

# INVESTIGATION OF THE ACUTE EFFECTS OF THE SPORTS THEMED MOVIE “DANGAL” ON THE METAPHORS CREATED BY ADOLESCENTS ABOUT WRESTLERS

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## ABSTRACT

**BACKGROUND:** Making discussions about the power or effects of the contents of mass media through movies and TV series can be considered as an effective strategy in a way. In addition, investigating the power and effects of movie screenings through metaphor creation can be an effective strategy. In the literature, it has been seen that the metaphor creation technique is widely used in examining the perception of sports. However, no research has been found using the metaphor generation technique to determine the effects of sports-themed movies. In this context, the aim of the research is to examine the acute effect of the sports-themed movie named "Dangal", in the wrestling branch, on the metaphors that adolescents create about wrestlers.

**METHODS AND REESULTS:**Semi-structured interview technique was used as a data collection tool in this research, which was designed by making use of the case study design, one of the qualitative research methods. In the study, metaphorical perceptions of individuals were collected through a semi-structured interview form. The metaphorical perceptions of individuals were collected with the following open-ended questions added to the semi-structured interview form. Participants were asked to complete the sentences given below: "Wrestler is like....., because .....". In this way, the participant was enabled to create a metaphor with the phrase "like" in the first sentence, and to base the analogy she/he made with the phrase "because" on a logical justification. The content analysis method used in qualitative research was used in the analysis of the research data. The participants created a total of 13 metaphors under 5 themes before watching the movie. The most metaphors were created under the theme of animals, and the least metaphors were created under the theme of plants. After watching the movie, the participants created a total of 11 metaphors under 3 themes. The most metaphors were created under the theme of animals, and the least metaphors were created under the theme of structure.

**CONCLUSION:**It was understood that the metaphors created under all themes before watching the movie were mostly based on physical appearance, and the metaphors created under all themes after watching the movie were mostly based on affective features. In this context, it has been concluded that movies have the potential to affect people acutely. Therefore, it is thought that movies can be used as an effective tool to promote sports and increase people's interest in sports.

**Key Words:** Sports Movies, Wrestlers, Dangal, Metaphor

## INTRODUCTION

Considering today's living conditions, it is seen that increasing urbanization and changing family and social structure, as well as developing industry and technology, lead to significant changes in people's lifestyles (İlbak and Akarsu, 2022). The uniformity imposed by modern and post-modern life directs people to a number of different activities. In this sense, the phenomenon of entertainment has become a necessity (Argan, 2007). For this reason, the cinema industry takes into account these needs of the audience and produces movies to meet this need (Onaran, 1986).

Movies are the most popular form of entertainment (Vinet, 2005) and are shown as important actors of popular culture. It is necessary to admit that movies can affect many people around the world in a short time and are an important leisure time activity (Kim & Richardson, 2003). In addition, the increasing interest of people all over the world in fields such as sports, culture and art, which are the basic components of the entertainment industry, causes such activities to take place more in mass media (Argan, 2007).

Mass media has the feature of being the most important communication channel as it has the ability to reach many people who are qualified as readers, viewers and viewers. In other words, mass media are accepted as a source of information and entertainment for basic people. The essential power of mass media communication lies in the fact that it can shape people's worldviews, at the very source of their thought and integrity (Burton 1995). Because the codes seen and revealed in the movie screenings are conveyed to the audience as a fictional world card created by the director and the team, or unconsciously. Presentation of the

spaces, views, colors, dialogues and presentations used; acting; camera movements, plans, angles and movie montage shape the way the audience perceives what they see and comments (Tarakçıoğlu, 2019). Therefore, movie screenings produced on mass media devices are of great importance in our lives.

However, the level of power and influence of the mass media, and whether these tools really have power, and if any, by which methods and in which direction they use their power are the main topics of discussion in media studies. Making discussions about the power or effects of the contents of mass media through movies and TV series can be considered as an effective strategy in a way (Erarslan, 2013). In addition, investigating the power and effects of movie screenings through metaphor creation can be an effective strategy.

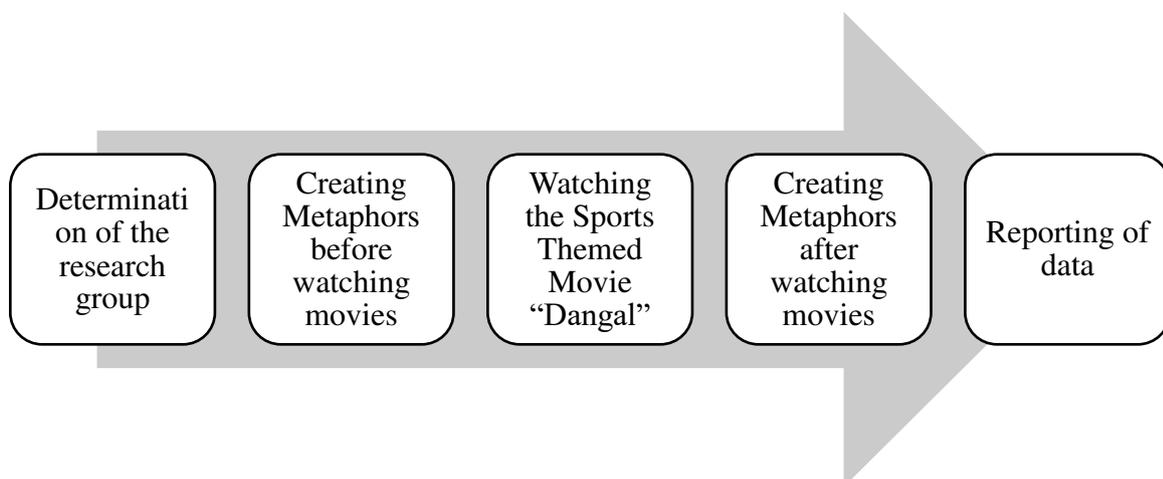
Metaphor technique is defined as expressing feelings and thoughts about a phenomenon with a word or phrase. In particular, the metaphor technique is considered as an effective technique in making a complex, abstract or theoretical phenomenon more descriptive (Saban et al., 2006). In the literature, it has been seen that the metaphor creation technique is widely used in examining the perception of sports (Kaya et al., 2018; Yetim & Kalfa, 2019; Sevinç & Ergenç, 2017). However, no research has been found using the metaphor generation technique to determine the effects of sports-themed movies.

It has been determined that there are various studies on the individual lives of the main actors of sports movies (Baker, 1998), the dramatic structures of the movies (Pomerance, 2006), the music of the movies (Scheurer, 2005) and the using of a movie as an educational tool (Broch, 2015). In this context, the aim of the research is to examine the acute effect of the sports-themed movie named "Dangal", in the wrestling branch, on the metaphors that adolescents create about wrestlers.

## MATERIALS AND METHODS

### Research Design

Semi-structured interview technique (Patton, 2002) was used as a data collection tool in this research, which was designed by making use of the case study design (Denzin & Lincon, 2018), one of the qualitative research methods. The research design is given in figure 1.



**Figure 1:** Research Design

## Research Group

Since observation and interview techniques are generally used in qualitative research, research data can be collected without the need for large sample groups. Because after a certain period of time, the data obtained from both observations and interviews begin to repeat itself (Morse, 2016). The study group was determined by the criterion sampling method, one of the purposive sampling methods. In this context, the research group was formed from individuals (14-18 aged) who do not do sports in any sports branch, not having seen the movie "Dangal" before and are adolescents. Exclusion criteria from the study were determined as doing sports in any sports branch, having seen the movie "Dangal" before and not being an adolescent individual (14-18 aged). The study was completed with the participation of a total of 23 adolescent individuals.

## Data Collection Tools

In the study, metaphorical perceptions of individuals were collected through a semi-structured interview form. The interview form was created by making use of previous metaphorical studies (Kaya ve ark., 2018; Yetim ve Kalfa, 2019; Sevinç ve Ergenç, 2017). The metaphorical perceptions of individuals were collected with the following open-ended questions added to the semi-structured interview form. Participants were asked to complete the sentences given below: "Wrestler is like ....., because ....."". In this way, the participant was enabled to create a metaphor with the phrase "like" in the first sentence, and to base the analogy she/he made with the phrase "because" on a logical justification. Research data were collected on 02 November 2022.

## Statistical Analysis

The content analysis method used in qualitative research was used in the analysis of the research data. Content analysis, which is used as a technique for collecting and analyzing content in the text, refers to the words, themes, meanings, thoughts, pictures, symbols or any message that has the content. The text used in content analysis serves as a communication medium with all kinds of written, visual or verbal elements (Neuman, 2014). The main purpose in content analysis is to reach relationships and concepts that will explain the collected data on the subject under study (Krippendorff, 2004). In this context, first of all, the research data were examined in terms of the answers given by the participants, and it was ensured that each participant completely filled out the interview form. The interview forms of the participants who wrote the metaphor but did not state its reason, did not have the feature of a metaphor were not taken into account (7forms excluded). After all these were provided, the research data were transferred to Microsoft Excel. After all these were provided, the answers to the open-ended questions in the interview form, in which the metaphors were produced, were transferred to the Microsoft Excel 2016 program, analyzed and themes were created. Then the metaphors were grouped under related themes. In order to ensure the trustworthiness and validity of the research design, detailed information on how the data were collected and analyzed in the research is given. Expert opinion was used to determine whether the created themes represent metaphors. The suitability of the themes and metaphors stated by the experts was reviewed and the research data were finalized after consensus was reached.

## RESULTS

**Table 1: Metaphors created by the participants for wrestlers before watching the movie**

Themes	Metaphors	f	Number of metaphors
Animal	Bull (2), Lion (3), Penguin (1), Panther (2)	8	4
Nature	Mountain (5), Storm (1), Rock (1)	7	3
Object	Sledgehammer (1), Spring (1), Door (2), Concrete (1)	5	4
Structure	Castle (2)	2	1
Plant	Tree (1)	1	1
Total		23	13

According to Table 1, the participants created a total of 13 metaphors under 5 themes before watching the movie. It is seen that most metaphors are created under the theme of animals, and the least metaphors are created under the theme of plants.

**Table 2: Justifications for the metaphors created before watching the movie**

Themes	Metaphors	Metaphor Justification
Animal	Bull (2)	Because he is molded Because he is muscular
	Lion (3)	Because it is majestic Because it is not afraid to grapple with his opponent Because it is so strong
	Penguin (1)	Because they all look the same
	Panther (2)	Because it is muscular Because it is agile
Nature	Mountain (5)	Because it is not easily shaken Because it is big Because it's pretty strong Because his stance is majestic Because he has a majestic stance
	Storm (1)	Because it breaks
	Rock (1)	Because it is very rigid
Object	Sledgehammer (1)	Because if it hits it will break
	Spring (1)	Because it is flexible
	Door (2)	Because his/her shoulders are wide Because they are large
	Concrete (1)	Because it has a very strong structure
Structure	Castle (2)	Because it doesn't break easily Because it is very difficult to conquer
Plant	Tree (1)	Because it is firmly grounded as if it had roots.

According to Table 2, it is understood that the metaphors created under all themes are mostly based on physical appearance. In particular, it is seen that there are expressions such as majestic, muscular, strong structure and wide structure.

**Table 3: Metaphors created by the participants for wrestlers after watching the movie**

Themes	Metaphors	f	Number of metaphors
Animal	Lion (4), Bull (3), Panther (2), Tiger (1), Cheetah (1), Eagle (1)	12	6
Nature	River (1), Rock (3), Mountain (3)	7	3
Structure	Castle (3), Wall (1)	4	2
Total		23	11

According to Table 3, the participants created a total of 11 metaphors under 3 themes after watching the movie. It is seen that most metaphors are created under the theme of animals, and the least metaphors are created under the theme of structure.

**Table 4: Justifications for the metaphors created after watching the movie**

Themes	Metaphors	Metaphor Justification
Animal	Lion (4)	Because its opponent's appearance never scares him Because it never thinks of giving up Because it is so strong Because it is a fighter
	Bull (3)	Because it is molded Because it is a fighter Because it is a fighter
	Panther (2)	Because it is fearless Because it's so strong
	Panther (2)	Because it is fearless Because it is fearless
	Tiger (1)	Because it is both strong and smart
	Cheetah (1)	Because it is fast and agile
	Eagle (1)	Because it doesn't give up its prey
Nature	River (1)	Because it doesn't stray from its own way
	Rock (3)	Because it withstands any challenge Because it withstands any challenge Because it withstands any challenge
	Mountain (3)	Because it is unshakable Because it is indestructible Because it has a majestic stance
Structure	Castle (3)	Because it's so hard to conquer Because it's so hard to conquer Because it's so hard to conquer
	Wall (1)	Because it is indestructible

According to Table 4, it is understood that the metaphors created under all themes are mostly based on affective characteristics. In particular, it is seen that there are expressions such as fearless, fighter and hard to be conquer.

## DISCUSSION

In this study, in which the acute effect of the sports-themed movie named "Dangal" on the metaphors created by adolescents about wrestlers was examined, it was revealed whether movies could be used as an effective tool in our lives. When the data obtained from the research were evaluated, it was understood that the movies had acute effects on people.

The Indian biographical sports drama movie "Dangal", which is a blockbuster in India, takes its name from the name given to wrestling races in India. Aamir Khan, one of the leading names of Indian cinema, is the leading actor of the movie. The protagonist of the movie is a wrestling fan. He decides to teach wrestling to his two little girls. Two girls, Babita Kumari and Geeta Phogat, grew up training wrestling from childhood. Both girls became ambitious names in wrestling when they grew up. Geeta Phogat won a gold medal at the 2010 Commonwealth Games, becoming the first female wrestler to win a gold medal in wrestling, while her sister Babita also takes the silver medal. Young female wrestlers have to struggle with the pressure of the social structure along the way to success (<https://www.beyazperde.com>, Accessed date, 23.11.2022). In this context, wrestling was used as a tool in the movie and the perception of sexism in social life was treated dramatically. Therefore, the young female wrestlers in the movie had to cope with many difficulties.

When the data of our research were evaluated, it was determined that the participants formed the metaphors based on physical appearance before watching the movie, but the metaphors they created after watching the movie were based on affective features. It is thought that the change in the metaphors created in this direction is due to the young female wrestlers having to cope with many difficulties in the film.

It is thought that the metaphors created by the participants about the wrestlers before watching the movie are related to physical appearance and that the sport branch can affect the anthropometric structure. When the relevant studies in the literature are examined, it is seen that the researchers agree that the physical appearance of the athletes can differ according to the sports branch and that the sports branch can change the physical appearance.

Physical structure is of great importance in order to reveal the physiological power at the maximum level. If the physical structure is not suitable for the sports branch, a desired level of sports performance cannot be achieved (Açıkada and Ergen, 1986). In this context, the human body consists of muscle, fat and bones in different proportions and densities. These components affect performance at different rates according to sports branches (Kuter and Öztürk, 1992). Body mass and structure are related to the heredity, diet and training of the athlete. Depending on these, body mass and structure reflect the framework and functional characteristics of the body that provides the predisposition to the applied sports. The physical structure of the athlete is an indicator of changes as a result of both hereditary characteristics and high-level training (Üstündal and Köker, 1998). This information supports the idea that the metaphors created by the participants about the wrestlers before the movie are about physical appearance and that the sport branch can affect the anthropometric structure.

In future studies, it is recommended to make such studies by watching different movies with different age groups.

## CONCLUSION

It was understood that the metaphors created under all themes before watching the movie were mostly based on physical appearance, and the metaphors created under all themes after watching the movie were mostly based on affective features. In this context, it has been concluded that films have the potential to affect people acutely. Therefore, it is thought that movies can be used as an effective tool to promote sports and increase people's interest in sports.

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