

# “Up”; Movie Review

*by Sarthak Kamath*

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## **“Up”; Movie Review**

- Dr Sarthak Kamath, Consultant Psychiatrist, Bengaluru

The movie called “Up” is a delightful Pixar movie released in 2009. It was produced by Jonas Rivera and directed by Pete Docter. It tells the story of a boy called Carl Fredricksen, who has a passion for exploring the world, and idolizes his role model, Charles Muntz. He meets a like-minded girl Ellie, who has a scrapbook of pictures. Her aim is to travel to Paradise Falls in Venezuela (based on Angel falls) and build a house there. She desires to put those pictures in the ‘Stuff I am going to do’ section of the scrapbook.

They marry, live a blissful life and grow old together, saving for the trip to Paradise Falls. Sadly, before Ellie’s dream could be realized, she passes away due to illness. The usually happy Carl becomes a grumpy old man who never smiles and desists from living in an old age home.

Carl accidentally finds the scrapbook and makes a life-changing decision to fulfill his late wife’s dream. He ties balloons to his house with the hope of steering and landing it in Paradise Falls. The movie depicts the adventures Carl has along this journey fraught with danger. The three protagonists are a child named Russell, who is in need of a medal for assistance of the elderly and makes it his mission to help Carl; an exotic bird who Russell names Kevin, and a talking dog. When the house is finally placed next to Paradise falls by Carl, Russell leaves him because Carl promises to keep the bird safe. He pastes a picture happily in the scrapbook. On viewing the ‘Stuff I’m going to do’ section, he sees the happy pictures of their life together with tears in his eyes. In the end of the scrapbook his wife has written, “Thanks for the adventure. Now enjoy yours”.

According to the Holmes-Rahe stress scale, death of a spouse is the highest rated item for predisposition to psychiatric illness. This movie leaves us to ponder over the importance of love in a relationship and Erik Erikson’s final psychosocial stage – Integrity vs despair, where there’s either regret over not achieving one’s goals or a sense of fulfilment.

After several exciting twists, Kevin is saved, but in the process the house drifts away. Carl finally cuts ties with his loved object and thanks Ellie for everything. This is similar to Kubler Ross’s final stage of grief-Acceptance. To conclude, this movie shows us how vulnerable the elderly can become after they have lost their spouse; the importance of grandchildren, pets and meaningful goals and that resolution of grief over the loss of a loved one to help them come to terms with their existential crisis.

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