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**How can friends bring out the best in us?**

The ways in which friendship is represented among people is different as every individual has their own style and classification of how they want to be seen. I will discuss various movie excerpts that helped me understand the true nature of friendship and some articles to support the ideas discussed in the plot to illustrate how a friend can help us bring out the best in ourselves by helping us realise the importance of certain things in life as I discuss the fundamental questions about the topic of "Representation of friendship" in this research paper. The story centres on the lives of three friends who travel to Spain and run into challenges that cause them to question their abilities. They encourage one another to stretch their boundaries, gain a better grasp of life, and find their true selves. The plot serves as an example of how disagreements and conflicts among friends are common, but how mutual understanding and support outweigh any drawbacks. Although the individuals involved in a friendship link may have different personalities and tastes, the support provided through difficult times makes the bonding enduring. A strong friendship is characterised by identifying each other's shortcomings and developing as a unit. In difficult circumstances, it is always simple to walk away from someone, yet investing ourselves in a relationship we cherish takes time and work. The behaviours that are most valued in a friendship are spending time together, reaching out to one another, and encouraging one another to move along a growth trajectory. The paper will elaborate how friendship is represented under various circumstances in life.

The Indian Bollywood movie Zindagi Na Milegi Dobara(You only live once) highlights various aspects of adult friendships that become fragile as busy lifestyle leave no time for relationships. Arjun, Kabir, and Imran, three old friends who rejoin for a three-week road journey in Spain, are the subject of the movie. Although, they were very close in childhood, they currently do not share a profound friendship presently. They had fun together, resolved conflicts and conquered their fears with each other’s help. Despite the differences they help each other to take life changing decisions like choosing to continue or leave a relationship and stop chasing money and living a life. Friend is presented as a person who understands our situation and tries to offer the best solution. “Friendship has the potential of relating people together so that virtuous people complement each other and become even better at what they are doing.” (Holst, 2021)

The problems that these three friends faced were lack of communication, past grudges and changing attitudes due to economic status. The representation seems interesting because unlike most movies and stories, this plot represents the ups and downs of friendship rather than showing the perfect friendship. The characters named Arjun and Imran have completely different attitudes and approach towards life. Arjun is serious and money minded whereas Imran is a free bird and enjoys life. It is interesting to notice how people with entirely different personalities stay together as friends despite all the complications. It proves that having same habits and approaches are not necessary to become friends. Friendships can develop based on common interests and experiences even between people with diverse personalities People who interact with others more frequently can count on their network for higher amounts of social support. Ample levels of perceived instrumental and emotional social support are significantly correlated with face-to-face social contact. (Luna E)

Friendship is so often portrayed as the calm, stable complement to the intensity of romantic relationships (Abrahams, 2021). But the work portrayed in the movie reflects those friendships can be carried forward regardless of disagreements and distance. The three friends in the movie get parted because they choose different career and wanted different things from life. Though they stayed in touch but the impact on their bond was evident. When they get back together for a long-planned vacation, they experience that a lot has changed in their behaviors and priorities. The high salary earned by Arjun and Kabir made Imran feel alienated as he thought that he was left behind in life. “As the wealth gap widens, once-solid relationships begin to buckle and cave under the pressure of all that is unsaid. Many find it easier to let the relationship go, than confront the reality of the situation: that money is affecting their friendships.” (Kale, 2020). Therefore, it brings up the fact that money creates divides in friendship.

The other aspect that is worth noticing is that investing time in friendship feels like a compromising task. When the three friends came together for the trip, they made each other realise that they were doing a favor by making time. It can be simpler to let people wander off when demanding schedules, huge distances, and the intervals between catchups increase. (Mulligan, 2022). The plot has many scenes which highlights the complications encountered in friendships, but it leads to realisation of how misunderstandings can be avoided and the demands of friendship. The three of them help each other to realise and overcome their shortcomings. Arjun was struggling to sort priorities in life as he was chasing money and leaving behind important relationships. His friends helped him to choose wisely and lead to the important realisation. Kabir was struggling with his relationship and was coerced into participating in a wedding arrangement. But spending time with his friends and sharing his feelings gave him the courage to move out of a forced relationship. “A true friend gives support without judgment, comes through in a crisis and knows just the right thing to say when it matters most.” (Parker-Pope, 2022).Thus, friends are our biggest support system in hard times as they stand by our side and help us to take wise decisions.

The movie is pertinent to the representation of friendship since it sheds light on the issues that can arise in a friendship and what traits a friend should have. As represented, the friendship should be characterised by understanding the unsaid situations of a friend, making time for each other, clarifying feelings and expectations about each other, and having fun together. Friends make our life interesting, and we can rely on them in good and bad times. The movie carefully uses the present-day scenario and responsibilities to picturize modern friendships.

In conclusion, friendship is a bond that we choose for ourselves after knowing a person well and giving them entry in our lives. Every person has a set of expectations from their friends which includes emotional support, understanding their situations and listening to them carefully. No friendship bond is completely perfect but to make a relationship work it is important to consider and work out the differences because letting friends know what you are going through and being honest with them. This will help in better communication and proposal of a solution to the problem.  Despite their differences, friends stick by each other no matter what happens. Along with this, the idea that one should not judge a person's friendship based on their family history, financial situation, or personality is also being delivered. It can be a lot of fun to encourage your friends' irrational and rash decisions as by doing so we can make many interesting memories of mischief and laughter. Friendship is an unconditional relationship that is measured on memories rather than money. While you can't choose your family, you can choose your friends! The diamonds in your life that you personally selected are your friends. They will know you and have your back no matter where you go. Even if they could tease you or mislead you, they will still be there for you when you need them the most. The small fights only bring friends closer as it leads to better understanding of each other’s nature and attitudes. During conflicts, a person highlights the aspects that they dislike, and it provides an opportunity for improvement. Friendships can be made everlasting by mutual understanding, love, and spending time together. Despite the modern hectic schedule, valuing friends should be a priority.

# References

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