



What Is a ParaSocial Relationship

A para-social relationship in basic terms is the relationship that we form with celebrities and TV characters. All of these relationships are one-sided and only come after repeated exposure to this person, we get a sense of intimacy and friendship from this repeated exposure. We are loyal and feel directly connected to these people. (Laken)



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A Fan-Girl's Guide to Parasocial Relationships

An everything you need to know for fan-girls of all ages!



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Are These Relationship Good or Bad ?

Based on a meta-analysis of 261 empirical studies Liebers and Schramm (2019) found that, Bonds with Celebrities can lead to...

Pros

- Higher self- confidence
- A strong perception of problem-focused coping strategies
- A stronger sense of belonging

Cons

- Impractical body image
- Lower self-esteem
- Increased media consumption
- Media addiction (Liebers,Schramm 2019)



Image from: Pinterest

Image from: Digital Spy



People have a parasocial relationship with the Characters of Grey's Anatomy, or the actors themselves

A lot of people experienced a parasocial breakup when Derek was killed off in Grey's Anatomy, they are able to cope with this by rewatching episodes he is in or mourning his death as if it was real.

Examples of Parasocial Relationship/ Breakups



Fans of the book and movie franchise Harry Potter may have found themselves deviated when the books and movies came to an end, but being a fictional work it never truly ends. One can reread and rewatch as many times as wanted, along with involving himself in the current franchise that has stemmed from Harry Potter.

Image from: The Artifice

How to Get Through a ParaSocial Breakup

WHAT IS IT...

A Parasocial break is an emotional response as a result of a parasocial relationship ending, this could be the death of a character or of the celebrity themselves. This could also be a band disbanding like One Direction, the response most fan had to the situation.

HOW TO GET OVER IT...

According to research by Cohen (2003) that examined television viewers reaction to a loss of Parasocial relationship using a self report system, adults and teens often cope with parasocial breakups by. The major way to get over this type of breakup is to re-watch the TV or look back at past videos, pictures, and concerts if they are celebrities/ musicians. We have the ability to look back as often as we would like. Although we never get to relive it for the first time again or see the band perform together again we can relive the past.