

Fear Culture

Dr.Poyraz GÜRSON

Atilim University
Ankara, Turkey
Email: pgurson@atilim.edu.tr

As it is widely known, every people live with some expectations. However, these expectations might show some changes parallel to situations. In every part of our lives, we come across with different problems. Therefore, not all these problems always affect us in a way we expect. At that point, fear appears. Fear is one such emotion that plays an important part in our lives and pre-programmed into all animals and people as an instinctual response to potential danger. When a person experiences fear, the amygdala and the hypothalamus (the certain areas in the brain) are immediately activated and appear to control the first physical response to fear. Chemicals such as adrenaline and the stress hormone that is cortisol are released into the blood stream causing certain physical reactions such as rapid heart rate, increased blood pressure, tightening of muscles, sharpened or redirected senses, dilation of the pupils (to let in more light), increased sweating¹.

To explain fear, it could be a good idea to look at some types of phobias², which are organized like;

Psychological conditions

- Ablutophobia – fear of bathing, washing, or cleaning.
- Acrophobia, Altophobia – fear of heights.
- Agoraphobia, Agoraphobia Without History of Panic Disorder – fear of places or events where escape is impossible or when help is unavailable.
- Agraphobia – fear of sexual abuse.
- Aichmophobia – fear of sharp or pointed objects (as a needle, knife or a pointing finger).
- Algophobia – fear of pain.
- Agyrophobia – fear of crossing roads.
- Androphobia – fear of men.
- Anthropophobia – fear of people or being in a company, a form of social phobia.
- Anthophobia – fear of flowers.
- Aquaphobia, Hydrophobia – fear of water.
- Astraphobia, Astrapophobia, Brontophobia, Keraunophobia – fear of thunder, lightning and storms; especially common in young children.
- Aviophobia, Aviatophobia – fear of flying.
- Bacillophobia, Bacteriophobia, Microbiophobia – fear of microbes and bacteria.
- Blood-injection-injury type phobia – a DSM-IV subtype of specific phobias
- Catoptrophobia - fear of mirrors or of one's own reflection.
- Chorophobia - fear of dancing.
- Cibophobia, Sitophobia – aversion to food, synonymous to Anorexia nervosa.
- Claustrophobia – fear of confined spaces.
- Coulrophobia – fear of clowns (not restricted to evil clowns).
- Decidophobia – fear of making decisions.
- Dental phobia, Dentophobia, Odontophobia – fear of dentists and dental procedures
- Dymorphophobia, or body dysmorphic disorder – a phobic obsession with a real or imaginary body defect.
- Emetophobia – fear of vomiting.
- Ergasiophobia, Ergophobia – fear of work or functioning, or a surgeon's fear of operating.
- Ergophobia – fear of work or functioning.
- Erotophobia – fear of sexual love or sexual questions.
- Erythrophobia – pathological blushing.
- Gelotophobia - fear of being laughed at.
- Gephyrophobia – fear of bridges.

¹ <http://www.nativeremedies.com/ailment/overcoming-fears-info.html>

² http://en.wikipedia.org/wiki/List_of_phobias

- Genophobia, Coitophobia – fear of sexual intercourse.
- Gerascophobia – fear of growing old or ageing.
- Gerontophobia – fear of growing old, or a hatred or fear of the elderly.
- Glossophobia – fear of speaking in public or of trying to speak.
- Gymnophobia – fear of nudity.
- Gynophobia – fear of women.
- Haptophobia – fear of being touched.
- Heliophobia – fear of sunlight.
- Hemophobia, Haemophobia – fear of blood.
- Hexakosioihexekontahexaphobia – fear of the number 666.
- Hoplophobia – fear of weapons, specifically firearms (Generally a political term but the clinical phobia is also documented).
- Ligyrophobia – fear of loud noises.
- Lipophobia – fear/avoidance of fats in food.
- Megalophobia - fear of large/oversized objects.
- Mysophobia – fear of germs, contamination or dirt.
- Necrophobia – fear of death, the dead.
- Neophobia, Cainophobia, Cainotophobia, Cenophobia, Centophobia, Kainolophobia, Kainophobia – fear of newness, novelty.
- Nomophobia – fear of being out of mobile phone contact.
- Nosophobia – fear of contracting a disease.
- Nyctophobia, Achluophobia, Lygophobia, Scotophobia – fear of darkness.
- Osmophobia, Olfactophobia – fear of smells.
- Paraskavedekatriaphobia, Paraskevidekatriaphobia, Friggatriskaidekaphobia – fear of Friday the 13th.
- Panphobia – fear of everything or constantly afraid without knowing what is causing it.
- Phasmophobia - fear of ghosts, spectres or phantasms.
- Phagophobia – fear of swallowing.
- Phobophobia – fear of having a phobia.
- Phonophobia – fear of loud sounds.
- Pyrophobia – fear of fire.
- Radiophobia – fear of radioactivity or X-rays.
- Sociophobia – fear of people or social situations
- Scopophobia – fear of being looked at or stared at.
- Somniphobia – fear of sleep.
- Spectrophobia – fear of mirrors and one's own reflections.
- Taphophobia – fear of the grave, or fear of being placed in a grave while still alive.
- Technophobia – fear of technology (see also Luddite).
- Telephone phobia, fear or reluctance of making or taking phone calls.
- Tetrophobia – fear of the number 4.
- Tokophobia – fear of childbirth.
- Tomophobia – fear or anxiety of surgeries/surgical operations.
- Traumatophobia – a synonym for injury phobia, a fear of having an injury
- Triskaidekaphobia, Terdekaphobia – fear of the number 13.
- Trypanophobia, Belonephobia, Enetophobia – fear of needles or injections.
- Vaccinophobia - fear of vaccines.
- Workplace phobia – fear of the work place.
- Xenophobia – fear of strangers, foreigners, or aliens.

Animal phobias

- Ailurophobia – fear/dislike of cats.
- Animal phobia - fear of certain animals, a category of specific phobias.
- Apiphobia – fear/dislike of bees (also known as Melissophobia).
- Arachnophobia – fear/dislike of spiders.
- Chiroptophobia – fear/dislike of bats.
- Cynophobia – fear/dislike of dogs.
- Entomophobia – fear/dislike of insects.
- Equinophobia – fear/dislike of horses (also known as Hippophobia).
- Herpetophobia - fear/dislike of reptiles.

- Ichthyophobia – fear/dislike of fish.
- Musophobia – fear/dislike of mice and/or rats.
- Ophidiophobia – fear/dislike of snakes.
- Ornithophobia – fear/dislike of birds.
- Scoleciphobia – fear of worms.
- Selachophobia - fear/dislike of sharks.
- Zoophobia – a generic term for animal phobias.

Non-psychological conditions

- Hydrophobia – fear of water (a symptom of rabies).
- Photophobia – hypersensitivity to light causing aversion to light
- Phonophobia – hypersensitivity to sound causing aversion to sounds.
- Osmophobia – hypersensitivity to smells causing aversion to odors.

Biology, chemistry

- Acidophobia/Acidophobic – preference for non-acidic conditions.
- Heliophobia/Heliophobic – aversion to sunlight.
- Hydrophobia/Hydrophobic – a property of being repelled by water.
- Lipophobicity – a property of fat rejection
- Ombrophobia – avoidance of rain
- Photophobia (biology) a negative phototaxis or phototropism response, or a tendency to stay out of the light
- Superhydrophobe – the property given to materials that are extremely difficult to get wet.
- Thermophobia – aversion to heat.

Prejudices and discrimination

- Biphobia – dislike of bisexuals.
- Chemophobia – prejudice against artificial substances in favour of 'natural' substances.
- Ephebiphobia – fear/dislike of youth.
- Gerontophobia, Gerascophobia – fear of growing old or a hatred of the elderly.
- Heterophobia – fear/dislike of heterosexuals.
- Homophobia – aversion to homosexuality or fear of homosexuals. (This word has become a common political term, and many people interpret it as a slur.)
- Hoplophobia – aversion to firearms or firearms owners. This word has also gained a certain political notoriety as a dysphemism for "gun control advocate".
- Judeophobia – fear/dislike of Jews.
- Lesbophobia – fear/dislike of lesbian women.
- Pedophobia, Pediophobia – fear/dislike of children.
- Psychophobia – fear/dislike of mentally ill.
- Transphobia – fear or dislike of transgender or transsexual people.
- Xenophobia – fear or dislike of foreigners.

Jocular and fictional phobias

- Aibohphobia – a joke term for the fear of palindromes, which is a palindrome itself. The term is a piece of computer humor entered into the 1981 *The Devil's DP Dictionary*
- *Anachrophobia* – fear of temporal displacement, from a *Doctor Who* novel by Jonathan Morris.
- *Anoraknophobia* – a portmanteau of "anorak" and "arachnophobia". Used in the Wallace and Gromit comic book *Anoraknophobia*. Also the title of an album by Marillion.
- *Arachibutyrophobia* – fear of peanut butter sticking to the roof of the mouth. The word is used by Peter O'Donnell in his 1985 Modesty Blaise adventure novel *Dead Man's Handle*. It had circulated, unattributed, in the Internet for some time until it landed at the CTRN Phobia Clinic website: "Working one-on-one with one of our team, with guaranteed lifetime elimination of Sticky Peanut Butter Phobia. **From \$1497 and up.**"
- Hippopotomonstrosesquipedaliophobia – fear of long words.
- Hippopoto- "big" due to its allusion to the Greek-derived word hippopotamus (though this is derived as *hippo-* "horse" compounded with *potam-os* "river", so originally meaning "river horse"; according to the Oxford English, "hippopotamine" has been construed as large since 1847, so this coinage is reasonable); -monstr- is from Latin words meaning "monstrous", -o- is a noun-compounding vowel; -sesquipedali- comes from "sesquipedalian" meaning a long word (literally "a foot and a half long" in Latin), -o- is a noun-compounding vowel, and -phobia means "fear".

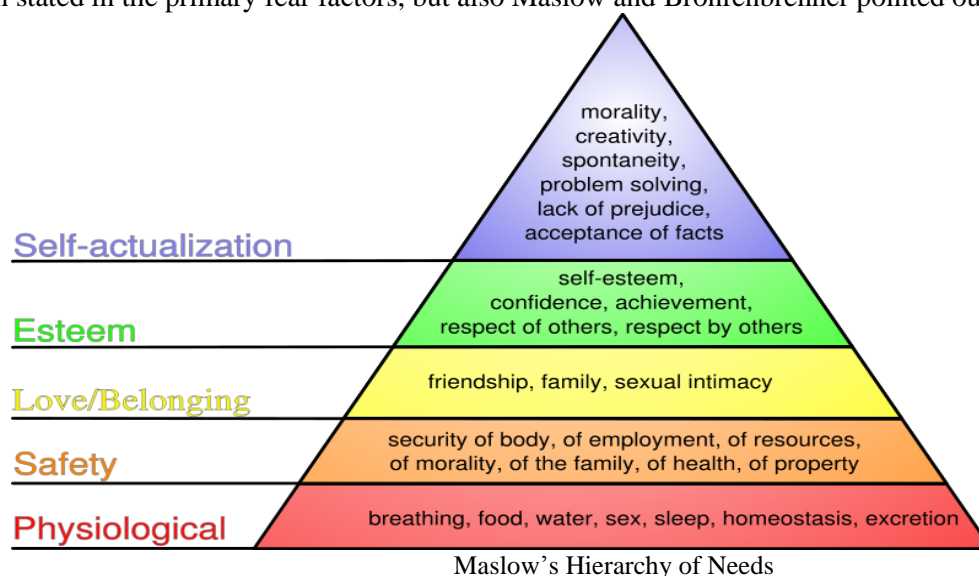
- Note: This was mentioned on the first episode of Brainiac Series Five as one of Tickle's Teasers.
- Nihilophobia - fear of nothingness, as described by the Doctor in the Star Trek: Voyager episode Night. Voyager's morale officer and chef Neelix suffers from this condition, having panic attacks while the ship was traversing a dark expanse of space known as the Void. It is also the title of a 2008 album by Neuronium.
- Venustraphobia – fear of beautiful women, according to a 1998 humorous article published by *BBC News*. The word is a portmanteau of "Venus trap" and "phobia". *Venustraphobia* is the title of a 2006 album by Casbah Club.

Miscellaneous

- *Arachnophobia* – "fear/dislike of spiders," a film
- *Chromophobia* – "hatred/fear of colors," a film
- *Choreophobia* – hatred of dance, a book by Anthony Shay about Iranian dance and its prohibition after the Iranian Revolution
- *Entomophobia* – a genus of orchids. The word means "fear of insects"
- *Philophobia*, an album by Arab Strap
- *Robophobia* – a novel by Richard Evans

After looking at these types of phobias, it is clear that people at every moment of their lives may experience fear which can affect them. However, not only phobias mean fear. When we look at the facts that the fear exists, the question which occurs in our minds is that is our culture is affected by the fear and in what ways; is where a concept of the "fear culture"? To answer to these questions, let's make some observations by using some philosopher's approaches. When we generally look at the fears of the people, especially, we should take in hand the approaches of Freud and Erikson's perspectives, because there are some examples to "inborn" fears. According to Freud, there are five stages in the Psychosexual Development. In the Phallic stage (3 to 6 Years), in which gratification is focused on the genitals, the Oedipus complex exists. According to him, the unconscious wish of all male children to kill their fathers and sexually possess their mothers.

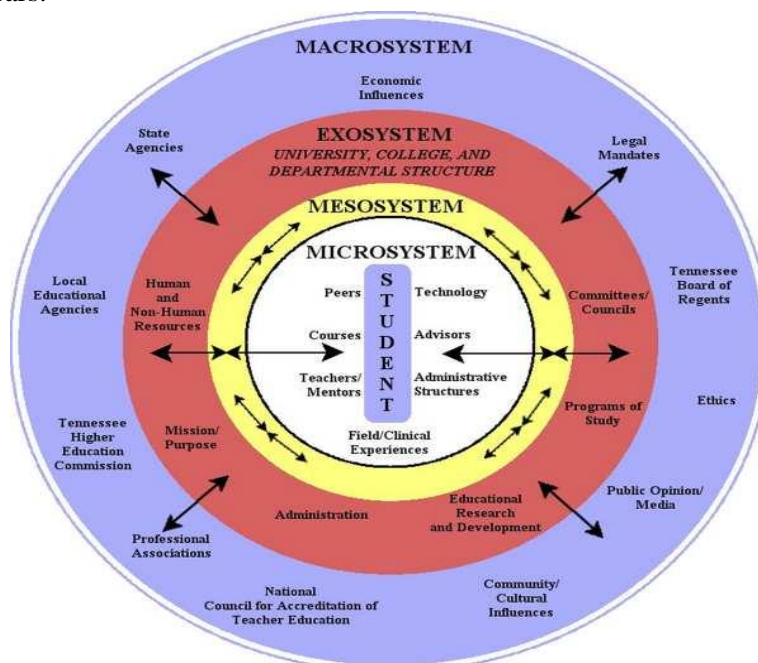
However, they can not do this because of the castration anxiety (the fear of a young boy that his father will punish his sexual desire for his mother by removing his genitals). Moreover, according to Erikson, there are eight stages of Social Development and after observing each stage, we can say that every stage has experienced fear. In each stage something versus something. For example, in the first stage that is basic trust versus mistrust it is seen to have fear, because here, a person learns to feel comfortable and trust parents' care. However, in the opposite this, due to the mistrust, a person may develop a deep distrust of a world that is perceived to be unsafe. So, as it seen, a person experiences his first fears³. However, not only Freud and Erikson stated in the primary fear factors, but also Maslow and Bronfenbrenner pointed out some realities.



According to Maslow, there is a pyramid and it consists of five levels. Lack of one of them (Physiological, Safety, Love and Belonging, Self-esteem, Self-actualization) may cause stress and a person may experience fear in a result of this. Another approach comes from Bronfenbrenner. According to him, he invaded Bronfenbrenner's ecological systems theory, which includes four systems (Microsystem, Mesosystem,

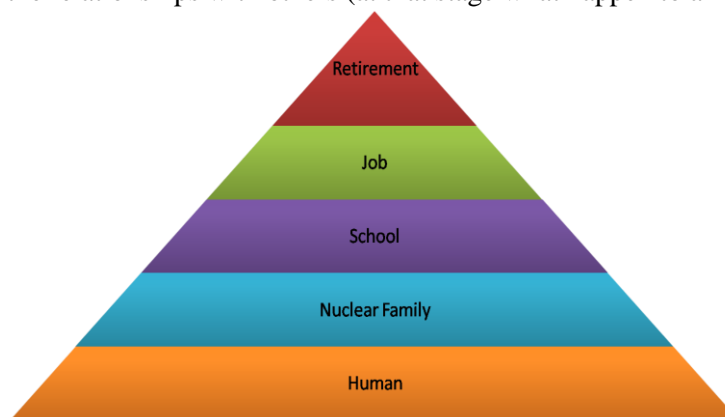
³ Benjamin B. Lahey, Psychology An Introduction, 9th Edition,

Exosystem, Macrosystem) and show relations of a person with the whole around him. As in Maslow’s hierarchy of need, lack of one “relation” may cause to huge problems. All these problems cause stress and as a result of that fear appears.



Bronfenbrenner’s ecological systems theory

Each approach is very important for understanding reasons of fear and there it is come from however, to understand the real causes of the fear, it is better to do research/look at a particular area of a country. For example, in our country, there are seven regions and each of them has their own culture. In Turkey, there are plenty of reasons of experiencing fear, however, the main reason is due to the cultural aspects. Even though Turkey is seem to have “one” culture, the culture of the East and West shows huge differences. Let’s look through the main two approaches such as the way children are growing up and the gender differences between men and women. In my opinion, to find the fear differences between regions, it could be a good idea to use the pyramid that is imitated from “Maslow’s hierarchy” founded by me. Every stage of the pyramid should be observed the fears cause by the relationships with others (at that stage what happen to a human).



Pyramid of fear

East;

Public that is live in the East part of the country have some expectations, which they have to lead. There is a patriarchy, which points out that the man is the leader in the family and everything depends on him. At this culture, the woman is only for fertility, feeding animals, looking up children, cooking, and nothing else. They have no even an opportunity to have an education and there is a dogmatic system, too. The woman can not ask why something happens and she can not reject the things coming from her husband or father. All these facts cause to the growing of the woman with a fear.

West;

The expectations from the Public that is live in the West part of the country are absolutely different. This region allows to his women to have education and even do a career. The rights of man and woman are approximately equal. The woman has the rights and she can defend them independently.

Woman's childhood is passing not the same way as it is passing in the East part of the country. However, even though the causes of the fear are not the same with other regions, the fear in the West exists, too. There are different types of anxiety that may cause fear (after a particular period of time). As it is seen, even though the way of living is different in each region, there is a certain truth that is the fear exists. Due to our research results, we can say that our country has a fear culture. So, it proves the existence of the concept of the "fear culture".



When we look at our Turkish National Anthem, it starts with the word "Korkma!", which is translated as "Don't be afraid!" or "Don't feel fear!". According to the psychological approach, it symbolizes the economical, social and cultural viewpoints of the country. If this word exists in the Turkish National Anthem, it means that there is the fear and the message is not to be afraid of anything. Taking this fact through the psychological approach, we can say that by using Five-Factor Model of Personality, this "problem" could be solved. This model of personality points out that openness, extraversion, conscientiousness, agreeableness, and neuroticism are important five-factors that could be affected in the personality of a person and as a result of the effectiveness, in the way of thinking and living could be seen some positive changes. Taking all these facts into consideration, the East part of our country has still led by the despotic method, because there is no an authority figure, thus, it has to be.

Also, in the East, the death is sanctified, however, in the West the Life is sanctified. When we look at the East, we can see that there is a fatalistic mentality. If it is needed to show the situation regrettably, a person can get frightened because of its nature and also can beat that fear by his/her joy of life and pride. In eastern side, while the fear of one is getting stronger (fear is dominating the honor), this fear can dominate the honor of the nation. In personal life, it is natural that fear can surpass other things, but if fear is dominate to honor in the East, this fear can be also felt in the Turkish National Anthem. Even we sometimes can get out of this fear as a society, fear can surpass again. As it is seen, the fear culture does exist and our country is also affected by him. As Doğan CÜCELOĞLU said in his book named as the "Fear Culture", if in a society the fear culture exists and also dominant, there is neither respect to the truth nor the life of the human is important. Moreover, this society is going to be lack of scientific view, too. And, the lives of people will be passing meaninglessly and with dogmatism. Whereas, each person and society could impress their positive thoughts and do not forget the aim of living.

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