this series and genre ask oneself to get attached to the character it may be the protagonist or any character. According to Weird, (2012) star wars is the king of storytelling and because it is an archetype it is still successful after decades later.

According to Hussain, (2014) escapist literature as a genre which allows its reader to escape the ennui of the real world and indulge vicariously in an alternative reality. According to researcher this an only genre which helps the reader to get rid of their burdens. Hussain, (2014) discussed that escapism makes a person alone and alien in this world from the world which he wanted to escape so that he or reader get relaxation now this escapism itself become a negative element. Hussain, (2014) quoted the words of Norwegian Psychologist Forde Sensing who categories the escapism into two category self-suppression and self-expansion he believes that escapism offers more insight into the human body.

Problem of Statement

From dragons to unicorn and fairy godmothers to an evil witch, most of us have grown up hearing such stories that have carried these fantastical elements. All this come under fantasy fiction which already discussed in the introduction of this paper. Where nowadays it's not like old days that fantasy fiction is only used to make our child sleep. After R.R Tolkien and C.S Lewis books like the Hobbit (1937), the lord of the rings (1954), the chronicles of Narnia, the space trilogy, all this changed the world of fantasy literature these books which later become movies and series, become the folk's favourites and everybody started reading them, from age of 13 to 35. As Arthur believed each book have potential to provide escapism and now when the trend of escapism in culture books a series like harry potter, Game of thrones, hunger games, the load of the rings are not only famous among teenagers but are penetrating in their

minds. And with this help millennial are escaping from reality and making their world of fantasy. These movies and it is binge-watch, teenagers and readers try to escape or run from their problem and alienate themselves from social life. And it is not very rear but in a literature review, we went through that person who has the urge to be another person and which lead to escapism. These people not only run from the problem but also start leaving as their desired character. And this is leading to much mental illness like split-personality disorder also in depression.

Rational

The rationale for my study is that:

- Because of the increasing popularity of fantasy fiction genre, this genre is not only is now a mere entertainment but become part of people's life.
- As not only teenagers but adults are getting indulge in this fantasy fiction world, and helping them to run from real life.
- Fantasy fiction nowadays attracting people towards its story by which people are taken the path of escapism.
- Escapism is not only giving them relaxation or recharging them but taking them to wrong ways where people become alone and alienated because of the genre, and became the victim of mental illness.
- Fantasy fiction is provoking this generation, not to face the harsh reality of world instead it is showing the path to step back from social, personal responsibility, which is leading to many different problems for an individual.
- Where the other world is growing fast by facing problems and solving it fantasy lovers or we can say escapist are still stagnant from this world and daydreaming.

That's why it is very essential to research this genre and its readers and therefore the research is significant.

Objective of research

The objective of the research is as follow:

- To understand fantasy fiction as a genre, who it is affecting its audience by using Uses and Gratification Theory. (This theory is an approach to understand why and how

people actively seek out specific media to satisfy a specific need. UGT is an audience-centred approach to understand mass communication) which is very relevant to my study and help to understand my audience of fantasy.

- To explore the word escapism and its extent to people's life.
- To locate how many are using fantasy only as a medium for escaping.

Research question

To achieve the above objective, the following questions have been framed:

- How many people from age of 13 to 35 are using fantasy fiction as escapism medium?
- To what extent they are connected to the genre and its character?
- Is escapism has become part of their lives?
- Is the movies like harry potter able to drag people to the world of escapism?

Methodology

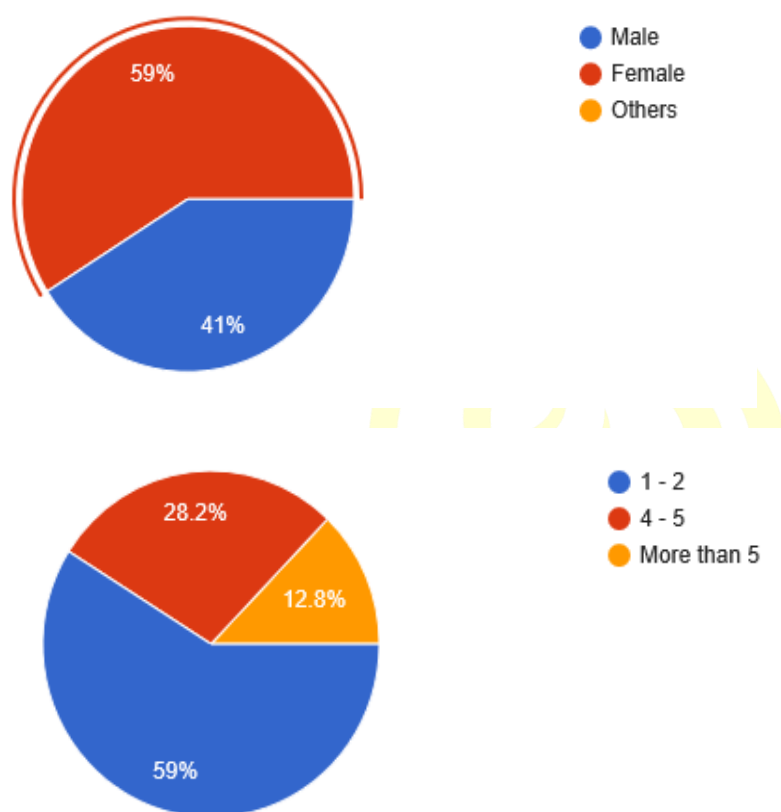
After discussing various research paper, articles, blogs, studies and theoretical perspective of the topic Fantasy fiction and Escapism. In this paper Quantitative Method is used, where the target demography was from age 13 to 35. The people how to invest their time in reading and watching movies and series are focused. For data interpretation and collection, Questionnaire was used, which was distributed among the age of people from 13 to 35 in and around Manipal Karnataka. To understand the motive of research, which was to find whether this fantasy fiction is affecting the present generation and motivating them to live in the world of fantasy. In the above literature review, we discuss in-depth about the topic. The theory used was user and gratification.

The questionnaire was used for data collection. The questionnaire was developed in keeping with the theoretical perspective, which has emerged in the literature review.

Data analysis and Interpretation

To find the answers of the question of research, that whether present generation is watching series like harry potter and Games of the thrones just for mere fun or to escape for the reality

for the same a survey was conducted, a quantitative analysis. Where few questions were asked to people ageing from 13 to 35 about their habit will watching and reading this genre of fantasy. Where the finding outcome was that 59% of women and 41% men watch this genre of fantasy and out of the 64.1% is the age of 20 to 25 and 28.2% is of 13 to 19 year old, and remaining 7% is above 26. People who participated in the survey from that 80% of people are indulging in fantasy fiction and 12.8% of them give 5+ hours of their day to them this love for fantasy and 59% give almost 2 hours a day.



And as mentioned in LOR that people have the fantasy to become another person and they start behaving like them it starts from here only were will watching such shows they start connecting to them, as Mikey explained that's not wrong to admire somebody but having the urge to be someone else than yourself is dangerous. In this research, the discovery was that 71.8 % of people connect to the character in the movie and books and 66.7 admire them also. As explained admiring is not wrong but while admiring them unknowingly person went to that state of escapism where his behaviours changes and become like the person he or Researcher admires sometimes it happens that they start thinking like their favourite character and their life decision

get affected with it. The survey also asked whether they think of their admiring character while making the decision and 30.8% of people explained yes.

And as we discussed that fantasy provides us relaxation and it also provokes the reader to step back from reality and start leaving in their world of imagination, so again the conclusion says, that 79.5 % of people get relaxation while watching and reading fantasy genre. The reason to go in this escape zone is the stress which takes people to the genre and motivates them to become escapist. Also, the survey outcome was that 56.4% of people read their genre because they want to run from their daily life problem.

(Some answers that got after the survey- why they (consumers) watch this genre are:

- "My favourite fiction series is Naruto and Naruto Shippuden, I watch it when I am sad to get me out of my sadness and also I watch it inspire and motivate me. It fills me with enthusiasm and also the story and the content of the whole story does affect me in many ways."
- "The Watchmen series. It makes me feel like my life is pretty awesome compared to the characters in that book."

Summary and conclusion

From dragons to unicorn and fairy godmothers to an evil witch, most of us have grown up hearing such stories that have carried these fantastical elements. And all this come under fantasy fiction which already discoursed in the introduction of our paper. The purpose behind this paper was to comprehend the escapism and its effect which is happening because of the present popular culture of fantasy fiction and yes if people and consumer are knowingly or unknowingly are part of escapism. Also, they born in the era of Harry Potter and Narnia, where they grow with these supernatural and magical elements with being them as part of daily life either as form entertainment or pass time, From Hogwarts to quidditch to flying carpets to take to an animal. All the consumers and viewers believe all this, instead of knowing the fact that it's not true. The spectators of fantasy fiction believe in vampire witches superman, batmen. All this is taking them to their world of fantasy. It is found that because of the larger than life and beautiful portrait of this genre in movies attracted us toward it. Likewise, the consumers become the victim of it and start living in the world of fantasy and imagination. It was evident that because of the daily problem and hurdles of life people want to run from them and living

in this tech-savvy generation, these people get just mere relaxation and then they get indulge them self in fantasy fiction movies and books, which make a person alienated and alone in this world to skip problems an escapist skip many good things of life like family, friends, party, fun, and their near and dear ones.

This is not only about escaping from real life and making a new secondary world of fantasy but people who do so after some time this become victim of spilt personality like disease and also go into depression. As we discuss before by connecting to their favourite character not only they get escapism but they become crazy for them.

It is good to escape sometimes but anything beyond a limit is harmful.

In this media world of fantasy you will find satisfaction but it sometimes it goes wrong also.

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