

# Black Swan

"Black Swan" is a psychological thriller directed by Darren Aronofsky and starring Natalie Portman, Vincent Cassel, and Mila Kunis. The movie tells the story of Nina Sayers, a young ballet dancer who is cast as the lead in her company's production of "Swan Lake." As she prepares for the role, Nina becomes increasingly consumed by her own perfectionism and her mother's unrealistic expectations. The film explores the idea that everyone has both light and dark sides and that no one is truly perfect.

The central theme of the movie is the idea that people have a duality within themselves. The character of Nina is presented as a perfectionist who is consumed by her own desire to be the perfect ballerina. However, as she becomes more and more consumed by this idea, she begins to unravel, and her dark side emerges. This is symbolized by the character of the Swan Lake. At the beginning of the movie, Nina was only able to perform the white swan correctly, indicating her perfectionism and her desire to hide and not acknowledge her darker side. Throughout the rest of the movie, we see a reflection of the development in Nina's character in her performance of Swan Lake and her ability to perform the dance of the Black Swan.

Another key theme of the movie is the relationship between parents and children. Nina's mother, Erica, is depicted as a controlling and overbearing figure who has pushed her daughter to be a ballerina from a young age. Throughout the film, Erica is shown to be obsessed with the idea of her daughter being the perfect ballerina and is constantly criticizing her for not being good enough. This is an example of how parents who have their own idealistic visions for their children can push them to follow their own dreams, instead of letting them explore and find their own passions. This idea is clearly visible in a scene where Erica has multiple drawings of her daughter, Nina. The drawings don't look like Nina rather than a monster that looks like her. This symbolizes the result of parents controlling their kids and forcing them to live to the parents' own dreams.

Nina's relationship with her mother also highlights the theme of the pressure of perfectionism. Nina's mother's expectations for her daughter's perfection leads to her mental breakdown and the emergence of her dark side. Similarly, the pressure of perfectionism in the ballet world is also shown throughout the film, as the director and the other dancers constantly critique and pressure Nina to be perfect. This theme is relatable to many people who feel the pressure of perfectionism in their own lives, and it is something that the movie is trying to show that everyone should be aware of.

The movie also showcases the idea of the blurred line between reality and fantasy. As the movie progresses, it becomes clear that Nina is losing touch with reality, as she begins to experience hallucinations and delusions. This is an interesting metaphor for how people can get lost in their own desires and how it can affect their perception of reality.

In conclusion, "Black Swan" is a powerful and thought-provoking film that delves into the complexities of human nature and the pressure society places on individuals to conform to

certain standards. The movie presents the idea that everyone has both white and black sides in themselves, and that no one is truly perfect. It also delves into the toxic relationship between Nina and her mother, who represents the idealistic and overbearing parent who pushes their child to pursue their own dreams instead of allowing them to explore and discover their own passions. Overall, "Black Swan" is a deeply moving and thought-provoking film that leaves a lasting impact on the viewer. It is a must-watch for anyone who is interested in exploring the darker aspects of human nature and the pressures society places on individuals to conform.

## **Spoiler Alert**

One point worth mentioning is how at the last scene of the movie Nina dies. This represents how people must learn how to accept both their light and dark side and live with them. And failure to do so, such as Nina's case, will lead to the end of this person's life. Even if it didn't happen tragically like the movie, they, without a doubt, won't be able to live with this conflict with themselves.