

THE PSYCHOLOGY OF BINGE WATCHING TV

Barrie Gunter

 **Routledge**
Taylor & Francis Group
LONDON AND NEW YORK

KATALOG

CONTENTS

1	What Is TV Binge-Watching?	1
2	How Much Binge-Watching Goes On?	24
3	Do Some People Binge-Watch More Than Others?	45
4	Why Do People Binge-Watch? A Motivational Perspective	65
5	What Is the Psychology Behind Binge-Watching? Personality Traits and Processes	89
6	Does Binge-Watching Damage Psychological Well-Being?	107
7	Is Binge-Watching Bad for Physical Well-Being?	132
8	Does Binge-Watching Benefit Viewers and Their Relationships?	157
9	What Conclusions Can Be Reached About Binge-Watching?	176
	<i>Index</i>	195