

Film Genres Used to Treat Depression in the Early Stages of Family Problems.

Nititorn Ounpipat

Student, Doctor of Communication Arts Program in Communication, College of Communication Arts, Suan Sunandha Rajabhat University
E-Mail: nititorn.ou@ssru.ac.th

Asst.Prof.Dr.Prakaikavin Srijinda

Lecturer, College of Communication Arts, Suan Sunandha Rajabhat University
E-Mail: prakaikavin.sr@ssru.ac.th

ABSTRACT

Nowadays, there is an increasing rate of depression and Thai people are becoming sicker every year, so the problem of depression should be paid attention suddenly. There should also need for more treatment's development or alternative therapies to help. The Films and therapies for depression are still less well known. The researcher focused on the genre of foreigner films, that used for therapy to discover knowledge and guidelines for collected that information to be used for Thai film making or for selecting Thai movies to be used for depression therapy.

By studying the genres of film using from principles and concepts of Communication arts and studying by use the reason from art of therapy to weigh in the truth of the research that is the cinema can be really used in this therapy. For the studies that can be used to further developing and Thai movies making development or to use Thai movies for depression therapy patients, including to encourage more experts in this field. In this study case, the researcher studied about depression and film therapy with data from research and many documents from abroad for add more reliable dimension of studies visions. Then set a framework for studying therapeutic film from 2000-2020 with films and therapeutic data from Dr. Birgit Wolz.

The results of this study were found similarities in the types of film therapy and different in the secondary type inserted in the main type. The use of film therapy depends on the story in the film and the therapist will assesses the appropriate film from leading by patient's problems but from this research reveals the types of therapy from the topic of family-related illnesses. The data from this research can be further used as information to be used for Thai film production or to be studied as a guideline for selecting movies for treatment and further study in the information of the story in the film.

Keywords: Film genre for depression therapy, movie genre, the depression symptom from family-related

INTRODUCTION

Panida Yomabut (2019) said the Thai mental health official reports that the total number of people suffering from depression since 2008 has rising to 1.5 million and growing up to be a very surprised thing in a world. That have all new technologies development with coming of many conveniences, but the people's mental health problem is increasing as well.

Data from the Mental Health Department in 2019 found there are six people attempt suicide in every hour, with 300 of the youth are committing suicide each year and the results showed that more people were getting

mental health treatments. The result found the Number 1 reason is cause from the family relationship problem. (Hfocus.org, 2019)

Family problems remain a constant and increasing trend. In treatment or therapy, if the patient will be good when they receive early treatment because the symptoms are not much. It takes less time to heal than leaving depression symptoms with a long term. Medical treatment is used in severe symptom patients. Then the doctor will treat less symptoms patients by talking, giving advice, and pointing out them for looking at various problems in a new perspective, find something that helps their mind to relieve the suffering or give antidepressants or relieve anxiety during the time that should be administered. (Manoch Lortarkul and Tantawan Arvirutkul, 2018) There are many forms of therapy, depending on what techniques and methods from the treating doctor uses or alternative medical is used with art, that call “the art of therapy” such as painting, listening to music, doing art. Art therapy is the way for threat recipient by art. It is an intermediate of therapy and communication which the recipient can express themselves by their artistic expressions. This creates a therapeutic relationship which the therapist and the recipient must work together. For understand the upcoming art, the recipient being treated by communication without language restrictions will be more comfortable. (Pongsakorn Lendee, 2012).

Art Therapy

Art therapy is not a new science discovery, but it has been around for a long time. Back in 1860, Florence Nightingale wrote in a memoir in nursing patients: “Colorful flowers and beautiful art will help to heal patients faster.” And, around 1917s, medical therapists became interested in the art that created by mentally ill patients and the therapists began to use art for intermediate with original therapy (Taweesak Siriratlaka, 2007). The principle of art therapy is the way we use art for express emotions, feelings and conflicts include hidden deep desires within the mind.

by expressing with artistic works, which is expressed by, lines, symbols, shapes, and colors. The various meanings are conveyed that can show feelings and thoughts and mental health problems for lead them to further medical treatment process. (Saiaksorn Rakkong, 2020, p. 67)

Film Therapy

Film is classified as the seventh of the art form which is a new art compared to the other arts. Film is an art that brings other arts come together and serves 4 main functions such as 1. Storytelling. 2.Arousal 3. Excitement Creating 4. Intellectual media Being (Boonrak Boonyakhetmara ,2009). Those making films consist of various of arts and stories that occur in the film. There are created all with the arts that combine to convey a story that for presented in feelings and idea to the audiences. In abroad, the depression therapies are intermediated with alternative therapies by the movies and the movies are the one of the treatments of depression for a long time ago. The study found, in the 1990s there was a study of the film therapy and there is information about the film that will be used to treat. The therapist must determine which film should depending on the patient's problem and the patients are able to watch the movies alone. Or the patients can watch it with someone or with their family. (Berg-Cross, L., Jennings, P., & Baruch, R, 1990). CBT (Cognitive Behavioral Therapy) is a psychotherapy and the current treatment that requires treatment belonging with film therapy (Birgit Wolz, 2015). In this case, the therapists used film therapy for early-stage symptoms patients or beginning level of mild depression (Denise Mann, 2007).

Birgit Wolz (2003) said that the effects of film therapy in one patient who has family relationship problems. The patient conceals her sexuality as she is homosexual, but the family never knew because the patient's

family does not accept this solution. Causing this patient to have problems since adolescence and she kept it with herself for a long time until it became a chronic problem. That make the patient to have no confidence in herself, feel unhappy and have problems with work life. Then he entering to therapy and being recommended to watch movies. The therapist offers advice before watching the movie. After the patient watching a movie, the patient found herself that she never had the opportunity to show anything to her family and she is wasting time for long. Patient think she should have the confidence to express their own to their family. Concluding from this case is movies make patients to see themselves in their films and they have a shared their experience with the characters encounter. They can cope the problems then they can find solution. Finally, the patient changed their mind and began to talk to her family and therapists also recommend her to watching the movies with the family because movies can help him to create a topic in family discussions. Conclusion of this case is the patient have progress in this therapy.

OBJECTIVE

To make a guidance for bring the data to use in production and selection of the films that use for studies with the treatment of early-stage depression with family problems.

LITERATURE REVIEW

1. Psychotherapy theory

Psychotherapy theory act as a roadmap for the therapist or physician to understand the patient and find a way to cure. Psychotherapy approaches can be divided in 5 main categories (American Psychological Association, 2009):

1. Psychoanalysis and psychodynamic therapies are treatment or therapy approaches that focus on changing behaviors, feelings, and problematic thinking. By searching for meaning and motivation that is unaware of the patient. The therapy has a close relationship characterized between the therapist and the patient. The patients will learn about themselves and get to know themselves better. This theory is closely related from the ideas of Sigmund Freud, but it has been always revised for a long time.

2. Behavior therapy is an approach that focuses on the role of learning in the development of normal and abnormal behaviors.

3. Cognitive therapy is therapy that focuses on making people to think rather than doing what they do. Therapists in this way will believe in abnormal thinking leads to normal actions. Changing people's mindsets will change what they can do.

4. Humanistic therapy is the approach that focus on people's ability improving in rational decision or focus on respond with the individual person's need and try to make the positive rather than the negative.

5. Integrative or holistic therapy is the approach that is not stuck with any treatment which can combine different therapeutic treatments together also known as "Alternative Medicine."

The researcher focuses on the study of therapies that can be used along with alternative medicine. Which cognitive therapy that focuses on order to change thinking and affect the behavior. This therapy is called CBT (Cognitive Behavior Therapy). CBT is preferring to use for depression treatment in Thailand. It is a discussion to treat the problems which has the concept about depression patients have distorted ideas and bring about sadness such as: self-blame, self-worth, and negative vision. CBT using will has the Cognitive modifications, that are used to improve mood and adjust behavior because if the patients still do the same behavior,

they will still be sadness. For example: stay in your room or home and not go out to anywhere. If they have more activities or active that can help for reduce their sadness. (Supawan Konsuwan, 2019) and CBT therapy can use film therapy along (Birgit Wolz, 2015).

2. The concept of art therapy

Taweesak Siriratleka (2007, p. 9-13) said that Art Therapy is all both a science and an art. It became from the integration of knowledge in many fields together by using art as the main core and used it in dimensions of therapeutic. Sigmund Freud, the father of psychoanalysis, posited that "symbols" are inscriptions of erasing memory that can appear as dreams or artistic expression. Which one of that may be a release of stress within the mind. Art Therapy is all both a science and an art that combines many fields to treat patients with depression and another thing is used in abroad countries. It is the movie called "movie therapy". Film is classified as the seventh of the art form which is a new art compared to the other arts. Film is an art that brings other arts come together and serves 4 main functions such as 1. Storytelling. 2.Arousal 3. Excitement Creating 4. Intellectual media Being (Boonrak Boonyakhetmara, 2009). The films are divided into different categories according to the category and will be indicates the mood and style of the film. That classified is Genres.

3. The concept of film genres

One element that defines the story and mood of the film. That Indicates clan and the same or similar content. This is the type of film (Genres) what is something that must be separated to know and classify movies in order to study the subject of film production that tell the truth "How is different or similar of movie productions?"

Movie Genre are categorized inquiring for research at abroad. They can be divided into 19 categories (Nick Redfern, 2012) and Songkeat Jarutsantijit (Songkiat Jarutsantijit and colleagues, 2020 referred in Kerdee, K, 2010, p. 61-64). In Thailand, there are 13 types of Thai film clan in the period 2005-2009, so we can be summarized 23 movie genres in the table as follows:

Table 1
Film Genres

Film Genres	
Action	Family film
Adventure	Fantasy
Animation	Foreign language film
Art house	Horror
Comedy	Musicals
Children	Martial Art
Comic book movie	Melodrama
Classic films	Romance
Documentary	Romantic comedy
Drama	Science fiction
Films with particular artistic value	Suspense/thriller
	Social Problem

Conclusion

From The study found that films were used to treat patients with family problems. That defined in the set of rules with the selection from 2000-2020. It was found that from 2002-2017, there were most similar types but different in the subtypes or type inserted in the main type, but it is not more different in each story. From the studies that found using film therapy, doctors or therapists look at patient problems first as a guidance and lead it for conveyed to movie selection. From this data, it discovered that the movies genres on the topic of patients with family problems therapy are similarly as follows:

Table 2

The conclusion of Film therapy for depression of family problem Genres

No.	Film	Genres	Year
1	My Big Fat Greek wedding	Comedy, Drama, Romance	(2002)
2	In America	Drama	(2003)
3	Bend it like Beckham	Comedy, Drama, Romance	(2003)
4	Spanglish	Comedy, Drama, Romance	(2004)
5	Pride and Prejudice	Drama, Romance	(2005)
6	Transamerica	Adventure, Comedy, Drama	(2005)
7	Boyhood	Drama	(2014)
8	The Glass Castle	Biography, Drama	(2017)

From the study tables, it was found that the film genres were similar in type of drama. The genre will Indicates the mood of the movie, and it was found that patients with family problems was used similar films for therapy. This will make patients to get emotional from similar movies, but different in the patient's problem that depend on the doctor decision which movie selected and what point of the treatment. That must have a story in the movie involved but this study makes us to discover the subject matter of the genre which is the starting point for film production and the movies selection about genre and mood in therapy. If Thai films with similar genres are used to study the story, may be used as therapy as well.

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