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Obukoh se.
Prozoru priđoh,
A vani: jesen.

Moj prijatelj uđe u
mokrom kaputu I cijelu mi
sobu namiriše kišom. Ne
veli ni: zdravo!
Sjedne.
Zanesen
Izusti: »Jesen«.

Ta riječ je bila tako svježā
Ko naranča na grani
Nakon kiše.

Dobriša Cesarić — Jesenje jutro

Olovne i teške snove snivaju
Oblaci nad tamnim gorskim
stranama;

Monotone sjene rijekom
plivaju,

Žutom rijekom među golim
granama.

Iza mokrih njiva magle skrivaju
Kućice i toranj; sunce u
ranama

Mre i motri, kako mrke bivaju
Vrbe, crneći se crnim
vranama.

Sve je mračno, hladno; u
prvom sutonu

Tek se slute ceste, dok ne
utonu

U daljine slijepe ljudskih
nemira.

Samo gordi jablan lisjem
suhijem

Šapće o životu mrakom
gluhijem

Kao da je samac usred
svemira.

Antun Gustav Matoš- Jesenje veče





Image by Getty Images

Parasocijalni odnosi: bliskost bez uzajamnosti

Često se ugledamo na poznate osobe, od pjevača i glumaca do *youtubera* i sličnih *influencera*. Čitamo vijesti o njima, pratimo ih na društvenim mrežama, slijedimo njihove savjete... Neki bi čak rekli da osjećaju određenu vrstu povezanosti sa svojim najdražim poznatim ličnostima. No, kakva je to povezanost, ako druga osoba ne zna da postojimo? I kako ona nastaje?

Riječ je o površnim, jednostranim odnosima - tzv. parasocijalnim odnosima, koji nastaju na temelju kontinuiranih parasocijalnih interakcija (engl. PSI). A ukoliko ste u nekom trenutku vikali na nogometaša ili sudca na TV-u, pri čemu ste znali da vas ne čuje - imali ste parasocijalnu interakciju koja je ništa više doli privid međuljudske intimnosti, odnosno prisnosti.

Nažalost, nema čvrstih teorija o tome zašto parasocijalne veze nastaju, no većina stručnjaka smatra da je tome tako zbog čovjekove prirode. Naime, ljudi su društvena bića, te se smatra da je uslijed kontinuiranog gledanja televizije gotovo neizbježno formiranje neke vrste prisnosti prema osobama koje često gledamo, pa makar to bilo samo na ekranu. No, postoje i druga istraživanja koja tvrde da je korijen parasocijalnih veza u usamljenosti - što se pojedinac osjeća usamljenijim, veća je vjerojatnost da će se uključiti u parasocijalne odnose.

Karla Perica, studentica i kolumnistkinja, kaže: „Kad ne gledam po nekoliko tjedana nekog od svojih omiljenih *youtubera* i onda im se vratim kad nađem slobodnog vremena, uz šalicu čaja i keksiće, imam osjećaj kao da *catch-upam* s prijateljem.“, što samo potvrđuje intenzitet PSI.

Iako svi mogu iskusiti parasocijalni odnos, istraživanja su pokazala da su djeca i mladi najskloniji razvoju parasocijalnih odnosa, a razlog leži u tome što mladi imaju lošiju sposobnost rasuđivanja i razlikovanja stvarnog i nestvarnog od odraslih. Ovo na prvu možda zvuči negativno, no zapravo može biti korisno jer PSI jačaju sposobnosti imaginacije, personifikacije i empatije kod djece i mladih. Jedno američko istraživanje došlo je do saznanja da parasocijalni odnosi mogu također pomoći adolescentima pri oblikovanju ličnosti i razvoju autonomije, a pokazalo se da PSI u nekim slučajevima mogu utjecati i na rast samopouzdanja.

Što se tiče učestalosti, PSI su danas nerijetka pojava. Njihova učestalost je rasla gotovo paralelno s rastom popularnosti društvenih mreža kao što su YouTube, TikTok i Instagram. Međutim, to je ujedno i problem jer dostupnost parasocijalnih prostora, popraćena tehnološkim napretkom sve više zamagljuje granicu između stvarnih i parasocijalnih odnosa.

U konačnici, parasocijalni odnosi trebali bi služiti kao razonoda, ali nikako ne bi smjeli postati zamjena za prave, uzajamne, produbljene odnose.

IZVORI

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Autorica: Ivana Dubroja



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Image by Disney

Nostalgia moves and kills modern cinema

If we think back to the Pixar film 'Ratatouille' one of the most popular scenes shows the food critic tasting a dish that 'transports' him back to his childhood. His whole attitude changes because his childhood has been remembered. The message is obvious: your early years are your happiest moments and remembering them will bring you the happiness of yesteryear. Even on your worst days, the past will bring you back to happiness.

This is a trend that has always been present in the history of cinema. Many of the best films in the history of cinema come from a remake or an adaptation of a book or comic book from the director's childhood. Even the Western in a way contains a way of looking at American society through the prism of the good that triumphs in a country that is settling down and growing up.

Therefore, modern cinema is the only nostalgic cinema that is fallacious. However, what is true is that today's cinema is far removed from the problems of everyday life, and this is not because there are no social films, but because those that do exist do not reflect the world and the changes that are reflected in it, except on rare occasions. Since the pandemic, nobody wants to talk about today's world and its consequences. Some films like 'The Bathroom' or 'Glass Onion: A Knives Out Mystery' do enter into this discussion, but it is not a widespread theme.

A fairly characteristic aspect of modern cinema is the return of classics in the form of remakes or spin-offs, such as Disney's live-action films of the last decade. With this dynamic, the Mickey Mouse company has made 20 films, and 7 of them are among the 100 highest-grossing films in history.

Another characteristic of postmodern cinema is the construction of alternative universes. Since 'Donnie Darko' quite a few 21st-century audiovisual works have shown the multiverse. From Marvel and DC to the Academy Award-winning 'Everything Everywhere All at Once'. In some - like the first and last mentioned - the multiverse is just another narrative medium. It has become a way of extracting cameos and nostalgia from every angle in superhero films.

It's nothing more than a way to sell nostalgia to fans in their 20s and 30s, who are going to see characters from their childhood or the latest internet fantasy on screen. Another fundamental aspect of cinema today is the number of remakes, spin-offs, sequels or reboots we have of sagas, products and video games on the market. We can also include adaptations of works from other media, but that is still a separate topic. In the last ten years, we have seen the "rebirth" of sagas such as 'Star Wars', 'Star Trek', 'Jurassic Park', 'Blade Runner', 'Tron', 'Rocky' and countless others.

All of these are intrinsically related to the above aspects. This resurgence of the 80s and 90s is perfect for resurrecting these sagas, filling them with cameos and references to the old.

It's all an easy way to get money out of the audience because that's all that matters in the industry. Nobody wants new ideas, narratives or ways of looking at the world. Nobody wants to talk about current problems or the consequences of COVID. We like nostalgia because it's easier to make up for loneliness with nostalgia and spending money on films that reference the 80s and 90s than it is to think about your state (or that there is a film that addresses the problem).



The arrival of Ozempic and the fall of body positivity

The use of Ozempic for weight loss has become popular among celebrities.

First of all, what is Ozempic? It is an injectable medicine for patients with type 2 diabetes or heart disease, which helps to improve blood sugar levels. Although this is not the purpose of this treatment, it can also help to lose weight. This is because it triggers the effect of the satiating hormones naturally present in the body. Many claim that it can be used as a treatment for obesity in patients for whom diet and exercise are not enough, as they may have resistance to satiating hormones. But as always, it also has its drawbacks, it can cause stomach problems with nausea or pain, pancreatitis and even thyroid cancer among other adverse effects. In addition, when the treatment is stopped, it is very likely to have a rebound effect in which up to two-thirds of the weight can be regained in one year, so it is likely to be a chronic treatment. The doses are quite expensive, so it is not accessible to everyone. Some celebrities like Kim Kardashian or Elon Musk are openly acknowledging their use, does that mean a trend is emerging? Where is the limit for its use?

To this must be added the downfall of the body positivity movement, which focuses on the acceptance of your physique whatever it is, which is great, the only negative part is that some people promote the acceptance of bad habits. I mean, it's fine to accept your body, but sometimes the appearance is the result of not taking care of yourself, whether you're thin or fat. Therefore, the essential thing is the acceptance of all bodies and not to discriminate against anyone because of their physique, but as in all movements, we find radicalism. Some body positivity activists have attacked people who are thin or want to lose weight; in other cases, as I have already mentioned, they have promoted unhealthy lifestyles that can lead to obesity. In counterpoint to that, society has also imposed a rejection of fatness and the pursuit of thinness above all else, with bad habits as well. With the trend for the gym and the healthy lifestyle, closely related to the COVID-19 pandemic, body positivity is breaking down, taking the point of defending any lifestyle and that some activists with obesity passed away; but what will never be justified is discrimination against people for being overweight by claiming 'they are unhealthy'. And relating this to the use of Ozempic, is losing weight using a medication that you do not even need healthy? Not only for physical health but also for mental.



Image by Natalia Varlei / Shutterstock

Related to the use of Ozempic by celebrities, the background to all this is worrying, losing weight without exercise or dieting is a privilege for a few, not to mention the return of the imposition of thinness. Apart from diabetes, of course, it can help patients with obesity, but before using medication, the psychosocial components surrounding that person should be analysed. We know that disorders such as anxiety or depression can affect weight. And let's not even get into the accessibility of quality food, sporting activities, psychological/medical support and even the time available for self-care. Are we facing another palliative for the problems derived from the frenetic life that the capitalist system forces us to lead? We have to prioritise our health, both mental and physical, regardless of our appearance. If we have to face up to what is preventing us from doing so, be it a bad job, toxic relationships, addictions or even ourselves, we have to be brave and take the step. We only have one life and we will always be accompanied by ourselves, so give ourselves all the love, care and, above all, respect possible. Then real change will come to this sick society.

Article by Carmen Sanz

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Review

Rings of Power: Tolkien but with a soulless AI writing

When Amazon announced the purchase of the rights to make a Lord of the Rings series for 250 million dollars, the film and television industry went crazy. Not only because of the record it set but also because this acquisition was a milestone because this purchase was made to acquire the possibility of creating a series, there was nothing written, not even an idea or a draft script. There were no scriptwriters in charge. The only thing known was that the series had to contain elements that appeared in LOTR or The Hobbit, as that was what Amazon had bought.

Speculation ranged over every possible idea of what the story might tell: the first rumour was that it would mean the early years of Aragorn, Gimli, and Gandalf. After interviews with over 30 screenwriters, it was decided that the story to be told was the story of the creation of the rings and Sauron's rise to power. A summary of this story can be found at the beginning of the film 'The Fellowship of the Ring' but the idea of the series was to extend it into a TV series.

The first season is about the rise of Sauron and how he is hiding in Middle-earth under an unknown guise to deceive the people of Middle-earth. There are a couple of subplots about politics, hobbits and wizards that don't have much bearing on the main plot, but in the future, it seems that they will intersect. Everything established by the first season is somewhat forgotten in this second season.

Sauron is still an important part of the plot, but the creation of the rings is the central theme of the season. This is odd because the end of the first season ends in a cliffhanger that doesn't come together at any point in the second season. Several of the things established in the first episodes have fallen by the wayside. It's as if they've given the script to an AI and told them that they have to continue with the plot as best they can, but without a clear idea.



For example, we see a battle with Isildur that ends up being very difficult for the character. That situation is resolved in 5 minutes and while the characters are talking about Isildur's situation, expressing that he can't survive. The plot advances in other aspects, but suddenly the characters forget about Isildur and follow the plot in another way. This happens in episode 3, but in episode 4 we see none. And so on with the whole plot of the series.

The dwarves' village has some major problems during the first season that are now reduced to a mere family feud that is resolved without the slightest hint of drama so that the series can continue on its course. A somewhat irregular course, as the direction of the series is never quite clear.

In the first season we see how two Hobbits and a wizard -if you know the story for a reason- travel through Middle-earth, however, this plot is like a relief within the series and we see where it can go, but it doesn't end up being consummated. It seems more like a brake during some moments than a help, relief or subplot. It's an excuse to make the episodes last more than an hour, it doesn't seem to be something important, at least for the moment.

And that's the key, we all know where the series ends - we can already tell from the prologue of LOTR - and

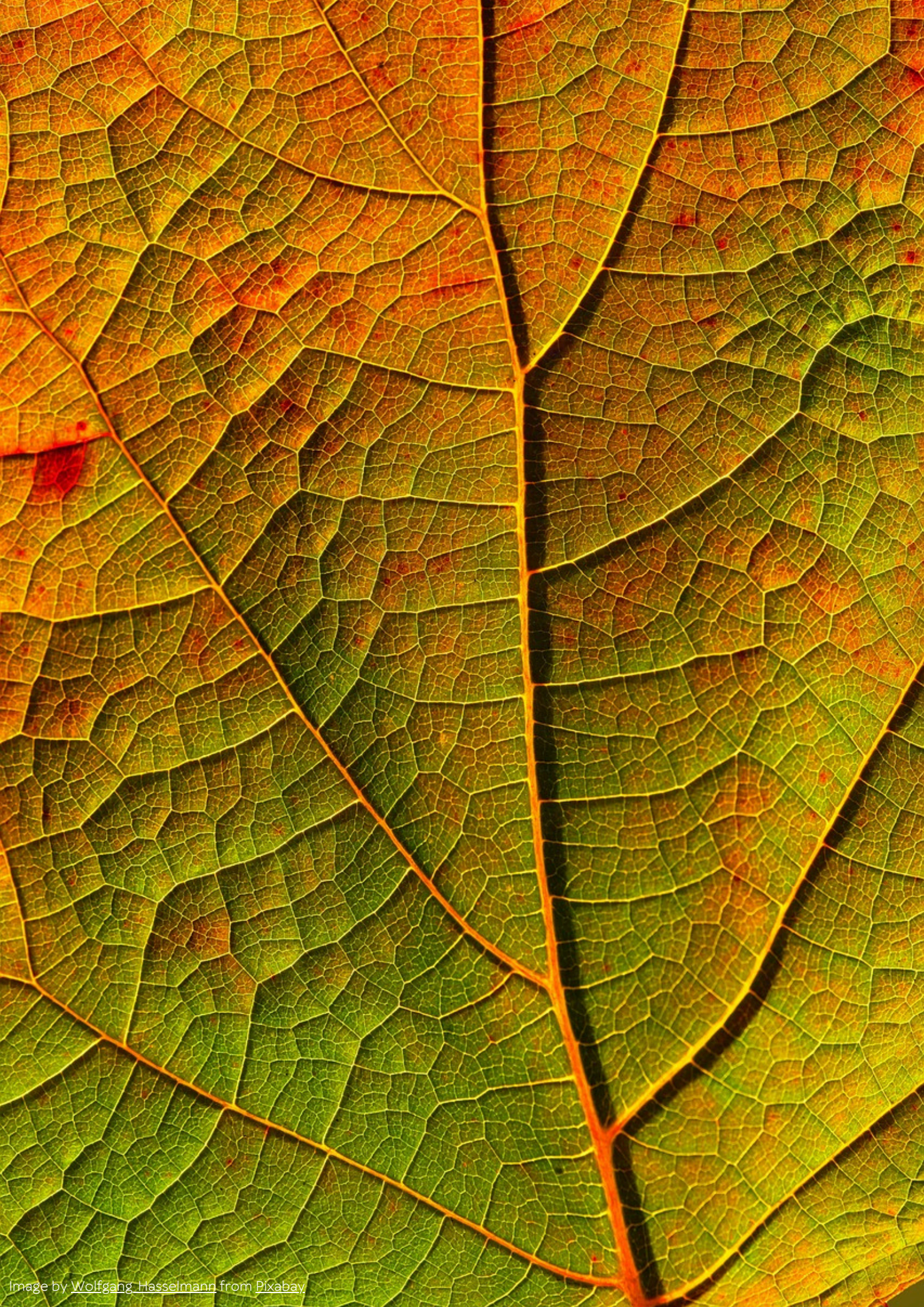
it's going to be an apotheosis ending. But we have three or four seasons left to witness it. And there's no reason to watch the series week by week, other than a reward at the end of the road. It doesn't feel like a Tolkien world, everything is overly plastic. Visually it sparkles, the technical stuff is worthwhile, but it lacks magic. The script provides the magic in LOTR, here it's written by an AI giving grandiloquent speeches.

A very clear example of how plastic and fake it looks is the choreographies of the series: they are very clean, and very well done, but they don't look real. They look like they are made to look good on screen, not to simulate a battle. There are several examples of this throughout the series, not to say that it happens in practically all the choreographies. There are pauses, moments in which the actors show that they are on mark to record well, it's not natural. Just like this series, it is so polished at times that it doesn't seem like the echo of a war or a problem. It has no magic, no soul and is too perfect - for the worse - at times. It doesn't feel like LOTR and that's the worst thing you can say.

Article by Adrián Cobo

Rating:





Seasonal Affective Disorder (SAD), also known as ‘winter depression’

With the arrival of autumn, reduced daylight hours and lower temperatures can affect us emotionally.

Tiredness, negative thoughts, increased appetite (especially carbohydrate cravings), lack of concentration or irritability are the main symptoms that can be experienced during autumn and winter. As a disclaimer, having these symptoms is quite common, it is called ‘winter blues’. It is considered a disorder when the symptoms are intense and affect the physical and mental health of the person that suffers it.

Seasonal Affective Disorder (SAD) is a type of seasonal depression that appears during autumn and winter and, in most cases, ends when spring and summer arrive. It affects approximately 10% of the population, and is more common in women, young people, people living in gloomy or far from the equator countries, and people with depression background.

Experts have not determined a specific cause for this disorder, apart from genetic factors, it has been reported that people suffering from SAD have an imbalance in the production of serotonin, a hormone that affects mood, or of melatonin, a hormone that regulates sleep, and a lack of vitamin D. And with this last, a relationship can be found with the lower exposition of sunlight, since in autumn and winter it is limited and even affects the circadian rhythms and generate a unbalance in the hormones, which are so important in our own balance.



Image by Pepper Mint from Pixabay.



Image by Irasonja from Pixabay.

With all this information, the main issue is how we can avoid or reduce the symptoms if we feel them. The first thing is to respect the hours of sleep, rest is crucial for all the processes of the body, so it is recommended to avoid screens at night, exercise, and if necessary, carry out relaxation techniques, such as meditation. It is also necessary to go outside, especially if there is some sunshine, in order to assimilate the vitamin D well; a walk of one hour is enough, and by this way the basic amount of exercise needed is done. A balanced diet with special attention to vitamin D also helps, and foods such as eggs, oily fish and whole dairy products are essential for an extra supply. Maintaining social relations and doing activities outside the home or work is a must. However, in case of very acute, persistent symptoms that are an impediment to daily life, they are a sign to ask for professional help, in the same way we go to the doctor when there is a physical problem.

Article by Carmen Sanz

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