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A study on the impact of binge-watching on dissociation

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ABSTRACT

To study the impact of Binge-watching on Dissociation Binge-watching is a relatively new phenomenon that has gained popularity recently. Due to Covid 19 Lockdown, OTT platforms have seen a 65% increase in new subscriptions. Many studies have looked upon bingeing as a behavior, but minimal studies investigate the specific bingeing aspect, of binge-watching and the effects it might be causing. This study analyses binge-watching and its impact on dissociation-normative dissociation. The study consists of a survey design that helps to understand the relationship between binge-watching and dissociation. It comprised 125 responses divided into two age groups viz. 18-25 years and 25-30 years. The individuals were compared using the Binge Watching Engagement and Symptom Questionnaire (BWESQ) and the Cambridge Depersonalization Scale (CDS). It was hypothesized that there is no correlation between binge-watching and dissociation, no difference between excessive and non-excessive binge-watchers concerning dissociation, and no difference between the two age groups 18-25 and 25-30 concerning binge-watching and dissociation. Post correlation analysis, it was found that Binge-watching correlated positively with Dissociation. A difference is observed with respect to excessive binge-watchers and non-excessive binge-watchers for dissociation. It was also found that there is no difference between the age groups 18-25 and 26-30 on binge-watching and dissociation. These findings suggest that further research can be done on neuropsychological, executive functioning, and structural aspects of the same.

Keywords: Binge-watching, Dissociation.

1. INTRODUCTION

Every time it starts with one episode, it increases gradually. Then one continues watching more episodes out of pleasure, curiosity, etc., and within no time, you realize you have watched the whole series. Even before you realize you are lying on your bed wide awake early morning with drowsy eyes watching another episode, postponing sleep, and calculating how many hours of sleep you have compromised and how much time you have in hand to get back to sleep. This is when you realize you have spent the whole night binge-watching a show. One study states that an average person watches 20 movies in 2 months a year (Pena,2015). One of the studies conducted in 2000 American Nationals observed that about 52% of individuals have streamed video content on their devices more than they usually do in summer due to the pandemic lockdown and Covid restrictions.

Binge-watching has now become a very familiar concept, due to which it was added to the Oxford English Dictionary in 2013. It was crowned as the word of the year, which tells us about its relevance in today's world ("Oxford Dictionaries," 2013). Oxford referred to Binge-watching as the practice that freed viewers from the traditional one-episode-per-week broadcast television schedule and cited the reason for the recognition as its explosion in mainstream use. Labelled as a verb, According to Oxford, "binge-watch" is "to watch multiple episodes of a television program in rapid succession, typically using DVDs or digital streaming" (Oxford Dictionaries, 2013). New technologies, such as online streaming platforms like Netflix, Amazon, and digital recording, have now started to end the tradition of watching television (Wipu Wang, 2019). Binge-watching, also known as "marathon viewing" or "binge viewing," has been gaining

popularity in recent years. People with binge-watching behavior often watch multiple episodes simultaneously (Umesh & Bose, 2019). There is no voluntary control over binge-watching behavior. According to (Pierce & Grove, 2017), binge-watching takes individuals into a different state of consciousness.

Due to the COVID-19 pandemic, individuals were going through immense distress in the lockdown phase. As everyone was isolated in their homes, this was an ideal state where every individual engaged in binge-watching behavior as they had little to do. During the lockdown, the time spent by Indians on the OTT platform was observed to increase by 30-60% the average watch time. According to one report, 49% of Indian youth binge-watched 2-3 hours daily. On average, 65 individuals signed up daily for three new OTT platforms during the lockdown. The average time spent on the OTT platform was recorded as four hours by Indians. (Inc42, 2020) During this, even if the individuals were found working from home they agreed that TV/Internet usage has increased. (Ayushi Dixit et al, 2020).

The feeling good is due to the chemicals that are released in our brain; according to clinical psychologists, when we are engrossed in any pleasurable activity, e.g., binge-watching, our brain releases our body's pleasure-giving chemical called dopamine. So, while binge-watching our brain commands the body to continue with this activity. Due to this, our body secretes dopamine, which gets the same effect when it is high on drugs. Thus, bingeing on a specific web series or TV show is the body being hooked-up on dopamine. (Vyas, 2019).

According to this, binge-watching was used as a coping mechanism, where individuals replaced their lives with the fantasy and imaginary world of web series or television shows. (Lazaru & Folkman, 1984). Conway (Rubin, 1991) said that there are six motivators for watching TV: passing time, entertainment, information, escape, relaxation, and state enhancement. According to (Mikos, 2006), it makes the individual get more involved in the story; it transports the individual, here all the mental processes and capacities get focused on the things occurring in the story (Green & Brock, 2000); this may lead to loss of access to the real world till the time an individual consumes media. This may include physical symptoms like not noticing people entering the room or being psychologically distant from reality. A similar state is achieved in non-pathological dissociation. Whereas non-pathological dissociation implies that there is a change in the state of consciousness that is not organically induced or does not occur by any psychiatric illness, but instead, it is just a temporary altered state. Dissociative symptoms can occur in patients and the general population like us. Therefore, dissociation has commonly been conceptualized as ranging on a continuum, from non-severe manifestations of daydreaming to more severe disturbances typical of dissociative disorders There is minimal research on binge-watching and dissociation. The current research aims to determine the relationship between binge-watching and dissociation. Moreover, does excess binge-watching lead to a dissociative state? This research will also help to understand bingeing, which has now become a preferred method of TV consumption and might have its problem, where it affects the mental health of the individual (Deloitte, 2018). Concerning the population taken into consideration, this research will also put light on the habits of binge-watching and dissociation in the younger as well as adult population and its difference among genders. This research will also help shed light on the bingeing behavior of individuals admitted to locking down and its effect on dissociative behavior.

2. STATEMENT OF THE PROBLEM

Is there any relationship between binge-watching and dissociation?

Is there any difference between the two groups, excessive binge-watchers, and non-excessive binge-watchers on dissociation?

Is there any age difference with respect to binge-watching behavior and dissociation?

3. HYPOTHESES

HQ1: There is no correlation between Binge-watching and dissociation.

HQ2: There is no difference between the two groups – Excessive binge watchers and non-excessive binge watchers with respect to disassociations.

HQ3: There is no difference between the age groups on Binge-watching and disassociation.

4. LITERATURE REVIEW

This section looks into the previous literature on activities of Binge-watching and Dissociation. As discussed, this research looks into the relationship between binge-watching and disassociation. Initially, binge-watching as behavior is discussed, followed by the literature on dissociation.

4.1 BINGE-WATCHING

Binge-watching, which is also known as “marathon viewing” or “binge viewing,” has been on the increase in recent years (Yoon Hi Sung, 2018). The word ‘binge’ was used first in English in the mid-1800s, which means ‘to soak’. During World War I, the term ‘binge’ was known as eating or drinking in excess. The term binge-watching can be seen be used as back as in 2003 but was prominently used from the year 2012. It gained popularity between 2011 and 2015. Now, it has become a normal way of consuming TV series (Pierce Grove, 2017).

(Pittman & Sheehan, 2015) Binge-watching is “watching two or more episodes of the same series in a single sitting.” While there are no specific figures that will define the threshold for this phenomenon, it is considered that binge-watching means watching a series of

a single program for several straight hours in one sitting (Yoon Hi Sung, 2018). This concept is quite similar to the phenomenon of TV marathon where people watch many episodes in one go with the help of rental DVDs (Tadena, 2001). Many studies show that individuals between the age of 18-39 more significantly binge-watch rather than older individuals (Chang, J 2020; Market Cast Study 2013). It is a gender-neutral phenomenon (Jolanta A & Starosta 2020). Binge-watching has now become a tradition where one pursues an individual to binge-watch a new series by questioning them and creating interest in it, even news articles nowadays recommend top lists of binge-watching shows to be watched. The past research on binge-watching or extreme behavior states that factors like the amount of time, frequency and level of engagement are some of the essential aspects of measuring binge-watching. The Uses and Gratification Theory (Rubenking, 2018) explains the motivation for binge-watching, according to which individuals indulge in media such as the Internet, television, and social media to satisfy their needs. According to Rubin, individuals indulge in TV viewing to pass the time, companionship, arousal, relaxation, and escape social interaction.

The reasons why people choose to engage in binge behavior may also be a coping mechanism, but they all revolve around their attempts to escape or eliminate stress. (Wipu Wang, 2019) Individuals tend to binge-watch more when they have availability of free time and can access the show (Devasagayam, 2014). The desire to watch more came from wanting to continue the “walk through the wardrobe” – binge-watchers enjoyed the “escapism” achieved during binge-watching and feel engrossed in the text (Perks, 2015). The feeling of being into the content so be it just reading or watching a riveting series, gives the base of the research for binge-watching.

In one of the research projects, it was observed that in South Asian countries, there was an increase in binge-watching during the lockdown period, a significant increase seen was from 27.6% to 73.7%. Most of the participants (52.6 %) reported that the major psychological motivation for binge-watching was to pass the time and escape boredom, 25% used it for relieving stress as well as 15.7 % used it for overcoming loneliness (Ayushi Dixita, 2020). One of the surveys showed that if individuals ended up feeling more lonely or more depressed, there was an increase in the episodes the individual would end up watching. According to this, the researchers concluded that binge-watching is like other binging behaviors like binge eating, drinking which may also be related to depression (Sung et al., 2015)

Binging Behaviors

The expression Binge watching is taken from phrases such as “binge drinking” and “binge eating (Yoon Hi Sung, 2018) and also looking at the diagnostic criteria for binge eating, it says that binge eaters eat more frequently than required. Binge-watching as an expression was derived from the word “Binge-watch” which is commonly known as a short period spend to engage in activity to excessively using the term under binge drinking or binge eating. The word does carry a negative and guilty shade even then, it is a widespread practice that is also known as - Guilty Pleasure” (Ramsay, 2013). Considering all these factors, this could hold true for binge-watching behavior. During binge eating, it is observed that negativity increases which is followed by momentary dissociation, where dissociation, which occurs due to the heightened aversiveness, tries to reduce the negative internal effect. This concept is seen under the escape theory of dissociation, where lowered self-awareness leads to loss of control overeating. According to research, the individuals who frequently binged watched have more negative emotions than the individuals who are non-problematic binge-watchers, and the negative emotions are more associated with binge-watching Individual also often engage in binge-watching as a way to escape reality and avoid problems and negative emotions. (Victoria Anzie 2020; Tyler.B.Mason, 2017).

The concept of “transportation” can help explain binge-watching engagement. They have defined transportation as “a convergent process, where all mental systems and capacities become focused on events occurring in the narrative” (Green & Brock, 2000, p. 701). The narration can be in any form. Individuals in a state of high transportation get fully engrossed in the story; sometimes, they cannot access real-world information for the duration of such media consumption. Sometimes viewing a single show can form a strong connection with the characters. This develops a very intense relationship; with the characters of the show, due to which the individual may lose track of how much content he has watched. One could say binge-watching is similar to hypnosis rather than an addiction (Sigman, 2005). The research states that television viewing tends to lessen frontal lobe activity, which means that the individual tends to think less critically, and there is a decrease in attention toward the real world (Sigman, 2005). Here is when the viewers feel that they have to continue to hit the next or play button. In one of the regression analysis, it was found that the total viewing session and hours per session has seen an increase in transportation and the subcomponents related to it. This suggests that an individual can block their surroundings similar to what people do when they are on drugs or alcohol (Winn, 2002)

Binge-watching as a social act

One aspect which influences binge-watching is watching most of the episodes with others, this also affects the aspect of transportation, as here, individuals plan to watch ahead and tend to watch more episodes with the same group the following week. This leads to more emotional investment and transportation as everyone tends to continue to discuss the storylines depicted in the content. (Warren, Stephen Marshall, 2016, Pittman & Sheehan, 2015)

The dual processing theory of the social cognition module consists of two processes, reflective and impulsive, respectively. Under reflective process has execution and behavior change, whereas the impulsive process occurs more outside of awareness and intentionality. Here in binge-watching, the reflective process is seen initially, whereas the impulsive process is silent. However, it is

characterized as having continuous queuing of the episodes and an inbuilt contingent reward mechanism that does not involve conscious decision-making, which causes involuntary behavior. (Emily Walton- Pattison & Stephan U Dombrowski, 2016)

4.2 DISSOCIATION

In everyday life, we tend to daydream and lose track while driving, walking, etc. Sometimes our attention in some activities is lost as we are lost in our thoughts, which causes us to lose track of our reality and time. This is a similar way to how one can experience dissociation. (Dalena van heugten, 2021). One of the research papers says that dissociative experiences can obstruct the process of processing the information, which is coming from outside in the brain, this paper also states that having a dissociative experience means that there is a failure in the mental system to execute the integration of information at the higher level (Brunet et al, 2001)

The DSM-5 defines dissociation as “a disruption and/or discontinuity in the normal integration of consciousness, memory, identity, emotion, perception, body representation, motor control, and behavioral distinction is often made between dissociative states and dissociative traits” (e.g., Bremner 2010; Bremner & Brett, 1997). State dissociation is viewed as a transient symptom lasting for a few minutes or hours (e.g., dissociation during a traumatic event). Trait dissociation is an integral aspect of personality; this is studied under non-pathological dissociation.

The non-severe dissociation can also be called normative dissociation, this includes daydreaming, fantasizing, and absorption in everyday life situations. This state is not organically induced as it does not occur as a part of any psychiatric disorder and leads to a temporary alteration or separation from the normative integrated mental process.

Binge eating and Dissociation have the common function of blocking negative effects. State dissociation appears to have an important role in binge eating behavior. (Charli Hallings-Pott,2005).

Two elements are common in pathological and non-pathological dissociation. The first, telescoping of the attention field, leads to concentrating on a narrowing range of experiences and the second, excluding the internal or external material from the awareness related to the experience, which may lead to a temporary lack of reflective consciousness.

The other two elements related to normative dissociation are absorption and connotative involvement.

Absorption is getting engrossed in recreational activities or getting engaged in everyday work. Attention is more focused and stable during absorption, whereas the environmental and personal context is impaired. As voluntary control and awareness are the major elements of consciousness, when there is a disruption seen in one or both processes, disassociation is seen to be present. According to some studies, there are multiple forms of dissociative experience under which, absorption and Imaginative involvement is one form under which individuals feel that when they are watching TV or a movie, they become very absorbed in the story that it makes them unaware of what other events are happening around them.

Some filmmakers also intentionally seek to induce an altered state of consciousness in their audience, by doing this, self-awareness can be reduced, and personal concerns thereby dislocated for some time. Here dissociation may act as a psychological clutch allowing the individual to disengage from aversive or wearisome experiences, or they seem to be flights into escapist behaviors (may)reflect the painfulness of having to be continuously aware of the variety of unfinished businesses in one’s life which cannot be acted upon relatively quickly.) According to one research, watching films, videos, or television are viewed as deliberately engaging in dissociative experiences. Video Terminal Dissociation Trance attempted to develop knowledge of disorders connected to virtual realities. This involves having a significant disturbance in the state of consciousness, identity, and memory, the dilution of self-awareness and self-integrity, and the replacement of the customary sense of personal identity by a new virtual identity (Lisa. D. Butler,2006). There are three factors considered under video terminal dissociative trance, which is regression, Addiction, and Dissociation, in this, dissociation as a defence mechanism allows people to avoid emotional distress for some time by screening out excessive or overwhelming stimulus. Most of the mentioned studies have seen binge-watching and dissociation as different factors. There is a research gap regarding looking into both these together. Since binge-watching is on the rise and with the pandemic, this behavior was seen to be increasing. (Ayushi Dixit et al 2020). So, concerning all the studies above, there is a need to study these two factors and how they work together.

5. METHODOLOGY

Based on all the research stated above, Binge-watching is a relatively new phenomenon, there are different reasons why individuals engage in binge-watching, and the coping mechanism is one of them. At the same time, normative dissociation under the criteria of dissociation is non-pathological dissociation, where individuals tend to get absorbed in everyday activity. With respect to the pandemic, there has been an increase in binge-watching behavior. According to the research done, it has been stated that binge-watching and dissociation have been used as coping mechanisms. In this research, the current study wants to focus on studying the correlation between binge-watching and dissociation, where excessive binge-watching leads to dissociative experience.

5.1 OBJECTIVES

This research has three main objectives:

1. To assess and compare individuals on binge-watching and dissociation by using Binge Watching Engagement and Symptom Questionnaire (BWESQ) and The Cambridge Depersonalization Scale (CDS).
2. To explore the difference between excessive binge-watchers and non-excessive binge-watchers in terms of dissociation.
3. To understand the difference between age groups on binge-watching and dissociation.

5.2 OPERATIONAL DEFINITIONS

The research study is a correlation type of study: Binge-watching is theoretically based on the concept of dissociation. Thus, it is important to operationally define the variables. This study focuses mainly on individuals who indulge in binge-watching and watch multiple episodes of television programs in rapid succession.

Binge watching: Binge-watching is defined as watching multiple episodes of television programs in rapid succession (Victoria Anozie, 2020)

Dissociation: Dissociation can be defined as disruption and/or discontinuity in the normal integration of consciousness, memory, identity, emotion, perception, body representation, motor control and behavioral distinction is often made between dissociative states and dissociative traits. (i.e Bremner, 2010; Bremner & Brett, 1997).

5.3 VARIABLES UNDERSTUDY

Independent Variable: Binge-watching

Dependent Variable: Disassociation

Control Variable: Age

5.4 RESEARCH DESIGN

This is a correlation type of research where this study aims to determine whether there is any relationship between the two variables taken into consideration to address the hypothesis. An online survey was conducted (N=60) with the help of Google Forms. Due to the ongoing lockdown and pandemic restrictions, cost-effectiveness, and participants' diversity, Google Form was considered in the survey.

5.5 SAMPLE SIZE

Sample Size: By using the method of purposive and snowball sampling, a sample of 125 participants is taken. The sample has 95 individuals from the age range 18-25 and 26-30 age range have 30 individuals.

Participants taken into consideration were taken from the age group of 18 – 30 young adults and old adults as according to some research both of these age group have seen to have extensive binge watching behavior (Yoon HI Sung, 2018, Chang, J 2020, Market Cast Study 2013).

5.6 TOOLS USED

Personal Datasheet

A consent form and a brief research description form were given to the participants.

Binge Watching Engagement and Symptom Questionnaire

Binge-watching was measured with the help of Binge Watching and Symptom Questionnaire. (Flayelle et al, 2019). It has a 4-point Likert-type scale ranging from 1 (strongly agree) to 4 (strongly disagree). It measures seven factors related to binge watching. The seven factors are loss of control, desire-savouring, engagement, binge-watching, positive emotions, dependency and pleasure prevention. Example from the scale, "I sometimes try not to spend as much time watching TV series, but I fail every time", "I get tensed, irritated or agitated when I can't watch my favourite TV series. The 40- item Questionnaire has a reliability 0.62-0.83. This scale demonstrate good structural and convergent validity (Flyelle, 2019).

The Cambridge Depersonalization Scale (CDS)

The Cambridge Depersonalization Scale (CDS) is used to measure the frequency and duration of depersonalization symptoms for a period covering the last 6 months. It is a self administered questionnaire that has 29 items. Where each item is rated on two point independent Likert scale, one for the frequency (range: 0-4) and another for severity (range:1-6).

The Cronbach alpha and split half reliability is 0.89 and 0.92. Examples from the test, "Parts of my body feel as if they didn't belong to me", "My surrounding feel detached or unreal as if there were a veil between me and outside world". (Konstantinos Kontoangloes, 2016).

5.7 PROCEDURE

An online Google form consisted of consent form and two Questionnaires. The participants were contacted through text messages and post on social media websites like WhatsApp and Instagram. Upon enquiring about the study an additional explanation was given about the background of the study. Completion of the Questionnaire was obtained within 15 min, participants were thanked for their participation of the study.

6.RESULTS

The research study aimed at understanding the impact of binge-watching on dissociation, for which 125 participants, divided among the age groups of 18-25 and 26-30, were assessed on Binge-Watching Engagement and Symptom Questionnaire (BWESQ) and The Cambridge Depersonalization Scale (CDS). The study also aimed at finding whether there is a difference between excessive binge-watchers and non-excessive binge-watchers with respect to dissociation. It also explores if there is a difference between age groups with respect to binge-watching and dissociation. It was hypothesized that there is no correlation between binge-watching and dissociation; there is no difference between excessive binge-watchers and non-excessive binge-watchers with respect to dissociation; there is no difference between the age groups with respect to binge-watching and dissociation. Statistical analysis was run on the data and the results are presented below.

6.1 SAMPLE PROFILE

After the exclusion of the incomplete responses, a total of 125 responses were considered for the analysis of the test. The data collected consisted of 62 females (49.6%), 61 males (48.8%) and 2 others (1.6%) others. The data was divided into two age groups of 18-25 and 26-30. Furthermore, the individuals were also segregated by their occupations wherefrom the total population 78 individuals were students (62.4%), 39 were working (31.2%), 6 were businessmen (4.1%) and 2 were homemakers (1.6%).

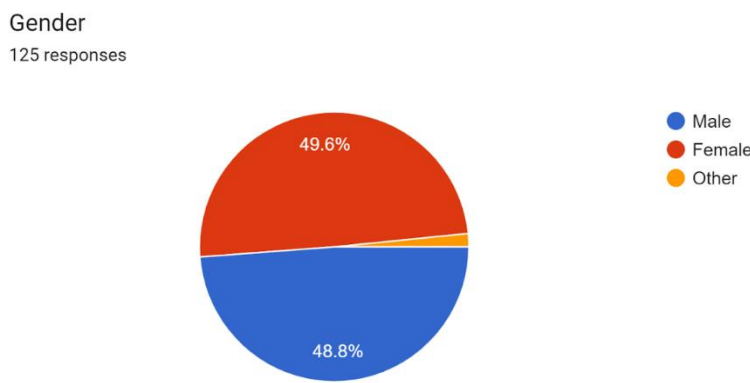


Figure 1: Sex Distribution

The above table shows the sex distribution among the sample taken for the research, where 49.6 % are female 48.8% are male and the remaining are others.

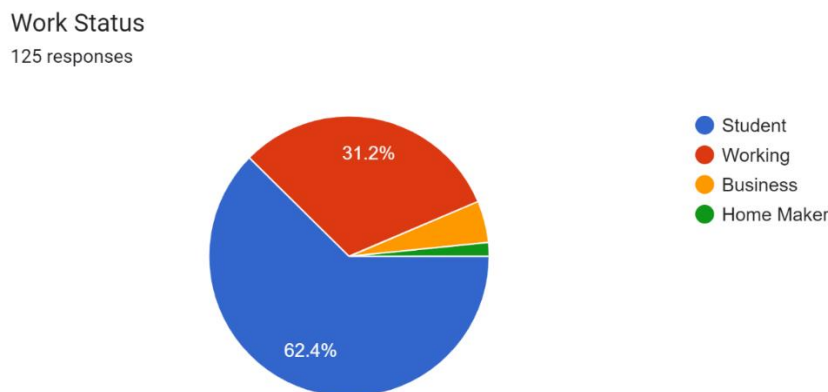


Figure 2: Work Status

6.2 ANALYSIS:

The research study aimed at comparing binge-watching and depersonalization by assessing individuals on Binge Watching Engagement and Symptom Questionnaire (BWESQ) and The Cambridge Depersonalization Scale (CDS).

It also aimed at knowing whether there is any relation between binge-watching and dissociation. It further inspects the difference between excessive binge-watchers and non-excessive binge-watchers on dissociation. It also examines the difference between the age groups with regard to binge-watching and dissociation.

Table 1: Test of Normality between BWESQ and CDS

	Shapiro-Wilk		
	Statistic	df	Sig.
CDS	.896	125	.000
BWESQ	.985	125	.173

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

CDS: Cambridge Depersonalisation Scale BWESQ Binge watching Engagement and Symptom Questionnaire.

The data was analysed and test of normality was done using Shapiro-Wilk Test. The statistics obtained were significant at 0.05, which states that the data is not normally distributed. Therefore Non – parametric analysis was conducted for further analysis of data .

Table 2: Correlation matrix- Binge-watching and Dissociation

				CDS	BWESQ
Spearman's rho	CDS	Correlation Coefficient		1.000	.243**
		Sig. (2-tailed)		.	.006
		N		125	125
	BWESQ	Correlation Coefficient		.243**	1.000
		Sig. (2-tailed)		.006	.
		N		125	125

**Correlation is significant at the 0.01 level (2-tailed).

Note: CDS: Cambridge Depersonalisation Scale, BWESQ: Binge watching Engagement and Symptom Questionnaire

A Spearman correlation was calculated to determine whether there is any correlation between binge-watching and depersonalization values. Where there was a positive correlation seen. (rs 123= .24,p>0.1.). This rejects our first hypothesis that there is no relationship between binge-watching and dissociation.

Table 3: Regression of Variance across Depersonalization and Binge-watching

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	12782.595	1	12782.595	7.851	.006 ^b
	Residual	200259.197	123	1628.124		
	Total	213041.792	124			

a. Dependent Variable: CDS

b. Predictor Variable (Constant) : BWESQ

Note: CDS: Cambridge Depersonalisation Scale , BWESQ: Binge watching Engagement and Symptom Questionnaire

3.1: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.245 ^a	.060	.052	40.35001

R: Regression Score

Table 4: Coefficients between Binge-watching and Depersonalisation

Model		UC		SC	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	44.047	13.538		3.254	.001
	BWESQ	.429	.153	.245	2.802	.006

a. Dependent Variable: CD, b. UC: Unstandardized Coefficients, c.SC: Standardized Coefficients

Note -CDS: Cambridge Depersonalisation Scale, BWESQ: Binge-watching Engagement and Symptom Questionnaire.

A simple linear regression was calculated to predict whether excess binge-watching will lead to dissociation.

The result from the regression states that there is a 0.60% variance, R Square=0.60. F (1, 123) =7.851 , p>0.001 So binge watching can significantly predict dissociation, $\beta = .429$, $t = 2.802$ $p = 0.006$ ($p > 0.001$)

Table 5: Mann-Whitney Comparison Analysis

	Binge watching	N	Mean Rank	Sum of Ranks
CDS	excessive on BWESQ	66	69.73	4602.00
	Non-excessive on BWESQ	59	55.47	3273.00
	Total	125		

CDS: Cambridge Depersonalisation Scale, BWESQ: Binge-watching Engagement and Symptom Questionnaire

Table 5.1: Means

Case Processing Summary						
	Cases		Excluded	Total	N	Percent
	Included	Percent				
CDS * BWESQ	125	100.0%	0	0.0%	125	100.0%

Note -CDS: Cambridge Depersonalisation Scale, BWESQ Binge watching Engagement and Symptom Questionnaire

Table 5.2: Mann Whitney U Test Statics

Mann-Whitney U	CDS	1503.000
Z		-2.196
Asymp. Sig. (2-tailed)		.028

a. Grouping Variable: Binge watching

CDS: Cambridge Depersonalisation Scale

Table 5.3: Report

CDS	Mean	N	Std. Deviation	Median
BWESQ				
excessive on BWESQ	88.2121	66	43.93195	73.0000
Non-excessive on BWESQ	72.1017	59	37.02408	66.0000
Total	80.6080	125	41.44972	69.0000

Note -CDS: Cambridge Depersonalisation Scale, BWESQ: Binge-watching Engagement and Symptom Questionnaire

To evaluate the difference between the two groups excessive binge-watchers and non-excessive binge-watchers over dissociation was tested using the Whitney U Test.

The test revealed that there is a significant difference between the two groups excessive binge-watchers (Median= 69, n=66) and non-excessive binge-watchers (Median =69, n= 59), U= 1503.00, z= -2.196, p=.028, r=0.19.

Thus, it rejects the null hypothesis that there is no difference between the two groups – Excessive binge watchers and non-excessive binge watchers with respect to disassociations.

Table 6: Mann-Whitney Test of comparison analysis

	Age group	N	Mean Rank	Sum of Ranks
CDS	18-25	95	62.73	5959.00
	26-30	30	63.87	1916.00
	Total	125		
BWESQ	18-25	95	59.97	5697.00
	26-30	30	72.60	2178.00
	Total	125		

The above table shows that the age group highest rank in CDS and BWESQ scale

Note - CDS: Cambridge Depersonalisation Scale, BWESQ: Binge-watching Engagement and Symptom Questionnaire

Table 6.1: Test Statistics

	CDS	BWESQ
Mann-Whitney U	1399.000	1137.000
Wilcoxon W	5959.000	5697.000
Z	-.150	-1.665
Asymp. Sig. (2-tailed)	.881	.096
a. Grouping Variable: age group		

Note -CDS: Cambridge Depersonalisation Scale, BWESQ: Binge-watching Engagement and Symptom Questionnaire

Table 6.2: Report

Age group		BWESQ	CD
18-25	Mean	83.1579	80.2842
	N	95	95
	Std. Deviation	23.63342	41.60904
	Median	86.0000	67.0000
26-30	Mean	91.8333	81.6333
	N	30	30
	Std. Deviation	22.94083	41.62930
	Median	95.0000	73.5000
Total	Mean	85.2400	80.6080
	N	125	125
	Std. Deviation	23.67127	41.44972
	Median	86.0000	69.0000

Note -BWESQ: Binge-watching Engagement and Symptom Questionnaire

The test revealed there is no significant difference between the age group of 18-25 (Median=86, n=95) and age group 26-30 (Median=85, n= 30), $u=1137.0$ $z=-1.665$, $p=.096$ are= 0.1 Thus the null hypothesis is accepted, our third hypothesis that there is no difference between the age group for BWESQ is supported.

On the CDS scale for dissociation, there is no significant difference between the age group of 18-25 (Median= 67, n=95) and age group 26-30 (Median=73, N= 30) $u=1399.0$ $z=-.150$, $p= 0.881$ are= 0.1 This accepts our third hypothesis that there is no difference between the age group for CDS was not supported.

7. DISCUSSION

The objective of the study was to assess and compare the relationship between binge-watching and Dissociation with the help of BWEQ and CDS scale. The study also aimed at understanding the difference between excessive binge-watchers and non-excessive binge-watchers in terms of dissociation and also looks if there is any difference between binge-watching and disassociation with respect to the age of the individuals divided into two groups 18-25 and 26-30

After testing the normality from the entire sample and clearing the correlation analysis, It was found that Binge-watching correlated positively with Dissociation, this co-relates with one of the research studies, which mentions that there are multiple forms of dissociative experiences under which absorption and imaginative involvement one form under which individuals feel that when they are watching T.V or a movie, they become very absorbed in the story that is unaware of what other events are happening around them. It was hypothesized that there is no difference between the two groups-Excessive binge-watchers and non-excessive binge-watchers with respect to disassociations. When the groups were compared it was revealed that there is a significant difference existing between Excessive and Non-Excessive Binge-Watchers.

This links to some research which shows that excessive binge-watchers have a strong para-social relation with their most beloved character in comparison with non-excessive binge-watchers (Erickson, Dal Cin, and Byl, 2019). This kind of attachment style has also been stated in one more research. (Wheeler, K.S. 2015.)

With respect to the difference between age groups on binge-watching and dissociation, the hypothesis got accepted where it was hypothesized that there is no difference between two age groups, 18-25 and 26-30 with respect to binge-watching and dissociation. This correlates with the findings of both of these age groups seen to have an extensive binge-watching behavior (Yoon HI Sung, 2018, Chang, J 2020, Market Cast Study 2013). The results may also have varied due to the uneven distribution of the individuals in both the groups.

8. CONCLUSION

The finding of the study reported the following conclusion:

HQ1: There is no correlation between binge watching and Dissociation was rejected.

HQ2: There is no difference between the two groups – Excessive binge watchers and non-excessive binge watchers with respect to disassociations was rejected.

HQ3: There is no difference between the age groups on binge-watching and disassociation was accepted.

9. LIMITATIONS

Certain limitations exist in the study when though it was backed up by statically robust findings.

The limitations exist pertaining to the methodology and the sample size of the research.

The study was conducted using google form and was based on the urban population hence it should be done on more extensive format. The sampling technique was very restrictive as individuals between a certain age group were studied.

More robust methods of testing should be applied to measure binge-watching and dissociation.

Due to the above-mentioned shortcomings, we cannot generalize the research findings.

10. IMPLICATIONS

The study confirms that there is a relationship between binge-watching and dissociation,

There is a difference also seen in excessive and non-excessive binge-watchers on dissociation.

But there is no difference seen among age groups 18-25 and 16-30 on binge-watching and dissociation.

11. RECOMMENDATIONS

Looking at the findings one should also look into the neuropsychological and executive functioning effect aspect of the same.

Along with this the research can also be done on any structural changes occurring with regards to excessive binge watching contributing to dissociation.

Researchers need to continue to find effective ways to measure and analyses binge-watching, because it appears the activity will not be cancelled anytime soon.

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