

ABSTRACT

Broadly speaking phobia is a form of fear. Fear is an emotion generated from a threat. The threat causes changes in the brain that automatically make the body perform actions such as blur or hide from the source of the fear. Fear is a basic survival mechanism that occurs in response to a particular stimulus, such as pain or danger. Some psychologists have pointed out that fear is one of the basic emotions besides happiness, sadness and anger. Fear is an emotion that is hard to avoid, always in the subconscious even though we are not feeling it.