

How Americans say the news they get makes them feel

BY CHRISTOPHER ST. AUBIN AND KIRSTEN EDDY



Americans have mixed emotional responses to the news they get. And those responses vary based on the amount of news they are accessing.

A recent [Pew Research Center study](#) asked U.S. adults to indicate how often the news they get makes them feel each of several emotions. They are generally more likely to say they feel the negative emotions we asked about than the positive ones. This analysis is part of the Pew-Knight Initiative, a research program funded jointly by The Pew Charitable Trusts and the John S. and James L. Knight Foundation.

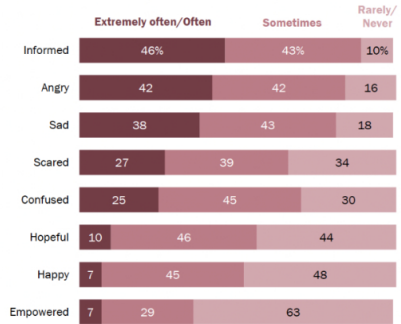
However, there is one exception to this pattern: Nearly half of Americans (46%) say the news they get makes them feel **informed** extremely often or often.

Meanwhile, roughly four-in-ten Americans say the news they get makes them feel **angry** (42%) or **sad** (38%) often or extremely often. And about a quarter say it makes them feel **scared** (27%) or **confused** (25%) with the same frequency.

Smaller shares say the news they get makes them feel **hopeful** (10%), **happy** (7%) or **empowered** (7%).

Americans are more likely to say news makes them feel negative emotions than positive ones, except when it comes to feeling informed

% of U.S. adults who say the news they get makes them feel each emotion ...



Note: Respondents who did not answer are not shown.
Source: Pew Research Center survey of U.S. adults conducted March 10-16, 2025.
PEW-KNIGHT INITIATIVE

How we did this

How emotions vary among people who follow news more or less closely

People who follow the news more often are more likely to say it often makes them feel certain emotions.

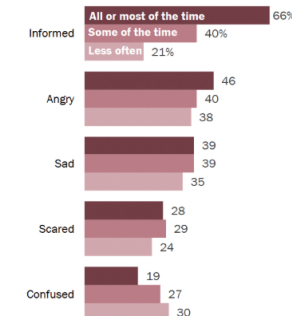
For instance, those who follow the news all or most of the time are about three times as likely as those who only follow it now and then or hardly ever to say the news they get makes them feel **informed** extremely often or often (66% vs. 21%).

Similarly, 46% of U.S. adults who follow the news the most closely say it frequently makes them feel **angry**. On the other hand, 38% of those who follow it the least say this.

Relatively small shares of Americans

Americans who get news more often are more likely to say it makes them feel certain emotions

Among U.S. adults who say they follow the news _____, % who say the news they get makes them feel each emotion extremely often or often



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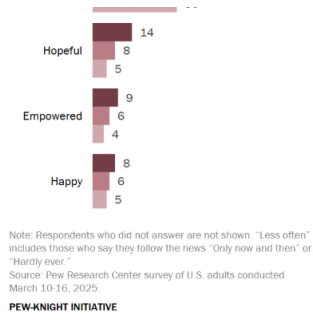
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overall say the news often makes them feel **hopeful**, **empowered** and **happy**. However, those who get news more often are also slightly more likely to say it makes them feel each of these emotions. For example, 14% of Americans who follow the news all or most of the time say the news makes them feel **hopeful** at least often. That compares with 8% of those who follow the news some of the time and 5% of those who get news less frequently.



Similarly, Americans who get news *at least some of the time* are a bit more likely than those who follow it less often to say it makes them feel **sad** or **scared**: 39% say the news frequently makes them feel sad, and 28% say it frequently makes them feel scared.

But this pattern flips when it comes to feeling **confused**. Americans who follow the news all or most of the time (19%) are *less* likely than those who follow it some of the time (27%) or less often (30%) to say the news they get makes them feel this way often or extremely often.

Note: Here are the [questions used](#) for this analysis, the [topline](#) and the [survey methodology](#).

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