



THE CINEMANIA

A Monograph

Season 1 & Season 2



The Cinemania

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The Cinemania

(A Monograph)



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Cinemaniania

Season 1

SHUTTER ISLAND: AN INTRICATE WEB OF DELUSIONS

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Abstract

This review aims to analyze the movie “Shutter Island” released in the year 2010. The movie is a psychological thriller and provides a glimpse of the gruesome details of the condition of mental health institutes and their patients in the 19th Century. The paper is a result of an in-depth study of the movie in order to understand it from a psychological perspective and has been reviewed keeping in mind the disorders along with their diagnosis and treatment as portrayed in the movie ‘The Shutter Island’.

Keywords: Shutter Island, mental health, disorder

Introduction

A Martin Scorsese classic, Shutter Island is a psychological thriller. With an element of eeriness, the movie encourages the audience to strive hard to understand the unique dynamics it entails. Playing on the confusion created by the plot, Shutter Island leaves one pondering over the difference between the reality and the role play as portrayed.

Assigned the mission of investigating an inexplicable disappearance of a “dangerous” patient of Ashecliffe Hospital, U.S. Marshal Teddy Daniels and his partner, Chuck Aule, make their way to the island. Indescribable shades of psychiatric malpractice make the two curious about the true reality of the place. Teddy's troubling migraines and memories of a haunting past are induced when circumstances lead them to getting caught up on the secluded island with no escape. Soon enough, Teddy begins to question all that he knows including his own perception of reality. Revealed further into the movie is the question of whether Teddy Daniels really is who he sees himself as.

Towards the end of the movie, it is seen that Teddy Daniels is in fact, patient number 67- Andrew Laeddis of the Ashecliffe hospital. Andrew was held responsible for the murder of his own wife, Dolores Chanele, when he came home from work one day to find her sitting on their porch after she had killed their kids by drowning them, he was then brought to the hospital. A few other prominent characters of the movie are: Chuck Aule (Dr. Lester Sheehan), Teddy's Marshal partner throughout his "role-play" experiment Chuck, along with the Chief Medical Director of Ashecliffe Dr. John Cawley, Rachel Solando, a female nurse playing the part of the alleged “on the run” patient and Dolores Chanele, the deceased wife of Teddy.

Literary analysis

The trauma of Andrew Laeddis' family's death leads to an altered sense of reality that serves as a defense mechanism, a means by which he protects himself from the pain of his past experiences. He filters out this bitter memory and guilt to create a new life (one that is less cruel) of the character, Teddy Daniels. The symptoms that he displays are vast and inconsistent, possibly for a more dramatic effect to the film. Even though the film pushes for a diagnosis in Schizophrenia, the only time Teddy actually hallucinates is towards the end (Lack, 2013). Other than that, he does not show signs of disorganized speech, disorganized behavior or any negative symptoms (Lack, 2013). Dissociative Identity Disorder, something that a layperson would assume as a diagnosis would not be accurate either since Andrew does not keep switching to Teddy or any other host personality as such. There is no marked discontinuity in sense of self & agency and no recurrent gaps in the recall of everyday events, important personal information, and/ or traumatic events that are inconsistent with ordinary forgetting, this helps us rule out the possibility of a DID diagnosis (Lack, 2013).

The disorder that can be viewed as most prominent is Delusional Disorder. Teddy displays signs of

both persecutory and grandiose delusional disorder (Lack, 2013). According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders 5 (2000), this dangerous amalgamation is defined by feelings of immense importance and the fear of being victimized or watched. Teddy experiences both. He believes that he is on the verge of uncovering a grand conspiracy while being targeted by the doctors at the asylum to be committed as a patient. Teddy thinks himself an important marshal with specialized privileges to the Ashecliffe Hospital, and is therefore skeptical when asked to hand his gun over to the officials and doubtful when refused access to information about the patients of the hospital. According to him, a well-respected marshal like himself should have his requests instantly tended to. He also begins to think that there is a rogue patient number 67 who is kept a secret, someone he suspects of being Andrew Laeddis, the man who killed Teddy's wife, all while being unaware that he had done so himself. The traumatic events experienced by Teddy Daniels at the Dachau Concentration Camp could also act as a trigger for psychosis which would explain why he keeps getting eerie flashbacks, which are features of Post-Traumatic Stress Disorder. For people who have Delusional Disorder, full periods of remission may be followed by subsequent relapses, as is Teddy's case.

Lobotomies were an acceptable treatment for psychotic disorders in the 50's. Here, an ice pick type instrument was inserted through the eye to dismantle the brain and sever neural connections. This develops a calming or 'zombie like' effect on the patient. Recent treatment however, would include both medications and psychotherapy, for example using antipsychotics and anti-depressants such as SSRI and Clomipramine along with supportive therapy and cognitive therapy (Lack, 2013). The most effective kinds of treatments here are individualized. In this case, Andrew Laeddis would benefit from cognitive behavioral therapy combined with medication due to his highly intellectual character (Shutter Island, 2010).

Critical Analysis

Shutter Island as a psychological thriller set in the year 1954, released about 11 years ago, has received great praise while also being heavily criticized by many. The movie being a work of art involves many perspectives of mental illness. Providing a differential diagnosis, it may be difficult to conclude any one psychological disorder focused upon, by the movie. Hence, being confusing to grasp. A movie made for mass consumption must involve use of simple language that would not be difficult to interpret for a layman, Shutter Island falls back in this regard. Words such as "lobotomy" and the use of names of the various drugs involved in the treatment of "psychosis" are not easily understood by someone without a strong background knowledge of the field of psychology. It may take a few times of viewing the movie, even by a person within the field, in order to gain a complete understanding of the plot and the actual meaning of the story being presented by the cast and crew (Redmon, 2015). Having an eye out for detail may provide us a closer look at the aspect of the movie that are not very well portrayed, major mistakes may be seen if paid attention to. For instance, a Jewish song played in the office of the general commander while he dies, while Jewish music was never played in the Nazi camps. Shutter Island provides a very detailed view of mental illness in the 19th Century, the theme of isolation as the island is completely secluded, is highlighted greatly with the title of named after the place the institution is located at. The movie also provides various cues and intentional continuity errors that could help a meticulous viewer understand the idea of the mental disorders portrayed in greater depth (Redmon, 2015). Through the years, mental illness has been a topic of controversy, while the field of psychology continually tries to overcome the stigma related to it. The gruesome side of mental illness as shown in the movie through the "criminally insane patients" of Ashecliffe may add further to the already revolving prejudice towards mental illness and health. The portrayal of the patients of the hospital brings light to the treatment according to the 19th Century and may be misleading in current times. Released in 2010, Shutter Island focuses on the darker side adding to the misunderstandings attached to mental health

issues. Dated references within the movie may affect the progress made by the field of psychology through the years. In one of the first scenes, when the Marshals enter Ashecliffe Hospital, a manacled woman (Jill Larson) gives the audience an accurate representation of mental illness patients in the 19th Century, however again, it may add to the prejudice and may disregard the advancement of the field through the years. The mentally ill in the movie have been described as individuals that are “chasing butterflies, hearing voices” (Shutter Island, 2010) adding to the already existing stigma in the minds of the general population while being insensitive to these patients. A theme of terror as being connected to mental illness is also seen in the movie by the use of music and gruesome portrayals of the inpatients. The “Ward C” of the hospital, being a separate place of residence for the extremely ill may amplify the theme of social isolation.

Psychology, a continually developing field with continuous advancements in aspects of treatment, research and Pharmacology must be provided with a more positive and accurate representation in the mainstream media. While the movie may be viewed as quite entertaining, it leaves us with the question ‘Should entertainment really be provided at the cost of mental illness?’

Conclusion

Keeping the entertainment perspective in mind, the movie is an intriguing piece of media and leaves one guessing. However, understanding the movie, in one go may not be as easy as one would imagine. Even towards the end, the question of whether Teddy Daniels relapsed or if he was really just pretending all along is left. The very last dialogue from the movie makes a spectator ponder over the philosophical question of “What is worse? To live as a monster or to die as a good man...” (Shutter Island, 2010).

The numerous awards received by the movie and its cast lead one to believe that the actors have done justice to their roles. Shutter Island may be a commendable piece of work from the perspective of the media. However, it falls short in regards to a psychological standpoint, vague signs and inducing terror through the use of music and film may not be the best portrayal in the mainstream, of a field that is trying to overcome the existing prejudice towards itself.

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JOKER

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“To make an omelet you need not only those broken eggs but someone oppressed to beat them” (Joan Didion, 1972). To bring together the corrupt residues of the system, you need the one who has been oppressed by the system. The Joker movie is a stand-alone origin story about one of Batman’s biggest nemeses, the movie is directed by Todd Phillips and starring Joaquin Phoenix, which was released on 4th October 2019 is marked by demented brutality and overindulgent hero worship of a villainous character. Joker is a self-pitying fantasy, it might not be the best movie but it is undoubtedly one of the most important movies to watch, the movie does spin up a tempting fantasy of victimization and relief, of embracing Nihilism as a means of complete escape from a dreadful world.

CRITICAL ANALYSIS:

Psychological disorders: In the movie, Arthur Fleck seems to have schizoaffective disorder because he shows symptoms of hallucinations with the type of auditory, visual and tactile hallucinations. It is shown in the movie in several instances, one where in the start he experiences himself on the Henry Murray show and Murray appreciating him, and the other still where he experiences himself in a relationship with his neighbor, Sophie. In both of these instances, we see later in the movie, the character coming to realization that they are hallucinations. The movie depicts hallucination so realistically that it leaves viewers confused whether what they saw was real or a fragment from Arthur’s hallucination. The movie totally justified this mental disorder giving us an insight into the mind of the patient suffering from schizoaffective disorder. There is also mention of sexual abuse that he suffered in his childhood which caused neurological problems such as pseudo bulbar effect (PBA), the laughing condition he had in the movie. He also suffered from deep trauma but it is completely suppressed by his mother forcing him to put on a happy face. This unresolved trauma does not stay hidden but manifests itself in various other events. This proves an important point which also stated by author Bessel van der Kolk in his book, ‘The body keeps the score’. Medication only does not resolve the problem; therapy is required to solve the unresolved issues.

Symbolism: Symbolisms are something that people pay least attention to but are influential and persuasive in a massive way. We don’t even realize and we get influenced subconsciously. This movie has played its way around intricately to show the woeful life of Arthur and ergo install pity in us towards him. The way the makers of this movie manipulate the saturation of light and color to be in tandem with Arthur’s inner state of conflict is both impeccable and immensely detrimental. After watching this 2 hour long movie one is left with a deep sense of exhaustion and sadness.

The color symbolism-The colors yellow, blue and red are the building blocks for the movie and each signifying the gravity of emotions afflicted on the main character.

Blue is the color of torture and injustice done to him. All those people who have been horrendous to Joker are dressed in blue, for example, the teenagers who steal his advertising board are dressed in blue and the woman on the bus who chides him is also dressed in blue. The color blue is riding against our protagonist’s beliefs and self-esteem. On the contrary Red is like the antithesis of blue representing sanity, love and most of all respite and healing. Another important factor is that Red is rarely shown in the movie and when it is shown then it’s in the form of the hallucination, he has of his neighbor Sophie and her daughter. In the last scenes of the movie when Arthur goes on Franklin Murray’s show, he is dressed in Red himself signifying his acceptance towards his new side.

Yellow is the Alpha color in the entire sequence of the movie; it shows him losing his grip on reality and the conflicting situations he is presented with for example when he murders those three men and when he dances for the first time. He is also shown to wear a yellow hoodie when he is in a stupor mode. Movies are metaphors for how humans experience life on a deeper level.

Symbolic images in films are crucial to understand abstract concepts that cannot be translated into words. Joker movie has got more for its viewers to scrutinize and dissect than to just relish and enjoy watching the movie like any other ordinary film.

The Clown Masks -The masks have been shown only after Arthur murders the 3 Wall Street thugs, this might just seem to make sense from a narrative outlook because people seemed to have taken this on as a symbol for their growing frustration with the corrupt system. But, the pretense of this is a really two-fold symbol of his growing confidence and of his mental walls breaking down, that he now embraces his other side and doesn't need the façade of keeping people happy. It is enforcing his desire to be seen and noticed upon the narrative of his existence (O'Neill, 2019).

The Joker's Dance –The director of Joker Todd Phillips mentioned that the character of Joker in the movie dances quite frequently, primarily as a means of self-expression. Once he takes on the persona of the Joker as his identity markers have been ripped down, he has found himself and has achieved an inner equilibrium and dances confidently, the staircase dance scene is the moment when Arthur fully becomes Joker. Arthur is previously shown dancing at home and in the restroom after shooting 3 men on the subway but none of those moments showed Arthur as free as in the staircase scene (O'Neill, 2019).

Class Divide - In the last sequence of the movie when the protestors (lower economic strata people) are raging on the road, all the privileged rich people of Gotham are seen enjoying the show inside the theatre. After mental illness, class divide is the primary thematic influence driving the plot of the movie.

Although the question like why did the joker resort to violence? Or why did he ever become bad much less pure evil? Are we all dark under this façade of a jovial kind person? Carl Jung explains in his concept of shadow archetypal personality that every individual has this dark repressed potential in them called 'The Shadow' (Cherry, 2020). For the longest time Arthur Fleck had denied to accept any of his dark desires and brushed it off by saying 'put on a happy face' but from no guidance from his mother and staggering financial issues that happy face couldn't be happier for long. From the beginning we know he suffered from depression but the free counseling he received stopped because of Gotham city's inflation crises. The character of Joker, being a villain is one of the most loved characters because teenagers and adults sometimes gravitate towards "laughing on the outside, crying on the inside clown aesthetic." Joker gains validation when he kills the three employees on subway and the city is blooming with thousands of people on the street backing up his actions in lieu of the city's richest man Thomas Wayne. He finally gets the validation he had been looking for in the cradle of evil when hitherto nobody acknowledged his struggle much less is kind to him. The movie shoves the narrative of victimhood so much to a point that it sublimates the importance of responsibility. When in an interview with NDTV Todd Phillips was questioned if the movie glorifies villains but he shoved the idea aside completely and said "It's the villain people deserve." (Phillips, 2019) thus again pointing at the fact that mental illness can be detrimental to the point of violence. The most horrendous of psychopath killers had had a childhood completely normal. If I were to give an example it would be of Ted Bundy who had an exceptionally charismatic personality where nobody even believed he was a criminal. He also mentioned in another of his interview that they tried painting it as realistically as they could so that when it comes it's like a punch in the gut and this is what surprised us the most (Abad-Santos, 2019). Was it really the whole point of movie to victimize joker incessantly throughout the movie that he ends up as hero in the minds of people? All these statements of Phillips point that he deliberately shot the movie in a way that scapegoats everything on one particular class and bring out statements like "you get what you deserve" (Joker, 2019). Warner Bros released a statement to the protestors of the movie saying that the movie in no case depicts real

life violence and that they didn't portray him as a hero (Abad-Santos, 2019). Apparently, the director's statement and the production house's statements present the dichotomy and are in no way tandem with what they actually want to say. Phillips shields the movie saying that no other movies like John Wick are berated for their violence as Joker was (Phillips, 2019) but the counter argument could be that Joker hits people at really the sore points unlike those gory movies. In other words, it's more relatable as he's just a struggling jester in a city that's near its end. The cinematography of Joker is in ways that shows how wronged Arthur Fleck is; just like how many of us feel that at some point in life. It glorifies victimhood and subsumes the importance of responsibility. The dismissal that the character received from the therapist and the people invokes the sense of pity in the viewers. It gradually builds up to the justification of the crimes he commits. Ergo, the society did this to him! In opposition to this representation, Paul Applebaum and Jeffery Swanson state that violent crimes have little to do with mental illness (Matthews, 2015). And that 3-4% of violent acts is attributed to serious mental illness and they don't even involve guns. A study in Sweden mentioned that only 5.2 % of violent crimes are committed by people with mental illness (Matthews, 2015).

In the end, we need to reflect on the basic theme depicted on the movie. The movie definitely glamorizes victimhood; it also shows the stereotype of mentally ill patients as being violent. The movie also depicts the struggles of mentally ill patient, especially low socio economic class. The movie has stills of the mental health institution and the therapist conversation which raises important question about the condition of mental health institutions.

Even in India, the conditions are no better which raises the question, whether we are in this profession to just institutionalize patients or to actually help them to lead a better life in society?

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KARTHIK CALLING KARTHIK

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Introduction

Movies are a concoction of chronicles, fictions, biographies, etc. in the form of pure entertainment. Movies give us a sense of relaxation and joy, though some movies make us skip our breaths, pull over shivers down our spine, and at the same time make us use almost every single neuron in our brain to decipher the meaning of the content.

Kartik is the protagonist in the movie *Kartik Calling Kartik* directed by Vijay Lalwani. He suffers from Schizophrenia, Dissociative Identity Disorder, and Post Traumatic Stress Disorder.

Schizophrenia is a serious mental disorder characterized by hallucinations, delusions, disorganized speech, and catatonic behavior. As defined by Dr. Eugen Bleuler, Schizophrenia is splitting of mind (Schizo- to split/crack, Phren- mind).

Dissociative Identity Disorder, formerly known as Multiple Personality disorder which is characterized by 2 contradictory personalities. DID comprises of lack of connection in a person's thoughts, memory, feelings, actions, and sense of identity.

Post Traumatic Disorder (PTSD) is a psychiatric disorder which occurs in an individual if experienced a traumatic event (war, assault, any kind of disaster).

Given below is Kartik's wavering personalities from childhood to young adulthood.

Kartik has been brought up in a neglected household. He has been a single child, the only thing that accompanied him in his solitary were his hallucinations.

Kartik's imagination strokes him in a barbaric way wherein he couldn't differentiate between reality and his imaginations which has been his non-existing elder brother, Kumar.

Kumar was a vexatious character who used to infuriate Kartik, Kartik's hallucinations superseded his patience when his elder brother tried to push him into the well, only when Kartik tried to rescue himself, in his insights his elder brother slips into the well accidentally and died but as we all know "memories never die." Kartik unconsciously stored them in his mind which gives him a sense of guilt only for his subconscious mind to be awake in the later stage.

In his young adulthood, the agony still continues which results into Kartik being relatively reserved and paranoid, though he was extremely intelligent, organized, and had a high IQ, his skills were still undermined by others.

Kartik has been living a subtle lifestyle, with an ordinary job with no acquaintances, he was attracted to a co-worker, Shonali. Lacking assertiveness, he has been constantly exploited by his boss (Mr. Kamath), disrespected by his colleagues, and bullied by his landlord. Considering conglomeration Kartik decides to consult with a psychiatrist (Dr. Kapadia).

His mediocre life continues until he gets fired from his job, he spends two days in a complete isolation which provokes him to attempt suicide. He receives a phone call at exact 5 AM, when he is about to overdose on sleeping pills. The person on the other side of the call claims to be Kartik, who promises to transform his life, in return the only thing the other Kartik asks for is to keep this conversation in confidence, thereafter on a regular basis he starts receiving these calls at exact 5 am and as promised the other Kartik indeed changes Kartik's life and gives him a contrasting and elevated personality i.e. a boost in his self-esteem which reflects in his conversations (assertiveness, wit) and his dressing sense. His restructured personality has helped him get his job back with

an increment as well as his love for Shonali was no longer an unrequited one.

Gradually Kartik's and Shonali's relationship deepens, his ideal life continues until he discloses his secret to Shonali, who in turn asks Kartik to consult with a Psychiatrist, Dr. Kapadia after getting the knowledge about these phone calls actually decides to hear them, the other Kartik threatens her which results in the Dr fleeing away. Shonali upon hearing the entire thing decides to attend the call, when the phone rings she decides to ignore the call and tell Kartik to do the same. The other Kartik is no one but his other personality (alter).

The telephone Kartik has been using had a feature of recording reminders. His alter used to implicitly record his voice to make contact with the host personality. As soon as Kartik starts ignoring the calls his alter decides to plot revenge against him. The alter takes away all the important aspects of Kartik's life that is his girlfriend and job which results into Kartik fleeing to another unknown city, scared. Once he steps onto an unknown city, he pretends to be blind so that he wouldn't know where he landed. When he reaches the hotel, he orders the receptionist to take out all the electronic gadgets from his room to save himself from the terrors.

After a few months Kartik starts living a stable life with an amicable environment and get a mediocre job. He lives a simple life until his boss asks him to buy a telephone. He purchases a telephone and the same day he gets a lot apprehensive and gets drunk, Kartik waits the entire night for the call but pleasantly it doesn't ring. The same day he gets very delighted and informs Shonali of his condition.

Distraught Dr. Kapadia gets in contact with Shonali and informs her about Kartik's mental condition. She informs about Kartik's childhood and his hallucinations, and adds that Kartik has "Schizophrenia and multiple mental disorders".

Delighted Kartik goes to sleep calmly as he realizes he's back to square one for his alter to play the dirty trick on him. Kartik feels trapped and knows that he's having no way out, ultimate way is to attempt suicide by overdosing on sleeping pills. Fortunately, Shonali arrives at the right time and saves his life. Gradually Kartik is in a state of recovery with the help of Dr. Kapadia's treatment and his family accompanying him.

Literary context

Schizophrenia due to childhood trauma

Long-lasting effects of childhood trauma, leads that patients diagnosed with schizophrenia is due to neglected parenting style, as depicted in the movie. Study by J. Read J. van Os J. van Os states that the symptoms of Schizophrenia are strongly related to childhood abuse or neglect based on clinical implication.

Hallucinations due to Schizophrenia

As stated in the introduction, Kartik being subjected to torture by his imaginary brother Kumar leads us to the fact that Kartik has been having Auditory, Visual, and Tactile Hallucinations which are common symptoms of Schizophrenia. An experiment conducted by H Stefan, MD Bracha, OM Wolfowitz - Am J Psychiatry, 1989 in which 106 volunteers were gathered and kept under observation for 5 years under NIMH (national institute of mental health), later all the volunteers met with the DSM-III criteria for chronic schizophrenia, out of which 6 were excluded as psychiatrist suspected them to be under the influence of drugs. The remaining 100 were again kept under observation for a year by NIMH, gradually a clear diagnosis of DSM-III for hallucinations was

recorded. Amongst the 100 patients, 4% had Tactile Hallucination, 32% had Visual Hallucination, 0% olfactory Hallucination, 84% Auditory Hallucination.

Delusions due to Schizophrenia

Kumar's imaginary existence led Kartik to believe that he had an elder brother; any false perception denotes Delusions. Robyn Langdon, Philip B. Ward, Max Coltheart conducted a research on 35 schizophrenic patients with a history of delusions, 30 recently deluded, and 34 healthy controls, these categories were kept under observations, and their attitudes were observed, it was concluded that Delusions is a part of schizophrenia.

PTSD & DID (Mental Co-morbidity)

Kartik has been having many flashbacks, his guilt for killing his imaginary elder brother resulting into PTSD, and the stress due to the loss of job which brings about a dissociation in his personality.

Spiegel, David, recorded a case study of 35-year-old US Army officer who served 4 years in Vietnam, the temporal fragmentation of Post Traumatic Disorder (PTSD) was observed. This research states that DID is an extreme form of PTSD, and occurs in a co-morbid form with DID, it clearly states "when one personality takes over another", the patient has flashbacks of the earlier trauma and they voluntarily assume a sense of helplessness and demoralization. The dissociation both perpetuates the "pain and protects" the patient from it (Kartik's alter).

Interpersonality Amnesia in DID

In Interpersonality Amnesia the host personality isn't aware of the alters experiences. In the movie Kartik records himself, later isn't aware of the same proves that Kartik is having DID and Interpersonality Amnesia.

A study by Dawn Macaulay, Richard J. Loewenstein, Patrice H. Dibley, Eric Eich on DID in Amnesia includes 3 patients, amongst them the case study of one of the patients is as follows, one alter was presented with various pictures or words. Later another alter was given the same set of pictures/words, and told to choose it as per their preference. The two alters had no transmission of information between one another.

Critical Analysis

Kartik, as stated in the film suffers from Schizophrenia. According to the analysis and the visible symptoms he has been suffering from Dissociative Identity Disorder and Post Traumatic Stress Disorder resulting in a co-morbid condition.

VISIBLE SYMPTOMS AND CAUSES OBSERVED -

1. Schizophrenia –
 - Physical Environment – Kartik's parents were completely oblivious to the fact that he was hallucinating, so it can be said that Kartik has been raised up as an overlooked child.
 - Hallucinations- Kartik has Auditory, Visual and Tactile Hallucinations regarding his "imaginary" elder brother Kumar.
 - Delusions – Kartik falsely believed in existence of his elder brother.

2. Dissociative Identity Disorder –

- Nervousness and sleep terrors –
- Kartik used to become restless when he was nervous. He used to have nightmares regarding his traumatic childhood and there's a possibility that he used to curb it by consumption of sleeping pills.
- Interpersonality Amnesia –
- In DID there is an Alter without the host personality being aware of the same. In Kartik's case too his alter used to call Shonali and his boss by creating a terror with Kartik being totally unaware of this fact.

3. Post-Traumatic Stress Disorder–

- The flashbacks, and the night terror associated with Kartik's traumatic childhood triggered PTSD.

Conclusion

Movies are a paramount of emotions depicted through each character in the film. This movie is an eccentric picturization of profound emotions. Schizophrenia, PTSD and DID are Psychological Disorders having interchangeable symptoms. Seldom people with psychological Disorders are considered normal. As stated by Jonathon Harnish "I have Schizophrenia. I am not Schizophrenia. I am not my mental illness. My illness is a part of me". As relevant to the quote the identity of mentally ill patients is being seized and considered as imperishable, everlasting and enduring.

In spite of various research, mental illness is still considered as a stigma. We need to spread awareness and sought consensus amongst us to fight towards the criticism against Mental Illnesses.

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KARTHIK CALLING KARTHIK

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Literary context

Schizophrenia

Today, schizophrenia is described as a long-lasting psychotic disorder (involving a severe break with reality), in which there is an inability to distinguish what is real from fantasy as well as disturbances in thinking, emotion, behavior and perception. Schizophrenia includes several different kinds of symptoms. Disorder in thinking is a common symptom and is called delusion. Although delusions are not prominent in everyone with schizophrenia, common schizophrenia delusions includes

1. delusions of persecution, in which the people believe that others are trying to hurt them in some way.
2. delusions of reference, in which people believe that other people, television characters and even books are specifically talking to them.
3. delusions of influence, in which the people believe that they are being controlled by external forces, such as the devil, aliens or cosmic forces.
4. delusion of grandeur, in which people are convinced that they are powerful people who can save the world or have special mission. (American psychiatric association,2013).

Speech disturbances are common. People with schizophrenia will make up words, repeat words or sentences persistently, string words together on the basis of sounds and experience sudden interruptions in speech or thought. Attention is also a problem for many people with schizophrenia, they seem to have trouble "screening out" information that is relevant (asarnow etAl.,1991;luck and gold,2008). People with schizophrenia may also have hallucinations, in which they hear voices or see things or people that are not really there. Hearing voices is actually more common and one of the keysymptoms in making a diagnosis of schizophrenia (Kuhn and nasar, 2001, Nasar,1998).

Emotional disturbances are also key features of schizophrenia. Flat affect is a condition in which people show little or no emotion. Emotions can also be expressed inappropriately. A person may laugh when it would be appropriate to cry. Positive symptoms appear to reflect an excess or distortion of normal functions, such as hallucinations and delusion.

Negative symptoms appear to reflect a decrease of normal functions, such as poor attention or lack of affect (American psychiatric association, 2013).According to American psychiatric association (2013), at least two or moreof the following symptoms must be present frequently for at least 1 month to diagnose schizophrenia: delusions, hallucinations, disorganized speech, negative symptoms and grossly disorganized or catatonic behavior and least one of the two symptoms has to be delusions, hallucinations or disorganized speech.

Causes of schizophrenia

It appears to be most likely caused by a combination of genetic and environmental factors. (rapoport et al.,2005; rapoport et Al., 2012). Biological explanations of schizophrenia have generated a significant amount of research pointing to genetic origins, prenatal influences such as the mother experiencing viral infections during pregnancy, inflammationin the Brain, chemical influences and brain structural defects (frontal lobe defects, Deterioration of neurons, and reduction in white matter integrity integrity). As the cause of schizophrenia. Family, Twins and adoption studies have provided strong evidence that genes add a major mean of transmitting schizophrenia, the highest

risk of developing schizophrenia if one has a blood relative with the disorder is faced by monozygotic (identical) twins, who share 100 percent of their genetic material, with risk factor of 50% (Cardno and Gottesman, 2000; Gottesman and shields, 1976,1982; Gottesman et Al.,1987) Dizygotic twins, who share about 50 percent of their genetic material, have about a 17% risk, the same as a child with one parent with schizophrenia. As genetic relatedness decreases, so does the risk.

Dissociative Identity Disorder

Dissociative Identity Disorder is the most controversial dissociative disorder, formerly known as multiple personality disorder. In this disorder, a person seems to experience at least two or more distinct personalities existing in one body. There may be a core personality, who usually knows nothing about the other personalities and is the one who experiences “black out” or losses of memory and time. Fugues are common in dissociative identity disorder, with the core personality experiencing unsettling moments “awakening” in an unfamiliar place or with people who call the person by another name (Kluft,1984).

Throughout the 1980s picture these psychological professionals began to diagnose this condition at an alarming rate “multiple personality”. As it was then known, had become the “fad” Disorder of the late 20th centuries, according to some researcher, although the diagnosis of dissociative identity disorder has been a point of controversy scrutiny, with many professionals doubting the validity of previous diagnosis some believe otherwise.

Causes of dissociative disorder

The development of dissociative identity disorder is understood to be a result of several factors: Recurrent episodes of severe physical, emotional or sexual abuse in childhood, absence of safe and nurturing resources to over-whelming abuse or trauma, ability to dissociate easily, development of a coping style that helped during distress and the use of splitting as a survival skill. While abuse is frequently present, it cannot be assumed that family members were involved in the abuse.

Symptoms

Many symptoms of DID are similar to those of other physical and mental disorders, including substance abuse, seizure disorder and post traumatic stress disorder.

The common symptoms of DID include:

- Inability to remember large parts of childhood.
- Unexplained events and inability to be aware of them (such as finding yourself somewhere without remembering how you got there or new clothes that you have no recollection of buying). Frequent bouts of memory loss or “lost time.”
- Sudden return of memories, as in a flashback and/or flashback to traumatic events. Episodes of feeling disconnected or detached from one’s body and thoughts.
- Hallucinations (sensory experiences that are not real, such as hearing voices, talking to you or talking inside your head).
- “Out of body” experiences.
- Suicide attempts or self-injury.
- Differences in handwriting from time to time.
- Changing levels of functioning, from highly effective to nearly disabled.
- Persons with DID may also have problems with:

- Depression or mood swings.
- Anxiety, nervousness, panic attacks and phobias (flashbacks, reactions to stimuli or “triggers”).
- Eating disorders.
- Unexplained sleep problems (such as insomnia, night terrors, and sleepwalking).
- Severe headaches or pain in other parts of the body.
- Sexual dysfunction, including sexual addiction and avoidance

Story

'Karthik Calling Karthik' is a psychological thriller film written and directed by Vijay Lalwani. The film stars Farhan Akhtar and Deepika Padukone as lead roles.

Karthik is an introverted, less confident person, who can't say no to others and stand for himself. He lives alone and gets bullied by his landlord very often. He works in a construction company where no one respects him and does not give him credit for the work he does. He likes a girl in that company who sees through him and thus, his feelings for her remain unexpressed.

He consults psychiatrist Dr. Kapadia for the anxiety occurring due to nightmares about his brother's accidental death. However, the counselling does not prove to be very effective. While implementing one of the suggestions from his therapy, he gets fired from work in a very humiliating way. Experiencing extreme stress, he locks himself in his room for several days and attempts to commit suicide.

At this point, he receives a phone call by himself. Initially shocked, and surprised, slowly Karthik starts becoming comfortable with and later on dependent upon those calls as the outcome of those calls is rewarding. However, going against the instruction of maintaining secrecy, when Karthik shares with Shonali and Dr. Kapadia about receiving calls by himself, his life takes a twist and he faces the worst of the experience. When Shonali learns that Karthik is suffering from schizophrenia and finally finds his whereabouts, along with Dr. Kapadia she reaches out to him and helps him deal with the abnormality by providing social support and necessary treatment.

The main character - Karthik

Karthik, played by Farhan Akhtar, was schizophrenic from childhood. He was a very shy, lonely and reserved child who believed he had a brother who always bullied him. One day, he imagines that he stood up for himself against his brother but by doing that, his imaginary brother fell into a well and died. This leads to him believing that if he stands up for himself, it would not end in good terms.

When he grows up, he still does not have any friend, and is very lonely and inhibited. He still thinks that his brother died because of him which makes it hard for him to say no to others. When he gets fired from his job and is humiliated in front of everyone including Shonali, he decides to commit suicide. Along with that, his dissociative identity disorder also gets triggered. He starts receiving telephone calls which in reality are recorded by himself when his subconscious mind or his alter ego is active. Through these recorded messages he controls how to live his life. This does help Karthik at first, as his body language improves, he starts saying no and also he now doesn't think that it was his fault that his brother died. He is also in a relationship with Shonali, whom he loves. He is a very good-mannered and righteous person. But when he tells Shonali that he is getting these calls, he is now very scared because his alter ego told him not to tell anyone. This leads to his alter ego making his life worse until he leaves everything behind in Mumbai and goes to an unknown location which

even he does not know about. He is in Cochin and has a peaceful environment but he is still scared of the other Karthik, which was his alter ego. When his alter ego calls him in Cochin too, he again decides to commit suicide. Fortunately, Shonali finds him, and helps him with his mental illness. He also receives help from his psychiatrist and his cousin.

Critical analysis

In the movie, "Karthik calling Karthik" the symptoms shown by the movie for schizophrenia were hallucination, which was him having a brother and delusion, which was him thinking that his brother died because of him. The movie also shows the emotions of the characters through music, example sad, happy, in love, skeptical and also through background color. Karthik also had dissociative identity disorder. It was triggered when he got fired from his job. He always receives calls at the exact same time. The symptom that movie showed for dissociative identity disorder was him not remembering when did he record the message for himself. Dr. Kapadia is his therapist. She has been giving him therapy for many years but it didn't help him. She is giving him just advice on what to do. She visits Karthik home alone to check his story of getting a call from himself. After understanding what Karthik is going through, Shonali decides to help him and support him.

Conclusion

The movie has depicted mental illness with warmth and support. It also used music and background color to show the audience how the characters are feeling. It also tried to show the mental patients problems to be as real as possible.

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DECODING THE ‘ANSWER WITHIN’:TALAASH

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ABSTRACT

Subject to much popularity, *Talaash: The Answer Lies Within*, is a conversation stirrer among many within and outside of the realm of cinema. The movie, famous for its realistic portrayal of the metropolitan life, is also celebrated for its depiction of the interplay between Psychological and supernatural elements (Mediumship). Owing to the genre of this movie, in this paper, we aim to cover not only the themes of grief, supernatural elements and deception, but also focus on decoding the significance of the title. Along with that we will also be looking into several already existing literature on the disorders from the movie as well as covering the character analysis for a more wholesome understanding of the movie with respect to this paper. Additionally, we intend to examine some of the song lyrics from the movie in order to gauge their contribution to the plot.

Key words: Psychological interpretation, grief, supernatural elements, mediumship, lyrical analysis.

INTRODUCTION -PLOT

This spine-chilling psychological thriller begins with the accident of Armaan Kapoor (Vivan Bhatena), a well-known actor. The case is handled by Senior Police Inspector Surjan Singh (Aamir Khan). The advancements in the investigation of this case are accompanied by a parallel story that throws light upon the personal life of Surjan Singh; more specifically, the complications that his eight-year-old son's death caused in his marriage. Roshni (Rani Mukherji), his wife, goes on to acquire mental health support from a therapist. She is also seen making desperate attempts to communicate with her deceased son through a 'medium' via her neighbor Frenny (Shernaz Patel). Surjan, on the contrary, is relatively in denial about dealing with his misery and disapproves of his wife's approach. Meanwhile on the case's front, he acquaints himself with an alluring escort, who not only provides him with clues about the case, but also becomes his confidant. After a thrilling turn of events, while driving one of the perpetrators to the police station, Surjan's car meets with an accident in an identical manner as Armaan Kapoor's car did. He survives and discovers Rosie's involvement with the accident, only to eventually learn that she was killed three years ago. This complex story grapples with repressed grief, guilt complex and an eerie exploration of supernatural events.

-FILM'S CONTENT

The raw setting of this Psychological thriller amplifies the level of reliability with the local audience and makes it more impactful. The locations covered in the film enhance its authenticity, thereby, giving credibility to its reel aspects. The story is backed by the songs, in that, the lyrics sort of give away the basic idea of the whereabouts of the story with relation to an individual character and their role in taking the plot forward. We also see the usage of multiple metaphors, acting as clues for this seemingly endless hunt that the protagonist, Surjan is assigned to. These metaphors are seen, later in the film, to have relevance in Surjan's personal life. Apart from these theatrical and technical aspects, the portrayal of the psyche of the two main characters i.e., Surjan and Roshni is noteworthy. After the death of their son, Karan, the marital life of the duo suffers; on one hand we see Roshni acquiring professional help and being on medications to help her cope with the grief, and on the other, we have Surjan living in guilt about his son's death, holding himself responsible for the accident and thinking of multiple scenarios where he could have saved his son. The relevance of the title can be understood better by this scenario persisting between the couple; *Talaash*- hinting at the journey that the couple is in, looking for closure, looking for peace, looking for a way to end their misery; and 'The answer lies within' can simply be translated to the act of looking within oneself instead of hunting for answers and solace outside. In Surjan's case, the more he kept running away

from the death of his son, the more it troubled him.

CHARACTER ANALYSIS

Surjan Singh Shekhawat

Surjan Singh (Aamir Khan) is instrumental in facilitating the story. The movie not only begins with his introduction but also revolves around him and the mysteries of his personal life. The loss of his son impacts Suri in a traumatic way which eventually results in various behavioral changes in him. For instance, Surjan's persona as portrayed in the song 'Jee le zara' as flashbacks is not congruent with the present time narrative wherein, he comes off as extremely shrewd and practical. A prominent coping mechanism that can be observed in Surjan is Projection, wherein he not only blames himself for the death of his son but also projects his thoughts on Roshni and thinks that she blames him too. He has very limited sources of happiness now that his family is scattered, and finds solace with Rosie. Another aspect of his son's death is related to the stages of grief that Surjan goes through. The irrationality depicted by his anger highlights the 2nd stage of Processing Grief (Denial, Anger, Bargaining, Depression, Acceptance). His anger is apparent in his thoughts and actions like intrusive thoughts, acting out at Frenny and Roshni, and insomnia.

Roshni

Roshni (Rani Mukherjee), is seen as a distressed and a melancholic wife who is struggling to procure support and love from her husband, Surjan, during a very difficult phase of both their lives. Roshni, who at one point showed readiness to try for a second child, was also acquiring professional help to help her get through the grieving process smoothly. She is also pulled into believing about spirits when her neighbor tells her that her deceased son wants to speak with them. She seems to have taken refuge there and found happiness by allegedly communicating with her son through her 'medium' neighbor.

At some point in the movie, we see her confronting Surjan about her emotions regarding their son's death; this marks a change in her character with respect to her stance on their marriage. This fight is also relevant in highlighting the heightened tension between the couple about their individual ways of dealing with the pain they were suffering. All in all, the development of her character transitions from a sad to a somewhat content individual.

Rosie

Rosie (Kareena Kapoor Khan) is a rather mysterious character in the movie. This character has a compelling grip on the movie because of the supernatural aspect attached to it. The fact that Surjan kept going to her to look for answers or even for some solace sometimes, says a lot about the significance of this character. In the initial stages one will find themselves in a state of confusion as to why a prostitute would want to help a policeman; it is only towards the climax that the dots are joined. The song 'Jiya lage na' highlights all the aspects of the relationship that the duo shares. Rosie's interactions with Surjan are dominated by metaphors and hints of sorts, wherein they are related to the murder case as well as Surjan's personal life. For instance, the scene where the two are in a lift proves the said point: Rosie tells Surjan, "Koi kab tak dooba rahega, Sahab. Kabhi na kabhi toh tair ke upar aana hi padega." The next day they find their suspect's body from a creek nearby. The other meaning which holds relevance in Surjan's life is that, after his son disappeared by drowning in a lake, Surjan dove inside to look for him but never found him. Surjan, metaphorically, didn't come out of the lake. The fact that he never allowed himself to make peace with the death of his son says a lot about what Rosie told him. In the movie's climax, we actually

see Rosie guiding Surjan to the surface of the sea after the accident, thus proving her point about “coming back to the surface”.

REVIEW OF LITERATURE

‘Treatment of Complicated Grief: A Randomized Controlled Trial’ by Katherine Sheer et al, compares the efficacy of a novel approach, complicated grief treatment, with a standard psychotherapy (internal psychotherapy) (Shear et al, 2 symptoms for those who received complicated grief therapy than those who received internal psychotherapy, thus highlighting the importance of grief therapy. The relevance of this study can be seen in Roshni from our film who, as we see, acquires professional help in the form of Grief Therapy and medications which help her cope better with her loss and make her more accepting towards her situation.

Events like that of loss of a loved one come under the category of ‘Traumatic Life Events’ and such events impair one’s physical, social and psychological wellbeing. Here, Karan’s death can be seen as a traumatic life event in the couple’s life. Since trauma can trigger insomnia (Sinha. S., 2016), we see Surjan spending sleepless nights thinking about his son. One can conclude that Surjan’s behavior is involuntary as Roshni says, ‘Parwah hai, agar nahi hoti toh woh raat ko so pata?’ which clearly indicates Surjan’s sleepless nights as a result of the disturbing thoughts. Additionally, at various points in the movie, we see Surjan roaming in the city, playing with Karan’s toys and meeting Rosie as an escape from the darkness of his lonesome nights. It has been suggested (Short, et. al., 2019) that the onset of insomnia post traumatic life events can lead to an increased risk of PTSD, the signs of which are evident in Surjan. Timely intervention and resolving past issues helped him get out of the vicious circle of insomnia and self-blame.

CRITICAL ANALYSIS

The interplay between Psychology and Mediumship as portrayed in the movie is an eyebrow raiser because of the highly unique nature of the two. Surjan’s character is highly paradoxical in this sense; we see him criticizing his wife for resorting to mediumship to communicate with their dead son, while he, on the other hand, confides in Rosie in many ways and at many times. Of course, one will argue about Surjan’s lack of knowledge regarding Rosie’s death, but we can’t help but think about the comment he made on Roshni’s scientific orientation while objurgating her new found solace. Here, we see an absolute ignorant individual, inconsiderate of his own pain and the pain suffered by his wife. Having established this point, we can now see that the couple relied on elements from the supernatural realm to find peace in their misery, where Roshni was fully aware of doing it, Surjan was not.

Having established that, it is difficult to overlook the dramatization of the supernatural elements in the movie. For instance, souls do not take the shape of a human body, like Rosie did, they usually appear as a speck of light or an aura i.e., energy and are very different from what is portrayed in the movie. Which leads us to think whether Rosie’s human form was Surjan’s hallucination, which in turn leads to a psychological confusion whether someone can hallucinate an unknown face that one has never come across? Thus, it is up for debate. However, we would like to clarify that the so-called dramatized portrayal of the supernatural element i.e., Rosie was done for solely the purpose of viewership. We also realize that souls can communicate with a person undergoing depression and grief. But again, we will never know if a person is either hallucinating because of psychotic depression or mental delusion, or if a supernatural element actually plays a role in it.

The results showed an improvement in the grief symptoms for those who received complicated

grief therapy than those who received internal psychotherapy, thus highlighting the importance of grief therapy. The relevance of this study can be seen in Roshni from our film who, as we see, acquires professional help in the form of Grief Therapy and medications which help her cope better with her loss and make her more accepting towards her situation.

Events like that of loss of a loved one come under the category of 'Traumatic Life Events' and such events impair one's physical, social and psychological wellbeing. Here, Karan's death can be seen as a traumatic life event in the couple's life. Since trauma can trigger insomnia (Sinha. S., 2016), we see Surjan spending sleepless nights thinking about his son. One can conclude that Surjan's behavior is involuntary as Roshni says, 'Parwah hai, agar nahi hoti toh woh raat ko so pata?' which clearly indicates Surjan's sleepless nights as a result of the disturbing thoughts. Additionally, at various points in the movie, we see Surjan roaming in the city, playing with Karan's toys and meeting Rosie as an escape from the darkness of his lonesome nights. It has been suggested (Short, et. al., 2019) that the onset of insomnia post traumatic life events can lead to an increased risk of PTSD, the signs of which are evident in Surjan. Timely intervention and resolving past issues helped him get out of the vicious circle of insomnia and self-blame.

The role of songs in this movie is significant, as mentioned earlier, pertaining to character development. For instance, in the beginning of the movie we have the song 'Muskanein Jhooti Hai' which showcases the lives of people belonging to the Red-light area of the city. How people mask what they are truly feeling, and who they really are is shown in that song, which is a hint for the viewers about the nature of the characters in the movie. For instance, we have Taimur (Nawazuddin Siddiqui) betraying his friend Shashi's (Subrat Dutta) girlfriend Mallika (Aditi Vasudev) by sending her back to the brothel from where Shashi had "bought" her. But later, we are taken on a frenzied cat and mouse chase that Taimur goes through with two contract killers just to make sure that his love interest, Nirmala (Sheeba Chaddha), is able to begin a new life outside of the brothel she was trapped in. A part of the abovementioned song has 'Pehechaane Jhooti Hai' as its lyrics, which helps us connect these dots throughout the film, about every individual character; we are compelled to have mixed opinions about a character's moral compass.

CONCLUSION

The movie is a blend of psychological and supernatural elements which keeps the audience at the edge of their seats. The movie doesn't fail to highlight the importance of giving oneself enough time and space to grieve over one's loss; The downside of which is visible clearly through Surjan's character. Apart from this, the use of metaphors and certain lyrics give justice to the genre of the movie which yearns us to unravel the underlying mystery, or "the answer within". The supernatural elements that were dramatized in order to conform to some of the theatrical aspects, still managed to intrigue the viewers and make them question the nature of the characters' lived reality.

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**ANALYSIS OF DELUSIONAL DISORDER AND ITS TREATMENT IN
SHUT-TER ISLAND**

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INTRODUCTION

Martin Scorsese's "Shutter Island," is a psychological thriller based on Dennis Lehane's 2003 novel with the same name. The movie which hit theatres in 2010 had left the audience confused with an open-ended jaw-dropper. It chronicles the story of Edward Daniels or "Teddy", a US marshal investigating the mysterious missing case of one of the patients in the psychiatric facility of Shutter Island. He sets out to find Rachel Solando (missing patient) with the hidden motive of getting his hands on Andrew Laeddis, who he believed was the reason behind his wife's death. Teddy suspected that someone was surveilling him and that something was wrong within the island. He believes that Laeddis is in the lighthouse where he presumes the unethical practice of lobotomy takes place. Teddy reaches the lighthouse and realizes that the patient number 67 a.k.a Andrew Laeddis was no one else but him. He had been a patient in the psychiatric facility for two years on the charges of murdering his wife after she had drowned their three kids in a river during her manic episode. He suffered from Delusional Disorder and him investigating the hospital was an elaborate roleplay to make him confront that his delusions were irrational and impossible. The movie ended with an ominous note where Andrew, no longer delusional, chose lobotomy rather than living in guilt.

The film portrays three mental disorders- delusional disorder, bipolar disorder and post-traumatic stress disorder. This paper focuses on the analyses of the depiction of delusional disorder and its treatment in Ashecliffe hospital, a mental institution in 1954.

LITERARY CONTEXT

Delusional disorder

Delusions are unshakable false or imaginary beliefs that an individual holds. It further defies any rational counter argument. Such credence is often the one that is considered bizarre in the culture the individual belongs to (Gilleen and David [2005], pp. 5–6). There are various types of delusional disorders which include- erotomaniac, grandiose, jealous, persecutory and mixed. In Shutter Island, Andrew suffers from Delusional disorder mixed type, wherein more than one type of delusions are present. According to the symptoms, he portrays he suffers from Grandiose and persecutory delusions.

Grandiose delusions

In Grandiose delusions, a person believes they have a great talent or has made an important discovery, have an exaggerated sense of their worth and importance. Conversely, these delusions are present across various psychological disorders including bipolar disorder, schizophrenia and substance abuse disorder. An individual without any psychological disorder may indulge in grandiose thoughts which fail to meet delusional criteria (Knowles, McCarthy-Jones, Rowse; 2011). In the movie, Andrew Laeddis was off the delusion at he was a military officer on the mission to find a missing patient. He thought he was a person of authority and could unravel the mysterious missing case. Subsequently, grandiose delusions arise following a tragic incident or long term exposure to distress, despair or depression (Gunn, Bortolotti, 2018). In the movie, the death of his three children and the murder of his wife led to formation delusions. Andrew felt guilty over the loss of the people most important to him. The inability to cope resulted in him forming the delusion and taking up the identity of Teddy. The delusion of grandeur is a prime example of Systematized and Elaborated delusions mostly seen among schizophrenic patients wherein there are several themes which comprise complex, elaborate narrative (Bortolotti, 2016). The movie proves the research right as one can see Teddy's delusions are quite elaborate wherein he believes his wife, Dolores was killed in a fire and holds Andrew Ladessis responsible for it.

Persecutory Delusions

In Persecutory delusions, individuals believe they are being conspired against, drugged, spied on, obstructed from carrying out their goals. Andrew believes he was being drugged on the island and kept under the radar. He thought he would not be able to leave the island. The formation of delusion begins with a precipitator, a stressful situation or drug misuse, which lead to subtle cognitive experiences, which leads to the search for meaning (Free-man, 2016). Andrew believes in delusions because of the hallucinations, in-voluntary hand tremors and migraines he's been having. Veritably, these are the withdrawal symptoms of the antipsychotic medications he used to take. When Andrew returns wet after the storm, he is given clothes worn by the patients to wear, which further fuels his belief. Additionally, in the climax scene, he confronts Dr Cawley and claims Rachel Solando told him how he was on neuroleptics. The doctor reveals to Andrew that this interaction never took place but was a product of his delusion.

Treatments

The events in the film transpire during the post-war period of the 1950s. It was a time when industrialized countries built mental asylums all over for the treatment of mental illnesses. Institutions kept patients in isolation and treated them with electroshock therapy, lobotomy and antipsychotic medications. The conditions in these asylums deteriorated which led to the deinstitutionalization movement in the 1960s to more community-based care (Fakhoury, Priebe, 2007). The Ashecliffe Hospital is a similar institution, the difference being Dr John Cawley, a progressive chief medical director. He believed in treating his patients with respect. More importantly, he favored therapy over neuroleptics and invasive surgeries. Roleplay therapy was the main treatment practiced in the film. Instead of suppressing the delusions, Andrew played them out for two days. Everyone in the hospital played a part in it, his primary psychiatrist Lester Sheehan became his partner Chuck to keep him safe. The intention behind this was to make him confront the delusions and make him realize and rationalize how impossible and untrue they are.

He created the persona Teddy to forget the guilt of murdering his wife, which he ultimately acknowledges in the climax scene. Therapeutic roleplay is utilized predominantly in anxiety disorders like PTSD and phobias. The research on the treatment of the delusional disorder is sparse. Nevertheless, most frequently used treatments include- Cognitive behavioral therapy(CBT), psychotherapy, antipsychotic drugs, antidepressants, and mood-stabilizing medications (Skelton et al. 2015).

Neuroleptics and Lobotomy

For the first two years in Ashecliffe, Andrew was on Chlorpromazine. A medication instrumental in the introduction of pharmacotherapy in psychiatry (Ban, 2007). Conventionally, used for schizophrenia and other mood disorders. It became available worldwide in 1952, therefore a new medication at the time. We can safely assume that this neuroleptic did work for Andrew leading them to switch to therapy. Due to the withdrawal symptoms of this medication, Andrew had been experiencing hallucinations and migraines.

In the 1950s, institutions considered Transorbital lobotomy safe and inexpensive to use. The procedure involved applying electroshock to the patient, then lifting the eyelid and inserting a sterile instrument to inject formalin into the frontal lobe (Jones & Shanklin, 1950). At the end of the movie, hospital employees had leucotome and mallets in their hand, indicating Andrew being taken to be lobotomised.

CRITICAL ANALYSIS

The movie portrays an accurate picture of the mental institutions and their practices in the 1950s. The representation of the conditions of asylums and the treatment of patients is precise. It captures the bizarre and complex nature of the delusional disorder and the distress Andrew goes through humanely. The audience was able to connect to his trauma empathetically.

Moreover, it gives us a glimpse of the adverse effects of untreated mental illness. Andrew Laeddis's time in the war led him to become an alcoholic. That causes his wife, Dolores, suffering from bipolar disorder to become more distressed and manic, leading her to burn down their apartment. Dolores later drowns their kids leading him to kill her. In denial of guilt, he becomes delusional and creates another persona named Teddy.

Dr Cawley's experimental therapy proved to be a dangerous attempt to cure a patient, at the expense of his other patients and staff. The doctor knew Andrew was a violent patient, he still put them at risk. Letting Andrew roam free knowing how brutal his actions can be, despite the security, was a dangerous plan.

Lastly, the therapy used proved to be glaringly unethical. Although the intent was noble, it was nonconsensual. In modern psychology, therapeutic role play takes place in a safe setting with the patient's consent, none of which was present in the movie.

Hence besides being unethical, in the quest of carrying out the most radical, elaborated role play in history, one can confidently say that Dr Cawley failed miserably.

CONCLUSION

Shutter Island paints an accurate picture of what a person with severe psychotic disorder looks like. Although, it would be a little difficult for a person with no prior knowledge of psychology to differentiate the nuances of disorder and withdrawal symptoms from the medication. The treatment depicted is not used in reality, is dangerous and unethical even though it presumably worked in the movie. Ashecliffe Hospital portrays the truth about the state of mental health institutions during the 1950s.

In conclusion, the Martin Scorsese movie proved to be successful in depicting a complex disorder realistically but failed to illustrate a factual treatment for the same. Nevertheless, it emerged as an outstanding psychological thriller.

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KARTHIK CALLING KARTHIK

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Introduction

The movie 'Karthik calling Karthik' is a 2010 psychological thriller directed by Vinay Lalwani. The titular role of Karthik is played by Farhan Akhtar who shows both symptoms of Schizophrenia and Multiple personality disorder (now known as Dissociative Identity Disorder). Deepika Padukone plays the role of Shonali Mukharjee (Karthik's girlfriend), Ram Kapoor and Shefali Shah, each essay the role of Karthik's boss (Kamath sir) and psychiatrist (Dr Shweta Kapadia) who has a short yet prominent role in the movie. Because of her diagnosis, we come to know that Karthik could have both Schizophrenia and Dissociative Identity Disorder.

As the movie starts, Karthik is shown as an introvert, who is both low in confidence and self-esteem. One day, he starts receiving calls from himself. Those calls, help him get his job and his self-confidence back. Things were going well until he stopped picking those calls and was fired by his boss, which in turn led Shonali to break up with him. Desolated and heartbroken Karthik left Mumbai and resided in a hotel, where he requested the hotel staff to remove the TV and telephone from his room. Later, we see him living peacefully in Cochin until he bought a telephone on his boss's request. He received no calls on the first day and in excitement, he shared the good news via mail to Shonali. Shonali went to Dr Shweta, saying he mailed her, but found out that he might be suffering from Schizophrenia and Dissociative identity disorder. Dr Shweta said, as a child, Karthik was ignored by his parents, because he used to see and hear his imaginary brother and, he was repeating the same pattern, again by getting calls from an imaginary source, (his alter ego). Dr Shweta added, Karthik's phone had a feature of recording messages and playing them back at a certain time. She further stated, 'Karthik was the only child of his parents, but he always thought he had an elder brother, who bullied him and blamed himself for his death. Hearing this, Shonali got tensed and immediately left for Cochin. She saved him just in nick of time. The movie ended on a happy note, as he was leading a good life with Shonali and was undergoing treatment.

The particular scene, 'when Karthik said he had a brother, but in reality he was the only child'. He has both auditory and visual hallucinations, which are symptoms of Schizophrenia. When Karthik leaves everyone behind, and resides in Cochin. He experiences social withdrawal, which is also a symptom of schizophrenia.

During night, when Karthik recorded his voice, he had an aggressive personality (his alter ego) and when he picked his calls in the morning, he had a submissive personality (his host personality). As soon as Karthik woke up in the morning, he had absolutely no memory of him recording himself during the night. The two personalities had no recall of each other, as people with dissociative identity disorder experience complete amnesia when they switch to another personality.

Literary context

The title of the movie 'Karthik calling Karthik' is the summary of the little suspense the movie represents. The character Farhan Akhtar plays of 'Karthik' is an ordinary office worker at a construction company who doesn't only despise his role at the company but also his repetitive simple life. Despite being one of the main characters he lacks voice, confidence and self-esteem. The plot of the character's personality changes when he decides to raise a voice for his right, as he was advised to do so by his psychiatrist Dr Shweta Kapadia (Shefali Shah), but instead ends up being kicked out of office in front of everyone including Shonali (Deepika Padukone) whom he loves but she is unaware of his presence until the day Karthik was fired.

After the horrifying incident Karthik locks himself up in his one-bedroom apartment for days or even weeks until the moment he decides to take his life. Right before this in a fit of rage he ends

up breaking the telephone in his bedroom which intended him to step out of the house to buy a new one. Surprisingly while the seller is explaining every unique feature of the telephone, Karthik is distracted when he spots Shonali out of the store with her former boyfriend. What we don't realize at first is that even though his conscious was distracted, his subconscious heard and registered every detail of the telephone he bought. At that very moment when he decides to end his ordinary miserable life, he gets a phone call with a voice identical to his who surprisingly also calls himself Karthik. It is this voice that helps him mend every broken and damaged part of his life. Slowly and steadily not only does Karthik have his job back but also develops a sense of confidence that his life is corrigible and that he stands a chance at happiness. The voice that presents itself as Karthik had warned him to not tell anybody about the phone calls as people would think that he is mentally unstable. Which was the overall outcome after he confessed to his girlfriend Shonali and his therapist, who also played a major role in the previous terrifying half of his life.

Before Karthik received these unknown phone calls, he used to visit Dr Shweta Kapadia, a therapist, regarding one particular traumatic experience of his childhood which used to haunt Karthik every night. He mentioned having a brother who used to bully him and once took him to a well. Karthik carries the burden of the blame that it was his mistake that took the life of his brother but in reality, he never had a brother.

Dr Shweta played a major role when she put the broken pieces of this puzzle together and realized that not only was Karthik exhibiting symptoms of schizophrenia but also showed symptoms of dissociative identity disorder. She came to this conclusion with Shonali when she read all about the features of the telephone where one could record one's own voice and set an alarm for the phone to ring and remind the person of that particular message. This was the reason why Karthik used to get the call sharp at 5:00 in the morning. As mentioned early because it was his subconscious that registered the features it was also his subconscious that used to record these messages in the middle of the night. Forgetting that it was Karthik himself who used to record these messages for himself is stating proof of one of the symptoms of schizophrenia which was memory loss.

Critical Analysis Schizophrenia :

As mentioned above, in the movie the main character Karthik is diagnosed with schizophrenia. According to the American Psychiatric Association, schizophrenia is a chronic brain disorder, and its symptoms can include delusions, hallucinations, disorganized speech, trouble with thinking and lack of motivation. When the disease is active, it can be characterized by episodes in which the person is unable to distinguish between real and unreal experiences. These episodes are usually triggered under stress.

The symptoms of schizophrenia usually fall into three categories:

- Positive symptoms: (those abnormally present) Hallucinations, such as hearing voices or seeing things that do not exist, paranoia and exaggerated or distorted perceptions, beliefs and behaviors.
- Negative symptoms: (those abnormally absent) A loss or a decrease in the ability to initiate plans, speak, express emotion or find pleasure.
- Disorganized symptoms: Confused and disordered thinking and speech, trouble with logical thinking and sometimes bizarre behavior or abnormal movements.

Out of the above mentioned symptoms, our protagonist Karthik experiences few symptoms from each category. The positive symptoms include auditory and visual hallucinations, he thinks he has an

elder brother who always seems to trouble him. He is also delusional, he believes that he had killed his brother (whom he was hallucinating), and later in the movie when he begins to receive those calls from himself, he believes that it was actually someone else trying to help him to get his life back in order.

The negative symptoms like a decrease in the ability to speak, make plans, express emotions or find pleasure are also portrayed in the movie as Karthik is initially shown to live a very somber life. He barely speaks with his colleagues, he is also unable to express his feelings for Shonali, his colleague who he had been in love with for a very long time.

The disorganized symptoms like trouble with logical thinking are portrayed when he believes that someone else was actually trying to help him get his entire life in order by calling him up and giving him advice at 5 am every morning. And when he shares this news with his girlfriend, she logically suggests that it might be someone who is pranking him, but he does not believe her as he is unable to think rationally.

Dissociative Identity Disorder:

According to the American Psychiatric Association, the symptoms of dissociative identity disorder include

- The existence of two or more distinct identities (or “personality states”). The distinct identities are accompanied by changes in behavior, memory and thinking.
- Ongoing gaps in memory about everyday events, personal information
- and/or past traumatic events.

As mentioned above Karthik was recording a voice note for himself every night which used to ring as a reminder at 5 am every morning. Karthik had no memory of him recording the voice note which usually happens when a person dissociates into another alter.

Conclusion

Beautifully textured and constructed, this movie 'Karthik calling Karthik', for all it's cold office and cliché story beats, is filled with empathy and warmth. For those familiar with Hollywood one might not find this movie all that exciting having watched several films along these same lines, for others this story may seem as a fresh incentive.

As for the fact that our main character is schizophrenic, the film could have dived steeply into a bad representation of it, but thankfully it doesn't. The fact that Karthik goes undiagnosed for so long has many factors to contribute to it, from the lack of knowledge by Karthik himself of reality and falsehood, his isolated life, the fact that his parents were not the richest and for the purpose of the plot.

For a psychological thriller, this film has more heart to it than just a plain “who done it” and it is much appreciated. Even today when mental illness is still stigmatized in India and seeing a psychologist or a therapist is a thing to be hidden as seen in Dear Zindagi for example it is a heartwarming thing to see that in this movie it is not stigmatized in any way and in fact is treated with empathy, even if the plot does override it sometimes with the “who is the bad guy” antics that are in the end fruitless.

In the words of professor Elyn Saks "the schizophrenic mind is not so much split as shattered. I like to say schizophrenia is a walking nightmare."

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**SHUTTER ISLAND: IS IT
BETTER TO LIVE AS A MON-STER, OR TO DIE AS A GOODMAN?**

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Abstract

Shutter Island is a 2010 American psychological thriller film directed by Martin Scorsese, based on Dennis Lehane's 2003 novel. The title of the movie is an anagram for "truth/denials" which captures the essence of the movie. Actors Leonardo Di Caprio, Mark Ruffalo, Ben Kingsley were the lead actors among others.

The movie begins with the U.S. Marshals Edward "Teddy" Daniels & his new partner Chuck Aule travelling to the Ashecliffe Hospital for the criminally insane on Shutter Island, Boston Harbor in 1954 to investigate the disappearance of patient Rachel Solando. Their only clue is a note found in Solando's room: "The law of 4; who is 67?". Upon investigating they find the staff unwilling to cooperate & they discover that Dr. Sheehan, the primary psychiatrist working on Solando's case, went on leave a day after her disappearance. Suspicion arises, when Teddy & Chuck talk to John Cawley [lead psychiatrist], who warns them that ward C is off-limits & that the lighthouse has already been searched. They also meet Dr. Naehring, here the scene shifts to flashbacks from when Teddy was in the war. Later in his dreams, we see Teddy talking to Dolores, telling him that Rachel never left the island, while she turns into ashes. The next day, they question the patients, but don't get any clues. Teddy asks everyone about a patient named Laeddis & explains to Chuck how he took this case to find Laeddis, the arsonist that caused the fire that killed his wife & then he talks about the war while they're stuck in the storm. They come back only to find Rachel has resurfaced. When the storm hits, Teddy once again experiences migraines & hallucinations. This time, he ends up dreaming about Rachel Solando accompanied by his children [he doesn't realize that they're his children]. His little girl is lying in his arms asking him why he didn't save her. The dream transcends into him watching from the shore with Rachel as his children drown & he once again wakes up restless. As he wakes up, he hallucinates his wife warning him about Laeddis, asking him to kill Laeddis.

After the storm, Teddy breaks into restricted ward C, where he meets George Noyce, who warns him about the experiments. He tells Teddy that the light-house is where they perform lobotomies & even Chuck is involved with the doctors, & they're playing a game with him. Noyce begs Teddy to let Dolores go, that she is dead. Teddy refuses to believe it. Teddy regroupes with Chuck & climbs the cliffs toward the lighthouse to investigate it. They separate & Teddy later sees Chuck's body on the rocks below. By the time he climbs down, the body has disappeared, but he ends up in a cave, & finds a woman who claims to be Rachel Solando. She tells him that she used to be a psychiatrist but she found out about the lobotomies & was wrongly declared clinically insane [this scene had been his hallucination]

Teddy returns & is unable to find Chuck. He thinks that Chuck is taken to the lighthouse & breaks in. He finds Cawley there who tells him that he himself is Andrew Laeddis, patient no. 67 from ward C & he murdered his wife [who drowned their children]. Andrew accuses Cawley of trying to convince him that he was crazy. Cawley explains to him how he had made up the whole story & all the events that took place were a part of the roleplay to help Andrew regain his memories, a final attempt in order to avoid a lobotomy. He tells him that all his visions & migraines were withdrawal symptoms from his medication & that Chuck is actually Dr. Sheehan after learning all this he faints. When he regains consciousness, Andrew confesses his crimes in addition to admitting that Teddy never existed. Later, Laeddis & Dr. Sheehan sit on the steps outside the hospital & he once again starts referring to Sheehan as Chuck, telling him that they need to leave for the mainland. This signifies that their elaborate plan doesn't work & Andrew is, unfortunately, taken away for the lobotomy. As they take him, he asks Sheehan, "What would be better; to live as a monster, or to die as a good man?" A stunned Sheehan calls Andrew "Teddy" but the latter does not respond to the name. It is clear that he

planned to act like he was still Teddy, just to get the lobotomy & erase his bad memories. This is highlighted in the fact that he did not answer to being called Teddy & he doesn't protest while being taken away, which is something Teddy would have done, but Andrew Laeddis chooses to die as a good man, than live as a monster.

Critical analysis

Diagnosis :

From a psychological point of view, Andrew's symptoms mainly consist of delusions & hallucinations. He displays symptoms of both Grandiose & Persecutory Delusion Disorder for the duration of two years. This mixed type of disorder is characterized by feelings of immense importance as well as feelings of being mistreated/victimized. A person with Grandiose delusional disorder has an over-inflated sense of worth, power, knowledge, or identity. The person might believe that they have great talent or have made an important discovery. Here, Andrew [as Teddy] believes that he is going to unveil an important controversy. On the other hand, Persecutory Delusional disorder makes one believe that they (or someone close to them) are being mistreated, or that someone is spying on them or planning to harm them.

Andrew [as Teddy] is convinced that the institution is conspiring against him. This is a long term condition but with proper treatment some people can get fully recovered, others have episodes of delusions & periods of remission, like Andrew's case.

Symptoms :

An important symptom of this disorder is that the patient is convinced that everything they're seeing is real & refuses to believe what anyone else says, irrespective of how farfetched their reason behind it is. [Andrew's refusing to accept what George Noyce is telling him about Dolores] Another example is his refusal to believe anything after Dr. Cawley reveals the truth to him. One's environmental/psychological factors as well as stress, alcohol & drug abuse can contribute towards the delusion disorder. In this case, Andrew has been under strenuous situations during the war, causing a lot of psychological problems. After the war, he also turns to alcohol to cope with stressors around him. Andrew's wife was suicidal & had been suffering from manic depression; he had been admitted to Ashecliffe for her murder after she killed their children. Andrew blames himself for the murders viewing himself as a monster, because he deliberately chose to not get Dolores the help she needed. Unable to cope with reality, he creates Edward Daniels (an anagram for Andrew Laeddis), a former war hero & current U.S. Marshal with a tragic past who has come to Ashecliffe. This alternate reality helps him with his sorrows, & serves as a coping mechanism to shield him from the truth. He often hallucinates seeing & talking to his dead wife & daughter, all of which fall under the spectrum of delusion disorder.

The movie makes use of symbolism to depict Andrew's state of mind with the use of 2 elements- fire & water. Fire seems to have been serving as warmth & comfort, only letting him see what he wants to see. For example, Andrew remembering his wife burning in their apartment. Water, on the other hand, symbolizes the truth he's desperate to avoid hearing. It reminds him of the traumatic past, which he is very much trying to repress. This would explain the scene where the patient was drinking from nothing, but then puts down an empty glass. The shot is from Teddy's perspective & suggests that he chose not to see the water only the patients' hands & the empty glass. There is a lot of foreshadowing in the movie too. Teddy is never seen striking a match to light his own cigarettes, due to the traumatic association between fire & the arson death of his wife. Teddy & his real-life persona Andrew begin to combine over the course of the movie while his treatment takes hold, & so the second half of the film sees Andrew willfully striking matches, notably while lighting his way through Ward C. At an unconscious level, this symbolizes Teddy & Andrew becoming one

reconciled personality & him slowly coming to accept his own role in his wife's death.

Treatment:

To help with his condition, & reduce the delusions & hallucinations, Andrew was also given medications [chlorpromazine- an antipsychotic used to treat mental illness] in addition to therapy for the past two years. This had initially been successful in helping him recover completely, until he relapsed. At one point, they treated him using a cognitive behavioral approach in the form of music therapy when he met Dr. Naehring. This approach uses music as a trigger to recall repressed memories.

Roleplay & exposure therapy then proved to be useful in helping him, where the patient is conditioned into revealing repressed emotions & memories through different triggers throughout the therapy. His warped perception of reality stems from his inability to accept his actions; his mind is striving to avoid the horror of what has happened & what he has done. The roleplay plan is intriguing in how it strives to emulate aspects of Andrew's past, as a means for him to reexperience them in a sense. One example being how Rachel drowned her children, just like how Andrew's wife drowned their children. Role-play is a cognitive-behavioral as well as psychodynamic technique in which the patient is conditioned into revealing repressed emotions & memories through different triggers throughout therapy. When they finally explain everything to Andrew, Dr. Crawley uses flooding techniques [i.e. flooding his mind with information & facts] in order to merge the repressed memories with current facts.] Shutter Island also mentions the Gate Control Theory, which explains that all sensations of pain are transmitted from the brain via large nerve fibers in the spinal cord that act as "gates".

Teddy also suffers from Post-Traumatic Stress Disorder [PTSD] (a mental condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares & severe anxiety, as well as uncontrollable thoughts about the event.). He often gets flashbacks & nightmares about the concentration camp at Dachau. He believes that he has been forced to take away far too many innocent lives & is tired of violence. Since the movie is filmed in a dream sequence, we find a lot of flashbacks & waking visions from the war accompanied with migraines which clearly show that he has had a traumatic past & shows signs of PTSD.

Since the movie is shot from Andrew's point of view, the viewers get a clear insight into his mind. It was not apparent until the end of the film that he was suffering from a disorder, & not an actual investigator. It accurately captures the thought process of a person struggling with delusional disorders.

It portrays the orthodox beliefs of the psychologists & their methods, wanting to tame the patients using lobotomy [experimental approach] while also showcasing the new advancements in the field of psychology & the changing attitudes, [Dr. Cawley came up with a more client centered approach to help Andrew.] He is against the "old school" way of treatment – locking people away. He states how today, the last resort (such as pills & isolation) is becoming the first response.

In conclusion, Shutter Island is full of mystery & suspense; it offers insight into what really goes on in the psych ward. It also succeeds in accurately portraying the state of mind of the patients as well as the efforts of the doctors. It also helps destigmatize mental illnesses with its portrayal of Andrew Laeddis & raises a lot of questions about what exactly is considered sane & insane & how psychologists diagnose such an abstract concept. To sum it up, it is an accurate description of changing methodology in psychology & a great psychological thriller.

Thank you.

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JOKER

STENY KLINSON PURNA CHAUHANANGEL NORONHA

RIA KHAMKAR

ST ANDREW'S COLLEGE OF ARTS, SCIENCE AND COMMERCE

CINEMANIA

Movie title: Joker Director: Todd Phillips

INTRODUCTION

Mental health has always been a crucial and a very essential element in humans. It is something that can just not be ignored because there does come a time when it worsens and keeps on adding to the agony of the human mind. According to the American Psychiatric Association (APA), a mental disorder is “any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these. Such disorders cannot be accounted for solely by environmental circumstances and may involve physiological, genetic, chemical, social, and other factors.” However, it is very sad when the current scenario is taken into account where the entire concept of mental health and mental well-being is considered a taboo and everybody would just keep numb and silent about it. The voices of people who undergo the trauma, the pain and agony have always been ignored. Instead of empathizing and understanding the deteriorating state of mind of the person, they are often looked down upon or isolated from what is considered “normal”. The sheer definition of what is normal and what is abnormal has molded the attitudes of people and thus, they often shun away the ones who deviate from the norms instead of helping them and getting them out of the vulnerable position they often land up in due to their mental illness.

On the brighter side, society at large has started to empathize and consider those who suffer from any mental illness, be it anxiety disorders, personality disorders, mood disorders, etc. There is help that is offered to them and the mentality of our society is changing and evolving as time is passing by. This has been possible due to various initiatives taken by people and communities who wish to spread awareness and educate people on how to recognize and deal with people around them who suffer from mental illnesses. Many mental health awareness campaigns and workshops are held, there is an abundance of literature that add up to the sea of information and knowledge regarding mental health. A very new and effective medium of spreading awareness is movies. There are many movies in many languages, be it regional or international, that have proved to be both entertaining in terms of storytelling and cinematography but also when it came to spreading awareness and educating the masses about what exactly a mental illness is and how to tell if someone around us may be suffering from it and finally how to cure and help them get better and healthy.

A movie that has very aptly explained the struggle of a mentally ill man, who was shunned by the society due to his mental illness and socially unacceptable behavior is *Joker* directed by Todd Phillips. *Joker*, starring Joaquin Phoenix as Arthur Fleck aka The Joker, is a 2019 movie about a mentally troubled comedian, Arthur Fleck, who is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: The Joker.

CRITICAL ANALYSIS

The most buzz worthy cinematic contribution of 2019 was the movie *Joker* directed by Todd Phillips. In this movie the character Joker is something of a psychological barometer every time you see this clown, it is more like the window into the American psychology. Before we begin to see the psychological problems faced by Joker let us see a brief of the movie's plot. *Joker* follows the heavily medicated Arthur Fleck as he dreams of becoming a successful comic. But, due to his mental illness and resulting inability to stop laughing at awkward times, he's tormented by spoiled and corrupt kids, rich adults, and even his favorite talk-show comedian. It gets worse the budget cuts to social services keep Arthur from his much needed psychiatric meds and he loses his job for bringing a gun to work, as one does. He then uses the aforementioned gun to kill the aforementioned rich adult bullies. People rebel in these mysterious deaths of urban professionals, causing a bizarre

social movement where protestors blame the likes of Thomas Wayne and the rest of Gotham's rich for the city's problems. Fleck ends up on TV next to his talk-show hero, kills him, and denounces the society that abandoned him. The broadcast leads to a city wide riot, resulting in the now familiar murder of Thomas and Martha Wayne. Fleck apparently ends up in Arkham Asylum, where he continues to laugh. That's the conclusion. Throughout the movie main character Arthur Fleck has a list of clinical symptoms such as low self-esteem, lack of energy lack of eye contact, socially atypical thoughts and behaviors suicidal ideation with a plan, and means depressed moods feelings of paranoia errata manic delusions and a hallucination with benefits so that's a lot of things.

Let us organize them, low self-esteem, lack of energy lack of eye contact, depressed moods and active suicidal ideation suggests something in the major depressive spectrum. Socially atypical behavior, visual auditory and tactile hallucinations, suggests something in the schizophrenic spectrum. Paranoia, Erotomania, and Grandiosity suggests mania, schizophrenia de- pression. There are a good number of conditions and disorders that can produce these symptoms but in my opinion what we see from Arthur Fleck is something called schizoaffective disorder. This disorder is made up of mood disorder in criteria of schizophrenia. In schizoaffective disorder, there is a mood disorder for the majority of the illness interrupted by a period of at least two weeks of hallucinations or delusions without the symptoms of the mood disorder. The main thing which makes the movie dark and more psychological is the light setting and the dim tone throughout the movie the medications taken by the main character also shows the psychological conditions faced by the character. For example, in one of the shots Arthur is seen taking an anti-depressant medicine which has a name Alzene which in the real world would be phenelzine but it wouldn't possibly be an SSRI (selective serotonin reuptake inhibitor). It is because SSRI's would not be effective in treating schizophrenic spectrum which is actually faced by the character.

All that is said and explained joker is basically a hard movie to watch due to the sad psychological drama, depicting the suffering of a man who was wronged, and has got it wrong.

LITERARY CONTEXT

In order to understand the movie and the relevance of Aurthur towards plot development, it is essential to explore the psychological aspects that support the framework of this movie.

In 1896, Kraeplin reported "manic-depressive psychosis" as a circumscribed disease entity. Ever since, manic depressive psychosis, or the current term used not so logically as 'bipolar' mood disorder, has been studied. According to NIMH (National Institute of Mental Health) Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. There are three types of bipolar disorder and all of which involve clear changes in mood, energy, and activity levels. These moods range from periods of extremely "up," elated, irritable, or energized behavior (known as manic episodes) to very "down," sad, in- different, or hopeless periods (known as depressive episodes). Fewer severe manic periods are known as hypomanic episodes.

As described by the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5) Bipolar disorder is a category that includes three different conditions—bipolar I, bipolar II, and cyclothymic disorder.

Bipolar I disorder is a manic-depressive disorder that can exist both with and without psychotic episodes.

Bipolar II disorder consists of depressive and manic episodes which alternate and are typically less severe and do not inhibit function.

Cyclothymic disorder is a cyclic disorder that causes brief episodes of hypomania and depression.

Arthur shifts from a mania phase to a depressive phase throughout the movie but this transition does not happen at a rapid pace. For example, after brutally murdering Randall the joker, almost immediately returns to his normal self and starts talking to Gary. Another Important thing to notice is his condition where he experiences unpredictable laughter attacks which can be perceived as a disease, a tic or a neurological condition.

Pseudobulbar disorder as demarcated in the Journal of Neuropsychiatry Pseudobulbar affect (PBA) is an affective disinhibition syndrome associated with various neuropathology which is characterized by involuntary and inappropriate outbursts of laughter and/or crying. The PBA syndrome can be socially and occupationally disabling, and it is largely unrecognized in clinical settings. Interpreting from what is written on Joker's laminated card Joker's laminated card, PBA can indeed occur in people with brain injuries, stroke, or certain neurological conditions such as ALS or multiple sclerosis. Though more research is needed regarding the causes of PBA, it involves a disconnect between the frontal lobe (which controls emotions) and the cerebellum and brainstem (where reflexes are mediated)," per the American Stroke Association. Those who experience PBA don't necessarily feel emotions like sadness or amusement more intensely; it's more about their brains' inability to regulate when and how those emotions It can be seen through the course of the movie that Arthur seems to be suffering from episodes of grandiose delusional disorder and incidents of hallucinations, even though the creators of the film have not entirely focused on grandiose delusion and hallucination disorders, it is dreadfully obvious throughout the movie. Arthur's supposed loss of grip on reality is suggested by a peppering of nods to psychotic symptoms: delusional ideas of a grandiose nature ("I am an undiscovered comedic genius") and hallucinations of his neighbor which are confirmed by his eventual admission to a psychiatric institution.

CONCLUSION

The role of Arthur Fleck or the Joker is a dark, atypical portrayal of a comic book villain. The dark humor in the movie is reflective of everything that goes on inside the mind of Arthur Fleck, portrayed magnificently by Joaquin Phoenix, and its consequences later come out as another person, or his alter ego who only wants to seek his revenge, the Joker. This particular storyline has tried to bring out many aspects related to mental health illness. The plot is based in 1981, Gotham city, where mental illness was talked about, but never taken into consideration. Arthur Fleck, who is the primary character is seen going through a lot of struggles and faces assault almost on a daily basis from his co-worker, boss and other people. These everyday traumatic happenings are the stages of character development for Arthur to turn into the Joker. We see that he initially worked as a clown, where he is ill-treated and is later fired. He is also seen to have this medical condition, where he laughs out-of nowhere and this is followed by crying. The bus scene where he hands the woman a card states this as a condition which arises due to some brain injury or neurological disorders. This condition is called Pseudobulbar effect. We see various events where this happens but the root cause for this isn't stated. Later the train scene where he kills 3 men is shown to be the reaction of his bitter feeling for about the society. He kills the first two in self-defense, but he shoots the third one twice, which indicates that it wasn't just for self-defense, it was an outrageous reaction. Many such scenes clearly portray that he isn't a villain by birth, the society has made him like that. The ending scene, which is the highlight of the movie, is where the Joker kills his idol, Murray Franklin on the Murray Franklin show. He remorselessly kills him, and all the viewers can see is how much he is done with the society and is living a meaningless life- filled with agony. And he can't help but be mad. It is very clear that he suffers from many psychological disorders, which is the root cause of all his doings.

Reflection of real life problems through movies has become a trend now and it actually works as it brings out the deeply rooted problems faced by the most underrated and almost neglected people of the society. Arthur Fleck is seen to be suffering from various mental and medical conditions, most of which are due to social factors, and the result that we see is just a product of ignorance and ill-treatment toward the people who deviate from our 'normal'. It also puts emphasis on how treating mental health issues is not considered that important and shows a slight glimpse of how the community sometimes does not value the importance of the people who work in this area (the conversation with the social worker). Although this happening takes place long back, the present day scenario might slightly be on the upper edge, but still needs a lot of polishing. As the narrative of the story is a bit jumbled up, it's very unclear as to what exact mental health disorders Arthur has, and hence it makes it difficult for the common people to decode it. It also gives an overall idea that combining mental health illness with an uncaring society leads to non-violence, this could rarely be the scene, as most psychologists and professionals would believe it to be the other way round. People with mental health disorders are more prone to being a victim of non-violence than actually causing such a chaos. Nevertheless, the movie has successfully brought out the topic and importance of mental health and its treatment into the spotlight. It has been able to successfully deliver the message that society has a huge impact on an individual, and failing to understand this, can make a person go from Arthur Fleck to THE JOKER. Submitted by; Steny Klinson (TYBA Psychology-sociology) Purna Chauhan (TYBA Psychology- sociology) Angel Noronha (TYBA Psychology- sociology) Ria Khamkar (TYBA Psychology-History)

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KARTHIK CALLING KARTHIK

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Abstract

The portrayal of various mental health conditions in movies, sitcoms and skewed media is often inaccurate and erroneous. They are not always in consistence with reality and may often lead to development of false beliefs. The movie, Karthik Calling Karthik, did a great job in falsifying a common myth that people with mental disorders are always violent. The protagonist, Karthik Narayan, who is suffering from schizophrenia, is often restrained, reserved and quiet. Although, in the beginning of the movie, he is seen as a person with low self-esteem and distorted self-concept, but the viewers do see tables turning twice in the movie.

The following research paper reviews and evaluates the incidents taking place in the life of the protagonist from an objective perspective and gives a brief about schizophrenia, a mental disorder that affects a person's ability to think, feel and behave clearly.

Critical Analysis

Karthik Calling Karthik is a movie that begins with an unsolved Rubik's cube and ends at one that has all the colors together. The story has many dots that connect to form circles. We see him from "I want my life to change" to "My life has changed". And all of this was a result of his own doings. Karthik was a diffident, submissive guy who had topped IIM and had broken all the records of CA Exam. From the start, he is portrayed as a boy gazing expressionlessly, and withdrawing himself from all social settings and avoiding buying a phone. He completely forgets that he had set a self-reminder for himself at 5 in the morning.

Little things like his way of walking in the start of the movie, with slouched shoulders and inability to say "no" changed as the story moved ahead. This walk turned into upright shoulders and confidence in himself after he got the support, he seeked from his own voice recorded messages. This is the one thing that changes again when everything seems to fall apart for Karthik. He started using a stick and wearing glasses to run away from himself. This was one way in which the movie depicted all the ups and downs Karthik went through. Karthik was able to trust that voice because he believed it was not him because he could not place his faith in himself.

The mails he used to send were some more signs of what was going on in his head. In one mail, the Subject read "I am hiding from me, not you". Karthik used to draft mails but had never sent them. In the last mail, which he happened to send out to Shonali was headed "He is gone". This was a sigh of relief for him because he could no more sense his symptoms of what he was going through.

Karthik had attempted suicide twice in the movie by swallowing sleeping pills but somehow got rescued. After he lost his job, Karthik on his birthday was shown saying "No job, no friends". But at the end, on his next birthday, he smiles with Shonali and had photos of his friends framed and put up on his wall. This was the difference proper treatment and support have had in his life.

Dr Kapadia was convinced that the calls that Karthik received from Karthik were just auditory hallucinations, a result of his condition. In another such event, we see the phone ringing in front of others, even after the phone got unplugged. We notice that Karthik was getting choked with the telephone wire indicating a visual and tactile hallucination. Dr Kapadia in a very simple language explained the 'uniqueness' of the human brain at the end. Dr Kapadia suspected these phone calls, but the entire picture draws upon her when she gathered the understanding that Karthik was a single child and he did not have a real brother. That's where the entire story unfolds that Karthik was

suffering from schizophrenia since a young age as he had visualized killing his non-existent brother. This was also the reason why his parents never believed in the stories he revealed to them about him getting bullied by his brother. If his parents had taken Karthik's account of stories into consideration, they would have gotten him the help that he deserved from the minute his onset of schizophrenia took place.

Towards the end, while Karthik and Shonali were sitting together and Shonali was reading a book titled 'Understanding Schizophrenia' the telephone rings. By this time, Karthik was trembling with the idea of receiving calls. However, he manages to keep down the receiver himself without any external help. Shonali stuck through his entire illness knowing that with the right kind of treatment involving medication, psychotherapy and social support network, any illness can be tackled with.

Literary Context

Schizophrenia is a mental disorder which is seen when there is a breakdown in mental processes. Cognitive disfunction, that is the inability to perceive things in the environment or paying attention to them, is one of the significant characteristics of the disorder. It is episodic in nature having symptom-free periods that alternate with the presence of symptoms. The general onset of the disorder is seen during the adolescence and young adulthood. Evidence suggests that fifty percent of people suffering from schizophrenia attempt suicide and ten percent of them actually succeed. Even in the movie “Karthik Calling Karthik”, the protagonist attempts suicide by taking excessive doses of sleeping pills.

Causes of Schizophrenia:

Specific cause of the disorder is unknown but researchers believe that combination of various factors such as genetics, obstetric complications, maternal stress during pregnancy and problems with brain chemicals can contribute to the development of the disorder.

Symptoms:

There are usually three kinds of symptoms: positive symptoms, negative symptoms and disorganization symptoms.

Positive Symptoms are the excesses or the distortions which are not present before the onset of the disorder. For example, hallucinations or delusions. Hallucinations are sensory experiences that occur in the absence of environmental stimulation. The central character of the movie “Karthik Calling Karthik” experienced kinesthetic hallucinations, visual as well as auditory hallucinations.

Delusions are beliefs that are contrary to reality. For example, people with schizophrenia may believe that their behavior is being controlled by some authority figure through radio waves (delusion of being controlled).

Negative Symptoms are the behavioral deficits which means absence of behavior.

Avolition is characterized by the lack of energy. The person is unable to perform even the routine activities. They may show blunted affect, unable to express or experience emotions or may socially withdraw themselves.

Forgetfulness refers to the persistent failure to remember. As depicted in the movie, Karthik could not remember revealing his colleague's and boss's secrets.

In the movie Karthik present symptoms of social withdrawal, expression- less gaze, lack of energy and insomnia. Disorganization Symptoms include thought disorder, that is a clear train of thoughts is disrupted. People with schizophrenia may show affect that is inappropriate to the social situation. Disorganized thinking may result in disorganized speech.

Treatment:

Schizophrenia treatment requires both psychotherapy as well as medications. Combinations of various psychotherapies such as Cognitive Behavioral Therapy (CBT) and Cognitive Enhancement Therapy (CET) are involved. CBT in schizophrenia mainly focuses on modifying interpretations of psychotic experiences. CET also known as Cognitive Remediation is a behavioral training program that is designed to improve skills in attention, memory, problem solving and metacognition.

Biological treatment: Two major aspects of Schizophrenia, delusions and hallucinations need medication for an open ended period of time possibly even for lifetime known as antipsychotics.

Conclusion

Mental health is a topic that remains off the table of discussion because of all the stigmas that are attached to it. This leads to unawareness about the same. “Karthik calling Karthik” is a movie that has gone through a journey from unawareness to awareness. Contrary to what the general attitude of people towards mental health is, Shonali had been a great support for Karthik. She not only insisted him to visit a mental health professional at the first place, but also held up with Karthik in the process of him getting better. Initially, she was not well aware about schizophrenia, but she was keen on learning about it.

The support he got from Shonali and the treatment he received from Dr. Kapadia enabled him to lead a conventionally “normal life”. This movie busts myths and detaches stigmas that are usually attached to people suffering from various mental health conditions. As opposed to how film industry portrays mental health, “Karthik calling Karthik” has delivered it sensibly by covering details about the disorder, its symptoms, reactions from society and the process of treatment. Karthik taught us it's okay to say "no" and prioritize yourself through this movie.

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TALAASH
THE ANSWER LIES WITHIN

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A good movie will fascinate, nurture, and motivate the viewer in several ways. Think of the consequence that songs have on people, for example. They make us compassionate. They encourage us to help others and to do good for humanity.

Romantic movies, on the other hand, remind us why love is important and why it is worth fighting for. There are many films whose plots give us reasons to rise up every morning and venture into the world with hope and optimism. They encourage us to conquer personal pains and to impact positively on other people's lives.

Besides that, film brings us to understand the negative effects of drugs, alcohol, and substance abuse. Crime and action TV shows also warn us about the dangers of criminal activities, terrorism, and war.

One such movie, *Talaash: The Answer Lies Within* is an Indian psychological crime thriller film co-written and directed by Reema Kagti. Interestingly *Talaash* is based on Zoya Akhtar's real-life incident which happened at Haji Ali Road at midnight. This movie is emotional, gritty and suspenseful. It also focuses on psychological problems faced by the couple after the demise of their little one. The movie is quite mysterious and worth watching till the end to acknowledge the suspense. With the hinge of paranormal activities, the movie is a binge watch.

Literature Content

In this movie, we comprehend that as our mind desperately make an effort to withdraw trauma behind, our bodies keep us bound in the past with tight-lipped emotions and perceptions. *Talaash* is an authentic Bombay noir mystery, a psychological thriller! A fascinating tale that compels one to look beyond that which is evident. The plot twists around Armaan Kapoor, a film star, who dies in a car accident and Surjan Singh Shekhawat (Aamir Khan) is the cop handling the investigation. Surjan and his wife (Rani Mukerji) are going through an emotional crisis since their son's death. Rosie (Kareena Kapoor) is a prostitute who keeps helping Surjan in his investigation (India today.in). Roshni finds her way of soul-seeking in that strange neighbor of hers, Frenny Billimoria (Shernaz Patel), whose planchette like medium lets Roshni communicate with her son. Why exactly is Frenny speaking with Karan, out of all spirits? We aren't told. Rosie, Roshni, and Suri are all searching for peace from within to come to terms with life, or rather death. "Pata nahi kya dhoond raha hun. Har suraag mujhe aur andhere ki aur le jata hai".

The movie initiates with the song "Muskaanein Jhooti Hai" where the director (Reema Kagti) sets of the mood with imaginative visuals and exemplifies Mumbai as a city of melancholy, a cauldron of endless pain and suffering, an ally of lost souls, a pandemonium of the undead.

The use of symbols in the movie has been done in an effective manner. The dog's arrival at the beginning of the movie symbolizes the presence of some supernatural thing, dog, being a sensitive animal, had sensed that something unfortunate was about to transpire.

Another symbolization is of the sword used by Surjan that referred to his dead son. The sword imitates struggle, the conflict he was hindering within. Surjan and his wife are having a rough period coming to terms with reality. The loss is irreparable and pain is unbearable. While Roshni excavates solace in her object solitude Surjan who is suffering from high functioning depression tries to keep himself fully occupied with his investigation work. Both of them were also suffering from major depressive disorder, a state where in a deeply depressed mood comes on fairly suddenly and either

seems to be too severe for the circumstances or exist without any external cost for sadness. Such people take little or no pleasure in all the activities, the scene where Surjan is disinterested to watch the dance show held in the society is an example of the same. (American Psychiatric Association, 2013).

Elisabeth Kübler-Ross had famously postulated the five stages of grief— denial, anger, bargaining, depression, and acceptance. The stages are not a linear and predictable progression but only a collation of five common experiences for the bereaved that can occur in any order, if at all. A bit of these emotions were seen in Suri, with depression being the most prevalent one in his case.

The symptoms which triggered him were:

- Feeling utter helplessness or anger
- Sense of being cornered
- Feeling guilt, shame and sad
- Sense of being lost and confused
- Indecisiveness.
- Poor concentration and focus
- Critical self-talk and non-stop internal dialogue
- Feeling lost and trapped hence suicidal thoughts

It has been suggested that approximately 20,00,00,000 Indians require professional help because they are suffering from some or the other mental illnesses. In India, prevailing estimates of mental health disorders ranged from 9.5 to 102 per thousand population (Surya et al., 1964; Nandi et al., 1975)

Symptoms of PTSD (Post-Traumatic Stress Disorder) were also evident. In 2013, the American Psychiatric Association revised the PTSD diagnostic criteria in the fifth edition of its Diagnostic and Statistical Manual of Mental Disorders (DSM-5; 1). Long after a traumatic experience is over, it may be reactivated at the slightest hint of danger and mobilize disturbed brain circuits and secrete massive amounts of stress hormones. This precipitates unpleasant emotions intense physical sensations, and impulsive and aggressive actions. These post traumatic reactions feel incomprehensible and overwhelming. Feeling out of control, survivors of trauma often begin to fear that they are damaged to the core and beyond redemption (The Body Keeps The Score, 2014). The traumatic death of his son made him an insomniac, which further led him to hallucinate about Rosie who was the vindictive spirit. She could not find peace after her death, and she came back as a spirit, roaming around the streets of Mumbai, standing in the middle of the roads, going to restaurants, listening to conversations, and following the people she knew. Surjan also could not find peace after the death of his son and became a ghost of his previous self. He cannot sleep at night, playing with his son's green lightsaber. Like Rosie, he is roaming the streets of Mumbai all night. They both are ghosts, "lost souls", one dead, and the other living. Frenny, actually, later says that spirits get attracted to the people who are like them. Both Surjan and Rosie help each other in letting go. If the movie wouldn't have been about Rosie as a vengeful spirit, exacting punishment from those responsible for her death, it would've concentrated more on Cognitive illness of Surjan. Coming to the song "Jee Le Zara" it imbibes the past bond of both husband and wife how affectionate they were to each other during the existence of their kid and how the relationship has withstood after his demise. The trauma lead Surjan and Roshni go through perpetual suffering which severely hampered their conjugal relationship. We also understand through their plight how complicated it is to pull the void created by the loss of someone close to us. The duo makes use of a different coping mechanism. Deep in denial, Surjan orders his wife Roshni into therapy but himself forbids to acknowledge the toll.

Roshni deals with grief much better than her husband. She talks, she shares, and she understands. She is more open to accepting ideas. Whereas Surjan keeps everything bottled up, never shares anything, and blames himself. Losing a loved one, especially one's child, is devastating. We try to avoid reality by imagining alternate scenarios like Surjan does where he imagines he could have stopped Karan from going to play, or he could have gone with him.

Many a time, we need to blame somebody for the spur of sorrow, and it makes us question as to why only it had to happen to us. Some people blame God while some blame themselves as Surjan does. But life is inherently unfair, and death is inevitable. Generally, time heals everything, but some times, people need more than the instrument of time to heal. Each of us has a way of overcoming grief. Some people speak to psychologists, some people believe in the supernatural, some people just need to talk to someone. All the while, Roshni had not been taking any medicines but she got healed. She says if Surjan can go out all night to be with someone, why can't she do something that gives her peace and happiness, even it might not be considered a rational belief.

This movie urges an individual's dark state of mind to look beyond for answers. There is subtext of karma. Everyone who did a bad deed is eventually punished in some way or the other.

Critical Analysis

The movie Talaash is described as a psychological thriller suspense movie. In this movie everything was perfect -screenplay, direction, cinematography, acting etc. Talking about the acting part – actors have succeeded to play their role very well. The tough – talking cop played by Aamir Khan as Surjan is actually a walking wound. His wife, Roshni, played by Rani Mukherjee finds solace. Rosie played by Kareena Kapoor is a prostitute and is an outside helper to Shekawat. The movie perfectly portrays the late “DARK” lights of Bombay.

The good thing to be appreciated is that the starting of the movie was so breathtaking that you will get goose bumps from the start till the very end. Ram Sampath's music haunts—especially “Muskaane in Jhooti Hai” and “Jiya lage Naa”. The dialogues of Farhan Akhtar and Anurag Kashyap are perfectly pitched.

The major criticisms of the movie are that the subject is on revenge from a ghost and if you promote it as a ghost movie you are already giving away the suspense part. Another considerable question is that if Rosie was dead, why did she wait for three years to take her revenge?

Also, this movie lacks focus (from psychological to paranormal) due to which the belief of many people has shifted to spiritual things than scientific facts. The focus is fluctuating but at the same time captivating.

The movie has failed to portray the importance of psychiatric field. In the movie there's a scene where Roshni visits the psychiatrist, where the psychiatrist directly tells her to move on. Here there's no empathy involved. The actual therapist will never say this to you. This movie gives importance to solace words rather than the psychiatrist. The movie is trying to make the audience believe in supernatural or spiritual things. Even the people who do not believe in supernatural things watch the movie, will start believing it. The studies show that the movie plays great impact on the minds of people because they hear as well as visualize it. Now the people will go and visit the tantric to find the solutions of their problems rather than seeking help from the psychologist and now these Dhongis will start “The Business of Fear”. Basically you are portraying the sense of illiteracy and on the same time you are promoting it too. The worth of prostitutes has also been degraded as people look down upon them and seem to be least interested in treating them as normal human beings.

Conclusion

The English translation of the word “Talaash” is “search”, and all characters in this movie search for varied aspects like the secret behind a homicide case, the consensus of psyche after an unfortunate loss, the absent relation with a wife, vengeance for an unjust deed, or solely hope in ostensibly hopeless life occurrences. The title of the movie stimulates glancing for those clues within. In these busy times of Jhooti Muskaane in, we are undertaking a Talaash for the same calmness that can bring us a peaceful sleep. Until then, loneliness is our companion. Phir bhi hai tanhaayi!

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Cinemanía

Season 2

BLACK SWAN

KIMAYA KURLEKAR , NITYATORASKAR, MAHEK PATEL, VAISHNAVI
AHER

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ABSTRACT

The plot of the movie revolves around the ballerina, Nina Sayers, who is chosen as the lead dancer in a new rendition of Swan Lake, which is her long desired role. She's assigned the strenuous task of playing both the angelic, innocent White swan, and the evil, beguiling Black swan. We chose this movie due to its stunning portrayal of transition of Nina's psyche amalgamated with heart wrenching scenes, thrilling storyline and fascinating attention to details. This research explores the root causes of Nina's mental downfall. She represents a class of ballerinas who draw out their best performance while resisting immense pressure. Her behavioral changes, triggered by her acute need to perfect the role of Black swan, bring out her repressed feelings of malice, hatred and aggression.

INTRODUCTION

Black Swan is a 2010 Psychological Thriller genre movie, directed by Darren Aronofsky, starring Natalie Portman and Mila Kunis, Barbara Hershey, Vincent Cassel and Winona Ryder. The film premiered as the opening film for the 67th Venice International Film Festival on September 1, 2010.

Darren Aronofsky has also directed 'The Wrestler', another famous movie whose storyline is on par with The Black Swan. In both the movies, viewers see artists who rely on their bodies for their only means of self-expression and have to deal with their health issues - both mental and physical. We see how the pressures and demands inherent to the industries have left the performers in physical, mental, fiscal, and emotional ruin.

The movie is about a New York ballet company ballet dancer, Nina Sayers. Nina is assigned to play the lead dancer in Swan Lake, a play directed by Thomas Leroy. Nina is diligent and ardent in her approach to ballet, but due to her naivety and innocence she is presumed as unfit to play the role of Black Swan. Battling the pressures from her mentor: Thomas, her mother, and her rival: Lily, Nina is forced to drag out her repressed dark side in order to thoroughly play the Black Swan. The central theme of the movie involves the main character, Nina, and her relationship with ballet and desire to be perfect.

The movie delves into the worsening of Nina's mental health, as she faces anxiety over being granted the lead role. She experiences hallucinations and also shows symptoms of an eating disorder. Nina displays the typical, lesser-known manifestations of obsessive compulsive disorder; through her compulsion of following her routines, striving for perfection and compulsively engaging in self-harm.

This paper also dives into the lives of ballerinas, exploring and presenting the pressures they face in a perfection - demanding industry. Often, they have to immerse themselves in their roles and gamble their mental wellbeing in the process. The film shows the culture of the ballet industry as these artists aren't allowed to be mere ballerinas, they're forced to be perfect black swans.

LITERARY CONTEXT

Nina Sayers was a young talented ballerina who worked hard and had great ambition and a perfectionist. She was like a usual ballerina, loved to wear comfortable bright outfits, she also had dark hair and grey eyes. Nina has to embody two characters in a project of a ballet show. Analyzing her from a social aspect, Nina Sayers was an introverted person, she did not have any friends and kept to herself. She was only close with her mother, Erica Sayers, but with time, we see this mother-daughter bond begin to crumble. We also come to know that Erica's ballerina career comes to a halt at the age of 28 when she gives birth to Nina and devotes the rest of her life for her daughter's

success as a ballet artist.

Though there was no mention of Nina's father, she wasn't deprived of a male figure who pressured her and made her want to show her best side too. This place was filled by director of the "Black Swan" play, Thomas Leroy. He chose Nina to be the main act of the show that is 'The Swan Queen'. He insists upon the doctrine that ballet is an art and Nina's technical approach to it is wrong.

Lily, a ballerina from San Francisco, has come to join the group for this production. She's carefree, speaks her mind and is more sensual. Nina and Lily are complete opposites of each other. If Nina was shy and inexperienced, Lily was bold and outgoing. If Nina was white then Lily was black. She also competes with Nina for the role of the Swan Queen. Lily pushes Nina to experience and try things that she has never done before like going to the club and staying out late till night, exploring her sexuality, etc. Lily evokes feelings of jealousy, selfishness but also euphoria and excitement. Eventually we see towards the end that Nina stabs and kills Lily and transforms herself into the black swan.

We get introduced to another character at the beginning of the movie: Beth. She retired as a ballerina due to being considered "old" according to the standards in the ballet industry. Beth dramatically throws herself in front of the New York street, breaking a leg and ends up at the hospital. During the finale of the ballet play when Nina accepts her fate and jumps to her death, bleeding on the mattress, Thomas calls her his "little princess" a nickname he had given to Beth as well. This was predicted by Lily.

Nina's last words were "It was perfect" which brings forth the central subject of the movie. It brings us back to the question that, yes, perfection is a good thing to work towards; but how much is too much?

CRITICAL ANALYSIS

Black Swan has portrayed a variety of psychological and social issues. We begin the analysis by drawing focus on the main character, Nina Sayers. Her personality can be described as timid, submissive and perfectionist. All her life, Nina has been sheltered by her overbearing mother, which will be examined in the paper later. Pleasing others is a prominent trait of hers. Nina has a lack of social interaction. Her life is almost consumed entirely by her art. Undoubtedly, she is a spectacular and disciplined performer.

Throughout the movie, Nina encounters various factors such as overwhelming restrictions and her need for control. Her transformation from being naive and susceptible to being a powerful, liberated woman is portrayed through several instances. In the beginning, certain objects in her room such as the soft toys, ribbons on her clothing and that her room does not have a lock give the impression that it belongs to a young child. Her kiss with Thomas in the final performance signifies that she is finally able to act on her desires and completely encompass the Black Swan role. Though at first daunted by it, she ends up being subconsciously attached to it. The movie has a set of diverse secondary characters having varied effects on Nina which will be discussed in the following part.

Erica, a former ballerina, stopped dancing due to Nina's birth. The mother vicariously lives through her talented daughter's life, often putting her under pressure and being overprotective. Nina's mother uses harmful parenting devices like emotional blackmail, which adds to the internal conflict that Nina is facing. Erica invades her physical privacy, excessively interferes in her social life and treats her like a child. She stifles Nina's attempts at self-harm, instead of trying to provide her professional help. This backfires profoundly as the dedicated ballerina starts defying Erica and taking reckless decisions, on the night before the dress rehearsals. Erica's high expectations are a probable reason

why perfectionism has developed in Nina's personality. Nina is afraid to disappoint Erica as it results in manipulative behavior from the mother. In a way, Erica's manipulation is what evoked Nina's impulsive actions.

Thomas, Nina's ballet instructor, terms her a 'coward' because of her fear of losing control. He crosses the student teacher boundary and seduces Nina in order to make her lose control. His ambiguous sexual advances for which no explicit consent is expressed by Nina confuse and agitate her spirit. Thomas often compares Nina to Lily. His intention is to further invoke the qualities of Black Swan in Nina, but this only heightens her paranoia.

Beth, Nina's predecessor as the Swan Queen, was revered by Nina. Nina sees glimpses of Beth's angry, destructive outbursts due to being removed from the company. After Beth's accident, Nina is haunted by the possibility that Beth might have done it on purpose. To some extent, she even feels guilty about it. Nina soon realizes that her new role is not what she had imagined. Over time, a shift in Nina's attitude is observed; from wanting to be like Beth, to losing respect for her and then realizing how complicated her own life might become.

Lily is the foil for Nina's reserved and controlled personality. She tries to befriend Nina and encourages Nina to get out of her comfort zone. Although there is some truth to the notion that Lily is trying to take Nina's place as the Swan Queen, Nina has an exaggerated and paranoid version of it in her own head. Consequently, she often feels threatened by Lily's presence. Lily possesses the qualities expected from Nina for her Black Swan role, leading to feelings of awe and jealousy. However, Lily's illusion gives Nina courage to face her own mother. On one hand, she inspires Nina to be bold but on the other, she brings out fear and jealousy. Overall, Lily has a very complex effect on Nina.

Psychological attributes of the film:

Black Swan has depicted manifold psychological conditions through overt as well as subtle ways. Nina's behavior and actions suggest a multitude of disorders that she might be suffering from. Here is our brief diagnosis of some of them:

To begin with, Nina shows many signs of an anxiety disorder. Nina is prone to self-harming tendencies including scratching her back until it bleeds and skin-picking. Her habit of arranging her belongings systematically depicts certain mild components of OCD. This might be caused by the pressure and the competition that came with the new role, a complicated relationship with her mother and also handling the sexual advances by her trainer. Each of these factors are quite stressful by themselves, but dealing with all of them simultaneously is onerous.

Nina is obsessed with being in control. As quoted earlier, she is also a perfectionist which drives her to do certain activities that become harmful or self-injurious. She believes that her self-worth depends on whether she excels or not. Nina shows hints of workaholism like overworking herself to the point of exhaustion. Along with her excessive need for control, all of the aforementioned qualities point towards the likeliness of an Obsessive Compulsive Personality Disorder (OCPD).

In certain scenes, she is highly impulsive and destructive. Symptoms of anorexia nervosa like being hesitant about eating and losing significant weight can be observed. However, symptoms of bulimia such as purging are seen in Nina's habits as well.

As her stress and anxiety intensify, Nina experiences several horrific hallucinations. Her hallucinations are in the form of visual, auditory and tactile. They seem to get worse as the movie progresses. Over time, Nina hallucinates that she is taking the form of a real black swan with the

scratches on her back being the place where she grows wings from, her hands being covered in scales and her legs turning into webbed feet. These hallucinations reach their peak during her last performance where she fully metamorphoses into the Black Swan. All the hallucinations that her mind shows her act as a catalyst for her undoing.

It is quite likely that her dangerous tendencies like wanting to be violent with other characters arise from her paranoia. The reason behind her paranoia is the insecurities she bears and her depleting sense of reality. Her hallucinations take an erotic form where she imagines that Lily and her spend a night together. These symptoms hint that Nina could possibly have suffered from a psychotic disorder, or at least had psychotic episodes, which could have been triggered by the drug intake as her condition only worsens after that outing with Lily. The cumulative result of Nina's legions of problems is her unfortunate death, which tries to draw attention to the gravity of the condition of many like her.

Social aspects depicted in the movie :

Though the primary focus is Nina's struggle with the role of the Black Swan, this movie has well depicted several social issues in an elusive manner. The struggle that women in the entertainment industry go through, harsh scrutiny that they are subjected to and societal expectations to fulfil is illustrated. They are discarded once they cross the age limit, like Beth being told to leave the company. Similar to Thomas in the movie, these industries are usually dominated by an older male head. Additionally, Thomas is shown to abuse his position of authority and cross the student-teacher boundary by having sexual relations with the dancers in his company including Nina.

When seen from a solely feminist point of view, it is observed that the director has covered a plethora of themes including the nature of female friendship and competition, sexual harassment, wlv relationships, the transition from girlhood to womanhood, the pursuit of perfection, aging and women, and female self-hatred. Upon getting the role of the Swan Queen, Nina is at the receiving end of a lot of hatred and questioning on her character by her co-dancers. Beth shows unnecessary hostility towards Nina after being replaced by her. These are results of the internalized misogyny that is pitting women against each other.

Symbolism & cinematography

The team of Black Swan has intricately arranged several minuscule details that set the atmosphere for the movie. The colours and dressing style of Nina are very much dependent on her psyche. In the beginning, she wears lighter shades where she is portrayed as virtuous, pure and safe, depicting her Super ego - socially acceptable, moral and ideal. The Colour scheme for Id, the instinctive part and also the middle ground, is shades of grey - denoting moral ambiguity and diplomacy. The final stage of Ego where Nina assimilates and becomes the Black Swan is characterized by the colour black.

Towards the end when the white swan jumps to her death, Nina is wounded. Here, the movie ends with a white screen instead of a usual blackout. The white screen and dress depicts Nina's return to reality which is filled with sorrow and vulnerability. It is also an indication of her finding peace and relief for perfecting her role. Just like the white swan, "in death, (Nina) finds freedom".

The dichotomy of black and white has also been illustrated using devices such as the setting and the characters witnessed by the protagonist. Black is issued to the characters that are dark, and detrimental to Nina (Lily, Erica).

Cinematography is one of the key elements behind the success of this film. The entire movie is from the point of view of Nina, thus providing the audience a realistic feel of all that she goes through. In

some cases, this leads to confusion regarding what is a part of Nina's hallucinations & what actually happens in the movie.

The camera is deliberately placed behind Nina in some scenes stalking her every move. This possibly indicates the psychosis that Nina experiences, sitting at the back of her mind. On the subway, she stands still but the camera keeps on quivering, which is an illusion to her unmanageable mania.

The careful placement of mirrors is another impactful technique used in the movie. Mirrors are often employed in the films belonging to the horror & thriller genres to elevate tension and make the viewers feel unsettled. Nina's gradual evolution into the Black Swan is by setting her true but violent subconscious free. This dark conversion is highlighted with the help of mirrors. Nina Sayers repeatedly looks into the mirrors in her house and other reflective surfaces to perfect herself. She is a perfect example of how ballet dancers are continuously examining themselves. Reflection has also been portrayed through the medium of various characters. In scenes where Nina saw herself in mirrors, the hallucination of a violent counterpart stared back at her, subtly suggesting that mirrors reveal the raw, hidden identities and true psyche of a person.

All these detailed features make the film potent and poignant. With great care, they have included the particulars of the storyline. It augments the elements of horror and confusion, thus leaving a lasting impact on the viewer's mind.

Conclusion

Black Swan beautifully depicts the complexities of the human mind. It illustrates the perspective of a person suffering through mental health issues. It shows that a person facing psychological conditions should not be reduced to their illnesses. They are capable of achieving greater things in life, like how Nina was an incredibly brilliant and dedicated artist. However, it is necessary to point out that certain aspects of the film have been wrongly portrayed. According to experts, it is highly unlikely that a person suffering from multiple psychological conditions can function normally on a daily basis. Contrary to this, Nina not only continues to operate regularly but also delivers an incredible performance during a psychotic episode.

The life of artists has been highlighted in several movies over the years but Black Swan does an exceptional job at bringing into light the hardships faced by female artists in ballet. The suspense undertone brings a very interesting touch to the film and definitely pulls the attention of the viewers. Unfortunately, some of the scenes have been dramatized a bit extremely, to provide a visual thrill.

In conclusion, Black Swan demonstrates how a person's negative experiences, regardless of their intensity, are capable of having a devastating impact on their life. For movie buffs, it is a must-watch, given the spectacular direction and acting. Nonetheless, it is recommended that everyone offers this movie a chance to make an impact on them.

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BLACK SWAN

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ABSTRACT:

This is a profound synopsis of the film “Black Swan”, the film intends to show the issues related to hostility, jealousy, authoritarian parenting and obsessions which influences the protagonist’s life and the narrative leads to the formation with biological intervention towards co-morbidities [Schizophrenia, Dissociative Identity Disorder (DID), obsessive compulsive disorder (OCD): Excoriation disorder (dermatilomania), anorexia nervosa (eating disorder)]. Being casted as the swan queen was truly a blessing for Nina Sayers; protagonist, but also brings unforeseen negative consequences. Initially it seemed to be working in her favour, considering that Nina has always been an unheralded member of the ballet company, but as the movie proceeds and her obsession with the role intensifies because of the Thomas' mania for perfection, her mother’s over protectiveness, and her envious outlook towards Lily turns this blessing into a curse. Throughout the movie it has been noticed that Nina has been putting a great deal of pressure on herself which might have triggered with the onset of multiple disorders.

Key words: co-morbidities, black swan, white swan.

INTRODUCTION:

The film features the psychological variation of incidences in association with various people and events leading to mental deterioration in the protagonist’s life, Nina Sayers who is played methodically by Natalie Portman. The sidekicks of the movie who are portrayed to be the influencing characters are Nina’s mother (Erica) who is a controlling, overprotective and herself experiencing mental sickness played by Barbara Hershey, a coercive and toxic idealistic coach (Thomas Leroy) played by Vincent Cassel, a challenging, pretentious and a sensual ballerina (Lily) played by Mila Kunis.

The genesis of the film begins with the protagonist’s dream. Dream analysis represents her personification into swans. Swan lake is a narrative of a woman who is doomed into being a swan by an evil sorcerer and cursed to remain the same until she finds true love. In the lake of swans wherein she resides, the prince arrives and falls in love with her human form of white swan. The following day the sorcerer presents his daughter (depicted as black swan) who’s disguised as human form of white swan to the prince. The prince gets tricked into the marriage with the black swan thereby curse of white swan stays unbroken resulting in her decision to die. The traits of the swans depicted in the movie are as follows: White Swan is kind, warm, fragile, innocent, timid and Black Swan is cruel, confident, seductive and bold this further corresponds with that of Nina’s host and alter personality.

The film also sheds light on faulty parenting style, ageism, sexism. The dark and gloomy aspects of cinematography induce the vision of the movie to the viewers.

REVIEW OF LITERATURE:

Schizophrenia: Dysfunctional families and negative interpersonal life events are pivotal for development and maintenance of paranoia. Recent studies suggest the role of faulty self-concepts in the genesis of paranoid behavior. The same was concluded in a study conducted by Klaus Hesse, et al., wherein 160 schizophrenic patients were assessed using standardized questionnaires and symptom scale measuring self-concepts, family atmosphere, and paranoia was used. The results supported the initial hypothesis. DID: The film endows the plot of two personalities contradictory to each other; Black and White Swan. The art of sustaining these two personalities in the act of dance requires the essence of both the personalities. The protagonist Nina in the film undertakes these

personalities and relates it with her actual life, the kind hearted, gentle woman is showcased as bold, aggressive in the latter part, thereby giving rise to dissociative identity disorder. The research further denotes the semiotic theory which is the study of signs by Peirce. It talks about three signs/symptoms of Nina's behavior icon (appearance changes), index (behavior changes) and symbol (hallucinations). Excoriation Disorder: One of the disorders highlighted in the film is Excoriation disorder which comes under obsessive compulsive disorder and is a new entry in the Diagnostic and Statistical Manual of Mental Disorders (American Psychiatric Association, 2013) (Dr. Miles E. Drake Jr., MD). It is also known as dermatillomania which in simple terms is a skin picking disorder, it's an impulse control characterized by the need to scratch the skin or tear it which can lead to possible damages. It is similar to that of trichotillomania which is a hair picking disorder. This disorder is caused due to a maladaptive coping mechanism for stress or anxiety in individuals or is due to childhood developmental disability (Lang et al., 2010). Nina Sayers in the film is hereby a victim of psychogenic skin excoriation, as the film sheds light upon multiple events where the protagonist injures herself by damaging her skin.

Anorexia Nervosa: Considering the competitive and demanding nature of ballet, it is generally a personality predisposition among majority of the ballerinas to develop eating disorders like anorexia nervosa and bulimia. In a study by S Abraham, 1996 it was concluded that ballerinas are under coercion to lose weight and maintain the 'ideal' weight which causes menstrual disturbance and eating disorders among them. Anais Garcia, 21, had been a ballerina diagnosed with anorexia nervosa. In a report by Washington Post the ballerina expressed, "Restaurants are like battle zones for me, literal war zones,". Further she adds, "For the past five years, I've done nothing but hate and try to disown my body."

ANALYSIS OF THE FILM

The predisposition to any mental illness is the diathesis stress model given by APA. The protagonist of the movie undergoes various disorders due to the underlying environmental and biological conditions. The film wonderfully showcases every segment which portrays the life of protagonist and all the side characters entangling into giving rise to mental deterioration. Nina Sayers in the film suffers from paranoid schizophrenia in co-morbidity with Dissociative Identity Disorder, Anorexia Nervosa and Obsessive- Compulsive Disorder.

The paranoid attribution of schizophrenia in Nina's life consists of hallucinations she is not able to differentiate between reality and imagination (multiple episodes of depersonalization, sexual relations with Lily and stabbing her in the latter part), delusions- false perception (internalizing the black swan, paranoia about people around her destroying her career), relationship imbalance- unstable relationship with mother, friend, coach.

Dissociative Identity Disorder consists of host and alter personalities. Nina's host personality consisted of the white swan and alter personality consisted of the black swan. By virtue of this metamorphosis, the adult form often becomes rather intricate in its structure, and adult patients' given histories demonstrate the interplay of historical events, fantasy, confabulation, post event information, and the impact of many nontraumatic exogenous influences (Kluft, 1995, in press a).

The key characteristics of anorexic people is withdrawal from food. Nina in the movie portrays to have this tendency to skip food as she has a strong urge and pressure to maintain her physique being ballet dancer.

Dermatillomania is a disorder under OCD which refers to skin picking/ scratching which has been significantly shown in the film wherein Nina scratches herself with uncontrollable urge thereby

injuring herself. The disorder was to an extent wherein she had to shield her skin by wearing gloves and cutting nails as precautionary measures.

CONCLUSION:

The film *Black Swan* showcases the inter-relationship of biological, sociological and psychological facets of Nina Sayer's life which are interrelated and can't be detached.

Considering Nina's mother's traumatic past, her troubled disposition and her authoritarian parenting style caused an intervention for a predisposition in Nina Sayers to develop mental turmoil's. The protagonist's unstable relationships with her mom, coach and friends influenced the psychological well-being thereby marking a shift in Nina's behavior in a bizarre manner. These sociological questions lead to psychological consequences of co morbid disorders in Nina.

This diathesis model (stress and biological) intervention led to psychological impacts in Nina Sayer's life causing multiple mental disorders like Schizophrenia, DID, OCD: Excoriation disorder (dermatilomania), anorexia nervosa. The film further contains no mention of any treatments of psychological disorders.

Categorically talking about various stances in the film, the ballet dancers need to have an extensive body posture for creating a balance, demands of an ideal weight, often bruised toes, excessive makeup and ageism factor, the director Darren Aronofsky sheds light upon the tough life of all the ballerinas and their forced struggle to be perfectionists. The director's cut in the film serves an authentic tool for paraphrasing the nature of psychosis and need for treatment. Furthermore, he presents through the movie, Nina's continuous struggle to attain the traits she's missing and, in the end, she absorbs those traits though being oblivious to the fact that she is vulnerable to it. The nature of duality is displayed wherein Nina and Lily are on the opposite side of rigid dichotomy having the qualities of white swan and black swan.

Additionally, the cinematography can be characterized by tons of mirror and reflection, monochromatic colour patterns considering colour of the film, colours of the costume.

The colour of the film depicts a change while the protagonist shifts from white swan to black swan. Black dichotomy from lighter shades is seen in the transition from black swan to white swan, Nina wears light shades in the film when she is in her naïve and repressed state (white, pale pink etc.) whereas Lily and Nina's alter being antagonists that is the black swan pre-dominantly wear black.

Perhaps, Nina acquired the perfectionism at the cost of her life.

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BLACK SWAN

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ABSTRACT

The movie is depicted with passionate intensity of the disorders. It revolves around the story of Nina, a ballerina who desires to be the Swan Queen. She faces numerous ups and downs due to her personality and her developing disorders. She craves for perfectionism. She strives to win and achieve her goal but in the process she ends up stabbing herself with glass while she was hallucinating,

INTRODUCTION:

Darren Aronofsky's *Black Swan* is a one of the best American Psychological horror film, released on September 1, 2010. Starring Natalie Portman, Vincent Cassel, Mila Kunis, Barbara Hershey and Winona Ryder as leads. It is based on the story by Heinz, and screenplay done by Mark Heyman, and John McLaughing along with Andres Heinz. Soon after its release the film was a huge hit and won many awards including the Oscar for best Actress and also was nominated for numerous awards.

Black Swan is a full-bore melodrama. It centers on a performance by Natalie Portman that is nothing short of heroic. The film mirrors the conflict of good and evil in Tchaikovsky's "Swan Lake". Everything about classical ballet lends itself to excess. The art form is one of grand gesture, of the illusion of triumph over reality and even the force of gravity. Yet it demands from its performer's years of rigorous perfectionism, the kind of physical and mental training that takes ascendancy over normal life. This conflict between the ideal and the reality is consuming Nina Sayers, Portman's character. Nina Sayers is a young lady who lives with her overprotective mother, Erica, a previous artist. The organization is opening the season with Tchaikovsky's *Swan Lake*. Nina tries out for the jobs and gives an immaculate practice as Odette, however fails to encapsulate Odile.

Beth blames her ballet teacher, Nina, for sexual blessings with Thomas foran advancement. The following day, Nina requests that Thomas reexamine her job and runs out of his office. Beth was hit by a vehicle, implying she cannot proceed as a ballet artist again.

During practices, Thomas advises Nina to notice a newbie, Lily, who has an actual likeness to Nina yet additionally an uninhibited quality Nina needs. Nina endures mental trips and observes scratch blemishes on her back. One night, despite Erica's objection, Nina accepts Lily's invitation to go out for drinks. Lily offers Nina an ecstasy capsule, saying it would help her relax. Nina turns it down, but Lily spikes her drink with the powder. Under its influence, Nina flirts with men at the bar and Lily as well. The two dances at a nightclub and return to Nina's apartment late. After arguing with her mother, Nina barricades herself in her room and has sex with Lily. The next morning, she realizes that she is late for the dress rehearsal. Nina hallucinates herself transforming into Odile and shouts to her mother, "I'm the swan queen, you're the one who never left the corps!" On opening night, Lily is already prepped to replace her. Nina confronts Thomas, who allows her to take back her roles.

Towards the end of the ballet's second act, Nina is distracted by another hallucination and loses her stability as Odette. She returns to her dressing room and finds Lily preparing as Odile. As they confront, Lily transforms into Nina.

Nina kills her doppelgänger with a large shred of glass from the mirror, killing her. Lily apologizes and congratulates her before taking her leave. Amidst a standing ovation from the audience, Nina surprises Thomas with a passionate kiss.

Nina dances the final act of the ballet, which ends with Odette throwing herself off a cliff. The

theatre erupts in thunderous applause while Thomas, Lily, and the others gather to congratulate her. Nina calmly replies that she was perfect as the screen fades to white.

LITERARY CONTEXT:

Nina evolves from a sweet, delicate girl to a powerful and fearless girl throughout the movie. She develops a few disorders that she was not aware of and the consequences of that are extremely bad. She was after perfectionism and she wanted to be the best and nothing less. This is one of the factors that lead to Obsessive Compulsive Disorder in her. She tries to make her every single move perfect by rehearsing for long hours. Ballerinas usually have the pressure to have minimum weight possible that results in food disorders in them. Nina has Anorexia and Bulimia. These disorders are well depicted in the part where Nina refuses to eat the cake her mother brought to celebrate her for being selected as the Swan Queen. She keeps rushing to her washroom to throw out the food she has had which represents Bulimia. Nina's mother is over protective and controlling in nature which lead to mommy issues in Nina. This mommy issues have resulted in anxiety in her. She starts scratching herself when she is anxious. She also ends up taking drugs and going out to a party where her mother denied her to go. That drugs caused her to hallucinate that Lily came over to her place after party and they got intimate.

CRITICAL ANALYSIS:

Physiologically, Nina Sayers tried to scratch her back over and over again. That was her bad behavior since she was a young girl. She used to stop doing it over years, but when she became the Swan Queen, Nina started to do it again. It could be seen that Nina was so nervous, that's why she did her old behavior again. It changed her physiology; rash could be seen all over her back. Sociologically, her sickness drove her to dark place where she did not have any friends at all. She thought all persons who were close to her, in this case Lily, was competitor who wanted to take her role as the Swan Queen. Her relationship with her mother became bad without communication because of her changing mood and her confusing emotions. Nina's sickness also affected her psychology a lot. It was shown on her mental illness category above. How Nina got emotional disorder, her delusion, and also her double personality. It made her really sick, and the top was when she stabbed her own stomach because she thought it was her rival, Lily. She was psychologically sick because of this illness.

CONCLUSION

The Protagonist of the Black Swan film coordinated by Darren Arofnoy was Nina Sayers. As most significant person in the suspenseful thrill ride film on the grounds that the contentions was focusing on her and she was predominantly addressed in the story.

Physiologically, Nina Sayers as the primary person was a youthful capable ballet dancer who had slender body and excellent face. She resembled common ballet performer, wanted to wear agreeable outfit, she likewise had dim hair, and dark eyes. From humanistic viewpoint, Nina Sayers was a self-observer individual, she didn't talk a lot to individuals. She didn't have dear companions. She was just close with her mom. It was surprisingly more dreadful when she turned into the Swan Sovereign, since her companions was desirous with her, they didn't talk. In mental viewpoint, Nina Sayers was an aggressive young woman who might effectively get what she needed. She was additionally fussbudget; it was deteriorating when she got job as the Swan Sovereign and she would in general have psychological instability. She was unable to control her inclination, she regularly got dreams and she had two characters. She was truly wiped out. For Nina's situation, there was likewise one viewpoint that affected them all; psychological maladjustment. Psychological maladjustment

impacted all elements of Nina's personality. She additionally change her conduct along these lines. It is critical to characterize that the progressions for Nina's situation was really influencing much by her ailment. Dysfunctional behavior impacted physiological, humanistic and mental parts of Nina Sayers' life which couldn't be isolated in light of the fact that they were connected one to another.

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HEROINE

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ABSTRACT:

Heroine, A movie based on the glamorous life of an actress from the top notch diva, Bollywood, the movie depicts the main character suffering from a bipolar disorder between the glummy face of the film industry where she has to struggle for her career as well as for the love of her life. According to the movie Heroine, “Moody, impulsive and over emotional”, is how you would describe every actress to be but Mahi as a character was like this not by choice but because she struggled as an individual who was not only mentally unstable but also had no self-control over her actions. The Movie represents the symptoms of the actress where she tries therapy but doesn't really help her much. Her career, her sanity and her life all at once go through a spinning twist. The article depicts how the movie takes turns and twist for Mahi where she gets stuck on the thought that treatment intervention is all that it needs and not being patient enough to work on herself.

INTRODUCTION:

Heroine, released on 21st September is an Indian Hindi language drama film which is directed, written, and co-produced by Madhur Bhandarkar. The film is based on the life and times of a superstar heroine from the dream factory we call 'Bollywood', about the life of a once-successful film actress whose career is on the decline, featuring Kareena Kapoor as Mahi Arora, the main protagonist. She has been shown as a falling superstar who has a bipolar disorder and struggles between her life and career choices ultimately leading to tragic consequences. Along with her are actors Arjun Rampal as Aryan Khanna, a Bollywood superstar, who is in love with Mahi, but does not accept his relationship with her publicly. His ex-wife keeps taunting him about his relationship which leads to his breakup with the former. However, later he patches up with Mahi only to break up with her permanently due to a misunderstanding. Randeep Hooda as Angad Paul, a cricketer also falls in love with Mahi but breaks up after getting rejected on proposing to her. The film also stars Shahana Goswami, Rakesh Bapat, Divya Dutta, Helen, Shilpi Sharma, Mugdha Godse and Lillete Dubey in supporting roles. Kareena Kapoor's performance was highly praised and was considered one of her best. She received a Best Actress nomination at the 58th Filmfare Awards for her performance in the film.

LITERARY CONTEXT:

The movie “Heroine” as the title represents is based on the life story of a Bollywood actress in the film industries. It elaborates on the ugly truth behind that camera lens that only showcases an actress's life once the word “Action” is said. The role of Mahi (the actress) is well illustrated and acted out by Kareena Kapoor Khan. It's always seen that movies with such a concept always starts with glamor but in the movie “Heroine”, a scene where the character is showcased at its weakest point is shown at the beginning of the movie. This engages the audience and keeps them on edge and makes them interpret how exactly did she reach from a stage where every individual knew who she was to a stage where she is thrown out of a car in the middle of the road late in the night.

Mahi is showcased as one of the most popular and young actresses. To add a pinch of Bollywood, the movie continues with a song performed by Mahi at an event she was invited to. There were many various aspects to the character's life shown at different parts of the movie which all add up into the character breaking down and hitting rock bottom. Next was the toxic relationship Mahi had with her coworker, Aryan, who is played by Arjun Rampal. Toxic because, Aryan in the film is already married to someone else and at the same time, the obsession showcased by Mahi's character for Aryan has no limits. Due to the way she acts out and showcases her obsession and Insecurity towards her relationship with Aryan, makes it difficult for him as an actor to work efficiently. Because of which, Aryan feels suffocated by the same and decides to leave Mahi. This was the first situation which broke Mahi as a character during the movie. We can also see in between scenes,

Mahi is visiting a doctor and is being given medication. After she goes through her first breakdown, she forces the psychiatrist to prescribe her the medication she requires to feel balanced. It is only mentioned once or twice that this medication is given to her because she has Bipolar disorder. We observe that Mahi as a character has absolutely no self-control over her actions, for example: acting out in public places, constantly smoking and drinking over the limits, not thinking of the consequences she would face for her “unique” behavior. Reason being she is not being helped and explained in the correct manner. The uncontrollable behavior and misbehaving in public places lead to multiple controversies, which then lead to not being given any roles or ads or any moral support from her friends. This was her third weakest point as a character.

Coming back to the beginning of the movie where she was thrown out of a car, we later get to know that the car belonged to none other than Aryan. The reason behind this violence was Mahi had again acted out in a fit of anger and stubbornness and did something she shouldn't have done. After she was thrown out, she went down to the police station and wanted to file a complaint and before she could her manager took her away. This again turned into one of the biggest controversies from which she was not able to get herself out.

After a few days of unlimited drinking and smoking, she decided that she wanted to get back up and restart her life for which she hired one of the best agents who helped pick up the pieces and build up her life back. Soon enough we see after coming out of rock bottom, she develops a new love interest. Everything was back to normal. It is said that happiness and success are interconnected. Because Mahi did not have the success she desired yet, she wasn't happy and so she decided to turn the tables and act in a movie completely out of her comfort zone based on prostitution. While she encountered a lot of hardship while shooting the movie, she also explored what a lesbian encounter would be with her coworker.

These were those small aspects of her life which snowballed and turned into one big issue for her to handle. Soon enough we get to see that the movie she put all her heart and soul into had gotten shelved. This completely broke Mahi. Not only this but when asked to get married to Angad her former boy-friend, she said no which turned into a massive fight and in the end Mahi was all alone again. To fill this void of loneliness, she wanted to adopt a child but was not given permission for the same as she was stated to being an incompetent and unstable individual and parent. Anything she tried doing used to backfire and soon she lost all hope at that point where even her manager couldn't take anymore of her irregular behaviors.

In the end it is seen that Mahi patched things up back with Aryan. But even that didn't go well again because of her insecurity and not being able to trust anyone. Aryan on the other hand had made a few promises to Mahi which he couldn't live by and so in a fit of anger again she did something which no one thought of. After a massive quarrel between the couple, it was seen that no communication took place because of which Mahi chose herself over the relationship. She had recently gotten news that the movie she was working on did not get a lot of popularity and hence to change that she leaked a sextape of Aryan and hers which she had filmed during the beginning of the movie.

No one thought that she could stoop so low in order to get what she wanted. The shocking side was that this cheap publicity stunt of hers had been a success and on the release day all the theaters were jam packed.

This decision was the end of Mahi Arora. But the point where she actually had absolutely no hope left was when one of the senior actresses had passed away who Mahi respected as a mother and guardian. After this she decided to leave the film industry and the country. She had changed her identity and when asked if she was the famous Mahi, she refused. This brought a different level of satisfaction to Mahi.

CRITICAL ANALYSIS:

The movie aims to show a hidden unpleasant side of a celebrity's life in Bollywood and the different phases of glory and stardom. Mahi, a superstar initially gained a lot of fame. She used to get movies and ads offer but gradually she became a prisoner of fame and got scared of losing it all one day.

Mahi was at higher risk to develop disorder because there's a lot of risk factors that were present in her environment. Some of the risk factors were, that she had a messed up childhood, prone to intense mood swings, was insecure, unsure, lonely and had no emotional and social support, due to this, she had an unhealthy dependency on multiple intimate relationships.

For her getting love requited and in her attempt to do that begins a journey spiraling downwards. She used to avoid difficult conversation. In the film industry, all that matters was fame and stardom, there's no healthy conversation that takes place, people were not empathetic and sympathetic towards each other instead there used to be unhealthy competition.

They mainly focused on the career life of an actress. There was hardly any part where they talked about bipolar disorder and Mahi was put on anti-depressant's medication. She was dependent on medication, used to order and also sometimes yelled at the doctor to prescribe medicine rather she should be trying a different healthy approach. Even which therapy she was going through was not specified in the movie. According to her psychiatrist, just taking medication will not help even Mahi needs to take care of herself by practicing a healthy lifestyle and avoiding smoking, alcohol and unnecessary negative emotions. Her major problem was that she used to depend on others for her own happiness. Mahi was hyperactive due to which she wanted to have quick succession of therapy on her, that's the reason she used to take pills unnecessarily most of the times for speedy recovery. She didn't understand that any treatment intervention requires time and one needs to be patient enough for better results to occur. As a psychiatrist also, she should know when to prescribe the medicines and not break the ethics of this occupation. They tried to belittle the position of a psychiatrist.

The movie mentions that Mahi has a bipolar personality which is associated with mood swings ranging from depressive lows to manic highs. The diagnosis of manic episodes mentioned in DSM-5, the first criteria says that there should be a persistent, irritable mood, abnormally was not shown anywhere in the movie, also persistent increased goal directed activity at least for one week. The second criteria mentioned that three or more criteria should be matched, inflated self-esteem or grandiosity, more talkative than usual or pressure to keep talking, flight of ideas or subjective experience that thoughts are racing, irrelevant distractibility, excessive involvement in activities that have a high potential for painful consequences like sexual desertion which can include unprotected sexual intercourse, multiple sexual partners. The criteria C could also not be met because she did not indulge in self-harm behavior. Looking at all these symptoms we can say that the symptoms didn't meet the criteria for the DSM5 of manic episodes which is a part of bipolar disorder. So we rule out the possibility of Mahi having bipolar personality according to DSM-5 as clearly stated in the movie.

The symptoms that we have observed were depressed mood, crying spells for most of the day like in one of the scenes where she should have been celebrating the success of the movie but instead could be seen sad, crying, smoking. She had low self-esteem while looking at this, we can infer that she was looking for reassurance about herself. She also had difficulty making decisions as most of her major decisions were made by her PR or influenced by her. She also influenced manipulation in this industry as clearly stated by her, "ye film industry hai, yahan yan toh manipulate karlo yah ho jao". Even when Mahi made her own decision of leaking the sex tapes for cheap publicity stunt

was a result of her being mimicking the mentality of the PR after staying in her company for some time. Feelings of hopelessness show case that she lost all her hopes even after trying so hard, tried a movie out of her comfort zone, that shelved which broke her. Her interpersonal relationship failed, she lost interest in working which led to not getting work and there was no one for her to provide emotional support which affected her social and occupational functioning of life. As students, we are not in authority and don't have the expertise to diagnose. This should be left for professionals to diagnose. But by looking at all these symptoms we can conclude that she met the criteria for persistent depressive disorder according to DSM-5

According to the movie, Mahi is suffering from a Bipolar personality but even for that treatment is not shown. The treatment for persistent depressive disorder could be:

- Pharmacotherapy, in which antidepressant medicines could be given.
- Psychotherapy, it is seen that it works best when there is a combination of counseling and medication. For Mahi, this could work as she will get a new mindset to go ahead with life as she would get dependent on medications. Therefore a combination would be effective for her.
- Narrative therapy could be useful in this case, where the counselor listens to the client's story and points out positive aspects of the client's life. So the client can associate it with the strong aspects of their personality. In this case, we can point out to Mahi as she carved her name all by herself in such a big industry without any connections or any relationships. The therapy could point out how she built her career all by herself without being dependent on anyone, hence she should not be dependent on her intimate relationships or medications. The therapy would illustrate that she should keep her career and herself at priority.

According to us, the symptoms do not meet the criteria of DSM5 for bipolar disorder. There was no research done on the disorder on the part of filmmakers but still, she was labeled as having a bipolar personality. They were in two minds if she was going through bipolar personality or bipolar disorder. In the movie, the narrator mentions bipolar personality whereas in the captions bipolar disorder is shown.

We found that the movie did a really good job as they tried to relate the character's life with the lyrics of the song. Although, the movie did no justice to the therapeutic aspect for Mahi's disorder as there is no specification of a doctor, what therapy is given to her, or what medication is being prescribed. This incident infers that Mahi is dependent on medicines. Even the psychiatrist tries to make her understand to control herself and simply taking medication would not help her but it depicts that she doesn't want to take responsibility for her actions and face the reality. She was avoiding reflecting on her mistakes and medicine was a replacement for it. The fact that after seeing Mahi's mental health deteriorating, people tried to have no relation with her and she didn't get any movies there after shows how mental health is viewed in society. People try to keep their distance from people who are not doing well mentally.

Mahi had a troubled childhood and because her parent's relationship was fractured, she ended up mirroring her parent's relationship. The conflicts with her partners were not resolved with a healthy discussion rather with fights like her parents. Her interpersonal relationships were also affected because of this, which could be seen in her two failed relationships.

She had fear of abandonment. She never had a positive affirmation and was never acknowledged for her work. The people around her brought so much toxicity that this behavior has become her defense mechanism otherwise she couldn't have survived in this industry.

The movie was insensitive towards showing the characteristics of bipolar personality disorder, it was more on the side of the cinematic approach. The movie did not portray the illness properly and was not made to talk about mental awareness. It is doing more harm than good and stigmatizes mental illness.

CONCLUSION:

The movie 'Heroine' had leading lady Kareena Kapoor suffering from bipolar disorder. While the movie does not entirely focus on her illness, but rather how the illness leads to the downfall of her career, it still helped in throwing light on the condition and its management.

It mentions mental illness, and what kind of impact a mental illness can have on lives and relationships. And while mental illness still holds far too significant of a stigma in modern society, that stigma is decreasing; main- stream depiction in films seen and loved by many can be a major factor in continuing to break down that wall. With all due respect, we do not recommend this movie if you are looking for a psychology related concept but at the same time the directors have done justice in displaying the cinematic approach of a complicated life of an actress.

As rightly said by Laurell K. Hamilton, *Mistral's Kiss*, "There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds."

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HEROINE

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ABSTRACT

“Zindagi ko deehre dhasti hai khwahishein” conveys the exact same feeling as protagonist Mahi Arora in the movie ‘HEROINE’. She wanted both success in career and control over her relationship. But, her insecurity and possessiveness over things, she loses them over the time. When she needed commitment she always got rejected and when she got devotion in a relationship, she was in mind set of getting recognition as actress by the world.

She kept losing control over things. Mahi becomes depressed. Mahi reaches to a point she doesn’t even think twice to do anything to raise her fame again. After losing everyone one by one she disappears far away without wanting to be recognized as ‘STAR’ Mahi Arora.

Introduction

Heroine is a 2012 film directed, written, and co-produce by Madhur Bhandarkar. This Movie revolves around once successful film actress whose career is in decline.

In the beginning as Journalist started off by Introducing Mahi Arora (Kareena Kapoor) as Impulsive, Vulnerable, and Unpredictable. Journey from broken family, disturbed childhood and family disputes to a point for getting a reason to escape to Mumbai and becoming ‘STAR: THE MAHI ARORA’ her story begins.

Experiencing been in messy relationships from past, lead her becoming insecure and possessive. That somewhere influenced her present relationship with Aryan Khanna (Arjun Rampal). She never got a sincere commitment of their relationship from Aryaan and her feeling of insecurity increased. Eventually she started to keep a close eye on him, interfering in his life. Thus, there comes a point, they breakup. After her breakup with Aryan Khanna everyone went against her leaving her all alone. Mahi was so lost in pain, from having a depression and her constitutently attempting to find true emotion in world of success, she always kept finding happiness in others.

Mahi seems to have Dependent personality disorder; is a type of anxious personality disorder, people often feels helpless, submissive or incapable of taking care of them. Then she employs a public relations manager, Pallavi, who uses sensational tactics to reinvent Mahi’s image. Mahi soon starts a relationship with the vice-captain of Indian National Cricket Team, Angad Paul (Randeep Hooda). After that soon Mahi’s personal and professional life became stable. She also used her relationship with Angad to get a role in A list film Mahi has narcissistic personality; a personality disorder characterized by an exaggerated sense of self-importance, a need for admiration, and lack of empathy for others.

In desperation of proving her acting skills she joins a low budget acting art film about a ‘prostitute’ but eventually the movie is never released. Her relationship with Angad also breaks as she refuses to commit him. Once again she becomes depressed; Depression is a common and serious medical illness that negatively affects how you feel the way you think and way you act. Mahi is seen in pain, lot of pain even it if was created by her own self and by others but it was hurting her badly. She became high on intoxication and also got psychiatric treatment. Even she overnight became a low class artist and started getting low budget offers and also got casted in a low budget film with new actor ‘ANNIE.’ Between this all Mahi recoiled with Aryan Khanna in a wedding and started spending time with him. This time his feeling towards Mahi seemed sincere and a bit concerned. But, due to Mahi’s throughout breakdowns she wasn’t able to trust him fully. To make her feel at ease Aryan even offers her to join him in the upcoming blockbuster Movie but her reputation leads Aryan in failure to get her the as his co-star and when Mahi comes to know about it for bunch of reports she is replaced by new comers once again suffers and then, desperately ask Pallavi’s help

and follows Pallavi's advice about creating scandal and releases their sex tapes. Thus this leads her 'ANNIE' film a blockbuster opening. But eventually she loses all relationships and decides to leave all this behind and start a new life far away denying to be recognized as Mahi Arora.

LITERARY CONTEXT

Causes of dependent Personality Disorder:

- **Childhood Trauma:** Children who have experienced child abuse or neglect may develop DPD. Mahi was a neglected child, she faced daily dispute of her parents which gave her the reason to set her free and run away to Mumbai. Mahi is there fore seen too possessive and insecure about her relationship.
- **Abusive Relationships:** People who have a history of abusive relationship may have a high risk of DPD.
- Mahi had a bad relationship from past, In her conversation with her mom its seen that she had past 2 relations which didn't worked well, and so her relationship with Aryaan makes her depend and clingy on him.

Causes of Narcissistic Personality Disorder:

- Abuse or Trauma: As Mahi had a bad childhood which somewhere left her with the childhood trauma of negligence by parents.
- Excessive Praise: Mahi always wanted to be recognized by the world. She wanted to be praised as a good Actress by everyone.
- Lack of an authentically validating environment: Mahi was left all by herself after breakup of her and her co-star Aryaan Khanna, everyone in the film industry turned their sides towards him and that made Mahi to go back, reimage herself and hide her vulnerability behind confidence.

Causes of depression:

- Status and Respect: After Mahi breakup scandal with Aryaan Khanna, Mahi face downfall in her career also and everyone around her starts to avoid her due to her confusing personality and she loses her position in the industry and her rivals and new comer take over her.
- Substance Abuse: even if drugs or alcohol makes you feel better, they ultimately will aggravate depression.
- Mahi is seen to depend on alcohol and drugs to numb her pain and her history of substance abuse makes her ineligible for adoption and this make her more helpless and hurt.

CRITICAL ANALYSIS

- Mahi is seen going through depression during her downfall in both career and relationships. Symptoms of depression that we can see that Mahi suffers:
- Feeling of sadness, tearfulness, emptiness, and hopelessness: Mahi lost herself to gain others, but she couldn't keep control over it. There even comes a point in her life that no one around her wanted her and she became lonely and found herself worthless in eyes of others.
- Angry outburst, Irritation, or even Frustration over small matters: Mahi is seen frustrated listening to Aryan's excuses and lack of commitment. Mahi becomes so insecure that she gets angry seeing her with his wife and causes scene at others party.
- Toxic thoughts and disturbing emotions: Mahi also create scandal of her own sex tapes with Aryan Khanna to reclaim her place. Her disturbing emotions are seen from her childhood, due to dispute in parents and seeing her Mother with another man and this create a insecurity in her in her own relationship.
- Mahi's character is also seen as narcissistic

Symptoms of Narcissistic personality disorder seen in Mahi are:

- Having an exaggerated sense of self Importance: Mahi is seen as a successful actress in the starting of the film. And as film starts with song ‘MEIN HEROINE HU’ give us a brief idea about it. She is seen having confidence that there will be no other one like her.
- Having feeling of insecurity, shame, vulnerability and humiliation: Mahi is somehow seen insecure throughout the movie about her relationships or career and have taken wrong steps that led her in bad side of others. And she did everything to hide her vulnerability.
- Inability or unwillingness to recognize the needs and feeling of others: Mahi ignores Angad proposal during shooting of her film, and then keeps delaying and finally hurts him in end and eventually ends their relationship.
- Mahi Tends to find happiness in others
- Symptoms of Dependent Personality Disorder seen in Mahi are:
- Inability to make decision: Mahi is seen losing control over herself .It is seen that she greatly depends on Pallavi her PR manager after her down- fall and thus, form relationship with Angad Paul and increase publicity and get casted in A-list Endorsements even in A- listed a high budget film, And also towards the climax of movie we see that with Pallavi she release her sex tapes to regain fame without thinking twice about it
- Difficulty being Alone: Mahi is seen hesitant on being alone, she get easily depressed when everyone left her alone, and depends on alcohol and medicines to avoid it and depends on getting listed in A-listed film to get back in industry.
- Intense fear of abandonment and a sense of devastation or helplessness when relationship ends: Mahi is willing to continue the relationship also after she doesn’t seems to get proper sense of commitment from Aryaan and finds herself helpless in situations like this. She goes to police station to file complain after her breakup with Aryaan and she is seen dev astated and solely dependent that relation.
- Over sensitive to criticism: Mahi is also seen to over react over to small comment given on her, she is seen getting all frustrated after being calling a ‘Stranger’ by Aryan’s ex-wife and also she tries to re-built her image as an ‘Actress’ after being criticized as a ‘Showpiece’ in her film with Abbas khan.

CONCLUSION

We all know that it is difficult to hold onto a position in Film Industry. And it is difficult for stars to keep separate their personal and professional life. Making headlines every day, to get high budget films and making new records and media reviews. ‘HEROINE’ film is film giving us the glimpse of inside this Industry. This brightness hides many stories like this. Not treating such problems on times led Mahi to keep falling down and made her take decisions which became irreversible.

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BHOOOL BHULAIYA
WHY DIDN'T YOU TRYHARDER

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ABSTRACT

Dissociative Identity Disorder (DID) or previously known as Multiple Personality Disorder (MPD) is a psychological disorder in which an individual has many different personalities. This research paper is written in consideration with DID as one of the psychological problems portrayed in the movie entitled *Bhool Bhulaiyaa* which has been directed by Priyadarshan.

The main focus in this research is the multiple personalities experienced by the main character in *Bhool Bhulaiyaa*.

The main purpose of writing the thesis is to describe Avni's split personality Manjulika as the main character in the film. This thesis uses a psychological approach. The results of the analysis show that Avni suffers from DID and has 2 different personalities due to childhood trauma that happened.

Manjulika's personality is the dominant personality that often takes over Avni's body. This research paper is an effort to critically explain the representation in the movie.

INTRODUCTION

A movie is created not just for entertainment purposes, but also as a vehicle to transmit specific messages or critiques that occur in society. It frequently incorporates inventive elements into the plot. The film's director attempts to let the viewer relate to what the individuals in the film have gone through while providing us with a psychological understanding of certain realities through imagination. The relationship between the movie and psychological aspects appears strong enough for a 2007 film to be able to discuss mental health in a comedic manner, therefore the film *Bhool Bhulaiyaa* is chosen as the subject of the study.

Bhool Bhulaiyaa is a psychological horror-thriller film based on the Malayalam film *Manichitrathazhu*. Priyadarshan directs the Hindi dubbed version. In 2007, *Bhool Bhulaiyaa* aired featuring Akshay Kumar, Vidya Balan, Shiney Ahuja, Paresh Rawal, Rajpal Yadav, and Ameesha Patel.

It tells the narrative of Avni, a lady who suffers from Dissociative Identity Disorder (DID). She can turn into a different person with a distinct personality named Manjulika. In general, a human being has a single personality. Unlike others, the film's primary character has two identities. The premise is centered around the above-mentioned fact.

LITERATURE REVIEW

Manichitrathazhu is a 1993 Indian Malayalam-language epic psychological horror film directed by Fazil, written by Madhu Muttam, and produced by Swargachitra Appachan. The story is inspired by a tragedy that happened in the Alummootil tharavadu, a central Travancore family, in the 19th century.

Bhool Bhulaiyaa is a remake of the Malayalam film *Manichitrathazhu* with the same plot and storyline. After 1993, the Hindi dubbed version was re-leased in 2007.

Nakulan and his family move into his supposedly haunted ancestral property. However, when his cousin starts behaving uncharacteristically, Nakulan lists the help of his psychiatrist friend.

The Three Faces of Eve is a 1957 American mystery drama film, based on the book about the life of Chris Costner Sizemore, which was written by psychiatrist Corbett H. Thigpen. Sizemore, also known as Eve White, was a woman they suggested might have dissociative identity disorder. The

film was directed by Nunnally Johnson.

Going back to 1951, Eve White is a timid, humble wife and mother who has severe headaches and occasional blackouts. In due course of time Eve goes to see psychiatrist Dr. Luther, and while having a conversation, a "new personality", the wild, carefree Eve Black, makes an appearance. Though Eve Black knows everything about Eve White, Eve White is completely unaware of Eve Black. The film portrays Dr. Luther's attempts to understand and work with these two sides of Eve. Under hypnosis at one session, a third personality emerges, the relatively stable Jane.

Dr. Luther eventually induced her to remember a traumatic event in Eve's childhood. Apparently, this incident of Eve's terror led to creating different personalities. After discovering the trauma, Jane remembers her entire life. When Dr. Luther asks to speak with Eve White and Eve Black, Jane says they are gone. Jane marries a man named Earl whom she met when she was Jane and reconnects with her daughter Bonnie.

THE CHARACTERS

i. **Siddharth Chaturvedi** played by Shiney Ahuja : He is the protagonist of the movie. A strong opposition to blind beliefs is shown in the movie through him. Overall, he has a loving character throughout who is deeply in love with his wife and respects his uncle and other family members.

ii. **Avni Chaturvedi** played by Vidya Balan : Avni Chaturvedi is wife of Siddharth Chaturvedi. She meets him in America and gets married. After coming back to her husband's hometown, she gets fascinated by the infamous stories of the royal palace her husband is king of. Learning the stories about the mysterious palace, Avni starts relating these incidents to her past with her grandmother and parents. As the movie progresses, she assumes the character of Manjulika and tries to kill her own husband. This change of character is described as Dissociative Identity Disorder. She can be called the antagonist of the story. She is an archeologist by profession who has profound interest in history. She is her own antagonist. Avni is the round character of the movie.

iii. **Dr. Aditya Shrivastava** played by Akshay Kumar : Dr. Aditya Shrivastava plays the role of a psychiatrist practicing in the United States. He gives a comic relief to the otherwise serious movie. Portraying his witty attitude, he has a unique way of treating his patients. He has an immaculate comic role and plays serious roles with similar sincerity. One important point to be noted here is that he doesn't totally rule out the tantriks in the society.

iv. **Chotte Pandit** played by Rajpal Yadav : He is a flat Character in the film. His role has just facilitated the blind beliefs portrayed in the movie. None of his behaviors have influenced the storyline.

v. **Professor Sharad** : He has played a small, yet important role in the movie. According to Manjulika (Vidya Balan) he is her lover who was murdered by the devious king. He reprises the role of Shashidhar during the end of the movie when Manjulika takes over Avni completely, helping Dr. Aditya Shrivastava execute his plan of cure.

THE STORY

The story of Bhool Bhulaiyaa is one of science and spiritualism, and the contrast between them, or at least that's what the attempt was in 2007. Alas, it's not 2007 anymore.

Bhool Bhulaiyaa's premise surrounds this supposedly haunted haveli in a small village. We are introduced to the very first conflict-causing theme - the rural, superstitious, joint family and their western-educated offspring. The two clearly have differing viewpoints, as demonstrated by Siddharth Chaturvedi (Shiney Ahuja) and Avni Chaturvedi (Vidya Balan)'s persistence in living in the haveli despite Badrinarayan Chaturvedi's (Manoj Joshi's) objection. Here, Badri is the head of the Brahmin family, and Siddharth and Avni are Badri's elder brother's son and daughter-in-law.

The story starts unraveling its chaos when, with the assistance of Nandini (Tareena Patel), Siddharth's cousin, Avni unlocks a sealed prohibited room containing the ghost of Manjulika. Strange, bizarre occurrences begin to occur as Avni learns more about Manjulika. Badri and Batuk Shankar (Paresh Rawal) attempt to ward off the evil eye with the assistance of a priest and philosopher Shri Yagyaprakashji Bharti (Vikram Gokhale), but the priest has gone to London and is unsure when he will return. They attempt to return Manjulika's so-called "evil ghost" to her chamber with the assistance of a local priest, Chhote Pandit (Rajpal Yadav), but their attempt fails. Chhote Pandit instead starts displaying symptoms of insanity after seeing the moving shadow of Manjulika approaching him.

Among the chaos, Siddharth falsely accuses Radha (Ameesha Patel) of all the unusual incidents and convinces the rest of the family of the same. Siddharth seeks help from Dr. Aditya Shrivastav (Akshay Kumar), a psychiatrist and close friend, to discover what is wrong with Radha. Aditya's appearance at the location is responsible for most of the film's 'comedy,' as he does not act as a traditional psychiatrist; he 'goofs' around and is usually not taken seriously by the family. One night while guarding the palace, he comes across the so-called Manjulika and dares her to strike. In turn, the ghost threatens to exact her vengeance on the auspicious occasion of Durga Ashtami.

We skip ahead to Nandini's engagement at this point in the story. A crucial story point, as Siddharth eventually disclosed that it was Avni who was responsible for the strange occurrences. He also explained that Avni suffers from DID. This revelation occurred as a result of Avni (or perhaps Manjulika) forcing herself on Sharad, whom she considers to be her prior lover.

He needs to reveal Manjulika's identity to ensure that everything goes as planned. Aditya reveals that he visited Avni's hometown to gather information about her childhood and that he has genuine evidence to back up his claim. He then urges Siddharth, who is only half-convinced, to agitate Avni to make her understand something is amiss. When Siddharth accomplishes this, Avni takes on the characteristics of Manjulika before returning to her normal self, much to Siddharth's dismay, who pleads with Aditya to do everything to preserve Avni.

They then see her as Manjulika, dancing to Bengali tunes. The sad love story of the old monarch Vibhuti Narayan, who loved a dancer named Manjulika, who in turn loved Shashidhar (a dancer in the same court), is told via this. While possessed by Manjulika's personality, Avni imagined herself and Sharad (whom she misidentifies as Shashidhar) dancing in the king's court. This caused Avni's condition and she attempts to murder her husband Siddharth, seeing him as Vibhuti Narayan, who murdered Manjulika's boyfriend and then shut her up in her room, where she committed suicide.

Aditya triggers Manjulika's personality to cure Avni of her ailment and makes her pledge to depart if Manjulika has the opportunity to kill the king and exact her retribution. Meanwhile, the priest Shri Yagyaprakashji Bharti arrives to pay a visit to Siddharth. During the Durgashtami rite, Manjulika is duped and kills a dummy of Siddharth, believing she is murdering the king. Manjulika's personality

leaves Avni forever after the murder. Aditya hypnotizes the unconscious Avni to bring her to reality. Nearing the end, Aditya asks Radha to marry him and it is heavily implied that she ends up saying 'yes'.

THE FILM'S CONTENT

Symptoms-

Symptoms of Dissociative Identity Disorder (DID) in Avni included the presence of another distinct and relatively enduring identity or personality.

Avni's symptoms are as follows: frequent shifts between the two personalities, amnesia for the period of time in which the other personality was dominant, and severe distress arising from the other personality's behavior. The first two symptoms are obvious, but the third is important since the disorder is a serious one that can cause significant disruption in a person's life. We see that Avni is extremely distressed when she is in Munjulika's body and engages in violent behavior towards Siddharth. We also see the distress when she tries to recall what happened while Munjulika was in control, which may be why she is unable to remember her time with Siddharth.

We see Avni having both free-floating and dissociative symptoms throughout the movie. The first is when she takes on the role of Munjulika, who is roaming the palace and causing destruction. The second is when she takes on the role of Munjulika, who is trying to kill Siddharth, which causes Avni great distress.

Diagnosis and treatment- Seeking to cure Avni, Aditya triggers Munjulika's personality and makes her promise to leave Avni if she gets the opportunity to kill the king and take her revenge. The film depicts Munjulika as hysterical, deviant and strips her off of her sense of justice by tricking her to believe that she finally was able to kill the evil king.

With help of Priest Yagyaprakash Bharti, Aditya plans a ritual in which he will let Avni (Munjulika possessed) have her revenge on Siddharth (who she thinks is Vibhuti Narayan) and after killing him Munjulika should let Avni free. At the moment she tries to stick the killing blow on Siddharth, Aditya changes it with a dummy. Seeing Siddharth killed in a possessed state, Avni falls down. Later, Avni is healed and cured. DID in Bhool Bhulaiya has been woven into a story that naturally carries the impression of ghosts and other-worldly phenomenon. During treatment of DID an attempt is made to reconnect the identities of the disparate alters into a functioning identity and may be symptomatic to relieve the distressing aspects of the condition and ensure the safety of the patient.

The revenge is not only wrongfully denied to her but she also is constantly shamed, ostracized and Avni's mental health is constantly bracketed under the category of her being overpowered by an evil spirit, and she is also shown as hysterical which only adds to the stigmatization of mental health.

CRITICAL ANALYSIS

Bhool Bhulaiya is one of those films that attempted to accomplish something unique and fascinating, with the emphasis on the word 'attempted.' For 2007, what they offered was new and fresh; What they were doing was nearly unheard of. It was supposed to be a horror-comedy revolving around a mental illness. Well, that was their very first mistake because mental illnesses are neither comical nor horrifying in a cartoonish sense.

The film intended to throw light on the subject of mental illness. However, the rays that they were beaming were UVA, which ended up scorching and ruining the entire premise. Avni's DID was demonized and framed as almost criminal in the movie. People with DID are not more or less likely

to commit murder or other horrible crimes, as is commonly assumed; it's the same reasoning as claiming that people with cancer are more prone to rob people. Her condition, however, is not the only one that has been mishandled. Chotte Pandit is taken aback after seeing Avni/Manjulika's shadow and appears to be acting strangely. From context clues, we can infer that his brain might not be in the right place. But all of that is played up for some cheap laughs. In the end, he is treated, as most professional psychiatrists do, by slapping him hard across the face.

There's a great deal to be said about the casual misogyny and casteism of the movie. The psychiatrist, who is ostensibly a well-educated professional, begins speaking to the women (particularly Radha) in a manner that can only be described as sexual harassment. He also casually refers to people as 'pagal,' as if this is an appropriate thing for a psychiatrist to do. All of this could have been dismissed with the excuse of character development, but he was meant to be one of the "good ones" who was critical of the superstitious, un-educated family. And, as already stated, there is no character development as he 'cures' Chotte Pandit with a slap near the end.

Concluding the above-stated points, it was an attempt. Several other movies have been made since then that deal with mental illnesses in a much needed sympathetic approach. This film should just be regarded as a relic from the distant past of, well, 2007.

CONCLUSION

This study was to determine if dissociative identity disorder is accurately portrayed in movies. Furthermore, this research attempted to identify the prevalence of negative DID stereotypes and misconceptions in movies. Based on the results of the critical analysis, it is apparent that most of these misconceptions were portrayed in Bhool Bhulaiyaa. Because this adds on to the stigmatization of mental health, a huge difference can be made if the directors use accurate information about mental disorders and represent it well.

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“BHOOL BHULAIYAA”

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Abstract

Cinema is India's most popular entertainment media, and is found to be a powerful instrument in influencing attitudinal changes, emotional impact, education, life styles, health and other behaviors. People's passion for films can shape the way he thinks, behaves and feels within a society. In view of the lasting impact the cinema has on people it is important to study both the positive and negative impact that a popular cinema like Bhool Bhulaiyaa has on the Indian psyche about mental health. The portrayal of mental illnesses in Bollywood films is often criticized for its negative imaging. Hence this study attempts to critically analyse the popular Bollywood cinema of the 21st century that addresses mental health. The public's knowledge about mental illness parallels the cinematic stereotypes. Hence there is an urgent need in a closed society such as India to educate its people that stigmatizes mental illness so pervasively. The repeated portrayal of the mentally ill and mental illness with the usual distortions has contributed a lot to the stigma and burden which the mentally ill and their caretakers have to bear. Consequently the filmmakers should focus on the positive and educational aspects of films particularly those that deal with sensitive subjects like mental illnesses. Positive portrayal of mental illnesses in films can play an important role in changing public perception about these illnesses.

Introduction

Cinema is the most popular recreational activity of people in general in India. Cinema is a form of entertainment that has the power to alter the beliefs of people seemingly every possible way. Cinema can tell motivational and educational stories on one hand but on the other hand it can also put violence and negative stories too. It can reform the viewer and it can also strengthen the existing superstitious beliefs.

Current study with following objectives will try to look into the effects of the Bollywood cinema "Bhool Bhulaiyaa" a psychological horror comedy film released in 2007.

Objectives

1. To critically analyze the cinema “Bhool Bhulaiyaa” for its contribution in dispelling superstitions and addressing the stigma attached to mental illness.
2. To understand to what extent did this cinema succeed in its attempts to educate its audience about mental illnesses.

Literary Context

Background of Indian Film industry

Cinema came to India in 1896 when Lumiere Brothers, one of the earliest filmmakers in history, presented the first show at Watson Hotel in Bombay. The first film, ‘Raja Harishchandra’, was produced in 1913 by Dadasaheb Phalke. Later, via the Cinematograph Act 1952, the Central Board of Film Censors was established. The Cinematograph (certification) rules were revised in 1983 and came to be known as Central Board of Film Certification (Kaur R 2014). Today India is the largest movie market in the world in terms of the audience size and the number of movies that are produced in any given year. It produces nearly twice that of those produced in Hollywood per annum.

The Indian Film Industry:

Bollywood refers to the Hindi film industry based in Mumbai (previously known as Bombay). Reaching global heights, brand Bollywood has become one of the most visible ‘Indian’ presences in the global arena today and it is the largest producer of films in the world (www.cbfindia.gov.in).

Movies are found to be powerful instruments in influencing the attitudinal changes, emotional impact, education, life styles, health and other behaviors. (Persson P 2003). Movies happen to be the most influential tool of communication and society happens to learn a lot of things from films (Ghosal, A. 2018). One's passion for films can shape the way he thinks, behaves and feel within a society (Jain A. Lata P, Goyal AR, Khandelwal S, Jain G 2015). Changing our rituals, behavior, outlook towards life is somehow connected with what we see on screen (Istiaq M, 2013) Cinema possesses a power and also offers an unrivalled medium for entertainment and escapism (Khan H, Pandey A, Agarwal V, Mishra S. 2021). Film is a form of entertainment that has the power to alter the beliefs of people seemingly every possible way. (Anand P, Srudin J, Rashmi J Menon 2019). Cinema can tell motivational stories on one hand but on the other hand it can also put violence and negative stories too. In view of the lasting impact the cinema has on people it is important to study both the positive and negative impact that cinema like Bhool Bhulaiyaa has on Indian psyche about mental health.

Bollywood and Mental Health:

Cinema is one of the key structures in understanding of any culture, and the portrayal of mental illness within such a context should be of major interest to the clinician in understanding its influences on society. The way mental illness is used in the narrative of the film is determined by the state of the society (at what level of political maturity the society has reached) and the reflection of political and economic factors which are prevalent at a specific time in the history of the culture and society.

Mental illness in India elicits a high level of stigmatization to the extent that seeking help is still treated with derision at times, suggesting that the actual number of people who have come forth openly with their struggle may be considerably lower than those who may be suffering silently (Shidhaye & Kermode, 2013). There is a growing interest among the Bollywood filmmakers today regarding mental illnesses and a number of attempts have been made by them in recent years. The

portrayal of mental illnesses in Bollywood films is often criticized for its negative imaging (Akram et al., 2009; Akhtar, 2005; Bhugra, 2005). Bhugra (2005) mentions that the portrayal of mental illnesses in films can be negative for a variety of reasons such as stigma, lack of knowledge and focus on entertainment rather than education. Swaminath and Bhide (2009) commented that drama and conflict are essentials for a film to engage audiences, and the mentally ill characters easily serve the purpose. Malik et al. (2011) points out that the portrayal of mental illnesses in Indian cinema paralleled the broader political and socio-economic trends in Indian society. In the age of political idealism, mental illnesses were portrayed as benign and amusing. With increasing political corruption and instability, mentally ill characters were depicted as cruel, deviant and psychopathic. This suggests that portrayal of mental illnesses is often inaccurate and exaggerated.

The public's knowledge about mental illness parallels the cinematic stereotypes (Gabbard & Gabbard, 1999) and films are a 'cultural reservoir' that helps in understanding the public knowledge of and attitudes towards mental illnesses (Cape, 2003). Thus, the films can be used to deal with mental health stigma (Swaminath & Bhide, 2009).

Educating role of Bollywood

There is an urgent need in a closed society such as India to educate its people that stigmatizes mental illness so pervasively. The common stereotypes such as violent behavior, dangerousness, suicidal tendencies and unpredictable behavior need to be dispelled. The misinformation and stereotypes about mental illnesses and their treatment contribute to stigma (Byrne, 2009) and films as a medium may be used to dispel this stigma (Swaminath & Bhide, 2009). Owen (2012) has stressed upon the need to provide accurate information about the mental illnesses in the mass media as this would help the mentally ill individuals and their families to cope with illness.

Portrayal of mentally ill in Indian Cinema

Cinema in general and Indian cinema in particular has a fantastic disconnectedness from reality. This shapes people's knowledge, attitudes and perception of issues related to mental health. The power of the medium can never be overestimated. Films on issues related to mental illness have been box office hits, and we would reckon that they feature at least among the top 50 films of all time in any language. This repeated portrayal of the mentally ill and mental illness with the usual distortions has contributed a lot to the stigma and burden which the mentally ill and their caretakers have to bear.

The characters

Akshay Kumar- Dr. Aditya Shrivastav
Vidya Balan- Avni Chaturvedi
Shiney Ahuja- Siddharth Chaturvedi
Ameesha Patel- Radha
Manoj Joshi- Badrinarayan 'Badri' Chaturvedi
Paresh Rawal- Batukshankar Upadhyay
Rasika Joshi- Janki Upadhyay
Rajpal Naurang Yadav- Chhote Pandit / Lal Hanuman
Govardhan Asrani- Murari
Vikram Gokhale- Acharya Yagyaprakash Bharti
Vineeth - Professor Sharad Prahlaad
Shashidhar Tarina Patel
Nandini Upadhyay
Jimit Trivedi - Radha's Brother

The story

Bhool Bhulaiyaa is a 2007 Indian Hindi-language psychological horror comedy film. It is a remake of the 1993 Malayalam film Manichitrathazhu. The Story when U.S.-based Siddharth visits his Indian home town with his new wife, he insists they stay at the ancestral home, paying no heed to the warnings about ghosts. But events soon make him reconsider his beliefs. As unexplained and terrifying occurrences arise, Siddharth calls on his doctor friend to help solve the mystery.

Siddharth starts suspecting Radha for all the strange occurrences. He thinks she has gone crazy since he was supposed to marry her, but married Avni instead. He calls his friend, psychiatrist Dr. Aditya Shrivastav (Akshay Kumar) from New York, to try to figure out what the problem is with Radha. Once Aditya reaches the palace, things become comical, as everyone thinks she is a fool, though he is very intelligent. Aditya eventually realizes that Radha is not at fault, and that someone else is behind it all, and falls in love with her. One night, he encounters Manjulika and dares her to strike. The ghost angrily vows to take her revenge on the auspicious day of Durgashtami. During the engagement of Siddharth's cousin Nandini, and Sharad Prahlad (Vineeth), Avni spills tea on Sharad and takes him away to get him cleaned. When Aditya and Siddharth search for her, they see that there is a struggle between Avni and Sharad, and quickly intervene. Siddharth thinks that Sharad was violating Avni, but Aditya tells him that Avni is the real culprit, not Radha as previously suspected. It is revealed that Avni has dissociative identity disorder, a disease that affects the person's identity, making them think they're someone else. Aditya explains that Avni is the one making all the strange things happen around the palace. He reveals that he visited Avni's hometown to gather information about her childhood and has factual evidence. He then tells the half-convinced Siddharth to provoke Avni in order to make him realize that something is wrong. When Siddharth provokes her, Avni shows the dark personality of Manjulika before returning to her usual self, much to the horror and concern of Siddharth, who asks Aditya to save Avni. During Durgashtami, Aditya and Siddharth see Avni consumed in Manjulika's identity, dressed as her and dancing to the tunes Manjulika had been dancing to with her love, Shashidhar, before the king murdered him. The tragic love story of the old king Vibhuti Narayan, who loved Manjulika, who in turn loved Shashidhar, is revealed. Avni imagines herself as Manjulika and Sharad as Shashidhar, dancing in the court of the king. Avni completely assumes the identity of Manjulika and tries to kill her own husband Siddharth; she sees him as the king who had killed Manjulika's lover.

To cure Avni, Aditya triggers Manjulika's personality and makes her promise to leave Avni if she gets the opportunity to kill the king and take her revenge. The priest Shri Yagyaprakashji Bharti arrives and with his help, during the ritual of Durgashtami, Aditya lays out an intricate plan to trick Manjulika into thinking she is killing the king when she is actually slaying a dummy. After the "murder", Manjulika, now content, leaves Avni forever. Avni is healed and everything ends well. Aditya tells Radha, whom he has taken a liking to that he will send his parents over if she is interested in marrying him, to which a happy Radha gives her silent consent.

Critical Analysis

The film Bhool Bhulaiyaa is predicated on an incidence of 'ghost' sightings in a haveli in Rajasthan. And the ghost actually turns out to be the lady of the house who is believed to have been 'possessed', when in reality it is revealed that she had a personality disorder all along. On the face of it, Bhool Bhulaiyaa might feel like a progressive film, where superstitions are dispelled in favour of science and reason. However, a second look at the film reveals that the treatment is highly suspect.

Throughout the film, it is hinted that something is wrong with the character of Radha, played by

Amisha Patel, who is believed to be possessed by the spirit of the ghost, Manjulika. The elements of bhoot mantra, and psychiatrists touting themselves to be godmen definitely don't help. This film not only super naturalizes mental health, but also portrays a psychiatrist as an exorcist doing exorcism.

The film tries to bring out a typical science vs superstition story, where Akshay Kumar's Aditya is constantly shown to be at odds with the superstitious patriarch of the family. Yet, even when the acharya that the patriarch chooses for cleansing the house turns out to be a psychiatrist, their means of treating Avni remain rooted in superstition. We need to understand that painting issues of mental health and their patients as khatra never helps the cause of sensitization around the matter. In a country where mental illnesses are highly stigmatized, films that suggest those with mental health issues as dangers to themselves and those around them are doing no one any favors.

Conclusion

Cinema is a powerful medium to bring about changes in individuals and society too. It can make us fearful and it can educate us too. Families and individuals must pay great care on what they are watching. The Central Board of Film Certification (CBFC), a statutory body under the Ministry of Information and Broadcasting, can play an important role in making sure that scientifically accurate messages are conveyed to the public.

The filmmakers should focus on the positive and educational aspects of films particularly those that deal with sensitive subjects like mental illnesses. Films should not depict the different personalities as something ghostly as in Bhool Bhulaiyaa but should portray the seriousness of the disorder. Positive portrayal of mental illnesses in films can play an important role in changing public perception about these illnesses. Films are important mediums to confront the stigma of mental illness and breaking stereotypes. Unfortunately Bhool Bhulaiyaa fails to achieve this.

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KAASAV

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ABSTRACT

This research was conducted on movie named Kaasav, a 2017 Marathi film. It depicts how depression become a central theme of this movie. It also discusses how talking freely about mental issues is still a taboo in the society. It covers the entire phase of the lead character already being in depression to the end where he had made a banging comeback into his premorbid life. Here, the concept of tortoise i.e., slow and steadiness, had been adapted since dealing with patients, suffering from psychological problems needs to be slow but progressive, full of empathy and the person has to be calm while proceeding with therapy. Symptoms of depression can be clearly seen here, such as self-harm, anger, trauma, loneliness and confusion. This gives us a glimpse on the life of an individual who goes through different phases of depression and how that individual has to cope with, in order to get back on the track called life. Main character can be considered to be stuck in the second stage of grief that is anger, grief because of him losing his mother and his grandparents.

Grandparents, being the backbone of his life, passed away, had a psychological toll on him, which eventually became unbearable for him, resulting into him falling in depression.

INTRODUCTION

Kaasav is a 2017 Marathi film released under direction of filmmakers Sumitra Bhave - Sunil Sukthankar. This movie depicts how depression becomes a central theme yet considered embarrassing at some moments and how one gets out of that phase slowly and steadily and regains himself or herself back; in order to help the other individual, heal from the pains and sufferings. The movie begins with Maanav (lead character) who is going through depression with the reason yet to be revealed; and has run away from his miseries with the intention of self-harm has luckily been encountered by Janki on the outskirts of Goa. Janki, a conservationist by profession but empathic by heart, was herself a survivor of this disaster who had swept her mind away from happiness like no one did. She takes Maanav to her home in Konkan. Yadu and Janki both tried to get Maanav (now Nish because they didn't know his real name) back to his normal self. Here, Yadu can be seen sometimes rash and blunt; might represent those people who take mental health as a joke. After many episodes of outbursts Nish finally decided to open up to Janaki about his feelings regarding his life back in his hometown about how he had a group of friends and his adolescent life and now he doesn't want it since he feels overwhelmed with that place. Janki, while searching through Nish's backpack (that he carried since the beginning of the movie from place to place) finds a diary which shows some of the poems written by Nish, including that he's fond of music and that he can also write some of them. The words used in that poem are eye-opening helps us know how his character actually is, how he's been living his life just like an actor playing his role in the movie. After getting to know the reason behind his depression it becomes easier for her to help in overcoming with that with the help of Janki, Yadu, Parshu (boy who has played an influential role in this movie), he was able to bounce back and help others healing from this. The title 'kaasav' gives us a significance that thought the progress is slow if it is steady and fruitful once you reach your aimed goal - here helping Maanav overcoming the phase. Kaasav i.e., sea turtles are the nurturers, which was duly mentioned by Datta Bhau as a verse in Sanskrit. This means that even if you don't have control on your desires or instincts you have to do that just like turtles withdraw from their shells - it depicts steadfast state of the mind!

LITERATURE REVIEW

This movie covers aspect of lead character dealing with depression and the phases through which he has to go through for healing. According to that concept, some research papers will be covered.

A national survey was conducted among 20500 US college students by American College health association where, according to the statistics, it was reported that more than 3200 university students

are diagnosed with depression among with 39.2% were diagnosed for past 2 months, 24.2% currently in therapy for depression and 35.8% are on medications. 10.3% admitted several serious attempts of committing suicide within past 12 months and 1.9% actually attempted suicide during that period. This can give an outcome that there is an increase in the rate of students dealing with psychological problems and that suicide remains the leading cause of deaths among adolescents and young adults with those issues. This has raised a concern among college administrators and that they have begun to know the effects of depression on students so that they can be diagnosed earlier and accordingly the rise for that same will be reduced. A study was conducted by Mark Widdowson from University of Salford which summarized the data on the prevalence and diagnosis of depression as well as the findings from the research regarding recovery and relapse from depression. This research has even covered about the understanding of depression from the range of psychotherapies that are empirically supported for the treatment of depression.

After their thorough research, it can be seen that women are more likely to experience the symptoms of major depressive disorder during their lifetime and chances of experiencing it is high. Studies conducted US have given figures that 9% of all adults will be experiencing MDD in any given year and approx. 16% will experience it during their lifetime. They have discussed types and subtypes of depression such as affective, cognitive and somatic (types) and anaclitic and introjective (subtypes)-Anaclitic characterized by feeling of helplessness, weakness and loneliness; intense and chronic fears of being abandoned. -Introjective - feelings of worthlessness, self-criticism in a negative light, inferiority, failure and guilt. According to DSM-IV, an individual is diagnosed with depression when repetitive episodes occur between 6 months and 2 years. Models were also discussed by this study such as biological models, psychoanalytic models, interpersonal models and many more. It concludes with the point that the symptoms should be diagnosed properly and that patients have to be monitored regularly for their progress.

LITERARY CONTEXT

The title of the movie – Kaasav is a Marathi word and translates to turtle in English, kuchua in Hindi. The title is a though provoking title and leaves room for several interpretations. The most obvious interpretation is comparing depression to waves/humans while the offspring to the individual. The way the mother comes out of the sea to lay her eggs and has to go back immediately because she cannot survive on land is a consummate example that in life, we often lack control and power over our surroundings – we can, by all means, still control and micromanage reality but the eventuality is that to survive we must give up on the idea of control.

Turtles evidently also symbolize unhurried longevity, protection and tranquility. Turtles have existed for as long as humans have walked the Earth. It is a testament to time and survival. Nish projects a need to be protected, to be looked after - he, after initial resentment, accepts all help from Janki whatsoever, he learns to be full of calm, there is no rush in a society where you lay off all responsibility, he gives in and decides to let go. The constant race to reach somewhere, to attain something, to get access to something, all fades out as he learns to accept things as they are, to acknowledge the privilege he comes from, to recognize the power of choice, etc.

PLOT:

Maanav /Nish has been hospitalized for cutting his wrists. He runs away from the hospital. Janki finds him collapsed on the side of the road. She asks Yadu her private driver to take him home to Devgad (Konkan) and appoints a private doc. He then attains consciousness and become a better human and helps Yadu and Parshu in their lives.

SETTING:

Janki comes across Nish on the roadside and took him home to heal not just physical wounds but mental as well takes him to her house in Konkan (Devgad). A scene from the Mahabharata is also a

part of movie but unlike many other movies it doesn't become a highlight in the story. The cinematography captures the lustrous beaches and turtles beautifully. The last scene of this movie leaves a lot to the imagination but still gives happy and satisfied feeling. This movie is two halves coming together to become one, together they heal. This story is a metamorphic talk about breeding process of turtles. They simply lay eggs on shores creating a safe environment for there to be born children and head back to the ocean. The Children find their way in the world and ecosystem functions. The story if kaasav resembles the same women taking care and nurtures the stranger to fight the world someday.

CHARACTER ANALYSIS:

Nish/Maanav –

Nish is the protagonist of the movie, he suffers from depression – although never mentioned outright, it is safe to assume the same through various cues such as, suicide attempt, symptoms and feelings of loneliness, fatigue, uninterest, anger, etc. and Janki giving him medications.

He comes from a decent family – economically and emotionally, he has been a part of his parents' separation and has had to accept a new mother. It can be interpreted that through the use of two names, the movie reveals the prominent shift in the character and personality of the protagonist. Manav is the part of him who has given up, has lost faith and by disassociating his identity and self from Manav, he gives himself space to create a new individuality for him – an individuality that Janki eventually names Nish. Nish means nothingness and it is especially symbolic since it, one, describes how depression can leave an individual feel entirely nothing and two, nothingness as a beginning. It is a way to unlearn, to let go and to leave what doesn't cater to us only so one can form into this being who embodies the weight of nothingness.

Parshu –

Parshu is presumably 10 years of age; the audience isn't introduced to his parents or if he even has parents. He is shown to be rather mature for his age, his mannerisms are a little odd to a third person but through his wit and blinding innocence he could befriend absolutely anyone. He works at the station where he sells tea. He has a dada who is a homeless man and is not related to him whatsoever, but the man cannot afford tea and hence Parshu gives him free tea regardless. Through his altruistic and mature demeanor, he befriends Nish/Manav – the protagonist of the movie and can be seen to substantially and indirectly play a major role in Nish's' recovery from depression.

Datta Bhau –

Datta Bhau is an elder man who works to save the turtles and their offspring, he collaborates with Janki as she researches on the same project. He isn't connected directly to Nish but without a doubt has played massive role of a guiding light, a different perspective and portrays utter experience which speaks volumes. When he is made aware of Nish's condition, he says, during his times sulking and giving into mental illness wasn't a common thing – often responsibilities that come with having to sustain a family or have kids or find work would take over the urge to not participate in life.

This dialogue particularly struck me, knowing how far and widespread depression is, yet people live along. This dialogue has acknowledged how recovery, therapy, mental illness, etc. are all knee deep within the section of privilege and if one can afford to choose whether one should be alive or not.

Yadu –

Yadu is a middle-aged man who works as a cook, caretaker and driver for Janki. He is shown to be quite a workaholic and dedicated person, he is punctual, follows orders and is respectful towards others. He although does have bouts of anger where he can be seen to be rather malicious and indulges in taunting Nish. However, his, so to say, instable nature doesn't change the fact that he has been a revelation to the plot and has beautifully contributed to the setting, theme, his character and to Nish's recovery.

In a brief conversation with Janki, he mentions that he doesn't understand what is going on with Nish not in an unacquainted manner but in a way where it is difficult for him to comprehend if this is a valid and plausible reason for someone to want to not be alive. He says, you are bound to feel lonely if you sit alone. Extremely simply, he conveys how tiny things matter so much in life, and in recovery. Depression is a ghastly illness, and it is necessary to know that adopting ways to make it better still remain in the hands of the individual.

Janki -

Janki is the leading character of the movie. She finds Nish and cares for him. It is through her the movie moves forward. Her character is shown to be empathic since she works as a conversationist which leads to getting connected with nature easily and that she has gone through similar type of situations as Maanav did. She also has her own family but due to separation with her husband, gets overwhelming for her.

THEME:

This movie teaches us, it's not always the words that convey message but silences speak louder. The duo uses clouds even to tell their stories. Janki herself became a survivor following deep despair and suicidal ideation so she could connect herself with Kaasav and Nish. Dr Mohan Agashe (Datta Bhau) is himself a psychiatrist who has helped and contributed immensely in this movie. Little Parshu is the most adorable node of the movie, Symbolically even he is finding a home and umbrella to heal by demise of his grandpa like Nish.

KAASAV IS A RESULT OF AN EMPATHY TOWARDS HUMAN WHO BATTLE THEIR MINDS.

DIALOGUE INTERPRETATION: "मला एकटेपणा हवं असते तसेच त्याला पण हवं असते" (I like loneliness even he likes the same) "सवांचा सुखाचा वयाख्या वेगळा असते" (definition of happiness defers from person to person)

"एकटा बसणार तर एकटाच लागणार ना" (if you isolate yourself, you will feel lonely).

"शिकडो contacts असता बोटाचा टटपावर तरीही एकटे राहतो" (hundreds of contacts at fingertips yet lonely)

"आमचा वेळी बरं होत्या, बेबंद होण्याची वेळ नव्हती, कततव्य खखित असायचे होते, त्याचे माघे जात नसते" (During our times, hardly temptation to freak out, responsibility took over us)

"माझा काितव मन लागत नाही, समजलं समजलं, मी तुला सांगतो एकच वळी एकच करायचं भजी खायचे तर भजी खायची. चाय पपऊची तर फक्त चाय पपया आखण दोन्ही एकदम खुंबला की थसकु लागते लोग" (Par-

shu's philosophy, one thing at a time)

"कु टुंबाची व्याख्या बदलायला हवी आहे, कु टुंब हा वासधरला पण मनाचा नात्यानं नुसत्या रक्त्यांचा नाताने कु टुंब थांबणार नाही." (Definition of family needs to be changed)

CRITICAL ANALYSIS LITERARY PERSPECTIVE:

The movie starts with a dull note and a sense of giving up on the complexity of human behaviour. The first scene starts with a mystery to what is going on with the lead character Maanav as he stands at the edge of walkover bridge not caring about anything as his charger fell on the street he stood and watched it get destroyed. We see him slip into a depressive episode and attempt suicide. This scene has managed to create utmost impact on viewers with just the first scene as it leaves each individual feel the power of helplessness casted within.

The movie is set up in Mumbai initially, there are visuals of traffic and noise and a very real depiction of state of mind which many can relate to. As we excavate more about Manav's character we

understand he is an individual who has lost too many people in his life and hence now sees no point in living anymore. The same attitude progresses as he rips his iv tube after surviving and wanders to places, he does not think about. When Janki enters the movie, we see a growing liking for nurturance of her towards Ma- nav only because she understands what he is going through because Janki herself has faced this mental health condition. She understands depression in the ways everyone would not. Most of all she understands that this is a disease and needs treatment, nurturance and empathy. We see she provideshim with a shelter over his head when no one would bother to call the helpfor him. Very distant in remote area of Konkan, a scenic place with beautyand ocean at footsteps. It is also important for us to note this that the environment has played a significant role in improvement of Manav's health along with the care and efforts of Janki. We see her striving hard along with coping with her own triggers which have been caused due to Manav. She does not impose any- thing on him but works with him with utmost patience. They enjoy sciencetogether, which is the best part of the movie. She does not go through his stuff until she feels it is quite necessary, hence we get the importance of maintaining a boundary. All the characters bond well in the movie and try tounderstand things from each other's perspective, this movie shows and tearsthe divided line between privileged class who are educated and can afford mental health treatment to those who do not understand what mental illnessand consider it as a taboo nor can they afford it even if they want to. Everylittle progress Manav makes rejoices the audience. From the person who has dejected life to the person who smiles happily and takes care of another orphan child, the development has been remarkable. The lights in the moviewere very well used giving the whole movie an aesthetic makeover.

Title of the movie is Kasav which means turtle, sea turtles play an importantmotive in the movie without taking up the whole movie by its foot. They symbolize that no matter how hard life gets, one has to keep going on.

PSYCHOLOGICAL PERSEPCTIVE:

This movie was a soothing yet eye-awakening rollercoaster, giving us the glimpse of the lead character's mental state and that how he coped with grief to societal pressures and the psychological toll that consumes him but still is able to overcome it with love, care and support. The main character i.e., Maanav/Nish, when interpreted, has shown to be having symptoms of depression i.e.

1. Loneliness -

His parents weren't with him since his childhood or it can be possible that his parents esp. his father has been avoiding him since his mother passed away and the only support he had, his grandparents, too, left the world. This can be the reason why he's been like this.

2. Trauma -

Losing someone who is your everything has a huge impact on one's life and getting over that grief is even more difficult. Since Maanav lost his mother and grandparents, that trauma gets unbearable to a certain extent, when one is unable to get rid of that pain, one goes into a different mental state. Was an Indian I'll but accept the death, was overwhelming for him. So, it can besaid that he was stuck in the second stage of grief i.e., anger. Also, Janki, other lead character of the movie mind has gone through the same phase since it is shown that she is having traumatic flashbacks. So, placing herself in Maanav's situation, she has helped him out.

3. Self-harm -

This is the physical symptom which has clearly been seen at the very beginning of the movie. Him having himself give the satisfaction of pain, since the pain and burden that he was carrying on his shoulders was unbearable for him.

4. Anger -

As it can be interpreted that, when an individual is in the second stage of grief that is anger, that person is unable to release their thoughts of frustration and because of this, they might get aggressive. Similarly, Janki, whenever tried to have a conversation with Maanav, he would get angry, throw tantrums, aggressively and would leave the house or close himself up in his allotted room.

5. Confusion -

There were many a times where Manav seemed to appear confused. Seemssuch as him reaching Goa, Janki asking him about his whereabouts, can give us an image about this. Depression affects the thinking pattern of an individual which leads to problems such as forgetfulness or confusion. It becomes difficult to focus on work or other tasks which can be described in one of the Janki's flashbacks and even in Manav's school life.

This can prove that he was suffering from depression and that in order to overcome this Janki help him by asking her doctor for suggestions since she was not a psychologist herself but she willingly wanted to help him out. So, the journey of recovery begins with Janki comforting Manav in a silent yet comforting environment, trying to make it familiar for him, this was the first time. Secondly, she worked on making him talk but not forcefully. Though, it led to him thrashing things out of anger he finally opened up to her and slowly started to talk about his problems which eventually lead to Janki knowing about the reason of him falling into depression. This made her look into this situation empathically, is the most important part of therapy and helped him come up with grief in various ways such as singing, giving a helping hand to Parshu, the cook, Yadu and even Janaki. Earlier he used to remain isolated but as the therapy proceeded changes appeared in him first stop is started to smile, sing, be interactive and be happy once again it was a slow process but it was a good one, giving a positive outcome out of it.

CONCLUSION

After interpreting 'KAASAV', we would recommend you to watch this movie with the reason that it has clearly shown how real depression actually is, i.e., person becoming lonely to the extent that the person might start having suicidal thoughts and feelings; pent - up anger unable to release it which may result into self-harming eventually getting into the state of confusion. Trauma being the major part of this which can be a possible chance of suffering from PTSD i.e., post-traumatic stress disorder, since male lead had lost his grandparents and that Janki leaving from the bond of marriage took a toll on her mental health. So, for her understanding the situation was comparatively easier. Though some characters such as Yadu (representing non-privileged society) were lacking mental health as a joke, at the end, they accepted that talking about one's mental health, especially in this generation, it is very important and that one should help that individual out rather than excluding them because after all, they are humans. Parshu's character was rather optimistic which represents those individuals who live positively for their lifetime even when they are struck with sudden but huge changes. It's heart-breaking and one would want to sympathize for that person. At the end, all it can be said that though it takes time to recover, it always progressive and that it will surely result into good outcomes.

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SILVER LININGS PLAYBOOK

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ABSTRACT

Oscar-nominated movie *Silver Linings Playbook* is a popular depiction of bipolar disorder and borderline personality disorder (BPD), the latter being not explicitly acknowledged in the film. In this review, the content of the movie, highlighting the diagnoses, symptomology and treatments of the characters has been presented. The protagonists, Pat and Tiffany, and Pat's friends and family have been examined as sources of influence on their lives and mental health, in the context of empirical research. The points of mental health stigma and dysfunctional relationships as added stressors have been explored. The portrayals of mental illnesses have further been scrutinized along with the treatment implications reflected. The review concludes with a note on cautiously using the film as an accurate but not adequate representation.

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INTRODUCTION

Representation of mental illnesses and disorders in the media have social significance and are of utmost relevance in these times. *Silver Linings Playbook* (2012) is a movie which has increased awareness about different mental health issues although as a Hollywood production its veracity is not unquestionable. Although the movie is a decade old, it did bring a fresh voice to the issue of mental disorders as reported by Patrick Kennedy, co-founder of a brain research organization - One Mind for Research. The film subtly posits the taking of medication in order to treat mental illnesses thus highlighting its importance in addition to the portrayal of familial and other interpersonal relationships.

REVIEW OF LITERATURE– CHARACTERS AND THE STORY

Olsen et al. (2016) reviewed *Silver Lining Playbook* particularly the role of women in the story. Tiffany is seen as taking on the role of an emotional caretaker in the movie. It is demonstrated in various scenes in which she helps Pat work through his struggles. One example of such an instance is when she promises to help Pat contact his wife. Both Pat and Tiffany are able to move into a comfortable space which allows them to help each other cope and overcome their individual struggles. Tiffany also acts as a mediator between Pat and his family members. Her role in Pat's life helps the Solitano family in reaching a stage of emotional equilibrium where family rituals are both valued and balanced.

'*Silver Linings Playbook*' is a story about a high-school teacher, Patrizio or 'Pat' Solitano, who has bipolar disorder. After spending eight months in a mental health facility, Pat is released under the care of his parents. In the time that Pat was away from home, multiple things happened such as his wife Nikki moving away and his father Pat Sr. getting out of work. Post his return, Pat is portrayed as a determined man who wants to get his life back on track and reconcile with his wife. As an outpatient, Pat is required to meet with his court-mandated therapist Dr. Patel who is an important character in the film. In one of his sessions with his therapist, Pat reveals the reason behind his hospitalization. According to him, he found his wife having an illicit affair in their home while their wedding song was being played. This triggered him into nearly beating the man to death. A noteworthy observation is Pat's refusal to believe that medication can in fact help him manage his condition.

Pat later meets Tiffany Maxwell who is a young widow and recovering sex addict. Pat is able to befriend Tiffany on the grounds of their shared experiences with medications they had to take.

Tiffany then decides to help Pat get in touch with his wife only if he helps her as a partner for a dance competition. This dance competition plays an important role in the movie as it could help Pat become a better man for everyone in his life. Tiffany gives Pat a typed reply from Nikki in which she hints that there may be a chance for reconciliation between them.

Pat's father, portrayed as having OCD, has resorted to bookmaking as a means to earn money and start a restaurant. He requests Pat to attend an Eagles' game and believes that his son is his good-luck charm. Pat concedes to his father's request and skips his dance practice with Tiffany. In doing so, he again falls in trouble with the police and is dragged away from a fight. Pat's father blames him for losing the match and ultimately all the money he had bet on. When Pat's father blames Tiffany for this, Tiffany explains to Pat's father how he was in luck when Pat would practice with her and the team would win all matches.

Believing Tiffany, Pat's father makes a parlay with his gambling friend on the conditions that Eagles' must win the match against Dallas and Pat and Tiffany must get 5 out of 10 points in their dance competition. Reluctantly, Pat agrees to take part under these conditions, he later realizes that Tiffany is the one who sent him the letter and not Nikki. On the night of the competition, Tiffany sees Nikki and gets upset about losing Pat to her. However, Pat gets her to ultimately perform and they manage to get exactly five points. Seeing Pat talk to Nikki, Tiffany gets upset and leaves. However, Pat chases her and is able to confess his feelings for her. Other important characters in the film are Danny and his best friend. Danny is believed to have ADHD and anxiety who was hospitalized following assaults while high on methamphetamine while the identity of his best friend seems to revolve around his income alone.

CONTENT

A mental hospital in Baltimore may not seem like an optimistic setting to begin a movie with. However, we later learn that Pat Solitano narrowly escaped prison. He was directed by the court to spend a minimum of eight months in a mental institution after the assault instead of being sent to a prison. At this point, it would be relevant for us to note that prisons are often used as dumping grounds for people with mental disorders. According to the World Health Organization, people (like Danny and Pat) who have committed assault and minor offenses which could at least partially be attributed to their mental disorders, like substance abuse disorders, are usually sent to prison rather than treated for their disorders. These disorders then continue to be undiagnosed and untreated (World Health Organization, 2005).

Pat was diagnosed with Bipolar I at the hospital after the incident where he beat up the history teacher, his wife's lover, when he walked in on them. As he narrates his experiences during that period to his psychiatrist, we can see him mentioning some of the distinguishing features of Bipolar I, for instance, the presence of mania. His persecutory delusions, which he alluded to at a point, and the requirement for a hospitalization due to impairment in social functioning indicate mania. After his return from the hospital, a hypomanic phase can be seen which was marked by decreased need for sleep, his talkativeness and irritable mood. His fixation on reuniting with his estranged wife was further an example of goal-directed activity. His absorbed reading, throwing the book out of the window and waking his parents up to rant about Ernest Hemingway pacing around rapidly are signs too. These symptoms meet the diagnostic criteria for hypomania as listed in DSM 5 (American Psychiatric Association, 2013). Coming back from his hospitalization, Pat started seeing his psychiatrist and therapist, Dr. Patel. He was prescribed medication and was also encouraged to develop strategies to avoid his trigger points.

His friend Ronnie seemed to be struggling with problems of his own, he said that he is feeling crushed

and suffocated, especially with regards to marriage and the constant demands from the “family, the baby and the job”. It is easy to see Ronnie as a victim of his circumstances. However (Schneiderman, Ironson & Seigel, 2005), while stressors have a major influence upon mood and our sense of well-being, the relationship between psychosocial stressors and its effects are mediated by factors like the individual’s coping strategies, response and cognitive beliefs. Ronnie is seen to engage in some cognitive distortions or dysfunctional beliefs that might have contributed to his continued stress. He says “You can’t be happy all the time. You just do your best. You have no choice.” Also, while he confesses that he is unhappy to Pat, he doesn’t seem comfortable with acknowledging it in front of others and seems unlikely to seek help from a professional. Pat seems to realize that Ronnie is not addressing the situation, and that he is only repressing it and keeping up appearances. This is one of the many points in the movie where the viewer actually feels that Pat and Tiffany, the ‘crazy’ ones, are getting more functional than the ‘normal’ people around them.

As for the ‘therapy’ that Ronnie says he does, breaking things in the garage, it is another unhealthy coping mechanism. It is related to the recent trend of rage rooms, places where people go to reduce their stress by smashing furniture and houseware with sledgehammers. According to Christie Rizzo, associate Professor of Applied Psychology, rage rooms might be helpful for health people looking to blow off some steam, but he wouldn’t call it a form of therapy. In fact, according to him, it’s more for people seeking something fun and different and less for people who are dealing with actual anger issues. That, he says, is the last thing they need to do. He recommends cognitive behavioral therapy instead which among other things aims to change thought patterns (Kornwicz, 2017)

Though the mental illness of Tiffany’s character is unnamed, the presenting features indicate a borderline personality disorder (BPD). Her symptoms included frantic efforts to avoid of real or imagined abandonment, which she tried by engaging in reckless sexual behavior indiscriminately. Even with Pat, at the end of her first meeting, she offered him sex, which the viewer later learns is her attempt to befriend him. Her relationships were marked by idealization and devaluation, which is best reflected during the scene where she tells Pat, “I used to think that you were the best thing that ever happened to me but now I think you might maybe be the worst thing, and I’m sorry that I ever met you.” Her impulsive indulgence in sex and drinking was self-damaging. Her feelings of emptiness and her emotional volatility have further been highlighted in the film. She also displayed bouts of inappropriate and intense anger. The outbursts of anger in people with borderline personality disorder tends to stem from perceived abandonment (Koenisberg, 2000). At one point, her mention of having a depressive episode corroborates the data suggesting comorbidity existing between depression and BPD. Tiffany’s treatment was also through medication.

The major aspect of the plot which brings Pat and Tiffany together, dance, was shown to be therapeutic in itself. While it was not a formal dance therapy that was shown in the movie, both characters showed improvements in their symptoms because of regular dance sessions. Tavormina and Tavormina (2017) found improvements in the ratings obtained on Social and Personal Functioning Scale (FPS) for patients with mood disorders after regular group dance therapy sessions. The sample included people diagnosed with BPD and bipolar disorder among others.

It was mentioned often during the movie that Pat’s father has Obsessive-Compulsive Disorder, especially by other characters in the movie, but an official diagnosis is not shown. Pat’s father is also described as an ‘explosive guy’ who is no longer allowed to attend the Eagle games because he beat up too many people. It is clear that Pat wants to consider himself separate from his father and did not seem to bond too well with him until a point. According to a review at Sather Health in Berkeley however, Pat’s father does show symptoms of OCD, arranging his remotes at a certain angle, making people sit in certain positions, being paranoid about his envelopes etc. His father also seems to be destructively or excessively preoccupied with football and betting, to the point of manipulating and aligning everything and everyone else to achieve his superstitions and goals.

CRITICAL ANALYSIS

There are numerous insights that can be drawn from the movie. The initial focus goes to the family dynamics of the Solitano family, which appears dysfunctional. While Pat's father seems to be overly superstitious and over-bearing, his mother seems on edge. Pat's brother, Jake, has been shown to have a comfortable life and favored upbringing. These environmental factors can be related to Pat's condition as family environments of children with bipolar disorder are found to have lower levels of family cohesion, expressiveness, active recreational orientation, intellectual cultural orientation and higher levels of conflict (Belardinelli, 2008). More stressors came in the form of a bad marriage with unhealthy communication and ugly episodes of conflict, which ended in Nikki cheating on Pat—becoming a triggering event for him. Once unwell, the individual gets demonized and rejected by the society, as was seen in the histories of Pat and Tiffany. The circumstances of their life, such as unemployment, further prevented their condition from improving. Their loved ones might also indulge in expressed emotion, i.e., hostile comments or emotional over involvement with a family member having a mental illness. This was visible in the treatment Pat received from Nikki when he remarked she considered herself as superior to him. Presence of these stressors can be a result of having a mentally ill member, or can also make a vulnerable member more susceptible to developing an illness, creating a vicious cycle which traps the patient.

Well-intentioned attempts from misinformed family members can also have negative consequences, which could be seen in Pat's mother taking him out of the hospital prematurely, his father sending him to watch a match as a way of strengthening their relationship, and his brother, Jake's brutally honest conversation about Pat having nothing while him living the ideal life.

The silver linings in the plot include Pat getting better after meeting Tiffany, dancing and exercising daily. This bond indicates a form of social support and stress release mechanisms— which have been linked to many positive outcomes including prevention of recurrence in bipolar patients (Cohen, Hammen, Henry & Daley, 2004). Our inference is that this depiction, though realistic, should not be mistaken for causality. In a condition like bipolar disorder, the importance of medication cannot be ignored. There were subtle mentions of Pat getting more regular with his medicines (such as his dialogue with Nikki in the end) which could have been emphasized more, especially since his character was shown to avoid medicines in the beginning. The movie does buy into the cinematic trope of love being the ultimate medicine, but the viewer must be made aware of the undebatable value of intervention and treatment. Additionally, the idea that coming out of a psychiatric hospital without a doctor's recommendation can allow one to get better is misleading. A better picture of the significance of treatment completion could have been painted.

It must also be noted that Dr. Patel's approach to treating Pat raises certain questions. He explicitly flouted the guidelines pertaining to multiple relationships between a therapist and their client by joining Pat to an Eagles' game, accompanying him to his house and attending his dance competition. Other aspects of his approach, such as using triggering music when Pat came back, and recommending that Pat not take medicines also raise many concerns. Ultimately, Dr. Patel's character in the film should not be looked up to as an effective mental healthcare provider.

A very sensitive aspect that the movie expertly delivers is the portrayal of stigma surrounding mental disorders. Distinct reactions were elicited from different characters upon their interactions with Pat. His old school's principal acts afraid of him and attempts to avoid him, his brother's friends make insensitive remarks about him getting discharged from the hospital and a teenager in his neighborhood jumps at every opportunity to record Pat having an episode. Even within the population of mentally ill patients, there comes a divide as depicted in the scene where Pat implies that Tiffany is "crazier" than him. Subtle or loud, mental health stigma comes in all forms and places

unwarranted stress on the sufferer. The police officer given Pat's cases also harasses him at certain points without knowing the entire situation, and it was clearly displayed that his approach was unhelpful. It dehumanizes the individual and reduces them to being a specimen of the illness. By showing the characters' personalities beyond their disorders, the film allows the viewer to empathize with patients of mental disorders.

Despite that, the depiction of bipolar disorder seems to be fairly accurate. However, an incomplete picture of the disorder is provided as there was no mention of a depressive episode. In fact, the lows in Pat's life were very likely to trigger a major depressive episode. In the case of Tiffany's BPD, the representation seems appropriate. Due to lack of focus on her character, it is unclear how successful her treatment regimes have been. Moreover, personality disorders show slower response to treatment due to their inherent nature, so the lack of dramatic improvements within the course of the storyline is practical. To summarize, it can be said that *Silver Linings Play-book* does justice to most of the subjects it takes up.

In conclusion, the movie does an effective storytelling of the journey of two individuals grappling with mental illness and traumatic events. It helps convey a sense of empathy to the spectator, which is much needed to destigmatize mental disorders. While the depictions in the film are technically accurate to a great extent, it is not advisable to use it as a source on which one bases their understanding of disorders on.

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BLACK SWAN

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ABSTRACT:

People usually strive towards being perfect to compensate for a sense of incompetence. People who want to be perfect generally have an exaggerated sense of their inadequacies. Medical studies have revealed that people who are perfectionists often suffer from various psychotic, mood, and anxiety disorders. Your personality can gradually change throughout your life. However, unusual personality changes may be a sign of a medical or mental disorder. The way you think, feel, or act causes you intense distress, deviates strongly from societal expectations, or causes you to have difficulty functioning normally. In this movie, Nina's desire to be perfect causes her mental exhaustion and cognitive confusion which leads into a roller coaster of emotional trauma which she has no idea how to overcome. While the film does an excellent job of depicting the terror associated with psychosis. Nina is suffering from far too many psychological issues. She exhibits symptoms of an anxiety disorder, including obsessive-compulsive behaviors. She also exhibits self-harming behavior and signs of an eating disorder. She dabbles with substance abuse. She has psychotic episodes, if not full-blown psychosis. A personality disorder could also be argued. It is highly unlikely that all of these elements could coexist in one person, especially a ballerina performing at such a high level.

INTRODUCTION:

Approximately 1 percent of the population suffers from either psychotic or a personality disorder. These conditions are most commonly found in people in their late teens to early thirties and affect men and women equally. And these disorders are often genetic. Many factors that define our lifestyle lead to various mood disorders. They are likely caused by an imbalance of brain chemicals. Stressful life events also increase the vulnerability to a depressed mood. Mood disorders also tend to run in families.

The name of the movie stands by the very meaning of the term "Black Swan". The black swan theory is a metaphor that describes an event that comes as a surprise, has a major effect, and is often inappropriately rationalized after the fact with the benefit of hindsight. The movie Black Swan is a tragic story of a young woman's tragic journey who goes through her psychosis. Psychosis is a loss of contact with reality that usually includes false beliefs or delusions, and seeing or hearing things that are not there. It is a symptom rather than a disease and can be caused by a variety of triggers: exposure to drugs like amphetamines, epilepsy, a brain tumor, dementia, or psychiatric disorders like schizophrenia. In this movie, we can also see her obsession to be perfect all the time which also leads to an eating disorder, OCD, anorexia, bulimia. (Even the lead actress had to lose 20 pounds for the movie). Movie's genres are drama, thriller, horror, and mystery therefore, there are possibilities some scenes can be dramatic and may portray stereotypical symptoms.

Moses, Rousseau, Dostoevsky, Queen Victoria, Lincoln, and even the composer of Swan Lake, Pyotr Ilyich Tchaikovsky is believed to have suffered from periodic attacks of major depression. It is a severe form of depression that interferes with concentration, decision making, and sociability.

The most common mental disorders are mood and anxiety disorders. Mood disorders lead to disturbances in emotions and feelings severe enough to interfere with normal living. The most common psychotic disorder is schizophrenia. Patients with this condition experience changes in behavior, delusions, and hallucinations that last longer than six months. Those diagnosed with this type of disorder often show a decline in social function, school, and work.

Patients that have false, fixed beliefs involving real-life situations that could be true, such as having a disease or being conspired against, are diagnosed with delusional disorder. These delusions persist for at least one month. The majority of researchers now agree that most cases of psychosis are caused

by a combination of inherited genetic factors and external environmental vulnerability factors. Personality Disorders where the way that you think, feel, or act causes an intense distress, deviates strongly from societal norms, or causes difficulty to function normally. Some studies suggest that the higher the perfectionism is, the more psychological disorders you're going to suffer

– Sarah Egan

"It's something that cuts across everything, in terms of psychological problems," says Sarah Egan, a senior research fellow at the Curtin University in Perth who specializes in perfectionism, eating disorders, and anxiety. "There aren't that many other things that do that." Some studies suggest that the higher the perfectionism is, the more psychological disorders you will suffer." Research shows that maladaptive attributes like beating yourself up for mistakes or feeling like you cannot live up to parental expectations make you more vulnerable to such disorders. "Black-and-white thinking can lead perfectionists to interpret failures as catastrophes that, in extreme circumstances, are seen as warranting death," the researchers wrote. "Our findings also join a wider literature suggesting that when people experience their social world as pressure-filled, judgmental, and hypercritical, they think about and/or engage in various potential means of escape (e.g., alcohol misuse and binge eating), including suicide."

LITERATURE REVIEW:

1. Sigmund Freud proposed that the mind is divided into three components: id, ego, and superego and that the interactions and conflicts among the components create personality (Freud, 1923/1949).

Id: It forms the basis of our most primitive impulses. It is driven by the pleasure principle — the desire for immediate gratification of our sexual and aggressive urges. It is completely unconscious and drives our most important motivations, such as the sexual drive (libido) and the aggressive or destructive drive (Thanatos). It is why we engage in substance abuse and other harmful behaviors, often at the cost of doing more productive activities. It is not evil; it is concerned with survival and immediate gratification.

Ego: It is based on the reality principle and deals with reality. The ego is the largely conscious controller or decision-maker of personality. The ego serves as the intermediary between the desires of the id and the constraints of society contained in the superego.

Superego: It is the moral center of our personality. The superego contains the conscience part of the personality and produces guilt depending on how acceptable the behavior is.

2. Diathesis-stress model:

Donald H. Rubinstein (1986) developed a stress–diathesis theory of suicide, in which the emergence of psychological disorders results from an interaction between an individual's inherent vulnerability (genes) for developing the disorder and the individual's experience of stressful events. Suicide and attempted suicide are complex behaviors, and a large number of proximal and distal risk factors have been identified (Hawton and van Heeringen, 2009).

3. Perfectionism is the incapability to be content about anything until it is perfect. There is no wrong or right to be a perfectionist as long as it is good for your mental health. It can hurt our self-confidence and body image, destroys relationships and cause isolation. Perfectionism usually prevents healthy relationship formation. The love to become a leader in perfecting a relationship is also seen. If a perfectionist keeps making their way, their partners will start to feel left out or do not have the power to speak or act. To sum up, hurting our self-confidence and body image, relationship damages, and

feelings of isolation are the causes of perfectionism that should not be practiced by ourselves. Even though perfectionism is great since it allows us to set a high purpose to accomplish our goals or dreams, they also easily face failure because they tend to set their standards that maybe cannot be reached by humans. We as a future generation must avoid not to be too perfectionist because mistakes help us to learn something good from them. There are many ways to reduce their perfectionism's life but before that, they must set their new mentality towards life by starting to think in a new direction such as thinking your flaws and imperfections are what make you unique or mistakes are a normal part of everyday life. I believe they will get a chance to change even if it takes time.

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ABOUT MOVIE:

Characters:

- 1) Nina Sayers: The Swan Queen (Natalie Portman)
- 2) Lily: The Black Swan (Mila Kunis)
- 3) Thomas Leroy: The Gentleman (Vincent Cassel)
- 4) Erica Sayers: The Queen (Barbara Hershey)
- 5) Beth Macintyre: The Dying Swan (Winona Ryder)
- 6) David: The Prince (Benjamin Millepied)

Plot:

"Black Swan," directed by Darren Aronofsky, is a full-throttle melodrama rendered with passionate intensity, gloriously and profoundly bizarre. It revolves around Natalie Portman's heroic performance, which echoes the fight between good and evil in Tchaikovsky's ballet "Swan Lake." It is nothing to get lost in your work. The ballerina depicted by Natalie Portman goes ballistic. Classical ballet lends itself to excess in every way. Grand gestures, the appearance of triumph over reality, and even the force of gravity are all part of the art form. Nonetheless, it necessitates years of strict perfectionism from its performers, the kind of physical and mental training that takes precedence over everyday life. Nina Sayers, Portman's character, is plagued by this tension between ideal and reality. Her entire existence has been oriented to the art of ballet. Erica (Barbara Hershey), her mother, formerly a dancer and now commits her life to her daughter's vocation. They share a modest apartment that feels like a haven at times and a cage at others. They hug each other and behave like sisters. Something just doesn't feel right. Nina performs with a group directed by the dictatorial Thomas Leroy (Vincent Cassel) at New York's Lincoln Center. His current season, which will "reimagine" the classics, alludes to his ego's reach. He's auditioning for a replacement part after leaving his former prima ballerina and sweetheart, Beth MacIntyre (Winona Ryder). The main protagonists in "Swan Lake" must play two contradictory roles. Nina is without a doubt the White Swan's finest dancer. Thomas, on the other hand, thinks she's too "perfect" for the Black Swan. She dances with technique rather than emotion. Nina and Thomas are at odds, and suddenly Lily (Mila Kunis), a new dancer from the West Coast, comes. She is everything Nina is not: brash, carefree, and certain. Nina is enthralled by her, not just as a competitor but also as a role model. We believe

Nina has never gone on a date, let alone slept with a guy, because Lily is, among other things, a visibly sexual person. Lily is both a professional and a personal struggle for her. The beast, Thomas, is notorious for having relationships with his dancers. Cassel plays him with menacing arrogance, and he has designs for the virginal Nina. This causes a mental dilemma for her: how can she release herself from her mother's technical excellence and sexual restraint while remaining faithful to their incestuous psychological relationship? Backstage rivalry, artistic envy, and a magnificent piece of art mirrored in the lives of those performing it are the basic plot supports of "Black Swan." Aronofsky deviates disturbingly from those dependable rules into Nina's thoughts. She starts to get her boundaries mixed up. The film begins with a dream, and it soon becomes evident that her waking and dream lives are intertwined. Aronofsky and Portman are unafraid to pursue this wherever it leads them. She's never portrayed a character as obsessive as this one, and she's never faced a larger physical challenge (she prepared by training for 10 months). She manages to go over the top while remaining in character: even at the extremes, you can't tell she's acting. The other performers are like dancing partners, lifting her in the air. Barbara Hershey gives a finely calibrated portrayal as a mother whose love is genuine, whose flaws are concealed, and whose own perfectionism has been focused solely on the birth of her daughter. Nina's sorrow, like that of many young artists and athletes, is that perfection in one aspect of life has resulted in sacrifices in many others. Everything gets concentrated on pleasing someone (a parent) from an early age. A summing-up is customarily conducted in the third act of many ballet based plays. "Black Swan" is a work of art. All of the music's and life's themes, all of the analogies of tale and ballet, all of the uncertainty of reality and fantasy come together in a great ecstasy of towering intensity. There's only one place this can lead us, and it does. It is perplexing; it is best not to spend too much time attempting to figure out exactly what happens in fact, and it becomes hardwired into the human that he or she can never be satisfied. Except for life itself, one becomes excellent in all areas.

CRITICAL ANALYSIS OF CHARACTERS AND DISORDERS:

Nina is a gifted ballerina whose stress intensifies as she works to perfect the role of the Swan Queen in her professional ballet company's production of Swan Lake. A role that will require her to play both the gentle white and the seductive black swans. But in the process, she will have to shed her "sweetgirl" persona and embrace her darker side to fully embody the role and to please her demanding and sexually aggressive director. "It was intense and disturbing and fascinating and mysterious," said Nadine Kaslow, vice-chair of the department of psychiatry at Emory University and psychologist to the Atlanta Ballet. "What was a hallucination and what was real? When people are psychotic, it's difficult, even as a therapist, to know what's real and what's not."

After securing the role, Nina is asked to "lose herself" to play the black swan, and so she does. Nina is pushed beyond her limit from all angles of her life. In visual hallucinations, she sees a black-clad version of herself across the subway platform and again in the maze of hallways at Lincoln Centre. She also conjures up an array of fantasies and delusions, including a lesbian love scene with Lily.

"But speaking as a psychiatrist," said Dr. Steve Lamberti, professor of psychiatry at University of Rochester Medical Center. The film did not accurately depict schizophrenia, as has been widely speculated, but "does present a reasonable portrait of psychosis. People tend to be scared of things they don't understand," he said. "If you have never treated or observed a person with psychosis, it's upsetting."

She is also shown engaging in a co-dependent relationship with her smothering mother, who still treats Nina as a young girl. Nina's mother appears to be living vicariously through her daughter's accomplishments, reminding Nina that if it were not for her, she would not be successful. The genetic link is an established risk factor for the development of schizophrenia. While viewers are uncertain

of her mother's mental illness status, the genetic factor may be present. This magnitude of stress is a precipitating factor of Nina's symptoms. Nina is in her early twenties and is socially withdrawn, two common elements in patients experiencing their first psychotic episode.

Throughout the film, Nina and the viewer find it difficult to distinguish reality from psychosis. The symptoms begin as visual hallucinations in which she sees an eerie version of herself in various situations; she even sees her stuffed animals and her mother's paintings mocking her. Hallucinations often present as auditory as opposed to visual; however, visual hallucinations provide a more profound experience for the viewer. Nina also displays a paranoid delusion that her colleague, Lily, is after her lead role. In one scene, Nina engages in uncharacteristic reckless behavior with Lily, in which they go to a club and take ecstasy. Ecstasy, a powerful hallucinogen that Nina and Lily take in one libidinous scene, can also trigger a psychotic event.

Lambert also suggests that the repeated vomiting and weight loss in the days leading up to her final performance may have caused an electrolyte disturbance that could have contributed to the psychosis. The film took liberties with a host of anxiety disorders: anorexia, bulimia, cutting, and obsessive-compulsive disorder (OCD) -- most of which would not all appear together, say psychiatrists. It is unknown whether this drug use is linked to her psychotic symptoms, but this incident leads to further visual hallucinations involving Lily and defiant behavior against her mother. As the film progresses, Nina completes her transformation into the Swan Queen. She continuously scratches a specific spot on her back, which viewers are told she has done in the past. This behavior develops into the visual and tactile hallucination of Nina sprouting wings. Furthermore, at her final performance, her feet become webbed and her neck elongated. Throughout the film, the progressive disorganization of Nina's behaviors and thoughts is evident.

Nina also exhibits symptoms of other mental illnesses. Characteristics of an eating disorder are shown in Nina's behavior. In one scene, she is repulsed by the sugary cake her mother brought home as a celebratory treat. The movie also alludes to her purging habits. Additionally, Nina's constant fixation on achieving perfection displays elements of an obsessive-compulsive personality disorder. "It would be fairly rare to have a psychosis and an eating disorder," he said. "People with psychosis are not in touch with reality. With eating disorders and OCD, they are too in touch with reality."

The movie does not explain Nina's diagnosis, nor does it show her receiving treatment, which left interpretation of her mental illness to the audience. The film does an excellent job of depicting the symptoms of psychosis, giving the viewer a feel for the fear and uncertainty experienced by the individual. However, the film dramatized a few elements of mental illness to deliver a more impactful viewing experience. Overall, this movie provided insight into the severity of psychotic disorders, as Nina's illness ultimately progressed untreated.

THE COLOR PATTERN

The White:

Nina is young innocent, fearful, and fragile, who symbolizes childhood. The name Nina itself means "Little girl". She, being an exceptional ballerina has to face problems since the introduction of the Swan Lake Ballet in her company. For Swan Lake, Nina has to embody both the white and the black swan. However, Nina perfectly embodies the white swan, problems start with the role of the black. She lives with her loving and overprotective mother who is also oppressive and manipulative. Their relationship is very complicated as they have a very sweet mother-daughter relation, which becomes toxic at times. This environment is disturbing Nina's mentally. Erica's behavior seems much abnormal, she resembles sociopathy, which in Nina's case can be depicted that her mental condition is also a result of genetic factors. At the company, Thomas Leroy forces Nina to be perfect, to lose herself, to bring out her dark side. He forces her to model Lily which creates difficulties for Nina.

Lily, the new comer at the company is exactly opposite to Nina: free and calm. She symbolizes adulthood and embodies the black swan. These situations render Nina insecure and leads to her delusions and hallucinations which worsen her condition than Beth. Beth, to Nina, is perfect, an epitome of perfection that she idolizes. She even steals Beth's belongings. Later, when Beth is forced to retire and is hospitalized, Nina foresees her future in Beth and her short lived career. All these factors distort Nina's condition which lead her to have ailments of various mental disorders, her obsession for perfection leads to OCD (Obsessive Compulsive Disorder) as a ballerina she has to maintain her body thus she suffers from eating disorders also.

The Grey:

After landing the role, Nina is expected to "lose herself" to play the black swan. Thomas inquires about her sex life after the party, where she appears extremely hesitant to respond. When he says, "I got a little homework assignment for you, go home and touch yourself" it seems covey in a variety of ways, but it is important to note that Nina is sexually repressed, which indicates her feeling guilty about expressing her sexuality. As a result, she found it difficult to speak about it. Lily has already made her feel insecure, and she has fantasies: delusions about having a lesbian love scene with her. After the late-night outing, Lily insists Nina to take Ecstasy. When Nina's mother gets angry at Nina for being out, she slaps her, an act that someone like Lily would have taken offense to and probably helped Nina out of the house. Instead, Lily lets Nina drag her to her room, where the sex scene takes place behind a (supposedly) locked door in Nina's room. The death of her innocence and essence of the evil of the black swan after she thinks that she stabbed Beth when she visited the hospital. Nina becomes a copy of Beth. Like Beth, she led herself to self-destruction and lost her real self. Also, the definition of perfection given by the movie states that the path for perfection is the road to self-destruction because perfection can only be reached when you give yourself into evil or step out of your comfort zone and follow a dark path. Nina, for example, is conscientious about putting on her slippers, lining up her make-up in the dressing room, and washing her hands at every step. Viewers can see hints of eating disorder as she stares at a simple pink grapefruit for breakfast and rejects the fatty cake her mother buys to celebrate landing the part. Nina also makes frequent bulimic (bi-yo-mic) trips to the restroom to vomit. Her scratching was the wings growing from inside her, insisting on coming forth. When she later pulls a feather from herself, it was a symptom of her schizophrenia, but it was not a mere hallucination. It was poetically inclined to represent her too literally taking on this role of the Black Swan, both in the ballet itself and in her sense of identity.

The Black:

Now we will enter the Black Phase of the movie. Nina wakes up with socks wrapped around her hand as her mom informs her she has been scratching her back the entire night. This is a coping mechanism used by people diagnosed with OCD (As she was coming forth as a Black Swan). When Erica refuses to give her the door knob, we see Nina hurting her mother's badly injured hand. Her eyes turn bloodshot red like a black swan showing her making hasty decisions to reach the academy. When Thomas informs that Lily is already going to perform her part, (as her delusion of Lily being as evil, becomes even stronger). Confidently, Nina stunned Thomas by warning how he would not like to indulge in another controversy after Beth. While getting dressed we see her feet webbed just like a swan, depicting the early moments of transition. She gets nervous as she constantly imagines other ballerinas laughing at her, yet performs brilliantly, but loses balance imagining her doppelganger in one of the ballerinas. In the vanity, Nina imagines Lily trying to steal her part, but after constant provoking, Nina ends up stabbing Lily out of frustration while saying, "It's my turn." During the black swan performance, we see her evil personality coming through and giving an outstanding performance. As Nina transforms, we see her evil personality gaining its full potential. She covers the blood which was over-flowing out of the bathroom, but after interacting with Lily she realized that she had indeed stabbed herself and the rest was just a hallucination and Lily was perfectly fine. She ignored the stab and continued with the act. While standing on the podium we see her crying as she notices her mother among the crowd looking at her proudly as she makes her final

choice of completing the act. In her last moments, Nina finally approves of herself as she says, "It was perfect," and that she is perfect.

Conclusion:

Now we need to observe her more to start with diagnosis & treatment. Because the entire movie takes a month to complete. To understand the events taking place in Nina's life for one to diagnose we also need to know childhood. But as we don't know anything for sure. We can't state anything as a fact. In the competitive world of ballet, dancers need to look very skinny and lean for them to look their best on stage. There have been incidents where female ballet dancers have died from anorexia. The beauty standard in this industry could be what drove Nina towards her obsession with body image and perfection. The outside world may consider Nina a young and accomplished dancer, yet only a few can see beneath the glamour and perfection to realize what she gave in exchange for her success. Similarly movies like *Whiplash*, *The Red Shoes*, and *The Wrestler*. show us the extreme steps taken by people to attain perfection. In conclusion, even though many people would think of this film as disturbing or scary, we like it because all elements in this film are used in a meaningful and aesthetically pleasing way. All costumes, colors, camera movements, and editing are carefully placed to construct meaning. By showing the dreadful alongside the beautiful, *Black Swan* is striking even in its darkest moments. Instead of being overcome by fear, the viewers become fascinated by the beautiful aspects that they forget the violent or psychotic ideas behind it. Perfection is the enemy of good.

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BLACK SWAN

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ABSTRACT

Black Swan is based on Tchaikovsky's production of the Swan Lake ballet. It revolves around Nina, a passionate ballerina who strives to perfect every single one of her moves. Nina has to navigate her path to perfection while dealing with stress that comes with being a lead as well as the pressure of competing against a rival, her mother's nitpicking, the art director's sexual advances as well as her own repressed emotions. She suffers from anxiety, and symptoms of paranoia, hallucinations and delusions which lead to her psychotic break. She also exhibits traces of Obsessive Compulsive Disorder and Eating Disorder. The true nature of her diagnosis is never explained nor does she receive any treatment to help with her condition. Nina's struggle to connect with the role of the Black Swan is exhibited to the viewers in a terrifying, yet poetic manner.

INTRODUCTION

Black Swan is a 2010 American psychological horror film directed by Darren Aronofsky. The film stars Natalie Portman, Vincent Cassel, Mila Kunis, Winona Ryder in the leading roles and revolves around Nina's journey to perfection.

LITERARY CONTEXT

The protagonist, Nina Sayers, is a determined ballet dancer. She had given up her career as a ballerina when she got pregnant with Nina and it's clear they have a strained relationship. Erica is portrayed as an overbearing narcissistic parent who treats Nina in a very childlike manner, trying to control every aspect of Nina's life.

When the prima ballerina of Nina's company gets talked into retiring by the company's director Thomas, there is an opening for the spot of the lead in Swan Lake Ballet to play both the innocent and fragile White Swan [Odette] and the dark and sensual Black Swan [Odile]

In her audition, Nina perfectly embodies the White Swan but fails to portray the Black Swan. When she tries to convince Thomas to reconsider her audition, he tries to forcibly kiss her. She responds by biting him and leaves the office. The manner in which he makes sexual advances towards Nina makes it clear that he has done this in the past as well. He appears to be a manipulative and authoritative figure who bluntly abuses his power. When the cast list is put up, Nina discovers that she has been casted for the lead role, making her feel an added sense of pressure and responsibility. To celebrate Nina getting the part, her mother brings a cake that Nina clearly doesn't want to eat but is forced to do so after Erica threatens to throw it in the trash instead. While rehearsing for the play Nina is compared to Lily, a newcomer who in Thomas's eyes seems to be better at embodying the Black Swan. Nina sees as her prime competition as Lily has perfected the part Nina desperately wants to connect with.

As the day of the final show approaches, we see Nina growing more distressed due to her paranoia and growing pressure. One night before rehearsals, it appears that Lily turns up at Nina's apartment and asks her to accompany her for drinks. Erica objects against it but Nina goes out anyway. As the night progresses, Lily convinces Nina to take an ecstasy pill in her drink. Under its influence, Nina sleeps with two men at the bar. She returns home late and gets into an argument with her mother. Later on, she hallucinates sleeping with Lily.

The next day, Nina confronts Lily about the previous night but she denies any of it happening. Nina starts getting suspicious and is convinced that Lily intends to take her role especially after she gets selected to be Nina's backup.

Her hallucination starts to grow stronger and her injuries keep on increasing. Before the opening night, she experiences yet another psychotic episode during which she ends up harming Erica and collapses. Erica calls the agency and informs them that Nina won't be performing which leads to

them getting into a fight and Nina finds herself to be more confident as she stands up for herself. However, she runs a little late and finds Lily prepped to play the Swan Queen. Nina confronts Thomas and gets her role back.

As the ballet progresses, Nina hallucinations start again. After her act as the White Swan, she returns to the dressing room and hallucinates Lily in the dressing room mocking her, telling Nina to let her play the part instead. A fight breaks out between the two over who should play the part where Lily's face turns into the darker version of Nina. Nina ends up stabbing her and the face changes to Lily's. Hiding the body, Nina rushes off to the stage for her performance. During the performance, she feels herself turning into a real black swan. She receives a standing ovation, and returns back to the dressing room before the final act.

After the act, Lily shows up in Nina's dressing room to congratulate her. At that moment, Nina realizes that the whole scene had been a hallucination and she had stabbed herself instead. Nina still continues with her final act and performs as Odette. In the last scene, Odette has to throw herself off a cliff and Nina lands on a mattress. Nina hears the audience's applause as she lands on the mattress, with blood spilling all around her waist. Thomas, Lily and her batchmates gather to congratulate her, and notice the blood spreading. Thomas frantically asks Nina what happened to her and Nina calmly replies that she was perfect. In this way, Nina finally embodies the Black Swan in a way that consumes her entire being, and dies.

Mental illnesses depicted in the movie-

1] PSYCHOSIS

Under the added stress and pressure after being casted as Swan Queen, Nina experiences a "first-break psychosis". First-break psychosis refers to the first time a person experiences psychotic symptom. Psychosis is a condition that affects the way our brain processes information. It causes one to lose touch with reality and see, hear, or believe things that aren't real. Psychosis is a combination of symptoms that can be triggered by a mental illness, a physical injury or illness, substance abuse, or extreme stress or trauma or the presence of a genetic component. In Nina's case it is the stress from the pressure of a big role in the ballet added along with her mom's overprotective nature, her instructor's sexual advances and the pressure to perform better than Lily as the Black Swan.

Symptoms of Psychosis

The development of Psychosis is not a sudden symptom. It starts with gradual changes in the way a person perceives and understands the world. It may start affecting one's cognitive performances, causing them to experience trouble thinking clearly or concentrating, suspiciousness, stronger emotions than situations call for or no emotions at all. An individual may experience hallucinations, delusions, paranoia among other things.

Hallucinations are false perceptions that appear to be real but are not. Some Types of hallucinations that Nina experiences are -

- 1] Auditory hallucinations are false perceptions of sound. It may include hearing someone telling you to do something, or tapping noises, repeated clicking sounds, etc. Nina hallucinates hearing her mother's paintings call her out in her mother's voice.
- 2] Tactile hallucinations involve an abnormal or false sensation of touch or perception of movement on the skin or inside the body. After getting into a fight with her mom, Nina hallucinates, her legs breaking and she falls unconscious. Nina also hallucinates the irritation on her back, which leads to her scratching constantly and leaving injuries.
- 3] Visual hallucinations involve seeing things that aren't there. The hallucinations may be of objects,

visual patterns, people, or lights. One evening, Nina hallucinates her mother's paintings mocking her. Nina sees an eerie version of herself in various situations and hallucinates feathers on her body. Nina's hallucinations also show her attempts and progress to become the Black Swan as she tries to let go of things she represses and acts more freely. E.g. Nina hallucinates sleeping with Lily. She also hallucinates seeing Lily in her dressing room morphing into her own self and attacks her. She hallucinates attacking Lily and ends up stabbing herself as a result. Nina visualizes herself as a swan and towards the end, starts hallucinating swan-like features on her own body, e.g. scales on her body, webbed feet, elongated neck like that of a swan.

Delusions: Delusions are characterized by an unshakable belief in things that are not true. Nina experiences persecutory delusions i.e. the belief that someone is working against them. Nina believes that Lily is out to steal her role in the ballet and it makes Nina increasingly paranoid.

Paranoia: As Nina becomes suspicious that Lily wants to steal her role, she gets increasingly paranoid. Her behavior gets erratic to the point where she hallucinates stabbing Lily, but ends up stabbing herself. Nina struggles to differentiate between reality and the ballet and starts seeing Lily as the evil twin from Swan Lake even in her reality.

Anxiety Disorder: Nina also shows symptoms of an anxiety disorder. People with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. Along with other factors like stress and continuous pressure from Thomas and her mother, the added guilt Nina harbors for taking Beth's spot after her accident only adds to her anxiety.

2] **Obsessive Compulsive Disorder [OCD]**

Nina's obsessive compulsive nature is what her entire personality revolves around. She thrives to be perfect in her career; instances where she practices routines to the brink of exhaustion/ injury, her meticulous compulsions (which can be seen in a close-up sequence where she prepares her new ballet shoes) all point towards the presence of an obsessive compulsive disorder. OCD features a pattern of unwanted thoughts and fears (obsessions) that lead you to do repetitive behaviors (compulsions). These obsessions and compulsions interfere with daily activities and cause significant distress.

In another scene, she is seen arranging the five items she had stolen from Beth, in a perfect straight line, later she also tells Beth in the hospital that "I just wanted to be perfect like you." Her incessant back scratching can be considered a nervous tick, due to her anxious state of mind. There are times where she is seen self-harming [that later turn out to be hallucinations] which could be signs of her struggling to maintain that control and imagining that relief in the form of self-harm.

3] **Eating Disorders**

Nina shows very prominent signs of severe Anorexia Nervosa (purging type). This disorder is characterized by self-starvation and weight loss through practice of purging to compensate for the calories consumed. This behavior is driven by an intense fear of gaining weight. Nina is seen eating just a grapefruit for breakfast (self-starvation), complaining about how her stomach is in knots when offered cake, she is seen forcing herself to vomit on various occasions throughout the movie.

CRITICAL ANALYSIS

Black Swan as a psychological thriller is a captivating movie that keeps the audience on edge till the very end. As the movie progresses, Nina's mental health deteriorates as she struggles to master her

role as the Black Swan among other things such as her relationship with her mother, a new rival, her superior's sexual advances, etc. As Nina's sense of reality starts to crumble, it's hard, even as viewers, to differentiate between the reality and the hallucinations.

The movie very realistically depicts the inner workings of the mind of a person with acute psychosis and the thin line between what is real and what is a hallucination.

From a psychological point of view, it is rarely the case that a person suffers from psychosis as well as multiple other disorders [anxiety disorder, OCD, eating disorder]. The film goes overboard with the illnesses and her diagnosis feels unrealistic when considered in terms of a real patient. Moreover, OCD and Eating Disorder are two disorders that make a patient hyper aware of their surroundings and their behavior, on the other hand in psychosis a person loses their touch with reality. While Nina's diagnosis is left open to the viewer's interpretation, it is however established that she suffers from a combination of mental illness that could've been treated with psychiatric help and cognitive-behavior therapy.

The movie explores various themes such as obsession with perfection, themes of female sexuality, the world of ballet, mental illnesses, etc. It aptly depicts the reality of the ballet industry, what really goes on behind the stage; the hyper fixation on maintaining their body shape, the stress and competitiveness that the dancers have to face.

Some aspects of the movie have obviously been dramatized for the viewers, with the visual effects, swiftly changing camera angles, and the dramatic music. The film depicts her fragile mental state in its shots, unsteady camera angles, turbulent music, and rapidly changing choreography.

The movie portrays the effects of a narcissistic parent on the psyche of the child. Erica seems to be a narcissistic parent to the point where she guilt trips Nina into doing things she clearly does not want, disregarding the feelings of her daughter. E.g. threatening to throw away the cake, grooming Nina despite her protests to do it on her own. As a result, Nina too has narcissistic tendencies, and holds herself in high regard. She assumes her work to be best. Narcissistic parents often tend to pass on these tendencies to their children.

The movie also captures a phenomenon known as the Madonna/ Whore Dichotomy, where a woman is either perceived as pure or seductive, never both. This is seen through Thomas's perception when he compartmentalizes her two sides. Since Nina never learns to find the balance between the good and bad, it destroys her.

The movie makes use of mirrors to show Nina's own projections of herself. Since ballet requires an eye for detail and perfection, Nina is dependent on mirrors to judge her movements and perfect them. It is a medium for her to view herself and construct her identity around. In various scenes, we see Nina hallucinate different versions of herself in mirror and reflecting surfaces.

Black and white colors form the main palette for the movie, where black stands for the dark and sensual Black Swan while white represents the pure White Swan. Nina represents the white, while Lily represents a contrasting black. This can also be seen in the costume designing, as Nina dons light shades while Lily is seen in darker colors.

The movie integrates components of the Swan Lake ballet into Nina's life in a dark, yet poetic manner. The journey of Nina struggling to portray the Black Swan to perfecting the role and in a way, becoming the Black Swan herself keeps the viewers on edge until the very end.

CONCLUSION

Darren Aronofsky's *Black Swan* is an exceptional psychological thriller with a perfect cast. The movie dramatizes the theme of obsession for artistic perfection mixed with a psychological background, making it a thrilling journey. The melodramatic music, the enthralling visual effects and the beautiful cinematography, all contribute towards making it an unforgettable watch.

Thank you.

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BHOO L BHULAIYA

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Abstract

Multiple Personality Disorder (MPD), also known as Dissociative Identity Disorder (DID), is a psychological disorder in which a person has multiple personas. This study paper is written with DID in mind as one of the psychological issues depicted in Priyadarshan's film *Bhool Bhulaiyaa*.

The main focus of this study is on the various personas that the main character in *Bhool Bhulaiyaa* has to deal with. The thesis' major goal is to describe Avni's split personality Manjulika, who is the film's main character. The psychological approach is used in this thesis. The results of the analysis reveal that Avni has DID and has two distinct personalities as a result of a childhood trauma.

Introduction

Bhool Bhulaiyaa is a Bollywood movie directed in 2007 by Priyadarshan and produced by Bhushan Kumar and Krishan Kumar under the T-Series Films banner. The film commercially succeeded a lot and acquired critical acclamation from all around the world.

The film revolves around a small village. Badri is the head of a Brahmin family whose ancestral palace is believed to be haunted by a ghost of Manjulika, a Bengali dancer. One day, Siddharth and Avni, the son and daughter-in-law of Badri's elder brother, return to their native village from America and decide to stay for a month in their ancestral palace. Here, Siddharth is crowned as the righteous king to the throne. Events take a twist when Avni opens a locked forbidden room that contains the ghost of Manjulika with the help of Nandini who is Siddharth's cousin. Unnatural events start taking place inside the palace. Avni ends up falling in love with the place and begins to learn about Manjulika and her tragic story. Badri and Batuk Shankar try to ward off the evil eye with the help of a priest and philosopher Shri Yagyaprakashji Bharti, but unfortunately the priest has gone to London and is unsure when he might be back. They try to force back the so-called 'evil ghost' of Manjulika to her room with the help of a local priest Chhote Pandit but their attempt fails and the priest, after seeing the moving shadow of Manjulika coming towards him, gets taken aback.

Siddharth starts to suspect Radha for all the weird things going around. He thinks that she has gone mad, since he was supposed to marry her, but instead ended up marrying Avni. So, he calls his friend/psychiatrist Dr. Aditya Shrivastav to try to figure out what the problem is with Radha. Later, it is discovered that Radha is actually Badri's adopted daughter and that he brought her up as if she were his own.

Once Aditya reaches the palace, things start to become comical as no one in the palace likes him and thinks he is a fool due to the way he dresses and acts. Aditya starts to use modern analytical techniques to find out the reason behind the so-called ghost problem. He eventually realizes that Radha is not at fault, and that there was someone else behind it all. One night, while patrolling the palace, he also encounters the so-called Manjulika and dares her to strike. The ghost, in return, vows to take her revenge on the auspicious day of Durgashtami.

During the engagement of Nandini with Sharad Pradhan, Avni ends up spilling food on Sharad, and takes him away to get him cleaned. Aditya then notices that Avni is missing and so he asks Siddharth to help him find her. When they do, they see that there is a struggle between Avni and Sharad, and they eventually end up breaking the struggle and Siddharth begins to hit Sharad thinking that he was going to violate Avni. But, Aditya tells him that she is actually the culprit and that she has Dissociative Identity Disorder, a disease that affects the person's identity. To make sure that things work out the way they are supposed to, he must bring out Manjulika's identity. In order to support his argument, Aditya reveals that he has visited Avni's home-town to gather information about her childhood and he has factual evidence. He then asks the half-convinced Siddharth to provoke Avni in order to make her realize that something is wrong. When Siddharth does this, Avni shows the

personality of Manjulika before coming to her usual self, much to the concern of Siddharth, who asks Aditya to do anything to save Avni.

They then see her as Manjulika dancing to the tunes she had been dancing to with her love Shashidhar before the king killed him. Through this the sad love story of the old king Vibhuti Narayan, who loved a dancer, Manjulika, who, in turn, loved Shashidhar (the dancer in the same court) is revealed. Avni, while possessed by Manjulika's personality, imagined herself and Sharad, (whom she thinks is Shashidhar), dancing in the court of the king. This triggered Avni's disorder; she assumes the identity of Manjulika and tries to kill her own husband Siddharth, as she sees him as Vibhuti Narayan who killed Manjulika's lover and later locked her up in her room where she committed suicide.

In order to cure Avni of her illness, Aditya triggers Manjulika's personality and makes her promise to leave if Manjulika gets the opportunity to kill the king and have her revenge. Meanwhile the priest Shri Yagyaprakashji Bharti also arrives to visit Siddharth. With his help, during the ritual of Durgashtami, Manjulika is tricked and slays a dummy of Siddharth thinking she was killing the king. After the killing, Manjulika's personality leaves Avni for ever. Aditya hypnotizes the unconscious Avni and tells her that everything is fine and that she will continue her life as a happy and peaceful person. Everything ends well and Aditya tells Radha that he will send his parents if she is interested in marrying him.

Character Analysis

1. Avni Chaturvedi played by Vidya Balan- Avni is the main character of the story and the entire movie revolves around her and her DID. She assumes the character of Manjulika and tries to kill her own husband. As a person she has a very curious and a keen personality and tries to find out whatever is going on around her.
2. Dr. Aditya Shrivastava played by Akshay Kumar- he plays the role of a psychiatrist. Initially he was invited to treat someone else's disorder but eventually he figures out that the real problem was in Avni and not Radha. Since mental illness was not something common and easily acceptable, to treat Avni's disorder he follows a different method rather than targeting her directly.
3. Siddharth Chaturvedi played by Shiney Ahuja- Siddharth Chaturvedi is Avni's husband who has returned to his native place after almost a few years. Throughout the movie he has a very practical understanding and has dealt with things in a mature way.

Dissociative Identity Disorder

Dissociative Identity Disorder, previously called Multiple Personality Disorder, is usually a reaction to trauma as a way to help a person avoid bad memories. Dissociative Identity Disorder is characterized by the presence of two or more distinct personality identities. Each may have a unique name, personal history and characteristics. DID is usually the result of sexual or physical abuse during childhood. Sometimes it develops in response to a natural disaster or other traumatic events. The disorder is a way for someone to distance or detach themselves from trauma. Some of the common symptoms of DID are anxiety, delusion, depression, disorientation, drug or alcohol abuse. Usually they show symptoms by acting extremely weird and this occurs from the age of 5-10.

Mental Health portrayal in Bollywood

In India, mental illness is stigmatized to the point where seeking treatment is still frowned upon, implying that the actual number of persons who have come forth publicly with their struggles may be significantly smaller than those who are suffering silently. The unfavorable representation of mental problems in Bollywood films is frequently criticized. For a variety of reasons, such as stigma,

lack of understanding, and a focus on entertainment rather than education, the representation of mental diseases in films can be negative. Drama and tension are necessary for a film to engage viewers, and the mentally ill characters readily fulfil this requirement. The depiction of mental diseases in Indian cinema mirrored greater political and social issues. Some other movies portraying the mental disorders are as follow-

1. Tamasha based on Borderline Personality Disorder.
2. Dear Zindagi, it is based on anxiety.
3. Anjana Anjani based on depression and suicidal thoughts.
4. Karthik calling Karthik based on Dissociative Identity Disorder.

Symptoms of DID in Avni

Avni's symptoms include frequent shifts between the two personas, amnesia for the time when the other personality was dominant, and significant anguish caused by the behavior of the other personality. The first two symptoms are self-evident, but the third is crucial because the disease is serious and can impair a person's life significantly.

When Avni is in Manjulika's body, we observe how distressed she is and how she acts violently towards Siddharth. We can also see her pain when she tries to recall what happened while Manjulika was in charge, which could explain why she can't.

Critical Movie Analysis

In this movie, the mental problem that was covered was mainly Dissociative Identity Disorder. Some of the ways in which it was portrayed and we are sure that Avni had Identity Disorder were -

- Avni, our patient, has two unique identities/personality states. Avni is the original identity, while Manjulika is the split. Neither personality thinks or interprets the environment in the same way as the other. In truth, the contrasts or discrepancies in perceptions of oneself and one's environment are enormous. Avni is married to Siddharth and works as an archaeologist with a passion for history. Manjulika perceives Siddharth as the wicked king who murdered her sweetheart, prompting her to commit suicide. Manjulika imagines herself as a ghost hunting for and killing Siddharth in the palace.
- "Amnesia must occur, defined as gaps in the recall of everyday activities, crucial personal information, and/or traumatic events," says the second condition (Bhandari, 2020). This occurs several times during the film. The first instance occurred on the first night of the disturbances, when the maid screamed and awoke the entire family. Avni was the one who was breaking cameras and pushing pillars about the palace. During Nandini's wedding, it appeared that Shashidhar (the groom) was abusing Avni, which was a remarkable occurrence of this amnesia. However, at the time, Avni was Manjulika, who adored Shashidhar and was confused as to why he was rejecting her.

- “The person must be upset by the disorder or have problems functioning in one or more significant life areas as a result of the disorder,” says the third criterion (Bhandari, 2020). When Aditya tries to prove that the ghungroos are not antique, but rather a cheap imitation of what Manjulika wore when she danced at court, the audience senses Avni’s misery. Avni also becomes obsessed with learning more about Manjulika’s life before her Manjulika personality completely develops. After learning that she has several personality disorders, Avni wishes to shelter Siddharth from her disease. Manjulika, her split, wants to assassinate Siddharth since he is the evil monarch who murdered her sweetheart (Shashidhar) and forced her to commit suicide to avoid being killed.
- Avni’s disorder is clearly not affected by any physiological effects because she is characterized as someone who does not indulge in substance abuse. She also does not have any symptoms of other general medical conditions but does show headache and amnesia after she has transitioned from Manjulika to Avni. This is a clear indication that Avni’s symptoms are focused only because of DID. Some people with dissociative disorders have a tendency toward self-persecution, self-sabotage, and even violence (both self-inflicted and outwardly directed). We see these symptoms and behaviors translate clearly in both Avni and Manjulika.
- Avni would have felt Manjulika was talking with her and plotting her husband’s death if she had Schizophrenia and delusions as a result, even though this is not true. Avni, on the other hand, displayed identity change due to her DID. Avni changed her identity and combined it with that of Manjulika. She didn’t suffer Manjulika delusions; in fact, she identified as Manjulika. She suffered distortions in space, time, and situation as her identity changed, as demonstrated in the scene where Siddharth prohibits her to go shopping with Radha.

Way of treating the disorder in the movie

In order to cure Avni, Aditya manipulates Manjulika’s attitude and convinces her to pledge to leave Avni if she had the chance to murder the king and avenge herself. Manjulika is portrayed as crazy and deviant in the film, which deprives her of her sense of justice by deceiving her into believing that she has finally killed the evil monarch.

Aditya plans a rite with the help of Priest Yagyaprakash Bharti in which he would let Avni (Manjulika possessed) to exact her retribution on Siddharth (who she believes is Vibhuti Narayan), and after killing him, Manjulika shall release Avni. Aditya substitutes a dummy for her as she tries to land the deadly blow on Siddharth. Avni collapses after seeing Siddharth die in a possessed state.

The film aims to portray a typical science vs. superstition tale, with Akshay Kumar’s Aditya continuously at conflict with the family’s superstitious patriarch, who is determined to clean the house using religious means. Even when the patriarch’s chosen acharya turns out to be a psychiatrist, the patriarch’s methods of treating Avni remain based on superstition. The acharya never abandons his godman deception, complete with a posse of followers who insist that the ‘spirit’ possesses a khatra to the house, unwilling to even drink water polluted by said spirit in their home. In fact, the acharya is so adept at his work, that he instantly diagnoses the problem by reading the family’s horoscope, a method of mental illness treatment that I was sincerely unaware of. Even Akashy Kumar’s character, who is positioned as the foil to the superstitions of the patriarch constantly keeps repeating that the inhabitants of the house are in grave danger.

I feel that the way this movie was brought out to portray the mental disorders back in 2007, did wonders to the film industry and tried to break the stereotypes that believed in zero existence of mental health illnesses but there were some loopholes too.

The film attempts to portray a typical science vs. superstition narrative, with Akshay Kumar’s Aditya always at odds with the family’s superstitious patriarch. Even though the acharya chosen by

the patriarch for housework turns out to be a psychiatrist, their treatment of Avni is based on superstition. We must recognize that portraying mental health concerns and their patients as khatra never helps to raise awareness about the issue. Films that portray people with mental illnesses as hazards to themselves and those around them do no one any favors in a country where mental illnesses are largely stigmatized.

The treatment of Avni that we see in the film is based on superstition. The way she was treated basically is in a religious way. Scientifically this method is not usually applied and can lead to misunderstanding towards mental health illnesses. Though it leads to an imbalance between reality and fiction, psychiatrists in general have their own ways to deal with mental illnesses. Especially in a country like India, where mental illnesses are highly stigmatized, this way of treatment was justified during that time. Though Akshay Kumar was against the family's superstitious beliefs, he made an attempt to treat them in a way which would be acceptable to the family.

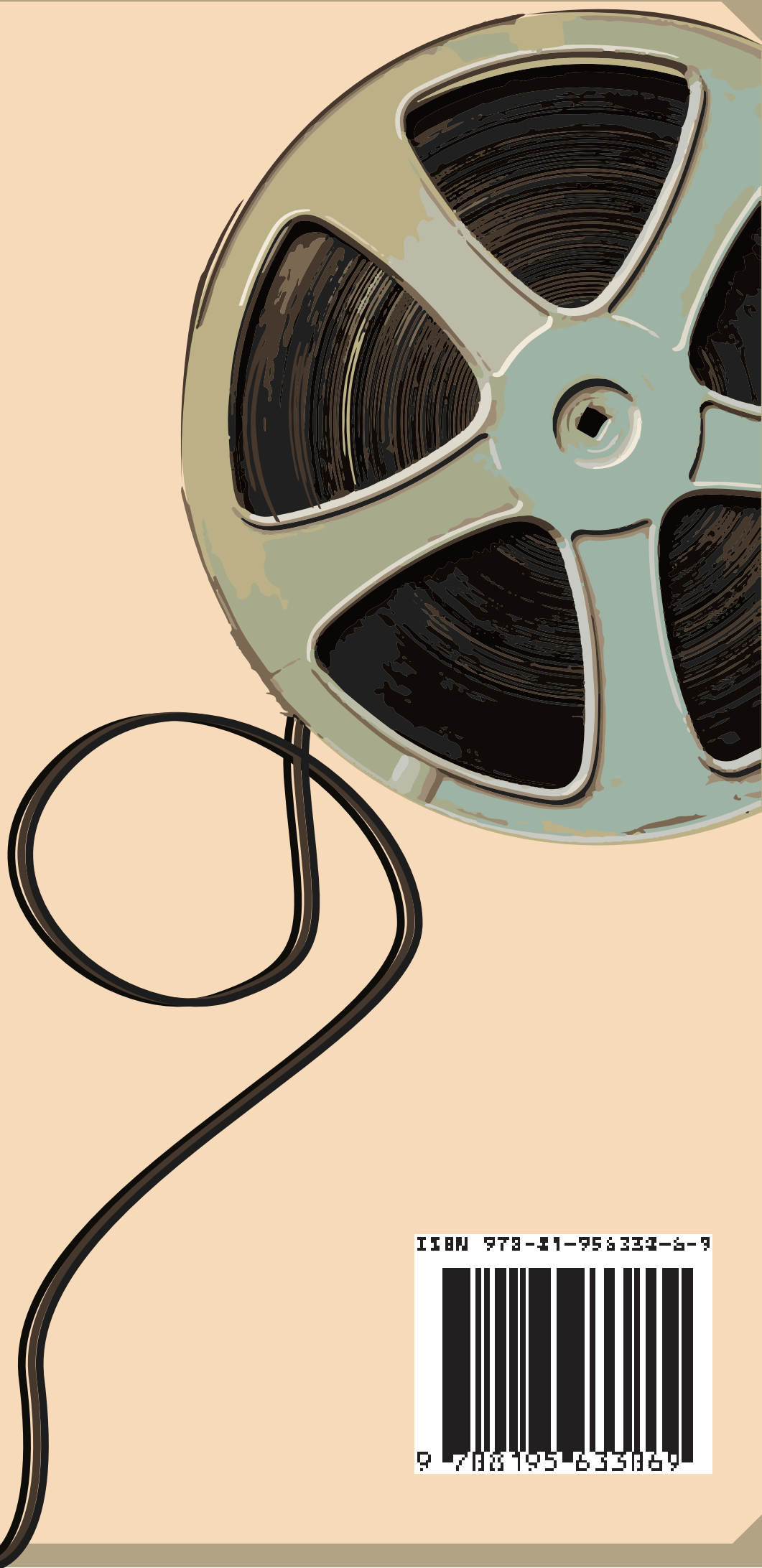
The mismatch between reality and movie in general, and Indian cinema in particular. This has an impact on people's understanding, attitudes, and perceptions of mental health difficulties. The importance of the media cannot be overstated. Films dealing with mental illness have been box office successes, and we believe they rank among the best 50 films of all time in any language. The stigma and burden that the mentally sick and their caregivers have to carry has been worsened by the recurrent presentation of the mentally ill and mental disease with the usual distortions.

Conclusion

Overall to conclude we can say that Bhool Bhulaiya made its best attempt to portray the Dissociative Identity Disorder and explain this kind of a concept to the world. Every coin has two sides similarly this thesis was written in an attempt to portray the good as well as the cons in the movie. Cinema has become a medium to reach out to the people. Their aim back then was to make people aware of the disorder rather than the way of curing it.

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