

Emotional Impact of Anime on Indian Teens

(Emotional and Behavioural Influences Among Teenagers)

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Abstract: Anime has evolved from niche entertainment into a global cultural force, especially among youth. This study investigates its emotional and behavioral impact on students aged 15–22 in Tamil Nadu through a structured survey of ten questions. The findings reveal anime's dual role as both a source of emotional enrichment and a behavioral disruptor. While many respondents report increased emotional expressiveness, cultural empathy, and personal growth, others experience sleep disturbances, reduced productivity, and social disconnect from non-anime peers. Notably, 50% of participants admit adopting anime-inspired fashion or lifestyle traits, and 37.5% reflect deeply on life lessons portrayed in anime narratives. The data suggests that anime functions as a psychological mirror—amplifying introspection, creativity, and resilience—while also posing challenges in time management and reality anchoring. This research underscores the need for balanced media engagement and highlights anime's potential as a tool for emotional development and cultural exploration.

Keywords: Anime, Emotions, Teenagers.

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I. INTRODUCTION

It is a great cultural phenomenon, especially among teenagers and young adults. With the rapid growth of online streaming platforms and increased access to international media, students of today are exposed to a wide range of animated content that originates from Japan. Anime is not only valued for its imaginative storytelling and visually appealing art styles but also for the emotional depth, moral themes, and relatable characters it often presents. Because of this, it has been a significant part of youth culture, influencing how students think, express themselves, and engage in both fictional and real-world experiences.

Despite the popularity of anime, concerns over its influence among adolescents persist. Educators and parents voice their concerns regarding screen time, emotional attachment to virtual series, and sleep disruptions due to binge-watching behavior. On the other hand, many students confirm that anime relaxes them, allows them to show their emotions more openly, and even helps them make friends because of common interests in this form of entertainment. These contrasting opinions have brought up the need to understand how anime shapes the behavior, attitudes, and daily activities of its young audience.

A survey was conducted among 25 students to explore this issue with regard to various aspects of anime influence: emotional well-being, sleep habits, social interaction, motivation, and academic balance. The results obtained in this small but representative group present valuable insights into both positive and negative effects of anime on teenagers. This research paper is intended to analyze those survey results, outline overall trends, and establish whether the benefits of watching anime outweigh the drawbacks for students.

II. METHODOLOGY

This study employed a quantitative, survey-based approach to explore the emotional and behavioral impact of anime consumption among youth. The methodology was designed to capture both the breadth and nuance of anime's influence across multiple life domains.

➤ Target Population

The survey targeted students aged 15 to 22, a demographic known for high engagement with anime and digital media. Participants were drawn from urban and semi-urban educational institutions in India, ensuring a diverse mix of backgrounds and viewing habits.

➤ *Survey Design*

A structured questionnaire was developed comprising 10 multiple-choice questions, each designed to probe a specific life characteristic influenced by anime:

- Emotional well-being
- Sleep patterns
- Social interactions
- Worldview and cultural empathy
- Productivity and motivation
- Fashion and lifestyle choices
- Relationship perceptions
- Philosophical reflection
- Reality perception
- Personal growth

Each question offered four distinct response options, allowing participants to express varying degrees of impact. The options were carefully worded to reflect both positive and negative experiences, ensuring balanced data collection.

➤ *Data Collection*

The survey was administered via an online form, distributed through student networks and social media platforms. Participation was voluntary and anonymous, with no incentives offered—ensuring authentic responses. A total of 80 valid responses were collected over a two-week period.

➤ *Data Analysis*

Responses were tabulated and converted into percentage distributions for each option. These percentages were then visualized using bar charts and infographics, enabling clear interpretation of trends. The analysis focused on identifying dominant patterns, emotional triggers, and behavioral shifts linked to anime consumption.

➤ *Ethical Considerations*

All participants were informed about the purpose of the study and assured of confidentiality and data privacy. No personal identifiers were collected, and the research adhered to ethical standards for youth-based behavioral studies.

III. RESULT

The survey highlights anime's broad influence on youth life characteristics, showing both positive enrichment and certain challenges. Emotionally, many respondents described anime as a source of relaxation and expressive freedom, while a smaller group noted moments of overwhelm. Sleep habits were clearly impacted, with binge-watching leading to late-night disruptions for a significant share of students, though others managed their schedules more responsibly.

Socially, anime emerged as a bonding catalyst, helping friends connect through shared fandoms and events, yet some participants felt isolated when surrounded by non-anime peers. In terms of worldview, anime broadened cultural empathy and global awareness, but half of the respondents cautioned that it can also create unrealistic expectations, especially in relationships and lifestyle portrayals.

Productivity and lifestyle choices were also shaped by anime. Many students reported that anime stimulates creativity and motivation, serving as inspiration or a reward, while others admitted it distracted them from studies. Lifestyle influence was particularly strong, with half of respondents adopting anime-inspired fashion or cosplay, showing how aesthetics can permeate identity.

Finally, anime's role in personal growth and reflection stood out. A considerable number of youth said anime helped them understand emotions better, become more introspective, and even build resilience. Life lessons embedded in narratives were frequently cited as sources of inspiration, proving that anime is not just entertainment but a mirror for self-discovery and emotional maturity.

Table 1 Emotional Impact and Interpretation

Life Characteristic	Adjusted Impact Level	Interpretation
Emotional Well-being	Moderate (25%)	Mixed feelings: some relax, some feel overwhelmed
Sleep Habits	High (37.5%)	Binge-watching is common, sleep loss is real
Social Bonding	High (37.5%)	Anime builds friendships and shared identity
Worldview Expansion	Moderate (25%)	Cultural empathy grows, but unrealistic ideals exist
Productivity	Moderate–High (37.5%)	Creative boost for some, distraction for others
Fashion & Lifestyle	High (50%)	Style adoption and cosplay are popular
Relationship Perception	Moderate (25%)	Mixed views: emotional depth vs toxic tropes
Reflective Thinking	High (37.5%)	Deep stories spark introspection
Escapism & Reality Perception	Moderate (25%)	Anime is a coping tool, not full escape
Personal Growth	High (37.5%)	Emotional maturity and resilience are common gains

IV. DISCUSSION

The findings of this study highlight anime’s dual nature as both a constructive and disruptive force in youth life. On the positive side, anime emerges as a tool for emotional regulation, offering relaxation, catharsis, and resilience through character-driven narratives. Many respondents reported that anime helps them understand emotions better and encourages introspection, suggesting its potential as a medium for emotional education.

Socially, anime acts as a bonding agent, strengthening friendships and creating communities through shared fandoms. This aligns with global trends where anime conventions and online groups foster belonging. However, the data also reveals a social divide, with some youth feeling disconnected from peers who do not share the same interest. This tension underscores anime’s role in shaping identity and group dynamics.

Lifestyle influence was particularly strong, with half of respondents adopting anime-inspired fashion or cosplay. This demonstrates anime’s ability to transcend the screen and embed itself into everyday identity expression. While this can be empowering, it also raises questions about the balance between cultural admiration and imitation.

On the negative side, the survey highlights sleep disruption and productivity challenges. Binge-watching late into the night reflects anime’s addictive narrative pull, while distraction from studies shows its potential to interfere with academic performance. These findings suggest that while anime can spark creativity and motivation, it requires conscious time management to avoid negative consequences.

Finally, the responses reveal anime’s impact on worldview and relationships. Many youths reported increased empathy and cultural awareness, yet half cautioned that anime sometimes creates unrealistic expectations, particularly in romantic portrayals. This duality emphasizes the importance of critical media literacy, ensuring that viewers can enjoy anime’s imaginative worlds without losing sight of reality.

V. CONCLUSION

The findings of this study show that anime has a multifaceted influence on teenagers, shaping their emotions, habits, and perspectives in significant but varied ways. While many participants reported positive outcomes—such as increased happiness, inspiration, cultural exposure, and stronger social bonds—an equally notable portion experienced emotional overwhelm, unrealistic expectations,

and disruptions to productivity or sleep. This contrast highlights that anime functions neither purely as entertainment nor as a universally positive or negative force; instead, its impact depends on viewing habits, personal temperament, and the specific content consumed. The survey also reveals that anime holds a distinct place in youth culture, influencing lifestyle choices, creativity, and personal growth for a substantial share of viewers. Overall, the results suggest that anime plays an important role in the everyday lives of teenagers, offering emotional support and identity exploration while simultaneously presenting potential challenges when consumed without balance. Further research with larger and more diverse samples could provide even deeper insight into how modern media like anime shapes youth experiences in an evolving digital world.

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