



SUPERNATURAL ELEMENTS UNDER SCANNER: A PSYCHOLOGICAL APPROACH TO THE MOVIE “STAR” (2021)

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Abstract: Supernatural elements may be used as story devices, to advance character growth, or for thematic reasons. They can be utilised to examine more profound themes pertaining to spirituality, morality, and the human condition. They frequently push the boundaries of what is thought to be conceivable or rational. The term "supernatural" refers to events or entities that exist outside of the realm of nature, and is frequently used in film to evoke feelings of mystery, dread, or astonishment. They may be ghosts, demons, vampires, werewolves, or other paranormal beings, as well as spells, curses, or supernatural powers. The Malayalam film "Star" is about a midlife woman named "Aadra" who is mistaken to be possessed as she goes through psychological turmoil following her early menopause. This mystery drama attempts to deflate myths. This research paper is a psychological approach to the movie "Star" (2021) and it focuses on supernatural elements as the manifestation of unconscious mind.

Index Terms - Internal Conflict , Supernatural elements, Unconscious mind , Id ,Ego, Superego.

I. INTRODUCTION

The unconscious mind, in accordance with psychoanalytical theory, is a repository of suppressed feelings, memories, and desires that are either too dangerous or inappropriate to be consciously acknowledged. These suppressed emotions and urges may show up in dreams, verbal lapses, and other unconscious behaviours, among other manifestations. Freud claimed that the purpose of psychoanalysis was to use methods like free association and dream analysis to bring these unconscious sensations and thoughts into waking awareness. People can gain understanding of their own behaviour, personality, and mental health and try to overcome any underlying conflicts or concerns by bringing these suppressed emotions and wants to the surface.

Freud believed that the Unconscious made up the majority of the mind. A significant factor in determining personality is the unconscious mind. Freud firmly believed that the unconscious mind was the major driver of human action and that suppressed or unresolved childhood experiences and aspirations might later materialise as psychiatric issues. The Id, which is responsible for unconscious, instinctual wants, the Ego, which is responsible for conscious, deliberate decision-making, and the Superego, which is responsible for internalised moral standards, make up the three components of the human psyche. Freud believed that conflicts between these parts of the psyche could lead to psychological issues and that talking therapy, where the patient is encouraged to speak freely about their thoughts and experiences could help to resolve these conflicts. Sigmund Freud's psychoanalytical theory of personality, which contends that unconscious psychological processes govern human behavior, is centred on the ideas of id, ego, and superego. These ideas can be applied to "Star" to analyse the protagonist's behaviour. Freud also developed dream analysis and free association to help his patients access and understand the unconscious mind.

Joju George plays Roy in the Malayalam film "Star" and Sheethu Abraham plays Aadra. The film, which Domin D' Silva directed, was released on October 29, 2021. The main character Aadra in the movie "Star" begins to act distant, which confounds everyone around her. The main character is going through an early menopause, but she can't tell anyone. Her erratic behaviours and mood swings led her to assume that she was experiencing a supernatural event. Actually, it's her unconscious mind at work. Only at the film's conclusion is the truth made clear. Everyone realises at the resolution that early menopause symptoms are to blame and not the presence of supernatural forces.

According to psychoanalytical theory, the Id is the instinctive, primordial aspect of the mind that stands in for our unconscious motivations and urges. It is the root of our innate, intuitive drives and impulses and functions in accordance with the pleasure principle, pursuing our goals without consideration for the repercussions of our actions or the reality around us. The Id is believed to be present from birth and to act at an unconscious level, guiding our conduct and inspiring us to seek out certain things.

The main character's mood fluctuations throughout menopause can be seen in the context of the film as expressions of her id. For the main character, menopause, which typically begins in a woman's 50s, has begun much earlier. Women experience mood swings days or weeks before to their periods when they are having a regular cycle. Hot flashes, exhaustion, headaches, cramps, and muscle aches are common symptoms for women.

In the protagonist's situation, the inability of her unconscious and conscious minds to cooperate causes her to be perplexed by her behavioural shifts. She spends hours in the toilet, yells at everyone, scolds her kids without cause, and engages in meaningless conversation that is inappropriate. (The concepts of the id, ego, and superego are at the heart of Sigmund Freud's psychoanalytical theory of personality, which holds that unconscious psychological processes control human behaviour. The protagonist's behaviour in "Star" can be examined using these concepts.

Automatic and instinctual behavior, as well as the storage of memories and emotions that may not be immediately available to the conscious mind, are all functions of the unconscious mind, which includes the id. She thought she was possessed because of a subconscious belief. The main character, Aardra, comes from a family that engages in rituals, and she frequently dreams of sacred trees called Kuruvankavu. She senses a summons from the holy trees and longs to answer it. These are some of her unconscious mind's manifestations. People can acquire insight into their thoughts and behaviour and make positive changes in their life by understanding how the conscious and unconscious minds interact. The protagonist falls short in this area.

In Psychoanalytical theory, the concept of ego is responsible for mediating between the individual's internal drives, the demands of reality and the demands of society'. According to psychoanalytical theory, the idea of the ego serves as a mediator between a person's inner motivations, the demands of reality, and the expectations of society. The reality principle, upon which the ego is based, dictates that it must comprehend and accommodate the constraints and limitations of the outside world. Freud believed that the id, which stands for an individual's primal innate urges, and the outside environment interact in order for the ego to grow. The ego develops and becomes increasingly capable of reining in the id's desires as the person learns to adapt to the demands of the outside world.

Other psychoanalytic thinkers, such as Erik Erikson and Heinz Kohut, have added to Freud's body of work by developing the idea of the ego. While Kohut established the idea of the "self-object," which refers to the object in the outside world that gives the person a sense of stability and coherence, Erikson focused on the role of the ego in identity development. The ability of the person to negotiate the intricate requirements of the outside world while preserving a sense of psychological stability depends in large part on ego.

The protagonist becomes over conscious about her body. Aardra develops a kind of inferiority complex. . She felt that her husband is ignoring her. She seems to be rude on her behaviour . She questioned her husband (Why didn't you pick up my call ? , Who were you accompanying with?) and it irritated him. She kept asking (Am I beautiful? Am I looking old? Do you love me?) . These are the working of her unconscious mind but her behaviour made others think that she is possessed.

Although the notions of ego and inferiority complex are distinct, they are related in that ego is engaged in the control and defence against inferiority sentiments. Alfred Adler, a neo-Freudian psychologist, claimed that people create compensating mechanisms to get over their emotions of inferiority and strive for greatness. We can see in the movie how happy the main character was when someone complimented her beauty. The ego's efforts to uphold a positive self-image and to protect against the anxiety and guilt brought on by inadequacy-related sentiments mediate this process. The relationship between the ego and inferiority complex can be complex overall and depends on the experiences and psychological characteristics of the individual.

Superego, the third component of the human mind, motivates people to act morally and responsibly in society. Aardra, the main character, fizzles out to be ethically and socially accountable. Each component of the id, ego, and superego has a distinct primary objective, causing ongoing competition between them. If a person struggles to control the three crucial aspects of the human psyche, problems will only become worse. This is what transpired with the main character. Her unconscious psyche overcame her conscious thinking and caused her to behave in an odd manner. She struggled to be present.

The protagonist had weird dreams on Kuruvankavu , her birth place. Dreams play an important role in psychoanalysis method. In the film, Kuruvankavu is shown as a place which has the presence of supernatural elements. This place is given a weird introduction

“ At the entrance of Kuruvankavu , there are goliath frogs waiting for the prey. They were send by the goddess long back for spy work. These goliath frogs are waiting near the entrance with its eyes and ears wide open. They will pass information to the goddess whenever anyone trespasses Kuruvankavu . There is a place called Amminimoola in kuruvankavu where forty people were buried alive in 940s”. These are the irrational beliefs people have about this location, and the movie's main character is from Kuruvankavu.

Dreams are essential for satiating our endless cravings. According to Sigmund Freud, repressed unconscious wants, conflicts, and wishes are what give rise to dreams. For the purpose of revealing these buried desires and conflicts, Freud developed the concept of dream interpretation. He held that the latent content, or the dream's hidden, symbolic significance, is concealed by the manifest content, or the dream's real content as remembered by the dreamer. Freud also recognised a number of typical dream images, which he thought had underlying, universal significance, including snakes, stairs, and water. He maintained that suppressed emotions and conflicts, frequently connected to early experiences or sexual impulses, were expressed in dreams as a mechanism for the unconscious mind to work out its conflicts. The interpretation of dreams can offer insight into a person's innermost thoughts, feelings, and conflicts. In general, psychoanalytical theory views dreams as a tool to reach and understand the unconscious mind.

The main character experienced strange dreams on Kuruvankavu and sensed a call from the holy trees. The idea is that dreams are gateways to our unconscious mind. She believes that her place of birth is a factor in her present mental health problems. Although the protagonist is unaware, it is simply an expression of her unconscious thinking. Dreams are portrayed in psychoanalytical thought as the ego's attempt to appease the id.

One's emotions, feelings, and actions might be influenced by one's unconscious mind. Repressed emotions are stored in the unconscious mind and are inaccessible to the aware mind.

The real problem that plagued the protagonist was early menopause. Menopause is a time when women should receive more attention. The menopause's physical and mental symptoms can be difficult for some women, and they may need more care from medical professionals. Women might be impacted by menopause in several ways. Due to the body's shifting hormone levels, some women may experience mood swings, anger, and worry. Depression, which can be brought on by both life events and personal situations as well as hormonal changes, may be experienced by other women. Menopause can also have an impact on cognitive abilities like memory, concentration, and focus. Menopausal women may be more likely to experience cognitive impairment, according to certain research, while the severity and underlying causes of this impairment are still being investigated. Women going through menopause should receive more attention and support from family members and medical professionals, including customised treatment options, education, and routine health checks to ensure their best health and wellbeing during this transition.

To conclude, the unconscious mind is an essential component of the human brain that affects how we think, feel, and act. It goes unseen but has the power to influence our decision-making, problem-solving, and creative expression. The unconscious mind, which has immense power and which we might not even be aware of, shapes our life. The otherworldly elements in the film come from Aardra's unrecognised mentality. Her mood swings are brought on by her early menopause. Her ideas and feelings were controlled by her unconscious mind, in accordance with psychoanalytic theory. Her early menopause is demonstrated at the climax, disproving the existence of supernatural forces.

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