

# The Application of Cinema Therapy to Mental Training as an Example of Digitalization in Sports

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Received: July 31, 2022 Accepted: September 8, 2022 Published: October 15, 2022

doi:10.5296/jei.v8i3.20130 URL: <https://doi.org/10.5296/jei.v8i3.20130>

## Abstract

Thanks to the rapid change and development of technological opportunities in sports, training can be carried out in an electronic environment and with electronic tools. Among these tools, we can mention a desktop computer, a printer, a scanner, a projection device, a smart phone, a portable computer also called as laptop, glasses for simulation, and a wearable measuring device such as a polar clock. Through these tools, it is also easier to evaluate the educational activity performed.

Digital sports can be defined as sports that are produced, performed and evaluated in an electronic environment. In this context, digital sports means changing and transforming all kinds of modern information about sports, scientific and philosophical views, theories and concepts related to technology. Digital sports, which contains more than one understanding of sports and technical narration about sports, questions the interaction of the sportsperson with his environment and technology, especially with himself.

Therefore, a digital sport, as in every newly developing perspective on sports, is supported in a broad context by long-term studies that select multiple perspectives. One of these studies is mental training study in which the basic principles of cinema therapy are applied. Mental training is one of the trainings made using technological opportunities in sports. This training is carried out by making sports people, especially athletes, watch movies or scenes from movies, in line with the principles of cinema therapy, with the help of a computer and a

projection device.

The main purpose of this study is to consider cinema therapy in mental (psychosocial) training education as an example of digitalization in sports. As a data collection method, the data compiled were blended from sources in different fields such as digital technology, sociology, psychology, sports sociology, sports psychology and psychiatry. It is thought that this study, which is one of the rare studies on the subject, will be an example for similar studies in the future.

**Keywords:** Sports, Digitalization, Technology, Mental training, Cinema therapy

## 1. Introduction

Language and technology are the two most basic characteristics of human culture. Particularly, technology is an important factor in adapting people to their environment (Arensberg & Niehoff, 1965). For example, by means of the rapid development of technology, geographical restrictions between people and societies have decreased. Thus, physical barriers have been eliminated. However, factors such as the spread and cheapening of technological products have led to changes in the scientific and philosophical sense in the lives of sportspeople, as like every person. Especially digital technology innovations have helped to produce formal presentations for mental (psychological skills) trainings in the sporting field and have revealed new supportive forms for mental trainings.

Technological innovations have accelerated social change in societies. For example, the computer at the center of digital technology has also caused changes in mental training studies conducted in the sports field. Computers and projection devices have also begun to influence the way mental coaches (consultants) provide mental support. Besides, digital sports can also be called computer-aided sports, and now every professional club has a computer and a projection device. Because the projector is probably the most effective presentation-making device.

The first electronic digital computer was manufactured in 1939 at Iowa State University in America. In 1990, the British scientist Tim Berners-Lee made the first Worldwide Computer Network (World Wide Web) software that based on the concept of hypertext (Robinson, 2001). The issue of digitalization in sports has emerged literally as a result of the development of computers and spreading over time it has begun to affect the dimension of mental skills as well as the conditioning, technical and tactical dimensions of athlete performance.

Digital sports has also started to change the concepts of sports, athletes, matches and performance in the traditional sense due to its affinity to disciplines such as physics and mathematics. Thanks to digital technology, the fitness status of athletes and the running distances they have performed during the match have been measured with measuring devices such as polar watches. In addition with the help of computers, it is assessed by video analysis that to what extent athletes demonstrate technical and tactical skills in training and matches.

Although there are conceptual and theoretical studies related to digitalization in sports, the

fact that a compiler and integrative studying evolving digitalization has not been conducted regarding the mental dimension of performance has been the main starting point of the need of writing this article.

## **2. Sports and Technology**

For most people, there was no such thing as the internet 15-20 years ago. Today, however, the internet is considered one of the most effective forms of communication in human history. In the future, the internet will be history for the next generation, which is produced by micro-processors and miniature computers based on Nano technology. Because developments in neurosciences and genetics will make it possible to reveal DNA-based microprocessors and computer-enhanced intelligence by approaching information-related sciences. These technologies transform the nature of the work we do, the way we do it, working hours and working periods and even time of working (Robinson, 2001). Therefore, all kinds of technological innovations, especially the internet and smart mobile phones, have brought about a revolution in every aspect of life for most people in the world. For this reason, the internet is the main spreading area of digital sports. Because the internet is necessary for sports people to access, share and even archive sports information. Furthermore, digitalization affects not only people's business life, but also all areas of life, including their private life.

The Internet is like a huge cyber museum and library. This digital museum and library is a new technological tool for humanity. Information including the past, present and possible future directions of all kinds of science, art, culture, history, politics, education and entertainment is included in the big data called the internet (Tugal, 2018). Today, sports culture has interacted with science branches such as mathematics, statistics and physics, as well as with increasingly developing and widespread technologies such as computers and electronics. This has led to the introduction of new techniques into training methods that determine physical performance. Now we can observe that frequently numbers, symbols, virtual form, simulation expressions and fictions are discussed and debated. The rapid and immediate development of digitalization in sports has brought the concept of Statistics Coach into sports culture. As a matter of fact, digitalization brings along digitization.

As information and communication technologies continue to transform and evolve, there are seen widespread changes in other institutionalized business areas such as music, sports, broadcasting and video outlets (Robinson, 2001). For example, today, the boundaries of the work areas of the trainers who are close to computers, statistics and mathematics have expanded. This situation has changed the cognitive characteristics (such as perception, thinking, design, imagination and comprehension) as well as professional attitudes of the coaches who try to practice their profession in our sports culture, which is a little behind the sports cultures of modern countries.

Digitalization is one of the leading innovations that will not harm the essence and nature of sports but will make sports suitable for modern life. In its most basic form, digitalization is the name of the environment that connects all media in the new media communication and provides data communication (Akgol, 2019). Before the 21st century, technological

developments did not affect sports and sports people as directly and deeply as today. The reason for the rise of technological inventions in sports is the needs of sports people. In other words, digital technologies in sports serve a purpose. For example, e-mails and mobile phones have accelerated the communication between sports people. For this reason, in our sports culture, in which all kinds of competition, administrative and economic uncertainties exist, our sports people need digital transformation.

Since the last quarter of the 20th century, electronic and digital technology has not only remained a new technology, but also the environment itself has become digital. In this regard, new product structures emerged in the field of communication and computer technologies have played a role in accelerating digitalization (Tugal, 2018). In digitalizing societies by using digital technology, digital sports help to make all kinds of new fictions in the sports field. As sports are a reflection of modern culture, digital sports is the adaptation of digital technology, which is a sub-element of modern culture, to sports. Since technology, which is the basis of digital sports, has entered all areas of life, especially education and health, it has now become not only a tool of modern sports culture, but also the sporting environment and media. For example, sports clubs have websites. Information about clubs is presented to people via these sites. As another example, in our country Super League football matches can be watched on mobile phones with a password to be obtained from a broadcasting service for a fee.

Electronic sports (e-sports) or digital sports, with its other name, are a newly developing type of sports that emerged in the last quarter of the 20th century (Isik Afacan, 2021). For example, the technology used in computer games provides an original branch of sports to the rules of the game, athletes, teams, organizers, sponsors, spectators (Gumusdag et al., 2021). Therefore, digital technologies create new forms of expression, especially in social media. By reason of the statistics, the meaning of which is strengthened by digital sports, detailed analysis of the training and match performance of the athlete can be made. After all, the only way to measure the performances in real time is digitally. For example, subjects such as how many faulty or correct passes a football player has made, how many shots he has taken, how many kilometers he has run, how many balls he has won during the match, have started to attract attention of athletes and coaches more frequently. Discussions have started to rise at the point where sports and technology meet, and the digital dimension of sports has started to gain importance. The video assistant referee system which has been put into practice in football, and called VAR, is the most obvious example of this situation recently. But it is no longer just the body that is valued and given importance in sports. Besides the physical skills that need to be developed, there are also mental skills. Among these skills, self-confidence, concentration, motivation, teamwork, coping with stress and communication are the most important ones.

Invented new technologies transform the nature and quality of the work done. The number of employees in occupations and industries that involved intensive labor in the past is gradually decreasing. New lines of business require increasingly higher levels of expertise and productivity and innovation which particularly involving the use of new technologies (Robinson, 2001). Therefore, technological productions are part of the phenomenon of sports. For example, Whatsapp groups are now being set up in every team and communication is

happening quickly, which is now a habit for today's people to access the information wherever and whenever they want. Namely, the accessibility and usability of information has become more effective for sports people. For this reason, sports and technology are two phenomena that have developed in direct proportion to each other, especially in the last fifty years. Therefore, the use of technology in a sport branch has begun to enable the use of computer technology to perform works and processes from analysis to observation, from experiment to statistics that cannot be done with other tools or techniques.

With the introduction of the computer, especially in the field of digitalization in sports, the sports people's point of view on performance in sports has begun to change. Because, thanks to computer technology, discussions have started about time, acceleration, speed, perception and comprehension in sports. These discussions are a signal for the restructuring of sports around digital communication and media substructures.

Technology of Internet, which has entered our lives with computer technology, has made sports information available to everyone. Today, sports people can access information on the internet, especially with social media, anywhere in the world, regardless of time and place limitations. One of the first expressions that come to mind when social media is mentioned is the expression "digital literacy". Digital literacy is the sports person's understanding and comprehension of the language of the digital environment. With this kind of literacy, information transfer can be done easily. As a result, internet technology enables people to participate in sports more. In other words, all kinds of information about sports have become accessible to the public. The world's largest library is now on the Internet.

### **3. Cinema Therapy**

Attempts to relieve suffering and disability or to gain a certain thought and behavior are called therapy, and every society trains some of its members to have such an effect (Sayar, 2012). Sigmund Freud played a leading role in the development of many theories and teachings put forward in the 20th century and had been the architect of basing upon a scientific foundation, dissemination and institutionalization of the therapy culture (Gulec, 2010). In fact, the culture of therapy dates back to Ancient Greece. At that time, people used to go to philosophers to take advice about the problems they lived and faced. Not only for counseling, but also to question the meaning of life and themselves is one of the purposes of going to the philosophers. So the therapists of that period were philosophers. Today, many issues related to our daily life were also in the field of study and research of philosophers at that time.

Therapy provides an opportunity for cultural inquiry so that the cultural messages and metaphors that affect clients can be understood better. Popular culture and media, today, distort and change social realities by circulating powerful images of successful and beautiful people and measuring the good life by financial gains. Counselors have to examine how such cultural messages have an effect on people (Sayar, 2012). Clocks and automatons, for example, were metaphors for the mechanical view of the world which had been put forward by the human mind since the 17th century. These mechanics were models that were not only easily obtained, but also easily understood. However, this mechanistic view of the universe

and the behavioral psychology that emerged from it has today left their place to new perspectives in physics such as quantum mechanics and cognitive movement in psychology (D. P. Schultz & S. E. Schultz, 2015).

Therapy systems contain different opinions about life and these views refer to different possibilities of human existence (Sayar, 2012). One of these possibilities is the cinema industry. Cinema has been a product of technological development after photography. Likewise, video is accepted as a product of technological development after cinema.

Art-based therapies; is the use of art to support self-discovery, self-expression and well-being. Thus, through art, people are helped to collect their thoughts and feelings and to regulate their emotions (Hemmings, 2018). Because art can leave positive or negative effects on many people through mass media.

Mass media such as movies, radio, and television are organized to select, create, record, and share symbols and images (Lundberg et al., 1968). For a person, there is no other experience of perception that conveys information, provides material for thought, or stimulates emotions as clearly as the sense of sight. For this reason, filmmakers capture the richness of the visual sense, combine it with auditory stimuli, and create the ultimate waking dream experience, namely cinema (Wedding et al., 1999). For this reason, whether in modern or traditional environments, cinema is one of the most popular social tools and cultural communication device today. With this aspect, cinema is a narrator who records the events in life and re-describes dreams, sometimes criticizes or rebels them (Ozturk, 2015). Movies are about people and societies. For this reason, audiences identify with people and their struggles. The characters are at the center of every story, and they carry the story and bring it to its climax. Without them, there is no story. People live the story through a character they identify and empathize with. Hence, the characters in the movie must be believable, tangible, and three-dimensional people; flat and one-dimensional stereotypes and clichés should not be in the movie. The hero must have goals, desires, and needs to pursue. A character whom people empathize with in the movie wants something so sincerely that he does whatever he can to seize it and makes the audience focus on the screen (Nash, 2012).

The feelings and thoughts aimed to be told in the cinema are the result of a choice. The culture in which the director grew up and the ideology he had play a role. Ideology refers to the integrity of political, legal, scientific, a religious, ethical and aesthetics thought that creates a certain political and social doctrine (Derse, 2018). In fact, most of the stories in the cinema are similar to each other. The classical narrative teaches that the story should have a beginning and an end, the plot should be created in a cause-effect relationship, characters should have actions and functions, a purification should be experienced as a result of the emotions it evokes (Ilic, 2017). While watching a movie, a person begins to establish a bond between himself and the movie. Because the scenes in the movie pass before the eyes of the person, observation, focus and attention come to the fore. Thus, one's consciousness begins to be affected by the subject of the film and the performance of the actors.

Movies take place of books with the idea that movies can be used just like literary works. The cause of the alteration that turns out the advantage of movies, is the advantages such as it

takes longer to read books than watch movies or it's more common to go to the movies than read a book. It takes a certain time, depending on personal experiences, for the person who reads the book to create the world to be told in his own inner world, with the clues given by the author. In the cinema, however, the same narration is visualized not in the mind of the audience, but in front of their eyes and instantly by using clues that are based on seeing and hearing and are more easily grasped (Gencoz & Aka, 2007). For example, Moneyball movie (Turkish name is The Art of Winning) is a movie adapted from namesake book written in 2003 by the author Michael Lewis. This 2011 movie is a biography, sports and drama genre-based. Therefore, the book inspired by the movie can be used as a bibliotherapy tool. Likewise, the movie Moneyball can be used as a cinema therapy tool.

Another name for cinema therapy is movie therapy. In this therapy, counselors called as psychiatrists, psychologists, therapists, academics, and educators make 8-12 people or patient groups watch films, according to their needs which include themes for example about problems in their relationships, addictions or traumas they have experienced. In the sessions held once a week, the progress of the participants is recorded by the expert. Movie therapy is also used as a tool for improving, supporting and accelerating treatment for cognitive and behavioral approaches. Movies, which are metaphors that can be used similarly to stories, myths, jokes and dreams in therapy, make it easier to understand the cognitive structure of the client or patient, and at the same time, they are more open to support and treatment by emulating the behavior in the movie they watch (<https://tr.wikipedia>). Because cinema is suitable for describing psychological states of mind and changes in consciousness. For example, the combination of images, dialogues, sound effects and music in a movie imitates the emotions and thoughts that arise in the stream of consciousness of a person and develops in line with them. Spectators integrate disjointed, fragmented photographic images into coherent scenes without conscious effort or assessing the psychological processes involved (Wedding et al., 1999).

#### **4. Mental Training**

Psychology; is a social science branch that examines human and animal behavior that can be observed directly or indirectly; cognitive processes of people such as perceiving, understanding, comprehending, reasoning and problem solving; emotional characteristics such as desire, enthusiasm, excitement; and their interactions with each other with scientific methods and techniques (Bakircioglu, 2012).

The definition of psychological (spiritual-mental) disorders and the causes of their occurrence are constantly discussed. The debates take place over two main points of view:

- (1) Organic: These are the disorders related to the chemical structure of the brain.
- (2) Psychosocial: These are also called functional disorders. These disorders are related to psychosocial factors. It is accepted as the poor reaction of the organism to psychosocial situations (Ozturk, 1990).

According to Eccles and Riley (2014), mental training or with another name psychological skill training is the training of athletes and body workers to learn psychological skills such as

the ability to relax against fear and anxiety, to regulate their psychological state such as a sense of self-confidence. Many managers, members of staff and players, especially at the highest level of sports, accept that the mind, mental skills and psychological qualities are the most important components of steady high-level performance (Nesti, 2010). In this context, mental training is an application area within the psychology of sports and exercise. If performers can regulate their psychological state through acquired psychological skills, they can improve their performance. Because psychological conditions can affect the performance of every sports person, especially athletes.

Mental (psychological skills) training is the systematic improvement, correction and development of behaviors with the help of psychosocial methods. This systematic situation occurs under the following conditions:

- (1) Mental training should be goal-directed.
- (2) Mental training should be administered as planned.
- (3) Mental training should be repeated unceasingly.
- (4) Mental training should be kept under constant control (Hasirci et al, 2017).

Mental training, which is the application part of psychosocial areas in sports, is not a treatment, but an educational process. Clinical psychology and psychiatry treat. Education brings a person the qualification to use their knowledge and abilities better (Baser, 1996). In mental training, there is a consultant-counselee relationship, not a patient-physician relationship. Because in this study, there is psychosocial support for sports people who live a normal and healthy life. Therefore, mental training, besides increasing the technical and tactical capacities of the athletes, also allows to correct the mistakes caused by incomplete and incorrect training. In this way, every sports person, especially athletes, who complains about his personality traits that negatively affect his performance can benefit from mental training activities.

“Consulting” is the most catch-all term, which clearly reflects the wide variety of tasks performed by sports consultants working in mental training. As a consultant, they have a unique role in a sports organization. Because consultants provide a new or better focused perspective for any organization that the organization does not or cannot provide from the inside on its own (McCann, 2005). For example, Tarık Özerengin, one of our former referees and administrators, who participated in a study on “Pedagogical Education of Young Players” held in Baden, Germany in 1965, stated in his speech that young athletes should undergo psychological training for their mental structure and related behaviors. He also stated that especially the referees should be made aware of this issue (Bademli, 2017). In this context, mental training, as is for every sports person, is a necessary and useful work for both young players and football referees.

## **5. Application of Cinema Therapy to Mental Training**

The “Testing Machine” invented by Sidney Pressey in the early 1920s is accepted as the beginning of digital education. The purpose of this machine was to have students answer



multiple choice questions. Pressey's machine had a one question and a four-answer window. The student pressed the button of the selected answer. The answer was recorded in a counter on the back of the machine and then it displayed the next question (<https://en.wikipedia.org>). Later, many machines in education began to be invented related to examination, measurement and evaluation. The computer is perhaps the most functional of these machines.

While until the 20th century the clock was a good metaphor for human thought, after this the computer began to serve as a model. In particular, psychologists have tended to use the operation of computers to explain cognitive phenomena. It is an important issue for the human mind that the fact the clock and the computer are machines. This situation also shows the historical continuity between the old and new psychology schools, especially in the development process of psychology (D. P. Schultz & S. E. Schultz, 2015).

Not only in psychology, but also in many branches of science and professional fields, technology facilitates and modernizes the things. Thanks to science and technology, which is in a constant transformation, things have become much more modern and easier in many sectors. It is normal for sports, which has become a global phenomenon and has a large economy with this feature, to integrate with technology (Akgol, 2019). The number of innovations in sports technology varies greatly depending on the type of sport, and this can be explained by the need to use technology in sports (Ratten, 2019). Therefore, mental training, which constantly renews itself with technological developments, is also open to new formations technically. Because the technological possibilities that the mental trainer (consultant) can use have been increasing. This means richness of material for mental training. One of this wealth is the practice known as cinema therapy. Thus, a digital sport has enabled the development of an understanding of creating a mental support environment by using motion pictures in an electronic environment with the help of computers.

Art of movie has a function both in the education of societies and in the acquisition of new forms and meanings of culture. In this regard, cinema is not only a phenomenon of art and culture, but also a means of knowledge. An information tool means not only a disseminator of information, but also one that conveys ideas to people (Ozturk, 2015). It was predicted by most people that movie theaters would start to close down with the introduction of giant-sized televisions and projection devices in to the living rooms of houses, but the opposite happened. Because people go to the cinema not only to watch movies, but also to be together with other people (Naisbitt, 1987). Therefore, cinema is an important phenomenon both as an indoctrination and as a means of socialization.

Cinema has the privilege of taking the essence of the arts and turning the min to cinematographic images by taking advantage of technological possibilities and telling emotions and thoughts with moving images. The connection with technology also creates the opportunity to bring the filmic work to the widest audience in the shortest possible time (Derse, 2018). This is why movies have a greater impact on people than any other art form. This effect is felt throughout all time, across all age groups, genders, nationalities and cultures. Especially in cases where strong opinions are not formed, cinema has an important power of influence in shaping ideas. Because the camera carries the audience inside each

scene, and while the audience perceives events from the inside, the movie characters seem to be around them (Wedding et al., 1999).

In the film, the audience encounters a world of social values that are expected to agree or disagree with. This ideological basis presents a systematic view and way of thinking to the audience in understanding human, society, nature and the universe. An art of living and a morality are suggested by creating an environment for discussion and evaluation about the facts of life. In this context, when it is considered the role of the artist's and the characters' subconscious processes in the narrative of the film, the necessity of a film review blended with sociological, psychological, ideological and psychoanalytic perspectives emerges (Derse, 2018). Content analysis is technically used in these criticism cases. This analysis is the qualitative and quantitative systematic description and analysis of all written, verbal and visual communications such as books, newspapers, magazines, articles, films, comics and speeches (Kizilcelik & Erjem, 1996).

Cinema therapy is a technique used in mental training. The use of movies or parts of movies as a technique in the mental support process is called cinema therapy, that is, film therapy. In this implementation, the mental trainer chooses the movie or the relevant part from a movie that is suitable for the situation of the sports person and/or the team that he gives mental support and asks to watch this movie. After watching the movie, the sports person talks about the behaviors, feelings and thoughts that cause problems in sports people by going through the notes he takes about the movie and the scenes that attract his attention. The aim here is to bring different perspectives to the problem of sports people with the help of movies. For instance, the film *Tacsız Kral*, (Uncrowned King) made in 1965 in which the life of Metin Oktay, one of the legendary players of Turkish football history, is told, cinema therapy can be applied to a football player or football team as a technique within the mental training program. Another example is the cliff scene from the movie *Thelma and Louise*. Through this scene, motivation is explained to the athletes. Another example is the fate scene in the movie *The Curious Case of Benjamin Button*. This scene can be watched by the athletes while the subject of being a team is discussed.

The sports in the movie can then function as a safe space, like a virtual “sandbox”. This is a safe space where the same values, emotions and challenges expressed in sports that the spectators are familiar with from their daily lives can be discussed, questioned or affirmed (Bonzel, 2020). Therefore, cinema therapy also has strong effects on sports people, considering the strong effects of movies shown on television and in cinema today. In this respect, the mental training process carried out with cinema therapy is systematic, focusing on problem solving and goal oriented. By this way, sports-related movies can be instructive in order to explain and comprehend some aspects of mental training through movies. Since the mental training is planned according to the situation and needs of the team, the films and scenes to be shown should also be chosen according to the circumstance and needs of the athletes.

## **6. Conclusion**

Technology is a tool and necessity for humanity. Thus, it is good when used with good

intentions, and bad when not used with good intentions. Today, digital technologies used for the purpose affect countries to experience a serious transformation both socially and economically. Some call this era the Digital Age. Digital Age, directly or indirectly affects human identity in societies, human relations and the work people do. However, the digital revolution will not take place completely without providing information security in virtual environments.

Moving from the term of the digital age, it should be looked at digital sports as a mechanical and electrical transformational development of telephone, photography, cinema, computer and video. In particular, video can be used as an important part of mental training today. In other words, while the internet is an advanced stage of radio and television, cinema is considered an advanced stage of photography.

Sports is one of the social phenomena in which digital technology is effective. With the help of science and technology, digital sport is a form of sportive expression. Digital sports created with digital processing or technology will increase transparency in every institution related to sports, primarily clubs, as it will create a digital transformation in sports. Transparency will serve to increase productivity and this will create an additional sporting value for sports people.

Professional, amateur or senior athletes today are increasingly turning to new technology to get the most out of their physical and mental abilities with the aim of gaining a competitive advantage. Because technology can radically change the way of education and competition (Schmidt, 2020). Technological opportunities have been changing and developing rapidly in sports. Due to this, education can be done in electronic environment and with electronic tools. Among these tools, we can count desktop computers, printers, scanners, projectors, smart phones, portable computers, also called laptops, glasses for simulation, and wearable measuring devices such as polar watches. Thanks to these tools, it is easier to evaluate the training effectiveness. In addition, records of the evaluations are kept digitally. All of these are analytical values for the sports. Because digital sports push the limits of technology and bring new perspectives to sports.

One of the trainings made by using technological possibilities in sports is mental training exercises by making sports people, especially athletes, watch movies or scenes from movies, in line with the principles of cinema therapy, via a computer and a projection device.

Films, which are artistic works, have a sociological and an ideological basis. The aesthetic and ideological structure of the film helps people to get rid of their shallowness and become competent by giving them sensitivity, richness of life and wisdom. The scenario created not only reflects the director's perspective of life, but also presents the viewer with a new way of looking and perceiving nature, people, society and the universe (Derse, 2018). Thus, when a movie comes to the big screen, people reflect themselves on the course of events and identify with the heroes in the movie (Wedding et al., 1999). For this reason, the focus in art therapy is not on the artist's skill, but on the creative process as a form of communication (Hemmings, 2018). Sports people who watch movies, which are also used in mental training, can identify themselves with the heroes in those movies, and this has a significant impact on the

development of sports people's sportive identities and their problem solving.

### **Acknowledgements**

I would like to thank the coaches of the teams, their players and those who contributed to the research with their opinions.

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