

OBSERVING AND COMPARING THE RATE OF CINEMA ACTOR'S ANXIETY AND BEHIND THE SCENE AGENTS

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ABSTRACT

Anxiety as lack of relaxation and doubt is lack of confidence in mastering success and it is as though bilateral product of severe stimulus that isn't possible against inhibited responses. The imagination of anxious personality would show the image of anxious person who is sensitive to tensioning and live in social and global insecurity. Also consider his activities in advance with failure and is anxious for him and relatives. The goal of present research is comparing the rate of anxiety among cinema actors/actresses and behind the scene agents. In this research, 60 people involving 30 actors/actresses and 30 behind the scene actors/actresses from Bagh-e-Mozafar serial, with 15 women and men in each group through in access sampling have been chosen. In collect data, Spiel Berger anxiety assessment questionnaire was used. To analyze gained data independent t was used. The gained proof in $\alpha=0/05$ indicated that: the actor's anxiety is more than the behind the scene agents.

KEYWORDS: anxiety, actor, behind the scene agents

INTRODUCTION

Common anxiety is normal and necessary reaction which In fact is the part of life and would lead to personality growth and also individual efficacy, consciousness and stimulation. The anxiety would lead to illness in case of passing normal limit and would cause some psychological disorders and job defect and disturb individual's psychological balance with abnormal severity (Rus 2000, translated by Jamalfar 1994) existing anxiety in life environment is inevitable issue and essential for psychological growth, but what may lead to illness is inability to fight anxiety severe and abnormal degrees which could emerge in case of physical and psychological reactions. Therefore, the human beings to attempt normally should feel inconsiderable amount of anxiety and change them to behavioral patterns which were efficient before. For example: a cautious person may become more cautious and finally get away. On the other hand, an aggressive individual may lose his temper and damage everything at once. The anxiety targets the weakest and most vulnerable people, but the strongest people are endangered. In fact, the anxiety targets expansive scope. Therefore apparent inequality would lead to equality. The anxiety, based on scientific filed, could provide assessment ability in all seconds of individual's life during all of the activities.

Fields such as: artistic, intellectual, professional and even political, as no one is insecure against anxiety and anxiety (Etkinson & Hilgard, translated by Brahani and Shamloo 2005). Behavioral responses to anxiety is dependent on individual's personality and anxiety agent innate. (Ahmadvand 2001) the different proofs indicated that: anxiety could be found in different jobs with different degrees.(Azad 2009) one of the occupations which anxiety is having prominent role in is acting in cinema. Cinema is potential mirror; the mirror which could show all dialectic complexities directly. This reflection is effective somehow could take standing ability from the spectators and involves them in creation process. Clear show in cinema, even by considering extension element which is inseparable from the combination, forces the spectators to have active role in show time in the process of realizing the role.(Podvefkin 2000, translated by Afshar 1999) the play is simple way to consume and analyze exhausted energy. The people who aren't satisfied in job and action world and in play world they would be tranquilized. As human being isn't able to satisfy many of his desires directly, would move to play role and would satisfy indirectly. In other words, the play is substituted with the activities which aren't considered authorized in job and action world. Therefore as Menninger told: the difference between play and job is that: first, job is dependent on world requirements, but role is away from world limitations. Second, every action is the mean to achieve a goal, but play has no purpose and goal. Third, the role in contrast to job tends to outcast desires, especially aggressive desires. Fourth, in contrast to job, would make harmonic enjoyment. The cinema in the beginning of its life was just an interesting invention which could make the record the actions. The primary movies were primary attempts to record actions but gradually playing a role and cinema art changed to a job and was focused by different group of people. Now the cinema is an entertainment and also directly connected with other occupations and every year many festivals are held to introduce the best movie, actor/actresses and everything involved movie manufacturing. Also to manufacture a movie, considerable amount of investment is utilized so the producer and the

directors are forced to find professional people to make their movies. Such actors/actresses would lead to considerable anxiety to the actors/actresses and also behind the scene agents. (Aryanpoor 2009) different researches showed: even though actors/actresses are having high anxiety to play their roles, but in the case that ambiguity in action is reduced and perfect connection with the other members, especially the director and the producer is established, the anxiety would be decreased (Ghorbani 2010). Also the proofs show: the actors/actresses use hope to future method to improve participation and this factor would reduce their anxiety to play the roles (Carlos 2004) according to vast researches conducted in anxiety field, but still many should be conducted especially among the artists. According to the prominence of cinema and action, this research is conducted to observe and compare the rate of anxiety among the actors and actresses with anxiety rate among the behind the scene agents.

Research hypothesis

The rate of anxiety among the actors/actresses is more than the same among the behind the scene agents.

MATERIALS AND METHODS

The present research is quasi-experimental and correlational. The statistical population involves all actors/actresses and behind the scenes agents of Bagh-e-Mozafar serial which were connected them through Golian Tasvir Company. Subjects were people who received Spiel Berger anxiety rate assessment questionnaire. Research sample capacity included 60 people, divided to 30 cinema and television actors and 30 behind the scene agents. In two groups from 30 people, 15 were women and men. These people had M.A and their economic status was average. In this research, in access sampling was done. The reason to use in access sampling was that: performing research get difficult or impossible (Gal, translated by Nasr et al 2005).

Measurement tools

Spiel Berger Anxiety Inventory (STAI)

The test which is done in present research to assess anxiety is Spiel Berger Anxiety Inventory (STAI). To response anxiety scale, the subjects in a 4 degree scale show: never, sometimes, often and always to what feeling do they have. This section includes 20 descriptive clauses Panahi Shahri by observing 2000 students, university students and patients suffering from anxious disorders, to gain the validity of this test concluded that:

In 32 female subjects, anxious status scale was correlated with Tailor apparent anxiety with 0/086 and in TMAS the correlation was 0/084 and also anxiety scale with TMAS was correlated with 0/076. Male subjects were 91 and showed anxiety scale with 0/076 correlation. To observe the creditability this inventory, the alpha coefficient was calculated and the results showed: in female subjects and in student group 390 people, alpha coefficient was 0/091. In male subjects and in student group, 350 people alpha coefficient was 0/089 and in male subject sin university students, 390 people, alpha coefficient was 0/091.

RESULTS

Statistical analysis to compare two groups:

$$\bar{x} = \frac{\sum x_1}{N}$$

$$S_2^2 = \frac{30 \times 56412 - (1493284)}{30 \times 29}$$

$$\bar{x}_1 = \frac{1907}{30} = 63/56$$

$$S_1^2 = \frac{3083381}{870}$$

$$S_1^2 = 3544/116$$

$$S_1 = \sqrt{3544/116}$$

$$S_1 = 59/53247 \approx 59/532$$

$$\bar{x}_2 = \frac{\sum x_2}{N}$$

$$S_1^2 = \frac{30 \times 124001 - (3636649)}{30 \times 29}$$

$$\bar{x}_2 = \frac{1222}{30} = 40/73$$

$$S_2^2 = \frac{199076}{870}$$

$$S_2^2 = 228/822$$

$$S_2 = \sqrt{228/822}$$

$$S_2 = 15/12688 \approx 15/127$$

Correlational matrix to compare the anxiety between the actors and behind the scenes agents

row	X2 actors	X1 behind the scene agents
$\sum X$	1907	1222
$\sum X^2$	124001	56412
\bar{X}	63/56	40/73
$Sx2$	225260/39	9320/0
N	30	30

$$\Rightarrow t = \frac{\left| \frac{63}{56} - \frac{40}{73} \right|}{\sqrt{\frac{(30-1)\left(\frac{3544}{116}\right) + (30-1)\left(\frac{22}{822}\right)}{30+30-2} \times \left(\frac{1}{30}\right) + \left(\frac{1}{30}\right)}}$$

$$\Rightarrow t = \frac{22/83}{\sqrt{\frac{109415/19}{58} \times (2/30)}}$$

$$\Rightarrow t = \frac{\frac{22}{83}}{\frac{43}{433} \times \left(\frac{2}{30}\right)} = \frac{22}{83} \times \frac{433}{86} = \frac{22}{895}$$

$$\Rightarrow t = 7/886$$

$$DF = 30 + 30 - 2 = 58$$

According to the results, as calculated is bigger than t in the table in $\alpha=0/05$ level, so zero hypothesis is rejected and by 0/095 certainty, it could be mentioned that; there is meaningful difference between the anxiety among the actors/actresses and behind the scene agents in other words, the actors/actresses anxiety is more than the anxiety among the behind the scenes agents.

The gained results are in consistent with the researches of Lazaros 1960, Etinkson and Hilgard 1992, Ahmadvand 2001, Azad 2009, Aryanpoor 2009. In explaining this hypothesis, it could be mentioned that: the main reason of anxiety is afraid of not gaining the goal, but this vocabulary was misused like most of the psychological vocabularies and offers stereotype status that is shown in reaction to some of the status. What people are attracted is the stability and instability of the people. We usually asses us with specific form of strong human with focusing on the fact that how strong people move on life without paying attention to life difficulties and then their stability would be admired by us (Oliver 2005) in fact , anxiety could be experienced by all people . Anxiety an acute crisis is always lasting for several minutes and in extreme case, it takes time for some hours. Therefore the individual feel nasty from unspecified fear (no topic fear) Dismay, but failure and even death. In most of the cases, autonomous nervous system, similar to that what is existed in the excitement would be added to such feelings such as: Heart palpitations, breathing difficulties, chest tightness and choking, excessive sweating, chills, Hypertonia and feeling lethargic in the legs. In some cases, Desire to urinate, could terminate this crisis. This type of anxiety isn't dependent on specific events, so it is called oscillating anxiety .after all it could be related to some of the qualities which are related to personal ones. It seems everyone is having independent nervous system. Physical disorders which are having longer duration are called chronic anxiety or "crisis of anxiety" (Freud). Such disorder could be along with occasional crisis or be independent. Anxiety is existed as a part of human life in human beings in fair rate and in this rate it could be considered as adapted response ,As it could be mentioned: in

case of not having anxiety, we would be slept at the back of our desks. Lack of anxiety could face us with many problems and risks: anxiety would lead us to go to the doctor for checkup , to return the book we have borrowed and to drive carefully in a slippery road, therefore would have longer, more productive and fertile life. Therefore anxiety as the part of everyone's life, forms his personality structure factors and in this regard, some of the anxious in childhood and adolescence periods could be considered normal and positive effect of them on change process would be accepted, As it provides opportunity for the individual to expand their Adaptive mechanisms to face stressors.

In other words, it could be said that anxiety in some cases could lead to creativity and innovation and could provide the possibility to imagine the positions and dominate them and encourage them to face important responsibility like being prepared for a test or accepting a social responsibility. On the other hand, there is phobic anxiety, as anxiety could be profitable somehow and many people experience that, this case could get chronic and persistent aspect and in this case the responses couldn't be considered adaptive to deprive individual from some of the facilities. Just according to limitation strategies, individual freedom and flexibility would be decreased and cause the wide range of anxious disorders which are expanded from cognitive and physical disorders to unjustified fears. Anxiety is usually an annoying expectancy, something which can occur in expansive, fearful and unknown stress. This case could occur in form of current feeling and experience like every emotional disturbance at the two levels psychological and physical correlational in the individuals and could be dependent to an objective threat (stressor) Direct or indirect threat of death, personal accident or punishment. (Caplan & Saduk 2000) therefore it could be mentioned that, the anxiety could occur in every moment and involves employed people and also the actors/actresses. The cinema is having entertaining aspect and related to other occupations professionally and every year many festivals are held to introduce the best movie, actor/actress and others who are involved to produce the movie and the directors and the producers pay considerable amount to find professional people to make their movies. Such factors would lead considerable anxiety to the actors/actresses (Aryanpoor 2009).

RECOMMENDATIONS

- 1-according to the importance of the issue, some researches could be done in bigger groups among the actors/actresses and behind the scene agents.
- 2- Some researches could be done to recognize and solve the reasons of anxiety among the actors/actresses.
- 3 – In a research, the rate of anxiety in live shows like theater could be measured.

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