

## A STUDY ON THE IMPACT OF BOLLYWOOD SPORTS FILMS ON THE ATHLETES IN KERALA

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### ABSTRACT

Sports have great importance in our society. The psychology that considers and studies related to sports refers as sports psychology. Sports Psychology generally focuses on participation of peoples in sports as well as the performance that they attains at all levels of competition. It throws light to the athletes from recreational to elite level. In an athlete there were numerous factors that may affect his or her performance. The approaches that were taken to improve the sporting performance were also different. Anyhow psychological aspects have significant importance in the nurturing of an athlete. Sports films are the films that uses sports as a main theme. Ultimately it conveys the life story of a single athlete or group of athletes' portraits the ups and downs in their lives. For the recent years, our nation credited with making and releasing of sports films, particularly from Bollywood sports films. The film titled Dangal which is released in 2016 turned as world's second highest grossing sports film in world wide. The film earned \$ 340,000,000 through its releasing in various languages. Along with considering the movie as a whole, several scenes, dialogues, songs etc provides motivation to athletes who were practicing various sports and games events. As we study the attribute of motivation as the concept of sports psychology, Bollywood Sports Movies were ample contributors to it. The key goal of sports psychology is to improve the performance of an athlete. For improving the performance, they need motivation, which is intrinsic and extrinsic. Then only they can overcome the odds that will be happens in their paths of sporting performance. Overall many of the scenes in Bollywood sports movies expresses the various concepts of sports psychology. This paper is a review on the study on impact of Bollywood Sports Movies on athletes in Kerala.

**Keywords:** Sports, Psychology, Performance, Bollywood Sports Films, Motivation, Kerala Athletes

### 1. INTRODUCTION

Sports includes all forms of recreational as well as competitive sports activities. When we study on the psychological aspects of individuals who were take part in competitive sports, it can be termed as sports psychology. In competitive sports, psychological aspects gains more importance because competitive sports put the athlete or player into anxiety, stress, arousal etc. This may affects positively as well as negatively in the sporting performance of an athlete. Sports films are the films, that uses sports as main theme and portrays the various phases happens in the life of an athlete or group of players.

In India, particularly Bollywood Movie Industry credited with the making and releasing of sports films for the past few years. The film titled Dangal which is released in 2016 turned as the highest grossing sports film in worldwide at that year<sup>1</sup>. The film earned \$ 340,000,000 through its releasing in various languages. Irrespective of athletes as well as non-athletes, most of them earned motivation from most of the Bollywood sports films. The impact created by these movies were different in athletes and non- athletes. Athletes who were always be the subject of most of our studies related to sports psychology turned as subjects for studying this area too because the area of study is sociological and the topic is new by its nature.

Kerala is a state, which were nurturing lots of athletes with much potential in various sports and games. The athletes from various parts of Kerala who were practicing various sports and games are chosen as subjects for studying this particular topic. This details received from face to face interviews with the subjects is interpreted here with knowledge gained from various sources. The result of this study ended up with the influence of Bollywood sports films as whole on Kerala athletes. Along with that some of the scenes, dialogues, songs etc in these movies particularly turned to be sources of intrinsic and extrinsic motivation. When we understood Motivation as one of the crucial factor in the performance of an athlete, various concept of sports psychology can be studied in these movies. Thereby the results of this study based on Bollywood Sports films will turn as a tool for sports psychologists in our country.

#### 1.1 SPORTS FILMS

Sports films can defined as films "that have a sports setting (such as stadium, arena, competition etc), competitive event (such as the big game, tight competition) or an athlete or group of players (boxer, racer, cricketer etc) that are central and predominant in the story"<sup>2</sup>. It portraits or recreates the life of an athlete who faced with tough odds in a championship match or in a race etc of large scale sporting events such as Olympics, World Championships or any international level competitions and his/her soul inquiring of

<sup>1</sup> [https://wikividly.com/wiki/List\\_of\\_highest-grossing\\_sports\\_films#Highest-grossing\\_sports\\_films](https://wikividly.com/wiki/List_of_highest-grossing_sports_films#Highest-grossing_sports_films)

<sup>2</sup> <https://researchguides.dartmouth.edu/filmgenres/sports>

Physical or psychological injuries or romantic sub-plot distractions<sup>3</sup>.

### 1.1.1 POPULAR BOLLYWOOD SPORTS FILMS

Among the Kerala athletes, Most of them chooses Dangal as most motivated Bollywood sports Movie. Irrespective of particular scenes, songs or dialogues they loved the entire movie. The other Bollywood Sports films they preferred were:

Table 1 Popular Bollywood Sports Films

| Preferences | Name of Film       | Event     |
|-------------|--------------------|-----------|
| 1           | Dangal             | Wrestling |
| 2           | Chak De India      | Hockey    |
| 3           | Bhaag Milkha Bhaag | Athletics |
| 4           | M.S.Dhoni          | Cricket   |
| 5           | Mary Kom           | Boxing    |

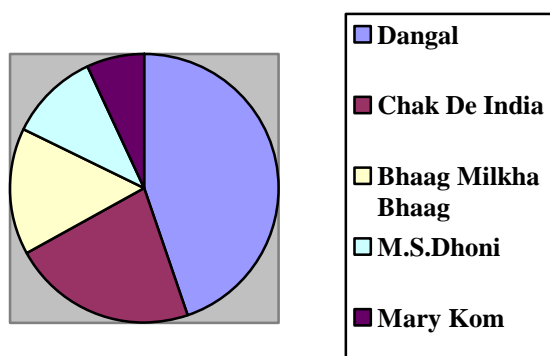


Figure 1: Popular Bollywood Sports Films

### 1.1.2 REASONS FOR LIKING BOLLYWOOD SPORTS FILMS

The reasons for liking a Bollywood sports movie were many. Most of the athletes chooses Motivation as the reason for liking the particular Bollywood Sports Film. The major reasons for liking Bollywood movies were expressed in the below Table and Figure. The figure and table is based on the face to face interview from 32 subjects in various parts of Kerala practicing various sports and games. The 32 subjects include 16 Males and 16 Females in the age group between 15 to 25 years. Thus the study includes School Student athletes also.

Table 2: Reasons for liking Bollywood Sports Films

| Kerala Athletes | Bollywood Sports Films |                         |          |                           |
|-----------------|------------------------|-------------------------|----------|---------------------------|
|                 | Reason 1               | Reason 2                | Reason 3 | Reason 4                  |
| Reasons         | Motivation             | Reel Life of Real Stars | Songs    | Based on their Own Events |

The other reasons that is not mentioned in the table and shown in the figure below are Inspiration, Hard work etc. The figure gives a better understanding on the popularity of Bollywood Sports films in Kerala Athletes.

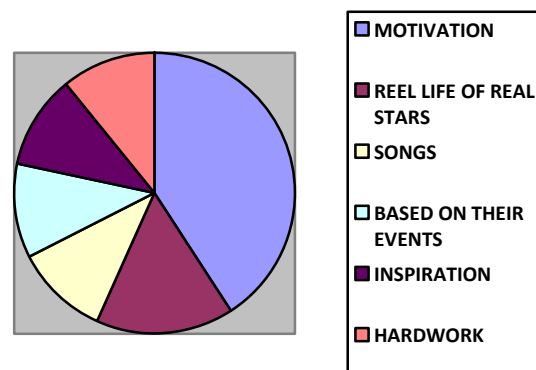


Figure 2: Reasons for liking Bollywood Sports Films

### 1.1.3 MOTIVATED SCENES

Irrespective of whole movie, they were motivated with some of the scenes in these films. They are described following:

#### 1.1.3.1 Dangal

- Initial Hair Cutting Scene
- Building of Agada in the midst of Wheat field
- Last Scene of Medal Winning of Geetha Phogat and Hearing of National Anthem by Mahavir Phogat in the closed room.

#### 1.1.3.2 Chak De India

- Climax Scene where the Goal Keeper looks on the face of the coach.

### 1.1.4 MOTIVATED DIALOGUES

Along with whole Bollywood sports movie and particular scenes, there are certain dialogues that were motivated the Kerala Athletes:

#### 1.1.4.1 Dangal

- Medalist ped pe nahi ugate, unhe banana padata hai. Pyar se, mehanat se, legan se. (Medalist don't grow on trees. You have to nature them with love, hard work, with passion)
- Dangal ladne se pehle dar se ladna padta hai. (Before you fight, you need to fight with your fear)
- Medal laane ke liye support koi na deta ... par medal na mile toh gaali sab dete hai (No one supports you to get a

medal ... but when you don't win a medal then everyone curses you)

- Gold toh gold hota hai ... chhori lave ya chhori (A gold medal is a gold medal ... whether a boy gets it or a girl)

- Kehne ko toh ek round sirf do minute ka hota hai ... par socha jaave toh do minute mein 120 second hote hai ... us ek second ka intezaar kar jab samne wala galati kare (To say, there are only two minutes in a single round ... but if you come to think of it, there are 120 seconds in two minutes ... wait for that one second when your opponent makes a mistake)

#### 1.1.4.2 Chak De India

- Mujhe states ke naam na sunai dete hai na dekhai dete hai. Sirf ek mulk ka naam sunai deta hai I N D I A (I don't hear the names of the Indian states. Nor do I see them. I only hear the name of one country India)

### 1.1.5 MOTIVATED SONGS

Some of the Songs in the Bollywood Sports films motivated the Kerala athletes. They are:

- Chak De India Song from the film Chak De India
- Zinda Song from Bhaag Milkha Bhaag
- Bapu Sehat Ke liye Song from Dangal

## 2. CONCEPTS OF SPORTS PSYCHOLOGY IN BOLLYWOOD SPORTS FILMS

### 2.1 Chak De India

#### 2.1.1 REINFORCEMENT

##### 2.1.1.1 Positive Reinforcement –

We can relate this concept in the sequence when “Kabir Khan” the coach of the team announced “Vidya Sharma” as the captain of Indian Women's Hockey Team.

##### 2.1.1.2 Negative Reinforcement –

This concept is applied in the movie when during the practice session a fight broke between “Balbir Kaur” and “Soimoi Kerketa” and they have been asked to leave the ground.

#### 2.1.2 PUNISHMENT

This concept clearly depicts in the sequence from the movie where the most experienced player of the team i.e., “Bindia Naik” has restricted to play the matches of the league because of her rude behaviour.

### 2.2 Dangal

#### 2.2.1 ATTENTION AND FOCUS

When Mahavir Singh Phogat couldn't win a gold medal for his country, he made sure that he will achieve his dream through his son. When he came to know that, he had a girl child for fourth time also, there was a situation where he gave up his whole dream. But later he realized that whatever the child be, a girl or a boy, they are capable of doing the impossible if mentored properly. Mahavir started to give practice to his daughters in the midst of the rumours rise around the society where he lived. In between the movie, he said to the coach that for him winning a gold medal is the ultimate aim than winning just a medal. [Silver or bronze]. It indicates his attention and focus to a particular aim.

##### 2.2.1 SELF CONFIDENCE

In the movie, when Geetha Phogat is fighting hard for her gold medal point, she thinks about the best advice her father has given her. Taking a 5 point is one of the difficult thing in wrestling, but not an impossible one. 5 points are awarded for a takedown brought about by a throw of grand amplitude in free style wrestling. And she believed in herself to take that 5 point during the dying seconds of the match.

### 3. CONCLUSION

The key goal of sports psychology is to improve the performance of an athlete. For improving the performance, Athletes need intrinsic as well as extrinsic motivation. Then they can overcome all the odds that will be happens in their paths of sporting performance. Bollywood Sports films portrays various concepts of sports psychology throughout the whole movie, particular scenes, dialogues, songs etc. When films as a whole, some of the dialogues and songs in particular acts as sources of extrinsic motivation. On the other hand certain films, dialogues, scenes, songs etc contributes to the source of intrinsic motivation.

Bollywood Sports films are the stories of upcoming Indian stars or the forgotten heroes who are fighting with hardships in their pathways of life and meet the victory podium at the end. Thereby that person raised the pride of the community or country he or she belonged. Bollywood Sports Films which showcases the life of an athlete or group of athletes' acts as a medium that have the capability to pierce into the lives of athletes in our country. Irrespective of language, culture, caste, creed etc these films can do wonders. Bollywood Sports films doesn't make everything but do something that may provide rays of hope into the life of aspiring athletes.

Kerala Athletes who were excelling in various sports and games in their region as well as in our nation were largely influenced by Bollywood Sports Films. The current study and its outcomes makes each of them in our country particularly related to sports field. In that way Bollywood Sports Films can be treated as an effective tool not only for the Sports

Psychologists but also to coaches and trainers. It provides motivation and inspiration to athletes. These two terms i.e., motivation and inspiration acts as synonyms often but in the real sense it had some differences. Inspiration is psychological attribute that we feel on the inside, while motivation is the psychological concept that comes from the outside and compels us to take action. When Inspiration acts as a driving force, Motivation acts as a pulling force. Bollywood Sports films can substantiate these two terms Motivation and Inspiration in Sports Psychology as well as general psychology. Thus we can assume that Bollywood Sports Films will help the sports psychologists, coaches, trainers, parents and teachers etc to mould better athletes for our society and for our nation.

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