

Exploring Emotional Conflict: A Deep Dive into the Movie "Dear Zindagi"

Paridhi

School of Arts and Humanities, Career Point University, Kota,
(Rajasthan)

Abstract:

"Dear Zindagi" is a captivating Indian drama film released in 2016, directed by Gauri Shinde and starring Alia Bhatt and Shah Rukh Khan. This article delves into the movie's exploration of emotional conflict and its impact on human well-being. The film follows the journey of Kaira, a talented cinematographer, who seeks help from an unconventional psychologist, Dr. Jehangir "Jug" Khan, to confront her emotional struggles. Themes of family dynamics, fear of abandonment, professional stress, and the stigma surrounding mental health are examined as they affect Kaira's life. Through unique therapeutic methods, Kaira learns the importance of self-acceptance, forgiveness, and the necessity of letting go of past traumas. "Dear Zindagi" reminds us of the power of self-discovery and therapy in overcoming emotional conflicts and embracing life's beauty.

Keywords:- Emotional Conflict, Mental Health

I Introduction

Movies have the power to take us on an emotional rollercoaster, and one film that perfectly encapsulates this aspect is "Dear Zindagi." Directed by Gauri Shinde and released in 2016, this Indian drama film delves into the complexities of human emotions, mental health, and personal growth. Starring Alia Bhatt and Shah Rukh Khan in lead roles, "Dear Zindagi" addresses the significance of self-discovery, emotional healing, and the impact of unresolved conflicts on one's well-being.

II Plot Summary

The narrative of "Dear Zindagi" revolves around Kaira (Alia Bhatt), a talented cinematographer in her mid-20s, who appears to have it all – a thriving career, friends, and a loving family.

However, underneath her seemingly perfect life lies a storm of emotional turmoil. As her professional and personal life crumbles, Kaira struggles with insomnia and begins to experience emotional breakdowns. Upon reaching her breaking point, she decides to seek help.

Enter Dr. Jehangir "Jug" Khan (Shah Rukh Khan), an unconventional psychologist who

employs unique and unorthodox methods to treat his patients. He encourages Kaira to explore her past, confront her unresolved issues, and rediscover herself. The film takes us on a journey through Kaira's therapy sessions, unraveling the layers of her emotional conflicts and the impact they have on her relationships and outlook on life.

Themes of Emotional Conflict Family Dynamics: Throughout the movie, Kaira's strained relationship with her parents plays a significant role in her emotional struggles. Her childhood experiences, particularly with her controlling father, have left deep scars, affecting her ability to trust and form meaningful connections.

Fear of Abandonment: The fear of being abandoned or rejected is a recurring theme in the film. Kaira's past romantic relationships have left her with emotional baggage, leading to her difficulty in maintaining a stable connection with others.

Professional Stress: The movie also highlights the emotional conflict arising from work-related stress. Kaira's career ambitions sometimes overshadow her emotional well-being, causing her to neglect her personal life.

Stigma Surrounding Mental Health: "Dear Zindagi" challenges the stigma associated with seeking help for mental health issues. Kaira's hesitation to open up about her struggles initially reflects the fear of being judged and misunderstood.

III Impact of Emotional Conflict on Well-being

The emotional conflicts portrayed in the film take a toll on Kaira's well-being, leading to anxiety, self-doubt, and an inability to cope with her emotions. Her unresolved past haunts her present, hindering her from fully embracing life and forming meaningful relationships.

Therapeutic Journey

Dr. Jehangir "Jug" Khan's therapeutic approach is a refreshing departure from conventional methods. Instead of focusing on the standard therapeutic techniques, he uses non-judgmental conversations, creative exercises, and visual metaphors to help Kaira confront her emotional conflicts and explore different perspectives.

Through their sessions, Kaira learns the importance of self-acceptance, forgiveness, and the necessity of letting go of past traumas to move forward in life. Dr. Jehangir's insights and guidance not only help Kaira find healing but also encourage her to embrace her imperfections and discover the joys of life.

IV Conclusion

"Dear Zindagi" is a profound exploration of emotional conflict, human vulnerability, and the resilience of the human spirit. The film poignantly reminds us that healing begins when we confront our emotional demons and embark on a journey of self-discovery. It emphasizes

the significance of seeking help when needed, challenging societal stigmas around mental health, and the power of therapy in guiding individuals towards emotional well-being.

As viewers, we are left with a poignant message - life is a beautiful journey, and embracing our emotional conflicts can lead us to a place of self-awareness, growth, and ultimately, happiness.