

Mental Illness Observation from the Movie “A Beautiful Mind”

Posted on May 27, 2018

Part 1

Mental illness is one of the bad signs in the development of human life; most people become a victims of it by social and environmental pressure or their personal life issues. Mainly we see such people usually become unconscious and have severe memory issues for which they are considered useless to society, and most people do not try to consult these issues with doctors considering it taboo or people will think of them as mentally retarded, but that is not true. In breaking this taboo Film, the industry played a positive role in highlighting big names with interesting stories of their life to address mental illness and improvising to focus on mental health besides considering it a taboo (“Representations of Mental Illness in the Film ‘A Beautiful Mind,’” 2011).

There are many films which we can see, but the most interesting which I found on this subject is based on the real character John Nash, who is the Nobel prize winner and well-known mathematician as well as hold up with economics. It was played on screen in 2001 and did big business around the world, carrying four academic awards in different filming categories. While the film has a lot of criticism because there are some facts which are not matching to Nash’s life, there was a phase in Nash’s life that is highlighted broadly in the movie about his issue of schizophrenia which is of mental illness. He was severely facing the issues we see in the movie till Alicia who had the same phase in life helped and proving him that he needs treatment. Under this, we will be making a deep study with aspects of diagnosis, symptoms, and treatment. This movie makes people work on themselves self, and such movies help others to pursue their mental illness and understand that is nothing more than a disease that can be cured.

Looking to the movie we see the different symptoms oriented in the character of Nash like Hallucination and delusion which he used to create something that did not even exist there. When he was to stop the Russian nuclear bomb and he created a place in his mind that was not even able to track out from the different machines. The DSM-IV includes these symptoms for the patient with schizophrenia. These two criteria that meet with character help Alicia to diagnose the situation Nash, and even at that time he regrets it till he doesn’t take for proper treatment to a psychiatric hospital.

The psychological perspective is defined well and matches the character of the movie because we can see that the symptoms are rising due to the effect of these three things in his life, which are impacting his biological, psychological, and social life. We see his wife suffer more from his situation because being unstable he wasn’t able to recognize the positivist around him and he used to perceive everything as a bad thing. Social stigma is more influenced with regards to the belief system of

character and the negative thoughts which are nourished with the thinking he develops by hallucination and delusion of the perceptions.

We have discussed this disease with its positive and negative aspects which we can broadly find out in the film, as the treatment for which He goes and as Alicia helps him being mentioned in the course book and the other literature that has been learned and reviewed. The new thing in treatment was shock therapy, which is actually in my view not a good practice because it will affect the nervous system and patients will not be able to improve their health.

The treatment after looking at the character's condition can be improved, and it is curable everywhere around the world. People with this disease should be provided with different kinds of Antipsychotic medication which will help them to improve their health and biological relaxation in their life. Also, a psychological intervention where the psychologist should help them with regard to their thinking which is affected by this disease sometimes helps positively. In some terms, we have seen that people try to be in an imaginary world and develop their character by themselves, which doesn't exist in real life and affects them. Also, social skills training with family therapy is required because the family suffers too because of the patient's behavior and might they have faced some physical torture as verbal abuse is casual in this condition. The hospital environment is good for such patients if they conduct group therapy in which support each other and are able to understand the situation of each other. They keep motivating each other toward the good life (Geddes, Freemantle, Harrison, & Bebbington, 2000).

It is important that we can see that this movie presents this disease with positive and negative aspects. Still, the main portrayal can help the general public to pursue doctors and psychologists if they are facing such happening and it has not affected common people only. Many celebrities and scholars have been affected by this disease and being mentally ill is nothing bad because it is a world where we are facing different situations and humans are full of different emotions and feelings which can lead to such situations. We should not ignore it but consult good psychologists and psychotherapists for such situations.

Part 2

- The good guards were unable to intervene because the group decision used to be made by the tough and worst behavior guards. We can see in this study guards were hard in such a way they used to have all tortures and punishment play with the prisoners whether they were from the same background or college. The thing that made it tough for good guards to intervene was their number, which was also because tough guards dominated the jail. It concludes that jails are not a bad place and can be made good, but there is a need to change the behavior toward prisoners.
- Initially, they were known for this activity as a research-based experiment, too, and they felt they could go out of there after some time. Also, there is something we can highlight under this

is essential too when people in a group try to spend time with each other and settling out things with their effort. Also, we can include the issue of accessibility.

- There is a natural factor humans feel the reaction from what is happening if there is wind and he is unable to stand somewhere outside. Ultimately subject will be blaming the wind, not the weather. The same goes for attributing guards' brutality. There is another factor that psychologically involves sensation from them because they will see good guards where the difference in behavior comes out. In which they will blame the guard's character.
- In my view, this study was unethical. It involved physical and mental torture while looking at the reaction of the observer which states their irresponsible behavior and that they were unable to manage the subject there. As the situation got worse, they haven't taken a step, which we can identify this study got ended in 5 days because of the condition and parents' protest of the stance (Zero Media, 2015).

References

Geddes, J., Freemantle, N., Harrison, P., & Bebbington, P. (2000). Atypical antipsychotics in the treatment of schizophrenia: systematic overview and meta-regression analysis. *BMJ*, 321(7273), 1371-1376. <https://doi.org/10.1136/bmj.321.7273.1371>

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Zero Media. (2015). *The Stanford Prison Experiment Official Trailer #1 (2015) Ezra Miller Thriller Movie HD*. Retrieved from <https://www.youtube.com/watch?v=3XN2X72jrFk>