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The Strength of Psychological Resilience Against Nature's Fury

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ABSTRACT

Individual responses to traumatic events such as bereavement, natural disasters and marital dissolution vary. The concept of resilience is significantly defined by an individual ability to respond and act decisively when confronted with these challenges. In this regard, psychological resilience theory emphasizes individuals' capacity to reassess their actions and thoughts during challenging circumstances, which allows them to devise alternative strategies. Adapted from Yann Martel's novel, Life of Pi and directed by director Ang Lee, this movie tells the tale of a young Indian boy's struggle for survival stranded at sea with a Bengali tiger named Richard Parker. From the beginning to the end of the journey, Pi's ongoing struggle against Richard Parker and his fear of potential attacks from the tiger serve as important elements in maintaining his vigilance and ultimately surviving. His capacity to endure the challenges posed by nature and Bengali tiger along with his self-regulation abilities, his hope and courage he maintained until his final moments demonstrate his remarkable psychological resilience. In addition, the representation of Pi's psychological resilience is conveyed both visually and emotionally through some cinematic techniques. The aim of this research is to examine the correlation between Pi's characteristics and his ability to maintain resilience. This paper will analyze the survival methods employed by Pi, taking the theoretical framework of psychological resilience into consideration.

Keywords: Struggle, Resilience, Courage, Life of Pi, Yann Martel.

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Doğanın Gazabına Karşı Psikolojik Dayanıklılığın Gücü

ÖZ

Yaşamın getirdiği ölüm, doğal afetler, boşanma gibi örseleyici olaylar karşısında insanların verdiği tepkiler farklıdır. Kişinin karşılaştığı bu zorluklar karşısında nasıl tepki verebileceğini bilip, kararlı bir şekilde hareket edebilmesi ruhsal dayanıklılık kavramının tanımında önemli bir unsurdur. Bu anlamda zorlu deneyimlerde kişinin davranışlarını ve düşüncelerini yeniden gözden geçirip alternatif planlar yaparak irade ve kararlılık göstermesi ruhsal dayanıklılık teorisisin temelini oluşturur. Yann Martel'in Pi'nin Yaşamı adlı eserine dayanan ve yönetmenliğini Ang Lee 'nin üstlendiği bu film Hintli bir çocuğun denizin ortasında Richard Parker adlı Bengali kaplanıyla birlikte hayatta kalma savaşını ele alır. Yolculuğun başından sonuna kadar Richard Parker'a karşı verdiği mücadele ve kaplanın ona saldıracağı korkusu Pi'yi sürekli tetikte tutmada ve hayatta kalmasında en önemli etken olmuştur. Doğanın gazabına ve Bengal kaplanına karşı başa çıkabilme gücü, öz denetim becerisi, ve sonuna kadar içinde beslediği umut ve cesareti onun psikolojik sağlamlılığı yüksek bir kişi olması bakımından önem arz etmektedir. Bunun yanı sıra filmde Pi'nin görsel ve duygusal olarak psikolojik dayanıklılığı bazı sinemasal öğeler aracılığıyla da aktarılmaktadır. Bu çalışmanın amacı Pi'nin Yaşamı adlı filmde Pi'nin sahip olduğu bu niteliklerin onun ruhsal dayanıklılığına nasıl katkı sağladığını ortaya koymaktır. Bu makalede Pi'nin hayatta kalmak için kullandığı stratejiler psikolojik dayanıklılık teorisi ışığında incelenecektir.

Anahtar Kelimeler: Mücadele, Ruhsal Dayanıklılık, Cesaret, Pi'nin Yaşamı, Yann Martel.

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Introduction

Children's development is globally threatened by disasters, violence, and pandemics, which leads to serious consequences for families and societies. These events have brought the vulnerabilities of children and lack of society's preparedness to respond to attention. As a result, resilience research has become a central focus. Developmental science offers a valuable insight into resilience as a dynamic process. After WWII, mental health research advanced, and researchers discovered risk factors that raise the risk of various disorders. (Masten, 2014b, p.6-8).

Resilience is the ability of adapting and recovering from challenges, which can involve both restoration of equilibrium and transformation to a new stable state. A human being can be regarded as resilient when they display an ability to recover from obstacles that threaten their well-being. It is also a comprehensive concept that includes the important personal growth after trauma, the capacity to achieve positive results despite facing potential failure, and the ability to overcome challenges (Masten, 2014a, p. 9-10). However, as trauma theorist Cathy Caruth argues, surviving isn't always a step-by-step process of getting better. Referring to Freud's insights during World War I, Caruth points out that both psychoanalysis and trauma continue to exist without ever being fully comprehended. Trauma, in this regard, appears as both a destructive and enduring phenomenon (Caruth, 1996, p.72). According to this perspective, resilience is not just about recovering, but about ongoing way of surviving trauma.

In every traumatic experience we go through, we exhibit different responses. Occasionally some individuals' defense mechanisms are insufficient while others' protective barriers are more penetrable. As we age, we may feel more vulnerable and seek refuge in safer place. However, life is full of disappointments and misery and sometimes our hopes are dashed (Ezmeci, 2024, p.27). Each of us has various life dynamics. Some of us struggle to take action, while others do not give up easily. As a result, each person takes their own path, drawing upon varying mental and emotional capacities (Ezmeci, 2024, p.4). Resilient individuals seek demanding situations because they understand that development can only occur through pushing themselves to their boundaries. They do not shy away from facing danger. They recognise that failure is not a final destination nor does it provoke feelings of shame in the face of failure. They develop strategies to empower themselves and confront challenges with vigour. Moreover, they are able to prevent their fears and doubts from consuming them (Reivich and Shatte, 2003, p. 4).

A widely recognized component of resilience is an individual's ability to draw upon inner strength and persistence in the face of adversity. Echoing this concept, Plumb highlights the crucial role of inner strength and mental stability as foundation of personal growth. For him, the power to shape our lives are within us as we have strength, resilience, and confidence needed. We must believe that our foundation is built upon strong rocks. Thus, we can use our strength of spirit as a tool for personal development. Our mental framework provides a secure base that cannot be shaken. To illustrate his ideas Plumb gives the example of music as a guiding force during difficult times. Just as a melody can inspire us to keep moving, we must allow our resilience and inner strength to keep us fighting. No matter how difficult the situation there is always a glimmer of hope. By showing our inner resolve and determination we convey a message to the cosmos (2020, pp. 51-72). According to Reivich and Shatte (2003), resilient individuals possess a positive outlook, which contributes to better physical health, professional success and, the ability to excel in competitive environments. They also have a strong sense of self-efficacy, which allows them to challenge the obstacles with determination. Their belief in their own problem-solving skills and mastery over their environment is a key component of resilience. Reivich and Shtatte suggest that optimism and self-efficacy work together to drive individuals to seek solutions and enchance their circumstances. To illustrate their points, they give the example of two colleagues working in the same company. One employee, Lynn, gains confidence through small successes, which enables her to challenge obstacles with ease. In contrast, the other individual, Grek is passive and feels inadequate when it comes to finding solutions and tackling similar challenges. As a result, Lynn's problem-solving abilities lead her to take on more responsibilities and seize new opportunities, while Grek's passive approach results in increased difficulties within his work environment. This contrast highlights the importance of self-belief and a positive mindset in achieving success. (p.40-43).

According to Rutter (2000), resilience consists of three fundamental aspects: self-esteem, self-efficacy, and social problem-solving skills. He emphasizes the protective role of secure emotional bonds and experiences of achievement in fostering resilience (p.607). Another defining element of resilience, as suggested by Ungar (2024), is the ability to recover

from adversity and to adjust to new circumstances while learning from the experience. He illustrates this with examples from health systems, which adapt to challenges more effectively when supported by external resources. Resilient systems tend to evolve gradually rather than undergoing major shifts. This example highlights adaptation and resilience as integral parts of long- term learning process (2024, p.48).

Self-control and resilience also play an important role in navigating the life's challenges. In this context, Allen, in his book *As a Man Thinketh* emphasizes the connection between an individual's mental state and external outcomes. When individuals focus on self-improvement and work to overcome their flaws, they can experience rapid growth and success (Allen, 1948, p. 6). In this sense, Allen's insights highlight the importance of maintaining focus and determination in achieving self-control and success. He states that

A man shoud conceive of a legitimate purpose in his hear and set out to accomplish it. He should make this purpose the centralizing point of his thoughts. ıt may take the form of a spiritual ideal, or it may be a worldy object according to his nature at the time being. Whichever it is, he should steadily focus his thought forces upon the object he had set before him… This is the royal road to self control (1948, p.13).

By focusing his ideas and energies on a specific thought, individuals can gain control over their actions. Thus, having a clear purpose in mind helps people succeed in their endeavours.

Furthermore, resilience is rooted in our abilities to overcome challenges. Allen argues that doubt and fear hinder people's ability to overcome obstacles. Those who give in to these feelings hinder their own progress. However, those who overcome doubt and fear also conquer failure. Their objectives are meticulously planned and carried out, which ultimately result in long-lasting outcomes that do not fade easily. Thus, thinking fearlessly transform into a creative energy. Those who understand this transcend being controlled by fleeting thoughts. By acquiring this skill, they can use their mental powers with awareness (Allen, 1948, p.14). In this sense, it is in our hand to develop resilience to succeed and overcome adversity.

In his work *Man's Search for Meaning,* Frankl connects an individual's responds to adversity with their willpower and inner freedom. Drawing from his time in the Auschwitz concentration camp, Victor Frankl emphasizes that each individual has a sense of purpose and direction. The hardships of camp life reveal that individuals have the capacity to make choices and take action in their lives. Despite extreme physical and psychological suffering individuals can maintain spiritual and mental freedom. Each choice a person makes shapes their destiny. These choices determine whether they conform to external pressures or assert their autonomy. It is in such moments that one's ability to exercise their agency and autonomy is truly tested. A person's ability to embrace his fate and to endure the hardships provides him with numerous opportunities to find a purpose in life, even in the face of overwhelming odds. This process often involves courage and dignity. The struggle for survival also confronts individual with the choice of embracing moral values. Such challenging times become themeasure of a person's character. Thus, in every part of their lives, man is always faced with the opportunity to attain success by overcoming hardships (Frankl, 1993, p.74-77).

Given that resilience is not a fixed trait but a dynamic process, it requires both short- and long-term longitudinal research. Luthar, Cicchetti, and Becker, (2000), for instance, argue that findings on resilience should be situated within well-established theoretical perspectives. The examined protective and risk factors, as well as the theoretical implications of the findings, should be clearly articulated (p.555).

Psychological resilience in film is conveyed not solely through the story itself, but also through the emotional bond formed between the audience and the character. Murray Smith proposes a three-stage model of character interaction: recognition, alignment, and allegiance. In the first stage, known as recognition, viewers regard characters as unified. As he explains, "Recognition describes the spectator's construction of character: the perception of a set of textual elements, in film typically cohering around the image of a body, as an individuated and continuous human agent" (Smith, 1995, p. 82). Without this foundational structure, audience cannot form a meaningful connection with the character's emotional journey. According to Murray Smith, the second step in the process of character engagement is called alignment. Alignment describes how closely the audience can follow what a character does, thinks, and feels. As Smith points out: "Alignment describes the process by which spectators are placed in relation to characters in terms of access to their actions, and to what they know and feel..." (1995, p.83). This alignment has two main functions: Spatio-temporal attachment clarifies which characters' actions are emphasized in the story, while subjective access

measures how much the viewer can perceive the characters' thoughts and feelings. Through this process, the audience observe the character's feelings and experiences more deeply. For Smith, allegiance refers to the audience's moral judgment of the character's beliefs and behaviors. "Allegiance pertains to the moral evaluation of characters by the spectator… Evaluation, in this sense, has both cognitive and affective dimensions..." (1995, p.84). Viewers develop emotional attachments by making moral judgments about the characters. This type of judgment includes both mental and emotional elements. The audience's preference system is shaped not just by what the character does, but also by the music, iconography, and narrative context (1995, p.84).

Methodology

Every person reacts differently when faced with potentially fatal circumstances. Some survivors of tragedy overcome the hurdles they faced, while others give up. Pi's perseverance in enduring the challenges of his voyage along with Bengali tiger exemplifies the resilience exhibited by individuals when confronted with adversity. Pi's capacity for creative problem solving, maintaining optimism, and managing his anxiety all contribute to his psychological resilience. This study aims to analyze the aforementioned attributes of Pi through the lens of psychological resilience theory.

The scenes from Life of Pi were selected in accordance with the criteria that exemplify the character's psychological resilience. The study employed a methodological framework involving both scene and character analyses. Throughout the analysis, the relationship between cinematic devices and psychological resilience was examined.

The Importance of The Study

In this movie, the protaganist Pi's capacity to see the positive side of adverse situations, his sense of hope, and his solution oriented approach to challenges are evaluated within the framework of psychological resilience theory. This study aims to address the following research questions by delving into the notion of psychological resilience.

-Does the character demonstrate adaptability and the capacity to devise various solutions to the problems he faces?

-Can the techniques Pi during his journey serve as a model for leading a more optimistic and meaningful life?

-Does Pi's ongoing battle with Richard Parker in the movie serve as a mirror for the audience's own inner struggle and resilience in the face of challenges?

- Is it possible to say for sure that hope and courage help people face adversity, as shown in the film?

Given these questions, this study is significant because it shows how the idea of psychological resilience can inform our actions and thoughts in navigating hadrships. Furthermore, this article offers a perspective on how individuals to manage adverse circumstance with greater optimism and employ personal coping strategies to face life's challenges.

Findings and Analysis of the Movie

Throughout the movie, director Lee uses various cinematic techniques to depict Pi's struggle for survival at sea, including heavy rain, stormy seas, and the shaking of the vessel. While traveling from India to Canada with his family and zoo animals, Pi's ship sinks, and his life becomes difficult. After being woken up in the middle of the night by heavy rain, Pi makes his way up to the deck. Simultaneously, the ship's bow is struck by violent waves and a warning alarm goes off. Pi staggers down the stairs. He tries to swim against the current, but the tremendous force of the water pushes him back. Even so, he attempts to find his way to the staircase. The sailors' shouting commands and the flashing emergency lights and the mournful cries of the animals transport the audience into captivating world of maritime life.

Meanwhile, the crew of the ship pushes Pi into the lifeboat. He watches in shock as the ship sinks into the depths of the ocean. Suddeny Pi realizes that Richard Parker is swimming towards the lifeboat. To repel the tiger he uses an oar. However, the tiger manages to get close, forcing him to jump into the water. Now stranded in the ocean at night and Pi struggles to stay afloat in the middle of the tumultuous waves. His decision to dive into the sea to escape an oncoming wave is one of the important scenes illustrating his struggle for survival and resilience. After enduring underwater for a while, Pi rises to the surface and climbs onto the boat's awning. With visuals and sound, the director helps the audience feel the danger, chaos, and Pi's struggle to survive.

Following the loss of his family and the other animals, Pi is left alone with the tiger and faces numerous challenges. Stranded in the ocean with tiger, Pi comes to the realization that he is completely on his own. This awareness forces him to develop crucial survival tactics. Throughout his journey, Pi devises

various strategies to cope not only with the harsh forces of nature but also with the constant threat posed by the tiger. Auditory elements, including rhythmic breathing and animal-like sounds, highlight his constant state of alertness. Richard Parker's sudden movements are cinematically mirrored through dynamic camera work and abrupt zooms, visually reflecting Pi's psychological instability. The tension is heightened through verbal and visual aspects of cinematic language. Pi's psychological resilience is conveyed through a combination of behavioral cues and audiovisual strategies, including sound design and camera movement. Hence, the struggle to survive extends physical and become a vehicle for the assertion of control.

In his battle for survival, Pi first constructs a physical barrier to defend himself against Richard Parker. His fear, his movements, and his construction of a barrier against the Richard Parker are examples of spatio-temporal attachment, one of the two components of alignment in Smith's character engagement theory. First of all, Pi uses oar as a defensive tool believing that Richard Parker is hiding beneath the tarpaulin. He attaches a lifebuoy to the oar and sits on it, positioning himself away from the lifeboat. Pi creates a physical barrier between himself and Richard Parker. The audience is confined to his spatial perspective. The camera focuses on Pi's position, showing things only from his eyes and what he can reach. Thus, the audience is confined to Pi's spatial perspective. Furthermore, this action is both a physical defense and mental coping mechanism. In this context, self-awareness, central to psychological resilience, is evident in Pi's effort to maintain physical and psychological security. The drive for survival becomes a consciously formed strategy. Gradually the initial fear-driven response make room for conscious choice. The moment Pi discovers the survival equipment, including the manual and life jackets, marks the beginning of his effort to reassert control over his dire situation**.** He realizes that the boat is stocked with essentials supplies and life jackets. Fearfully, he removes the oars and life jackets from under the tarp and secures them tightly with ropes. After diligent effort, he constructs a makeshift raft. By combining these, he creates a personal space at the edge of the raft.

Pi's psychological resilience is further exemplified by his determined effort to adjust to the challenging circumstances of his environment. Although Pi chooses to remain within the confines of his limited safe space, his struggle for survival forces him to transcend both physical and mental limitations. Despite knowing that Richard Parker is still aboard the lifeboat, Pi is forced to move closer to tiger domain to fulfill his basic needs. This act reflects a growing confidence in his judgment and demonstrates his cognitive resilience under pressure. He is aware of the provisions stored on the vessel where Parker resides. He is also aware of the risks involved in approaching Richard Parker, yet he must weigh his options and come to a decision, despite the challenging circumstances. He acts carefully to protect himself from the tiger while trying to find the storage box hidden beneath the tarp on the lifeboat. He prepares to defend himself if the tiger strikes. Thus, to maintain stability and prevent separation, he secures the raft to the lifeboat to with rope. As he struggles to open the storage box, Pi's body trembles. The director Lee conveys the psychological tension of the moment through a focus on Pi's physical responses such as trembling and shallow breathing. The close-up shots allow the audience to engage directly with his inner turmoil. Silence and the atmospheric background makes Pi feel uneasy. He can't relax because he's always afraid Richard Parker will come back Even under intense stress, Pi's capacity to make effective decisions highlights his psychological strength. He finally finds the box, containing a multiple cans of pre-packed meals, and a handful safety equipment. While Pi is slowly coming out of the storage bench, he was frightened by the roar of the tiger. Just before Richard Parker lunges at Pi, the tiger notices a rat, diverting its attention. This scene's psychological tension is communicated through Ang Lee's distinctive visual language. Through specific camera angles Pi's encounter with the tiger highlights Pi's physical powerlessness and his emotional vulnerability in the face of danger. The threat posed by Richard Parker, hidden beneath the tarp, becomes even more intense through sound design. The combination of the tiger's roar, the mouse's sounds, and Pi's breathing contributes to a rising sensory in the scene. In this way, Pi's psychological resilience is shaped through a visual, and auditory strategies. As a result, the internal tension of the character transcends the screen and takes on a physical dimension in the viewer's memory.

Psychological resilience lies not just in confronting crises, but in managing threats effectively. When danger persists, a person creates a livable space by regulating not by eliminating the threat, but by adapting to it. It is about adopt to the threat rather than directly opposing it. As Michael Singer explains, this

process is akin to training a dog to stay within a garden using invisible boundaries. In his example, instead of building a visible fence, a person buries electric wires underground. As the dog approaches to the limit, it experienced shock and pain. Every time he gets closer to this boundary, he is filled with fear. The thought of crossing the border filled her with unease and fear. When we take the courageous and determined dog into account, the scenario is different. In contrast to the other dog, this dog ventures slightly closer to the restricted area. The dog is merely blocked by an artificial border. He can only leave his comfort zone when he's truly ready and willing. (Singer, 2007, pp.134-135). This condition is similar to the cage found inside humans as Singer states: "This inner cage doesn't limit your body; it limits the expanse of your consciousness. Because you are unable to go outside your comfort zone, you are, in essence, locked in confinement" (Singer, 2007, p.133 The dog's fear of stepping beyond its comfort zone, as mentioned by Singer, parallels Pi's hesitation to confront the tiger on the lifeboat.

Whenever Pi goes to the lifeboat for supplies, he is afraid the tiger will attack. He realized that the fear of the tiger constraints his actions. As Singer states "Going beyond means going beyond the borders of the cage" (2007, p.134), Pi's inability to reach lifeboat in other words his rightful comfort zone, can be interpreted as the manifestation of his fear towards the tiger. At first, Pi builds a raft to stay away from Richard Parker, but he later understands that it won't work forever. As plan A proves to be ineffective, Pi resorts to plan B as an alternative course of action. Pi believes that the key to safely cboarding the lifeboard and accessing the resources lies in training Richard Parker. " I can't risk my life every time I have to climb onto the boat for supplies. It is time to settle this. If we are going to live together, we have to learn to communicate" (Ang Lee, 2012). Thus, he resolves to transform his anxiety and fear into constructive action. In an attempt to assert authority over Richard Parker, Pi takes the control of the situation and begins to devise strategies to manage the situation. In Murray Smith's theory, it is the part of the alignment phase. Our experience of Pi's fear reflects our subjective access to his inner world. As a result, the audience not only observes andbut also emotionally shares Pi's tension.

Psychological resilience emphasizes that managing emotions and adopting problem solving strategies allow individuals to response stress effectively. Pi's interactions with Richard Parker, and his efforts to control Richard Parker highlights the self control and cognitive adaptability, both of which are vital to psychological resilience. He believes it is crucial to train Richard Parker to manage the boat safely. In an effort to assert his dominance over the animal, he uses his whistle. He puts the meat on the tip of a harpoon, then carefully aims and throws it to guide the tiger's attention. After testing this method, Pi reinforces it by using the whistle to command Richard Parker to hide under the tarp. The tiger eventually complies with Pi's instructions. The film portrays tiger walking slowly approaching the meat. As the scene unfolds, Richard Parker's wheezing and deep breathing heighten the atmosphere of alertness. His wild nature, threatening presence, and physical dominance create psychological pressure for both Pi and the audience. Each time Pi blows the whistle, he struggles to repress his fear. His wide eyes and sharp whistle signal both panic and determination, helping him to avoid an attack and gradually gain control over the animal. This newfound authority gives Pi a sense of satisfaction and power. This scenerio exemplifies the concept put forward by James Allan in his book called *The Path of Prosperity* where he discussed the external circumstances are shaped by individuals's ideas. Allen suggests that the external circumstances have the power to control your life. If you give them permission to dictate your life, you become a slave to them. Through the power lying within you, you refuse to be controlled by external factors (Allen, 2008, p. 10). In light of Allen's observation, the tiger in the movie symbolizes an external force. Pi soon realizes his ability to control and react to tiger. Refusing to be slave to fear or to Richard Parker, he chooses to rely on his inner resilience. By confronting his fear and taking control of the situation, Pi frees himself from being at the mercy of the tiger.

Another fundamental aspect of psychological resilience is the acceptance of hardships rather than denial. An essential aspect of this process involves finding ways to manage the situation rather than challenging it directly. Pi's transformation reflects his ability to adapt to his environment and gradually regain a sense of control. Pi understands how bad things are, but he doesn't lose hope. This shows his ability to stay strong in tough times. Over time, Pi realizes that coexisting with Richard Parker is essential for his survival. He finds a way for them to live together peacefully. Notably, Pi's knowledge of animal behavior—passed down from his father—significantly

contributes to his survival instincts and his ability to protect himself from the tiger. In one scene, Pi recalls how five kilograms of meat were rationed daily for tigers at the zoo. This memory leads him to a grim realization: his long-term survival is at risk unless he ensures that Richard Parker is regularly fed. As a result, Pi concludes that providing food for the animal is the safest and most practical solution. “God made tigers carnivores, so I must learn to catch fish” (Lee, 2012). This moment not only portrays a physical battle but also illustrates his emotional state, marked by his oscillation between fear, despair. His recollection of his father’s warnings about the tiger guides his cautious and strategic behavior. In this sense he shows resourcefulness and quick thinking. He cuts a piece of leather from his shoe and uses it as bait. Using the materials he has Pi tries to catch fish for himself and Richard Parker in the open sea.

The psychological resilience includes the ability to reevaluate and reshape environmental resources in response to changing conditions. This ability enables a person to unite physical objects with cognitive functions. This approach is vividly demonstrated in the film through the creative solutions Pi devises to survive. Pi consistently comes up with methods to cope with crises and reduce potential dangers throughout the film. In one of the scenes Pi builds a canopy out of the materials he finds by utilizing his imagination. First, he takes apart the oars and uses them as a mast. Subsequently, he constructs a framework by inserting the oar into the lifeboat. He ties ropes to the lifeboat’s ends and covers them with a tarp to make a canopy. The film doesn’t show every step, but the result shows how smart and resourceful Pi is. The moment Pi gathers water from the solar still highlights his resilience on both physical and psychological levels. His use of technological knowledge and observational skills demonstrates his ability to think rationally in a hostile environment. The moment Pi drinks water, his facial expression visually reflects not only the satisfaction of a physical necessity but also the psychological reward of resilience. After quenching his thirst with a straw, he saved the remaining watert in a can and a bucket. Only the sound of waves and Pi’s breathing is heard, until the sudden blast of a whistle surprises the audience. By blowing his whistle, Pi instructs the tiger to approach and drink water he has delievered to the bucket. The scene presents the interaction between Pi and Richard Parker through a series of reverse shots. The tiger drinking water from the bucket signifies its integration into the survival system Pi has created. The close-up shots of the tiger drinking water convey a sense of calm that contrasts with its physical power. This scene visually represents Pi’s psychological superiority. This moment also reflects his ability to find happiness even in the midst of the challenging situations. Especially his enjoyment in creating shelter to protect himself from the sun and the peaceful moment of sitting under the tarpaulin are particularly higlighted in the movie.

As the time passes, he is able to find solace in the companionship of tiger. Despite his occasional pessimism, he always finds a way to occupy himself. For example uttering these phrase “the trumpets blare, let the drum rolls begin! Prepare to be amazed! Here it is, for your enjoyment and instruction, I give it you astounding Bengal Tiger” (Ang Lee, 2012) is an action beyond the capability of any person who finds themselves isolated with a tiger in the middle of the sea. In this way, Pi tries to deal with his struggles by turning them into something amusing and avoiding the harsh reality around him.

Psychological resilience involves the capacity to maintain emotional stability when confronted with unexpected events. This trait is exemplified in Pi’s quick-thinking responses to the forces of nature. In the movie, Pi sometimes finds himself in situations where he is unable to resist the overwhelming forces of natüre, despite his formidable ability to confront the tiger. During a stormy evening, marked by bright lighting and heavy rain, the boat sways dangerously from side to side. Upon noticing the approaching storm, Pi efforts to collect basic materials such as buckets and tarps, demonstrating his psychological stability. However, as the storm intensifies, Pi is hurled across the lifeboat and he finds himself confined alongside Richard Parker. The clash of the storm’s noise with Pi’s desperate screams creates a physically disorienting experience for the audience. This scene features Pi’s emotional outburst as he yells: “**Come Out And See God, Rıchard Parker!” Why Are You Scarıng Hım! I’ve Lost My Famıly – I’ve Lost Everythıng! I Surrender! What More Do You Want?” (Lee, 2012).** This moment highlights a psychological breakpoint where his pain, rage, and hopelessness surface all at once. Instantaneously, the lifeboat starts to fill up with water. Pi struggles to maintain his balance as he is drenched by the powerful impact of the turbulent waves. His battle against the forces of the sea in this scene offers the audience a striking glimpse into the human perseverance in the face of extreme adversity.

Pi finally finds himself on an island. His excitement at having reached land propels him to

explore the island. Although he is initially pleased, he eventually uncovers the island's mysterious and unsettling nature and decides to escape. Pi perceives the island not as a final destination, but as a temporary refuge that enables him to progress on his journey. Despite feeling lost and defeated, he utters these words: "Even when God seemed to have abandoned me, he was watching, Even when he seemed indifferent to my suffering, he was watching. He gave me a sign to continue my journey" (Ang Lee, 2012). His words reflect his profound faith, which guides him to continue to his journey. He confesses that a higher power instills in him the courage to keep moving forward despite the odds. This sentiment echoes the idea expressed by Virtue: "what your heart really desires is a connection to source to your own creator, to God. Creativity is a path of becoming aware of this connection. You are always connected to your Creator" (Virtue, 2016, p.134). According to Virtue, creativity, in this regard involves becoming aware of one's divine connection. By recognising this connection, individuals uncover their true potentials. Embracing this bond provides the resilience needed to overcome life's obstacles. Thus, Pi's spiritual awakening symbolizes a deep sense of fatih. It also fosters a moral connection between the audience and the character. The audience is invited to engage in a process of moral reflection and empathy, which aligns with Smith's concept of allegiance.

The movie ends with Pi and his companion, Richard Parker, reaching the Mexica Coast. As their journey comes to a close, Pi is carried away by Mexican inhabitants, while Richard Parker quietly disappears into the jungle. Years later, during Pi's conversation with the author, the audience is given the impression that the lessons learned from the past and the wisdom acquired through experience play a significant role in overcoming future challenges. This idea is powerfully conveyed through the words of the adult Pi: "My father was right… Richard Parker was never saw me as his friend…I was never able to thank my father for all I learned from him, to tell him that without his lessons I would never have survived" (Ang Lee, 2012). These words reflect Pi's realization that his survival was not only due to his own resourcefulness, but also to the teachings instilled in him by his father—especially those concerning the tiger.

Therefore, the central theme of the movie can be summarized through Yann Martel's own words. Martel in his book suggests that life is worth fighting for, even in the face of hardships. According to him, some people accept defeat, and others resist but finally surrender. However, there are also those who persist despite having little hope of success. "We fight to the very end. It is not a question of courage. It is something constitutional, an inability to let go" (2011, p.103).

Conclusion

The movie effectively portrays an Indian boy's encounter with a Bengali tiger, highlighting his survival strategies and resourcefulness. Pi tries to overcome his fear of the tiger by feeding and training it, which becomes one of his most important survival strategies. The director frequently utilizes silence and atmospheric tension to reflect the character's internal emotion, helping the audience to form a deeper emotional connection with Pi. The silence and suspense created by the unseen presence of Richard Parker, not only increases Pi's anxiety but also emphasizes his efforts to remain calm. Additionally, the use of natural sounds such as waves, breathing, and the clinking of metal cans intensifies the audience's experience of psychological tension.

The analysis concludes that Pi's fear of the tiger ultimately ensured his survival. His ability to transform that fear into a source of motivation highlights the vital role of psychological resilience in life- threating situations. The findings also conclude that Pi did not merely endure the hardships he encountered, but consciously accepted them as an inherent aspect of the human condition.

Furthermore, the findings also indicate that Pi persistently sought the motivation to survive, even during his arduous trials. He faced numerous setbacks, yet instead of lamenting them, he demonstrated resilience. His clear understanding of the catastrophe he faced allowed him to set an example for others in times of crisis. By embracing his circumstances with determination, he was ultimately able to devise logical solutions for survival.

Overall, the scholarly research on the portrayal of psychological resilience in film remains limited and calls for further investigation. In this regard, this article contributes to the field by bridging the gap between cinema and psychological resilience theory. In this sense, this study contributes to interdisciplinary discussions by exploring how psychological resilience is represented in cinema.

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