

HINDI MOVIES: AN OVERVIEW OF PSYCHIATRY

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ABSTRACT--*The ensuing paper addresses an emerging trend witnessed in the present day movies and cinema i.e. how movies related to psychological principles impact our society? To attend this question, the researcher's replies with an overview of Indian Hindi movies and it can be asserted that it continues to have a great impact on the psyche of the masses, thus may serve as a promising area of study in human psychology. A good movie is regarded higher than any education and it fosters a greater understanding to broaden awareness, correct measures and wakefulness of issues as drug addiction, alcohol and substance dependence and clinical disorders. The researcher in this paper which is a qualitative research aims to explore popular Hindi movies that thematically explore certain prevalent psychological disorders. Those movies are chosen that are made between 2005 and 2019 and review focusing on psychiatric issues and understand its effect on the layman's perceptions of them.*

Keywords--*Hindi cinema, movies, psychology, psychiatry*

I. INTRODUCTION

The influence in India of films is greater than newspapers and books Jawaharlal Nehru Hindi cinema has been playing a major role in entertaining the masses in India for decades. It is the most appreciated form of entertainment in the country. The Indian film industry, popularly known as Bollywood, has always had a huge influence on the Indian society. Bollywood is the largest film producer in India and one of the largest centers of film production in the world (Jha, 2005). Movies engage the viewer through acting, sound and cinematography. Apart from providing entertainment, movies also serve as great tools for spreading awareness or to bring about enlightenment on some social issues. Viewers take the characters, stories and having deeper meaning beyond the film itself; it is interpreted symbolically as revealing insights about human nature and society (Brabender, 2006). Apart from having an aesthetic value movie also activate one's gray matter and provide intellectual stimulation. Thus, movies may provide a very potent area of research for psychologists.

Movie-watching has uses both in educational and clinical settings. Cinema education is a term coined by Alexander, Hall, and Pettice (1994), referring to the use of movies in the education setting (Niemic & Wedding, 2008). Some groups that have benefited include students in the fields of psychology (Fleming, Piedmont, & Hiam, 1990; Nelson, 2002; Wedding, Boyd, & Niemic, 2005), counselor education (Toman & Rak, 2000). Also, the term 'Cinema *Therapy*' was coined by Berg-Cross, Jennings, and Baruch (1990) to describe the use of movies in psychotherapy. It is form of therapy or self-help that uses movies, particularly videos, as therapeutic tools; Cinema

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therapy can be a catalyst for healing and growth and makes use of the effect of imagery, plot, music, etc. in films on the psyche for insight, inspiration, emotional release or relief and natural change. As per Segen's Dictionary of Modern Medicine, (2014), cinema therapy is used as part of psychotherapy as an innovative method based on traditional therapeutic principles. Also, according to Shimamura et al, (2014) psychological scientists and brain scientists have begun conducting empirical studies that describe the cognitive and biological underpinnings that is known as "*Psychocinematics*"; psychocinematics is the study of how movies may affect one's psyche.

II. METHODOLOGY

The researcher in the present study probed into the famous Hindi movies that were made between 2005 and 2019 where in an effort is made to utilize the principle of psychocinematics and review emphasise; how psychiatric issues (discussed below mentioning movies along with the psychological disorder) affect one's mental health and pave way towards its understanding and also health promoting behaviour.

III. RESULTS AND DISCUSSION

Since ages, movies are a classic form of entertainment, as it makes us laugh, cry, think and most importantly, remind us to relax, inspire and forget about one's worries for some time. Also, it reveals a pertinent fact that media is not always related to crime, vulgarity or aggression; on the other hand it can make audience aware, understand the problem, and communicate compassion, hope and significance of relationships. Firstly, this ensuing section presents a brief synopsis of popular Hindi movies; how watching their acting (signs and symptoms of actors) in movies help understand and deal psychological disorders in society.

- **Movie- Black (2005)**
 - Director- Sanjay Leela Bhansali
 - Actor (protagonist)- Amitabh Bachchan
 - Disorder- **Alzheimer's disease.**

Black revolves around a deaf-blind girl, and her relationship with her teacher who himself later develops Alzheimer's disease. Alzheimer's disease, a form of dementia, is a degenerative brain disease that leads to memory, behavioural and communication problems. The disease is progressive in nature and gradually become severe enough to hinder daily chores.

- **Movie- Omkara (2006)**
 - Director- Vishal Bhardwaj
 - Actor (protagonist)- Ajay Devgan
 - Disorder- **Othello Syndrome**

The movie depicts the delusion of infidelity of a spouse or partner. The Othello syndrome (a Shakespearean drama character) affects males and, less often, females. It is also known as delusional jealousy, erotic jealousy syndrome, or sexual jealousy. A psychological disorder in which a spouse would suspect the partner for infidelity has been categorised as a serious mental health problem. The sufferer of this disorder would spy on the spouse, seek repeated confessions and cause physical harm.

- **Movie- Taare Zameen Par (2007)**

- Director- Aamir Khan
- Actor (protagonist)- Darsheel Zafari
- Disorder- Dyslexia

“Taare Zameen Par” (Stars on Earth) is film about a small boy suffering from the learning disability called Dyslexia. It displays how parental expectations and academic competition have lead to a steady rise in depression, dysfunctional lifestyles and even suicide among Indian students. In the film, eight-year-old inhabits a hyper imaginative world of colours, dogs and planetary wars, where he collects gutter fish in his school waterbottle and talks to trees, while his classmates toil for better grades.

- **Movie- U, Me Aur Hum (2008)**

- Director- Ajay Devgan
- Actor (protagonist)- Kajol
- Disorder- **Alzheimer's disease**

The movie revolves around the plot that the actress goes for shopping but forgets everything, including where she lives. Then the doctor finds out that she has Alzheimer's and that she is pregnant. The problem is, pregnancy only exacerbates her Alzheimer's. As time goes on, the baby is born, and her condition worsens. Finally, she is sent to a home for people with problems. The husband is hurt, but he doesn't know what to do. Meanwhile, his friends insist him to get back his wife and make an effort to help her overcome his problem.

- **Movie- Ghajini (2008)**

- Director- A.R Murugadoss
- Actor (protagonist)- Aamir Khan
- Disorder- **Anterograde Amnesia**

In the movie, Aamir Khan suffers from the illness of short term memory loss; his character has a maximum memory span of 15 minutes as a result of an injury he suffered on his head. The technical term for this loss of memory is called Anterograde Amnesia. In simple language, it stands for loss of memory of what happens after the event that caused amnesia.

- **Movie- My Name is Khan (2010)**

- Director- Karan Johar
- Actor (protagonist)- Shahrukh Khan
- Disorder- Asperger's **Syndrome**

This movie is about a man with Asperger's Disorder who suffers from this developmental disorder. The film never explicitly explains what Asperger's is, but as the story unfolds it becomes clear that Khan is different from his family and peers and that this difference stems from his disorder. A hallmark of Asperger's Disorder is that people with the disorder often interpret language very literally, nevertheless, the greatest triumph of the film is that it portrays the condition not as something that limits Khan, but rather as something that enriches both him and everyone around him.

- **Movie- Barfi (2012)**

- Director- Anurag Basu
- Actor (protagonist)- Priyanka Chopra
- Disorder- **Autism**

The film is sensitive towards the differently-abled with a positive outlook. Barfi, originally named Murphy by his parents, has a heart of gold, he falls in love, makes other people fall in love with him. As Jhilmil in this film, Priyanka Chopra is an autistic child, neglected by family for many years since the developmental disorder is considered a serious ailment that makes her an outcaste.

Movie- Hasee Ton Phasee (2014)

- Director- Vinil Mathew
- Actor (protagonist)- Parineeti Chopra
- Disorder- **Anxiety Disorder**

In 2014, came Hasee Toh Phasee, where the actress suffers from an anxiety disorder. But she is a high-achieving intelligent and functional person, a post-doctoral scholar in chemistry, who has returned to steal money from her father to fund her research work. The actress is an IT in Chemical Engineering, intelligent with unusual behaviour and habits who even runs away from home to China to carry out research.

- **Movie- Highway (2014)**

- Director- Imtiaz Ali
- Actor (protagonist)- Alia Bhatt
- Disorder- **Stockholm Syndrome**

This movie portrayed Stockholm Syndrome to almost near perfection. Movie involves kidnapping and the actress falls in love with the kidnapper's arrogance, anger and his abusive nature. That's a classic sign of Stockholm Syndrome. This syndrome is an unusual dependency a hostage — usually a woman — would feel towards her captor.

- **Movie- Dear Zindagi (2016)**

- Director- Gauri Shinde
- Actor (protagonist)- Alia Bhatt
- Disorder- **Depression**

The actress in this movie suffers from an episode of depression that unsettles her life and career. Her character is a successful film professional, with career prospects in the UK, an independent ambitious woman living alone in a big city. Her counsellor guides her to a realisation rooted in a childhood separation, and its happy resolution through a very famous technique, called Empty chair technique. This is the film that very clearly talks about mental health, given that the therapist is the second most important character in the film.

- **Movie- Phobia (2016)**

- Director- Pavan Kirpalani
- Actor (protagonist)- Radhika Apte
- Disorder- **Agoraphobia**

In this movie, a young woman is diagnosed with phobia i.e. Agoraphobia after a sexual assault. Agoraphobia is the fear of going out, and, on the advice of her counsellor, she spends some time alone in a flat, staying indoors and towards the end she ventures out again with a new show of artwork. She is apprehensive, but she is has a vision she did not know she possessed earlier.

- **Movie- Uda Punjab (2016)**

- Director- Abhishek Chaubey

- Actor (protagonist)- Shahid Kapoor
- Disorder- **Drug Abuse**

The movie opens with three youths throwing drug packets, the hero is a musician famous for his peppy songs which glorify violence and drug addiction; and who is called as “Gabru” by his fans. He is depicted as indulging in taking drugs- cocaine. His addiction takes away his music contract and lands him in jail.

- **Movie- Hichki (2018)**

- Director- Siddharth P. Malothra
- Actor (protagonist)- Rani Mukherjee
- Disorder- **Tourette Syndrome**

The movie showcases Tourette’s Syndrome, which is a genetic disorder; the behaviour of a person suffering from this syndrome is characterised by vocal and motor tics that seem confusing, funny, irritating. The protagonist shows the tendency of making loud, involuntary sounds and swinging her head to the side while touching her hand to her chin, which aggravates when she is placed within some aggressive and sensitive and nervous situation.

- **Movie- Kabir Singh (2019)**

- Director- Sandeep Vanga
- Actor (protagonist)- Shahid Kapoor
- Disorder- **Alcoholism**

This movie camouflages the mental health problems of its protagonist. A man who abuses numerous substances, his patients, and the women in his life is seen as a tragic hero suffering incomplete love. This is how it is in the motherboard of every Kabir Singh story, namely *Devdas*, and all its editions, too. Alcoholism, in particular, is seen as a suitably male response to any kind of suffering.

- **Movie- Judgemental Hai Kya (2019)**

- Director- Prakash Rao Kovelamudi
- Actor (protagonist)- Kangana Ranaut
- Disorder- Dissociative **Identity Disorder**

The movie revolves around the story of a girl who in her childhood witnessed her father physically abusing her mother. This trauma leaves a mark on the actor and is diagnosed with acute psychosis in her adult years. It is revealed later that she has Dissociative Identity Disorder in which the patient takes on one or more identities.

Secondly, according to WHO’s the estimate between 2005-2015, there has been an 18 percent increase in people dealing with depression that is approximately 300 million people past fifteen years there is an increase in psychiatry been depicted in cinema. It is this advancement that has led to public figures in India speak about their mental health condition. In 2014, rapper Yo Yo Honey Singh’s confession that he suffered from bipolar disorder has focused some much-needed attention on the mental health issue. The National Institute of Mental Health defines bipolar disorder as, “a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. It is also termed as “manic-depressive illness”. Further, in 2015, Deepika Padukone talked about having faced depression. In a number of interviews, the actor mentioned the struggle to wake up and the roller-coaster of emotions during the day, and her reluctance to take medicines for the condition. In 2016, filmmaker Karan Johar revealed how he fought clinical depression. In the year 2017, Ileana confessed

that a few years ago, she suffered from depression. The actor said that she struggled with body dysmorphic disorder for 15 long years. Recently, Actor Hazel Keech, wife of cricketer Yuvraj Singh in 2019, battled depression and bulimia and the pressure to fit in and how she is finally comfortable in her own skin. Also, Shaheen Bhatt, Alia Bhatt's sister in 2019 opened up about her 'depression' days. In a social media post, she said that she has battled depression since the age of 12 and has even been suicidal.

Thirdly, recently, policies like 'The recent Mental Healthcare Act' 2017, is one of the Central government's most significant achievements has created confidence with the entire mental health community – be it doctors, counsellors and social health workers. It gives every Indian citizen the right to access mental healthcare funded by the government, and, most significant of all, it posits that institutionalisation for a mentally ill patient shall be avoided as far as possible. The objective is to enable persons suffering from poor mental health to live in “the community” as productively as possible.

IV. CONCLUDING REMARKS!

Hindi cinema has proved that movies have fascinated by a variety of psychological disorders such as pervasive developmental disorders, mental retardation, anxiety, mood disorders, personality and identity disorders, etc and is successful in inducing emotions that can eventually contribute to **self-realization** and wellbeing. Literature elucidates the theories that explain these effects as 'social cognitive theory' and 'entertainment-education theory' (Bandura, 2004; Moyer & Guse, 2008). Thus, it is proposed that cinema enables educational components, reference frames that are relevant not only at an individual level but also for society at large.

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