EFFECT OF CINEMA ON MENTAL HEALTH ITS POSITIVE AND NEGATIVE AMONG YOUNG ADULTS

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**ABSTRACT**

**This research is on the effects of cinemas on mental health as mentioning its merits and demerits.**

**Key words- mental health, young adult, stress, cinemas, mind.**

Human beings life are connected with a number of psychological factors. Mental health is well being of successful living which as important as physical health. This includes taking care of yourself than others, better sleep and increased self-esteem. Everyone feels a sense of emotional strain, anxiety and happiness at times. Different individuals cope up with differing techniques of coping mechanism. Because, each individual experiences life in unique ways, circumstances that one enjoys may be stressful to others. The anxiety can lead to depression, PTSD and suicidal tendencies.

Young adulthood is a maturation period between 18 and 25 of age. Biologically and psychologically, young adulthood is basically a period of maturation and change, although the degree of maturation may seem to have less noticed than the changes that occurred during childhood and adolescence.

Cinema is considered as the main medium of communication with the common people. Above all cinema is the medium that engages people in a thoughts and emotions with their own , more deeply than is commonly taken for granted. Both church and therapy room shares a symbolic feature as with movie theatre

Film as a medium stands as having a position of considerable impact over the perception of topics it chooses to have as subject matter. A persons psychological and emotional well being is a state of which frequent discussions generate on a variety of attitudes in mental health. In films one must observe how mental health portrayed to audience with the help of cinematic techniques of visuals and editing.

1. METHODOLOGY

The author have collected articles from websites such as Research Articles and Journals by using keywords such as “Cinema,” “health” and “mental illness” and “ young adult “. Along with these, the author has gone through different cinemas that used the mental illness concept.

1. INTRODUCTION

Moving picture are a part of all our lives, as it is a mode of entertainment for all. Nowadays we can watch films and enjoy at home, theaters, cars, buses and on airplanes. We carry films with us in our laptops, tablets, and cellphones.

Movies, television (TV), the internet, and advertising are some of the various forms in which one can be exposed to media. Not only has the quick evolution of technology allowed for people to have the ability to access a variety of media, with internet based like Netflix, Amazon and Hotstar which provides immediate access to media (e.g. television and feature films) to over 30 million domestic subscribers (Stelter, 2013).

There is a tradition of using films to teach various aspects of mental health and that cinema can also be used suitably to teach effectively. Films are an invaluable resource in cultural competency training as they depict the effects of culture on psychopathology and cultural and regional influences on attitudes to mental illness and stigma. Characterization is often far from reality but this is not a barrier for using the films as an effective teaching methods. This method of teaching can stimulate interest and discussion and illustrate the myths of beginner students and others about mental health.

Through films audience watch and understand different information, ideas, different lifestyle of people in which people live like normal people not aware of With the help of movies people watch and feel the scenes that they feel close to themselves They take us through different experiences that are often driven by story which has main theme as doing social service, or any characters we see in our daily life, but in films it is showcased with advanced cinema technologies and sound effects. It doesn’t happen by accident. Films are designed to create experiences for viewers. To gain knowledge of each films, we should question why a film is being presented in particular way. When an major scene frightens or excites us, when an ending makes us laugh or cry, we can question how does the filmmakers have achieved to reach those scenes.

Cinematography become a reliable assistant to the educator and in moulding the personality of a young adult. This is the major problem facing by the country, because of teenager's behavior. The most enjoyed entertainment by all is Cinema. To conduct a survey among moviegoers is to find out their views on the effect of cinema on the youths today. Watching movies has increase rapidly. Most of the people are addicted in watching movie, especially teenagers. There are so many advantages and disadvantages about watching movies.

1. **BENEFITS OR ADVANTAGES OF MOVIES**
* Entertainment: A larger popular media of entertainment are Movies. All engage in watching movie, we all are transformed into a new world where our mind is at peace and it forgets everything when all are concentrated at watching. All age of people wants to relax and be amused. Movies provide a part of recreation. People enjoy as watching a film is filled with thrill and happy moments. The audience share a same emotions as laugh and applauds, this experience are more entertaining and enjoyable.
* Socialising Activators: Watching films are social activities, as by doing it allows people to have conversation with each other. We all like to watch cinemas, it is a common factor amongst all. Between films it’s a common factor to have a conversation with a stranger All have different opinions about cinemas and these factors, help in socialization through normal conversations and debates. When we go to a cinema or a theatre to watch a movie we socialize with our friends, relatives and peers etc. Going for a movie is like a get together for family, friends, and relatives
* Teamwork: A movie involves a combined work of actors, directors, make-up artists, writers, singers, producers, special effect edits, technicians, and others. When the movie is appraised by all it shows the power of the teamwork. It is also a lesson for all; that teamwork will have a good result. Some films are around the theme ‘teamwork’. This comes across firmly across the audience as they visually experience the lesson as compare to a bookish lesson.
* Movies Stir Our Imagination: In cinemas they show The strangest, the most extreme, the most unbelievable things are shown in cinemas. Some films are based on characters in the book, adaptations of novels or dramas. They bring to life the inanimate things and it requires a great imagination. Today, we have so many techniques and instruments which show us the unseen and unimagined situations and lifestyle of people. The audience witness’s audio-video which strengthen their imagination and their feedback encourage more varied imagination.

* Showcase of World’s Art and Culture: A number of the customs and traditions of different parts of the world are shown in films. Being at our homes we are able to travel virtually to places and places where we cannot travel in a short time. Most in the movies show traditions, customs and arts of different countries. They give us insights about human activities and a better understanding of people living around the world.
* Movies Educate Us: Movies include various disciplines, like traditional practices, culture, technology, and lot more. Through movies like these audience come to know about the importance of knowing the past, present and the future of history ,art and culture. The visual picture is a medium of better education as it will help to retain information for a longer time. All types of people will be benefited through the films, if the message is clearly conveyed, then the story will remain within the audience. A picture is worth a thousand words as it leaves a deep thought in each individuals mind.
* Expression of Art: Films are a Universal Art Form, a platform where you can express and communicate your thoughts or emotions. It is similar to a painter who paints his imagination on a canvas, movie makers express their emotions, views, angst, joy and so on. Directors and Scriptwriters ideas and opinions are usually portrayed through films. Some want to reconstruct some historical event while some indulge in fantasies. In directors or writers’ point of view, they create beautiful scenes play, breathing scenes, happy endings etc. which latter become their signature style. Unique style of presenting a scene inspire others to create their own unique art of presentation.
* Movies are Mirrors to Society: Movies are mostly made from our daily lives or its life of a person in the limelight. Various films depict historical, current issues and social themes. Various themes are reflections of society, both present, and past. Movies show the family, school or college life, political strategies, and various other sensitive issues. To make the public aware about certain situations, history and issues movie is a wide platform as to have an impact among the public. They create awareness, build civic sense, ensure public morality and their communication.
* Movies Inspire Us: Movies motivate us in a more ways than we can imagine. Films inspire us to be a better individual, to the best to the society, be loyal to your profession and to have a positive mindset to life. While all movies are not inspirational but you never know what may inspire you? Away from this, people get inspired by the film industry itself. Most of the stars, directors etc. have a story of sweat, and how they reached the top? These examples themselves become a source of inspiration, though in an indirect manner. Similarly, when movies win certain awards it arouses within us an urge to shine in our respective field of work.
* Employment and Revenue: It is a fact that through movies a lot of employment opportunities are there like Marketing, Designing and Production filed. People watch movies, rent them, download them and they themselves publicise them through the ‘Word of Mouth’. The film industry supports a vast area of professionals like - designers, dressmakers, photographers, story writer, technicians, and others. Most of the movies are adapted from novels and short stories as the Poets and Authors have benefited from this medium.
* Quick Fame: One movie can make you a star overnight and it happens with many of the actors and directors. It is also a matter of luck that a newcomer or a struggling actor gets a movie which takes him to unknown heights. Sometimes even a small role in a movie makes you highly popular and you adorn the magazine covers, websites, television etc.
1. DISADVANTAGES OF FILMS
* Movies Convey Violence: Understanding the Impact of Media on Children and Teens

Publisher: American Academy of Paediatrics (Accessed: 15 March 2006)

Highlight the risks and benefits to the health of children and young people from the media.

This report has mentioned and discussed regarding all the factors responsible for the violence shown in the movies. According to the researchers that the violent scenes that are seen children are most likely to model that behavior after ones in which they identify with the perpetrator of the violence, the perpetrator is rewarded for the violence and in which children perceive the scene as telling about life like it really is.

* Establish False Ideas: Some movies show specific themes in a way which is far from reality. Such messages convey false ideas amongst the audience. As such, masala dosa becomes an identity of South Indian people and most black people are shown as gangsters. All people have their own individuality, tastes and flaws but that alone is not their true identity. Showcasing opinions on certain aspects of a community stimulate bias which limits the peace and prosperity of the world.

* Wastage of Money and Time: Most of the movies doesn’t have a theme or message to convey, even though people watch it . This happens because we are influenced by posters, trailers, actors and songs. This is mostly done to make sure that the movie earns at least more than the cost involved. Some movies may not have a feel good after watching, but we watch the film even after realising that we are wasting out time and money
* Personal Opinion: It is being said that ‘Movie is an Art Form’ but the art form is one’s personal imagination. The imagination at these times are contradictory to the truth. According a filmmaker, it is his personal choice on a theme, which may be true or false, motivating or inspiring. An art form should be true towards its communication. Modifications are acceptable but it need to be verified carefully before it should reach the audience. If opinions are not made judgementally it will lead to controversies and conflict. A person’s opinion may hurt sentiments of the certain community, individual and or the society. Such a biased art form only contradicts itself.
* Meagre or No Respect for Law and Order: In films when the protagonist are shown as police are being shooted by the Hero, squad killing main leaders, and villains rapping women all have one thing in common, lawlessness. Films spread the idea that it is easy to break the law or not a big deal to do such act. Young adults mind would pick up such attitude very easily and quickly. Most common behaviours that results from movies are threating, stealing, verbal abuse etc of which show lawlessness.
* Larger than Life Characters: Once again it is the young adults mind which is unable to distinguish reality from fiction. People like superheroes like Thor, Spiderman and Iron Man are people who does stunts and acrobatics. These are all natural and real for your 4 to 5 year old kid. For kids, these things are larger than life characters and it is real than anything else. Movies show that everything is possible but not everything, becoming a spiderman through a spider bite, as some have actually believed that it was possible, but it is not possible.

* Means to Propaganda: In a movie to earn popularity and money, some filmmakers take on some controversial topics. It is an old formula in films but an existent tried and tested one. It is sometimes the acts of politicians and pressure groups who need mileage or want to distract the public attention from a certain issue.
* Quick Downfall: Movies made without main stars are unacceptable. While stars are born overnight, so is their downfall also. The hit movies determine an actor’s fate. It can make or break a person. Some become desperate and will do anything to become a star. Failures are common for all, its not like if you are a star you won’t fail. Stars also have a story of failure.
* Addiction to Movies: Addictions are in many forms and one of them are the movies. Numerous of us go through a number of difficulties of life and rather than finding a solution we end up finding a solution which is harmful to us health-wise. The addiction to films can affect our mind both mentally and physically because we neglect exercise. Our main concern for movies will become the release dates, the booking, the trailers, wallpapers and so on. It becomes a futile pursuit but we keep indulging in it as it is convenient, just turn on the TV and start watching or search the internet for it. In this effort we don’t realise that we are getting addicted to movie watching.
* Conflicting Personalities: If actors are unideal heroes they also happen to have unideal personas, i.e. that what they portray on cinema, they aren’t the same in real life. The actors are seen as role models and they have a certain responsibility towards society. But more often than not, we witness that our favourite hero, heroine, director etc. aren’t the same as they appeared on-screen. For them, it may not matter but for the ardent fans, it is a great setback. They saw an amazing physique, a beautiful face and a strong character. But it turned out that it is all fake. It is a shock for them to know that the one they vouched for, is fake, it is emotionally disturbing and creates conflict in mind. It becomes puzzling as to what is real and what is not? It throws them off-balance of their and the views of the world. Even adults are shocked when they come to know of a certain negative aspect of an actor. Though, they are humans but not ordinary ones, at least for the fans.

V. Conclusion

As the quote says ‘Two Sides of a Coin’, similarly, there are merits and demerits of films. Many of you may not find advantages and disadvantages suiting to your personal opinion but that doesn’t lessen their gravity. As pointed out in the above paragraphs, the scale tips in the favour of disadvantages of movies. Films do more harm than good and the good here, cannot negate the bad, unlike in the movies. It may sound strange and weird but it is true. And it doesn’t even mean that one should stop watching movies. Watch only a few and forget the rest, there are much better things to do in life than spending time on overhyped and low-quality movies. Some of the pros and cons of Films are evident; we can see them all around us. But the negative points are not easily perceived, remain unpublicised and are therefore lesser known. The positive points of movies shine in front of us, they are easily perceived, can be seen everywhere and the film industry itself publicises it. The underlining point is that watch only quality movies, your decision in abstaining from cheap movies will have a positive effect on filmmakers.

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