

CINEMA'S POSITIVE AND NEGATIVE IMPACT ON YOUNG ADULTS' MENTAL HEALTH

Abstract

This research is on the results of cinemas on mental health as mentioning its merits and demerits. Human life is associated with many psychological factors. Mental health is the happiness that drives a successful life and is just as important as physical health. This includes taking better care of yourself, sleeping better, and boosting your self-esteem. Everyone can feel emotional tension, fear, and happiness at times. Different people have different coping mechanisms. Each person experiences life in their own way, and the environment they enjoy may differ from others.

Adolescence is the period of adulthood between the ages of 18 and 25. Biologically and psychologically, adulthood is essentially a period of growth and change, although the degree of maturity seems to be less noticeable than the changes that occur during childhood and adolescence.

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

Film as a means of self-expression is in a position to have a significant impact on the perception of the subjects it chooses as its subject. A person's psychological and emotional health is a state in which frequent discussions generate various mental health attitudes. In films, one must observe how mental health is represented to the audience using cinematographic and editorial techniques.

Key words: mental health, young adult, cinema, and mind.

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I. INTRODUCTION

Motion pictures are part of our lives as it is a means of entertainment for everyone. Today, we can watch movies and enjoy them at home, in the cinema, in the car, on the bus and on the plane. We carry movies in laptops, tablets and mobile phones.

Movies, television (TV), internet and advertising are some of the different forms one can get exposed to the media. It is not only the rapid development of technology that gives people access to a wide variety of media, with the internet like Netflix, Amazon and Hotstar providing instant access to media (e.g.: TV and feature films) with more than 30 million subscribers nationwide. (Stelter, 2013).

Film has a long history of being used to teach students about various facets of mental health, and when utilised properly, it can be a powerful teaching tool. Because it illustrates the influences of cultural and geographical attitudes, and it is a priceless tool in the training of cultural awareness. Despite the characters frequent dissimilarity from reality, movies can be useful teaching aids. This type of instruction helps expel myths that newcomers and others may have about mental health and ignite interest and discussion.

Through the film, the audience sees and understands different information, ideas, and different lifestyles of people who unconsciously live like normal people. Through movies, people see and feel scenes that they feel familiar to them. In many cases, we are moved by stories with social welfare as the main theme, or by characters we see in everyday life, but in movies, advanced cinematographic technology is used. and introduced with sound effects. It's no coincidence. A movie should provide an experience for the viewer. To learn something about each movie, we need to ask why it is presented in a certain way. When key scenes scare or excite us, when endings make us laugh or cry, we can ask ourselves how the filmmakers accomplished those scenes. I can do it.

The development of young people's moral character and the support of educators have both benefited from cinema. The nation's largest issue with minors' behaviour is this. The cinema is the most well-liked past time. Knowing what moviegoers think about how cinema affects today's youth is necessary for conducting a poll of moviegoers. The number of movies watched has increased. The majority of people, particularly teenagers, have a movie addiction. Seeing movies has a lot of benefits and drawbacks.

II. METHODOLOGY

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

1. Positive effect of movies

- **Entertainment:** A more popular entertainment medium is movies. Everyone is immersed in watching movies, and when everyone is focused on watching movies, they are reborn in a new world where the mind is at ease and forgets everything. All

ages want to relax and have fun. Movies provide part of the recreation. People enjoy movies which is full of thrills and happy moments. Audiences share the same emotions with laughter and applause, making the experience more fun and enjoyable.

- **Socialising activators:** Watching movies is a social activity that allows people to participate in conversations. We all like watching movies. It's a common element for everyone. Conversations with strangers are a common element among movies. Everyone has different opinions about movies, and these factors lend themselves to socializing through normal conversation and discussion. When we go to the cinema or theater to watch a movie, we meet with friends, relatives, associates, etc. Going to the cinema is like a gathering of family, friends and relatives.
- **Teamwork:** Films involve the collaboration of actors, directors, makeup artists, writers, singers, producers, special effects editors, technicians, and more. The power of teamwork is demonstrated when a movie is appreciated by everyone. This is also a lesson for everyone. That teamwork will bring good results. There are even films about teamwork. This is articulated by the audience as they experience the lessons visually compared to the lessons in the book.
- **Movies stir our imagination:** The movie theaters where they show the most extreme, the most unbelievable things come to the cinema. Some movies are based on characters from books, adaptations of novels, or dramas. They bring inanimate objects to life, and that takes great imagination. Today, there are many techniques and tools that show people invisible and unimaginable situations and ways of life. Audiences witness audio-videos that enhance their imaginations, and their feedback inspires more diverse imaginations.
- **Showcase of world's art and culture:** Various customs and traditions from different parts of the world are introduced in the film. By staying at home, you can virtually travel to places you can't go in a short amount of time. Most of the films show the traditions, customs and art of different countries. They give us insight into human activity and a better understanding of people living around the world.
- **Movies educate us:** Cinema spans many different disciplines, including traditional practices, culture, and technology. Through such films, the audience learns the importance of knowing the past, present and future of history, art and culture. Visual images are a better educational medium because they help you retain information longer. All types of people will benefit from this movie. If the message is conveyed clearly, the story will stick in the audience's mind. One photo speaks over 1000 words to leave a deep impression in everyone's heart.
- **Artistic expression:** Film is a universal art form and a platform for expressing and communicating one's thoughts and feelings. It's like a painter painting his imagination on a canvas while a filmmaker expresses his emotions, his views, his fears, his joys, etc. Ideas and opinions of directors and screenwriters are usually expressed through films. Some want to reconstruct historical events, others daydream. Create beautiful scenes, game scenes, breathing scenes, happy endings, etc. from the director's or

screenwriter's point of view. The latter becomes her signature style. The unique style of presenting the scene inspires others to create their own art of presentation.

- **Films are mirrors of society:** Films are mostly made of our daily lives and the lives of those in the spotlight. Various themes reflect both current and past societies. The movies depict family, school or college life, political strategy, and various other sensitive issues. Film is a broad platform for influencing the masses to make them aware of specific situations, histories and issues. They raise awareness, build citizenship, and ensure public morale and their communication.
- **Movies inspire us:** Movies motivate us in more ways than we can imagine. Movies inspire us to become better people, to be the best for society, to stay true to our profession, and to have a positive attitude towards life. No, but do you know what inspires you? Apart from that, people also take inspiration from the film industry itself. Most stars, directors, etc. How did they reach the top? These examples are a source of inspiration in their own right, albeit in an indirect way. Even when a film wins a particular award, the urge to excel in its respective field is felt.
- **Employment and income:** It is true that there are many employment opportunities in marketing, design and production through film. People watch movies, rent them, download them, and spread themselves by word of mouth. The film industry supports a wide range of professionals, including designers, seamstresses, photographers, storytellers and technicians. Most films are adapted from novels and short stories, as poets and writers benefit from this medium.
- **Fast fame:** Movies can make you a star overnight, and that happens to many actors and directors. Newcomers and struggling actors get films that take them to unknown heights. Even a small role in a movie can be very popular and make the covers of magazines, websites, and television.

2. Negative affect of films

- **Movies convey violence:** Understanding the Impact of Media on Children and Teens Publisher: American Academy of Paediatrics (Accessed: 15 March 2006) Highlight the risks and benefits to the health of children and young people from the media. This report has mentioned and discussed regarding all the factors responsible for the violence shown in the movies. According to the researchers that the violent scenes that are seen children are most likely to model that behavior after ones in which they identify with the perpetrator of the violence, the perpetrator is rewarded for the violence and in which children perceive the scene as talking about life like it really is.
- **Establishing misconceptions:** Some movies present certain subjects in ways that are far removed from reality. Such messages mislead the audience. As such, masala dosa has become a South Indian identity and most blacks are portrayed as gangsters. Each person has their own personality, preferences, and shortcomings, but that alone is not enough. Opinion on certain aspects of the community fosters prejudices that limit peace and prosperity in the world.

- **Waste of money and time:** Most movies have no theme or message to convey even if people watch them. Because I am inspired by posters, trailers, actors and songs. This is mainly done to ensure that the film earns at least more than its associated costs. Some movies may not make you feel good after watching them, but you watch movies even when you realize you are wasting your time and money.
- **Personal Opinion:** It is said that "film is art", but art is the imagination of the individual. This thought is inconsistent with the truth. True or false, motivational or inspirational, according to the filmmaker, is his personal choice regarding the subject matter. An art form must be true to its communication. Changes are acceptable, but should be carefully considered before reaching an audience. Controversy and conflict arise when opinions are expressed in a non-judgmental way. A person's opinion can hurt the feelings of a particular community, individual, and/or society. Such a biased art form only contradicts itself.
- **Respect or not respect law and order:** In a movie where the protagonist watches the police get shot by the protagonist, the squad that kills the key leader and the villain who rapes the woman have one thing in common. It's lawless. The movie encourages the idea that it is easy to break the law or that it is no big deal to commit such an act. The most common behaviors that come out of the film are threatening, stealing, verbal abuse, etc. that show lawlessness.
- **Life-size characters:** Again, it's the young mind that can't tell the difference between reality and fiction. People like superheroes like Thor, Spider-Man, Iron Man are people who do stunts and acrobatics. All of these are natural and realistic for a 4–5-year-old. To children, these are bigger than life characters and more real than anything else. The movie shows that everything is possible, but not everything is.
- **Tools of propaganda:** In movies, in order to gain popularity and money, some filmmakers tackle controversial issues. It's an old formula in cinema, but it's a proven truth. Sometimes the actions of politicians or advocacy groups demand mileage or want to divert public attention from a particular issue.
- **Rapid demise:** A movie without a main character is unacceptable. Stars are born overnight, but so are their demise. A hit movie determines the fate of an actor. It can make or break a person. Some despair and do everything to become a star. We all make mistakes, and that doesn't mean you can't fail as a star. Stars also have a history of failure.
- **Movie addiction:** Addiction comes in many forms, one of which is movies. Many of us go through a series of life difficulties and instead of finding solutions we end up finding solutions that are harmful to our health. It can affect both physically and mentally. Our main concerns about movies are release dates, pre-orders, trailers, wallpapers, etc. It's a futile pursuit, but it's convenient, so turn on the TV and start watching, or search the Internet. We don't realize we're addicted to movies.
- **Conflicting personality:** If an actor is a non-ideal hero, he or she may also have a non-ideal personality. What they portray in the movies is not the same in real life.

Actors are seen as role models and have certain responsibilities towards society. But more often than not, we see that our favorite heroes, heroines, directors, etc. are not what we see on screen. It may not matter to them, but it's a big setback for die-hard fans. They saw great physiques, beautiful faces and strong personalities. However, everything turned out to be fake. It comes as a shock to them to find out that what they have guaranteed is fake. It becomes puzzling what is true and what is not. It unbalances their own worldview and worldview. Even adults are shocked when they learn about the downsides of an actor.

III. CONCLUSION

Movies have similar strengths and weaknesses, as the saying goes, "Two Sides of the Same Coin." Many of you find strengths and weaknesses that disagree with your personal opinion, but that does not lessen their seriousness. leaning in favor. Cinema does more harm than good, and unlike cinema, good cannot deny evil here. It may sound strange and strange, but it's true. Nor does it mean that you should stop watching movies. There are much better things in life than spending time on overrated, shoddy movies. Some of the movie's strengths and weaknesses are obvious. we can see them all around us. However, the negatives are not easily noticed and remain unpublished and unknown. The positive aspects of cinema shine before us, are easily recognized, can be seen everywhere, and the film industry itself makes them known. Importantly, the decision to shun cheaper movies has a positive impact on filmmakers if they only watch high-quality movies.

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