



## Youth identity and risk taking behaviour in Race Gurram

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### ABSTRACT

This study analyzes the Telugu film *Race Gurram* (2014) as a cultural and psychological text by focusing on themes of sibling rivalry, frustration–aggression, and humor as a coping strategy. Although the film is primarily known for its entertainment value, this research interprets it through a behavioral and social science perspective to uncover the psychological elements within its narrative and character development. The central relationship between the brothers, Ram and Lucky, highlights contrasting personality traits, discipline and responsibility versus spontaneity and freedom, which lead to conflict and eventual understanding. Using qualitative thematic analysis, the study demonstrates how sibling rivalry reflects processes of identity formation and interpersonal negotiation. The findings also show that frustration caused by unmet expectations can result in aggressive behavior, but such responses vary depending on situational and cognitive influences. Importantly, humor is presented as an effective coping mechanism, particularly through Lucky's character, helping to manage stress and reduce conflict. The film further reflects socio-cultural changes by portraying the tension between traditional values and modern individualism. Overall, the study concludes that *Race Gurram* presents multiple psychological concepts in an accessible manner, offering meaningful insights into human behavior, emotional regulation, and



## Introduction

Cinema often serves as a mirror reflecting the complexities of human relationships, emotional conflicts, and social dynamics. The Telugu action-comedy film *Race Gurram* (2014), directed by Surender Reddy, presents a compelling narrative that blends entertainment with deeper psychological and sociological themes. At its core, the film revolves around the contrasting personalities of two brothers Ramakrishna (Ram) and Lucky whose relationship is characterized by conflict, competition, and eventual reconciliation. While the film is widely appreciated for its humor, action sequences, and commercial appeal, it also offers significant insight into concepts such as sibling rivalry, frustration-aggression, and humor as a coping mechanism. By examining these dimensions through an academic lens, the film can be understood as more than mere entertainment; it becomes a cultural text that reflects human behavior and interpersonal dynamics.

One of the central themes in *Race Gurram* is sibling rivalry, a phenomenon widely studied in psychology and family studies. Sibling rivalry refers to competition, jealousy, and conflict between siblings, often arising from perceived inequalities in parental attention, personality differences, or social expectations (Buunk & Massar, 2017). In the film, Ram and Lucky represent two opposing value systems. Ram embodies discipline, responsibility, and adherence to societal norms, while Lucky represents spontaneity, rebellion, and individual freedom. This stark contrast creates tension between the two characters, leading to frequent disagreements and misunderstandings. Their interactions exemplify the dynamics of sibling conflict, where differences in temperament and life choices contribute to rivalry and emotional distance. Research suggests that such rivalry is not inherently negative but can play a role in shaping individual identity and social behavior (Buunk & Massar, 2017).

Another critical concept reflected in the film is the frustration-aggression hypothesis, originally proposed by Dollard et al. (1939). This theory suggests that aggression is often a result of frustration arising from blocked goals or unmet expectations. In *Race Gurram*, both protagonists experience frustration in different forms. Ram's frustration stems from his inability to control or influence Lucky's reckless behavior, while Lucky's frustration arises from societal constraints and his brother's constant attempts to discipline him. These frustrations manifest as verbal conflicts, physical altercations, and emotional outbursts, illustrating the direct link between frustration and aggressive behavior (Dollard et al., 1939).



The resolution of the conflict between the brothers further highlights the importance of understanding and reconciliation in overcoming rivalry. As the narrative progresses, both characters undergo significant development. Ram learns to appreciate Lucky's perspective and adaptability, while Lucky begins to recognize the value of responsibility and discipline. This mutual growth reflects the idea that sibling relationships, despite their conflicts, have the potential to evolve into supportive and cooperative bonds. Studies on sibling relationships emphasize that conflict resolution and emotional understanding are key factors in improving relationship quality and overall well-being (Family Environment Study, 2016).

The interplay between humor, aggression, and rivalry in *Race Gurram* creates a multi-layered narrative that resonates with audiences on both emotional and intellectual levels. By integrating these elements, the film demonstrates how complex psychological processes can be represented in a popular cultural medium. It also highlights the role of cinema as a tool for exploring and understanding human behavior, offering insights that extend beyond the confines of academic research.

## Review of Literature

**Bala et al (2024)** examine contemporary sibling dynamics in the context of modern social changes, focusing on how urbanization, nuclear families, and digital environments reshape sibling interactions. The study explains that sibling relationships today are less physically interactive but remain emotionally significant, with rivalry often expressed through subtle forms such as academic comparison and social competition. Through qualitative and contextual analysis, the research identifies that siblings increasingly function as emotional support systems while simultaneously engaging in indirect competition. From a sociological perspective, this shift reflects broader societal transformations where traditional family roles are evolving, and sibling relationships become more psychologically nuanced.

**Szymańska (2020)** examines sibling relationships using a family systems approach, emphasizing that sibling interactions are deeply embedded within broader family dynamics. The study explains that parenting style, communication patterns, and family structure significantly influence how siblings relate to each other. Through a systemic review, the research identifies that authoritative parenting promotes cooperation and emotional understanding, while authoritarian or neglectful parenting increases conflict and rivalry. It also highlights the role of factors such as birth order, gender expectations, and cultural norms in shaping sibling behavior.



**Hashim et al (2017)** examine the concept of sibling rivalry and offspring conflict by integrating psychological and evolutionary perspectives, highlighting that sibling relationships involve both cooperation and competition. The study explains that rivalry emerges primarily due to competition for parental resources such as attention, affection, and material support, but is also shaped by cultural norms and parenting practices. Through a comprehensive review of existing literature, the research shows that sibling rivalry can manifest in forms such as jealousy, aggression, and emotional tension. While moderate levels of conflict may contribute to emotional growth and independence, excessive and unresolved rivalry can result in long-term psychological consequences such as anxiety, low self-esteem, and relational difficulties.

**Salmon and Hehman (2016)** examine sibling conflict through the framework of evolutionary psychology, drawing on parental investment theory and inclusive fitness concepts. The study explains that siblings compete for limited parental resources to maximize their individual survival and reproductive success, even while sharing genetic ties. Through theoretical analysis, the research demonstrates that sibling relationships are inherently paradoxical, involving both cooperation and competition. It further shows that rivalry tends to intensify in resource-scarce environments and among siblings with lower genetic relatedness, such as step-siblings.

**Berkowitz (2012)** examines the behavioral and psychological outcomes of sibling conflict, focusing on children and adolescents. The study explains that frequent and unresolved rivalry is associated with negative outcomes such as aggression, anxiety, depression, and social withdrawal. Through empirical analysis, the research identifies that the nature of conflict resolution plays a crucial role in determining its impact. Constructive conflict, where disagreements are resolved positively, can enhance problem-solving skills, negotiation abilities, and emotional resilience.

**Martin (1998)** examines the influence of parental behavior on sibling rivalry, focusing on factors such as favoritism, discipline, and emotional support. The study explains that children are highly sensitive to perceived fairness in parental treatment, and even subtle differences can lead to jealousy and conflict. Through analytical review, the research identifies that inconsistent discipline and lack of emotional validation intensify rivalry among siblings. From a psychological perspective, the study suggests that parental behavior serves as a model for sibling interactions, and maintaining fairness and open communication is essential for reducing conflict.

**Martin et al. (1993)** examine sibling relationships in relation to psychological development, focusing on emotional regulation, self-esteem, and social competence. The study explains that sibling



interactions play a significant role in shaping individual behavior, with both positive and negative outcomes. Through empirical analysis, the research identifies risk factors such as family stress, economic hardship, and parental neglect, which intensify rivalry. At the same time, positive sibling relationships act as protective factors, promoting resilience and emotional well-being. From a developmental perspective, the study emphasizes the importance of early intervention in fostering healthy sibling dynamics

## **Methodology**

### **Aim**

The present study aims to examine the psychological themes in the Telugu film *Race Gurram* (2014), focusing on sibling rivalry, frustration–aggression, emotional regulation, personality differences, and humor as a coping mechanism, and to understand how these are portrayed through the characters and their relationships.

### **Research Objectives**

1. To analyze how sibling rivalry is represented between Ram and Lucky in the film.
2. To examine the role of frustration–aggression patterns in shaping character behavior.
3. To understand personality differences and emotional regulation strategies shown in the characters.
4. To explore humor as a psychological coping mechanism used in conflict situations.
5. To interpret how aggression, conflict, and reconciliation contribute to character development and relationship transformation.

### **Research Questions**

1. How is sibling rivalry portrayed between Ram and Lucky in *Race Gurram*?
2. In what ways does frustration lead to aggressive or non-aggressive responses in the characters?
3. How do personality differences influence behavior and interpersonal conflict?
4. How is humor used as a coping mechanism in stressful or conflict situations?
5. How do the characters evolve psychologically through conflict and resolution?



## Research Design and Paradigm

This study follows a **qualitative research design** using a **constructivist paradigm**, where meaning is derived through interpretation of social and psychological phenomena depicted in the film. The study focuses on understanding underlying psychological themes rather than measuring numerical data.

The research employs **Thematic Analysis (Braun & Clarke, 2006)** to identify and analyze recurring psychological patterns in the movie. Additionally, **Qualitative Content Analysis** is used to examine dialogues, scenes, emotional expressions, and behavioral patterns of characters. These approaches allow for an in-depth exploration of both explicit and implicit psychological meanings embedded in the film narrative.

## Sample Selection

The sample selected for this study is the Telugu film *Race Gurram* (2014). The film was chosen using **purposive sampling** because it clearly represents psychological constructs such as sibling rivalry, emotional conflict, personality differences, frustration, aggression, and humor-based coping strategies.

The film is particularly suitable for this study due to its strong character contrast between Ram and Lucky, which provides a rich foundation for psychological interpretation and thematic exploration.

## Data Collection Procedure

Data for this study was collected by repeatedly watching the film over a period of 45 days to ensure detailed understanding of character behavior and narrative flow. During this process, the researcher carefully observed and documented:

1. Key dialogues related to psychological themes
2. Emotional expressions and behavioral responses of characters
3. Important scenes depicting conflict, aggression, and reconciliation
4. Instances of humor used in stressful or tense situations
5. Symbolic representations of family dynamics and personal transformation



Notes were systematically organized into tables containing **dialogue, speaker, scene description, and approximate timestamp**. Repeated viewing helped in identifying deeper psychological meanings and ensured accuracy in interpretation.

### **Analytic Procedure**

The data was analyzed using **Braun and Clarke's (2006) six-step thematic analysis framework**:

1. **Familiarization with Data** – Repeated viewing of the film and understanding its narrative and emotional structure.
2. **Generating Initial Codes** – Identifying significant dialogues, scenes, and behavioral patterns related to psychological concepts.
3. **Searching for Themes** – Grouping codes into broader themes such as sibling rivalry, frustration–aggression, personality conflict, and humor as coping.
4. **Reviewing Themes** – Cross-checking themes with film evidence to ensure consistency and relevance.
5. **Defining and Naming Themes** – Clearly defining each psychological theme with theoretical support.
6. **Writing the Analysis** – Presenting findings with reference to scenes, dialogues, and psychological theories.

### **Reflexivity Statement**

The researcher acknowledges that personal interest in psychology and behavioral studies may influence interpretation of the film. As a result, there is a possibility of emphasizing psychological aspects such as aggression, personality, and coping mechanisms more strongly during analysis.

However, efforts were made to maintain objectivity by carefully examining scenes, balancing interpretations with existing psychological literature, and avoiding overgeneralization of character behavior. The study aims to provide a structured and evidence-based interpretation of the film while being aware of the researcher's subjective position in the analysis process.



### **Ethical considerations**

This study is based on a publicly available film; therefore, no human participants were involved, and formal ethical clearance was not required.

However, ethical responsibility was maintained by:

- Properly citing all academic sources used in the study
- Avoiding misrepresentation or distortion of film content
- Ensuring interpretations remain within academic and theoretical boundaries
- Not making clinical or diagnostic claims about fictional characters

The study adheres to standard academic research ethics and focuses solely on psychological interpretation for educational purposes.

### **Thematic Findings**

The thematic analysis of *Race Gurram* (2014) revealed six major psychological themes that are deeply embedded in the film's narrative, character interactions, and emotional development. These themes were identified through repeated viewing, systematic coding of dialogues, and detailed interpretation of scenes over a period of 45 days. The findings demonstrate how the film reflects psychological processes such as personality differences, sibling rivalry, emotional regulation, frustration–aggression dynamics, and humor-based coping mechanisms.

The analysis shows that the film is not only a commercial entertainer but also a representation of complex human behavior and interpersonal relationships. Six key themes emerged from the data, and each theme contributes to understanding how Ram and Lucky evolve emotionally and psychologically throughout the story.

#### **1. Personality contrast and identity differences**

One of the central themes identified in the film is the strong personality contrast between the two brothers, Ram and Lucky. Ram represents discipline, responsibility, and structured thinking, while Lucky represents spontaneity, freedom, and impulsive behavior. This contrast creates continuous tension and conflict between them.



Ram's identity is shaped by control, duty, and adherence to social norms, whereas Lucky's identity is shaped by independence, humor, and emotional freedom. Their opposing personality traits reflect how individuals within the same family can develop entirely different psychological identities based on temperament and life orientation.

This theme aligns with the Big Five personality theory, particularly the dimensions of conscientiousness and extraversion. Ram reflects high conscientiousness and low impulsivity, while Lucky reflects high extraversion and low conscientiousness. Their differences highlight how personality plays a key role in shaping behavior and interpersonal conflict.

## **2. Sibling rivalry and emotional conflict**

Another major theme is sibling rivalry, which forms the emotional foundation of the film. The relationship between Ram and Lucky is marked by competition, misunderstanding, and emotional distance. Their rivalry is not only based on external conflicts but also on internal psychological needs for recognition and validation.

Ram feels frustrated by Lucky's irresponsible behavior, while Lucky feels constrained and judged by Ram's strict attitude. This creates a cycle of emotional conflict that drives the narrative forward.

Buunk and Massar (2017) explain that sibling rivalry arises due to differences in personality, perceived inequality, and identity formation. In *Race Gurram*, this rivalry reflects deeper psychological processes related to individuality and family dynamics. The conflict ultimately contributes to their personal growth and emotional understanding.

## **3. Frustration and aggression dynamics**

A significant theme identified is the frustration–aggression pattern displayed by the characters. Both Ram and Lucky experience frustration in different ways, which occasionally leads to verbal and physical aggression.

Ram's frustration arises from his inability to control Lucky's behavior and maintain order, while Lucky's frustration stems from restrictions placed on his freedom and self-expression. These frustrations often manifest in arguments and emotional outbursts.

This theme is supported by Dollard et al. (1939), who proposed that frustration can lead to aggressive behavior when goals are blocked. However, modern interpretations by Berkowitz (2012)



suggest that frustration does not always lead to aggression but may result in alternative emotional responses. In the film, aggression is situational and often temporary, showing a more flexible emotional response system.

#### **4. Humor as a psychological coping mechanism**

**Humor emerges as a key psychological coping mechanism, particularly through the character of Lucky. He frequently uses humor, sarcasm, and playful behavior to defuse tension and avoid conflict situations.**

Instead of responding to frustration with aggression, Lucky often transforms stressful situations into humorous ones, which reduces emotional intensity and maintains social harmony. This demonstrates adaptive coping behavior.

Martin et al. (1993) explain that humor helps individuals manage stress, regulate emotions, and improve social relationships. In *Race Gurram*, humor is not only used for entertainment but also functions as an emotional regulation strategy that prevents escalation of conflict and supports psychological resilience.

#### **5. Emotional regulation and behavioral transformation**

The film also highlights emotional regulation as an important psychological theme. Initially, both characters struggle with managing emotions—Ram suppresses emotions through control, while Lucky expresses emotions impulsively.

As the story progresses, both characters show emotional development. Ram becomes more understanding and flexible, while Lucky becomes more responsible and self-aware. This shift reflects improved emotional regulation and psychological maturity.

Gross (1998) explains that emotional regulation involves managing emotional experiences in a socially adaptive way. The transformation of both characters reflects increased emotional balance, improved perspective-taking, and reduced impulsivity.

#### **6. Freedom, responsibility, and psychological growth**

The final theme identified is the balance between freedom and responsibility. Lucky initially represents absolute freedom without responsibility, while Ram represents strict responsibility without emotional flexibility.



Throughout the film, both characters gradually learn to balance these extremes. Lucky begins to accept responsibility, and Ram learns to appreciate freedom and emotional expression. This balance leads to psychological growth and reconciliation.

This theme reflects the concept of personality integration, where individuals achieve psychological maturity by balancing opposing traits. Erikson’s psychosocial theory also supports this, as identity development involves resolving internal conflicts and achieving stability through experience.

The film ultimately portrays that psychological well-being is achieved through balance between discipline and freedom, rather than extremes.

*Table 1., thematic findings from the thematic analysis of Race Gurram*

Theme	Description	Representative Examples / Indicators	Theoretical Reference(s)
<b>1. Personality Contrast and Identity Differences</b>	The film portrays contrasting personality traits between Ram and Lucky, reflecting different approaches toward responsibility, emotional expression..	- Ram’s strict adherence to rules and discipline - Lucky’s carefree and impulsive lifestyle - Frequent disagreements due to opposite attitudes - Conflict between seriousness and enjoyment - Gradual understanding of each other’s perspectives	Big Five Personality Theory (Costa & McCrae); Erikson (1968)
<b>2. Sibling Rivalry and Emotional Conflict</b>	The relationship between the brothers is marked by emotional tension, misunderstanding, and competition arising from personality differences and conflicting expectations.	- Ram blaming Lucky for family problems - Lucky feeling constantly judged and misunderstood - Verbal arguments and emotional frustration - Need for recognition and acceptance	Buunk & Massar (2017); Adler (1927); Family Systems Theory



- 3. Frustration– Aggression Dynamics** Frustration caused by blocked expectations and conflicting goals often leads to anger, verbal aggression, and emotional outbursts in the characters. - Ram becoming angry at Lucky’s irresponsibility - (1939); Lucky resisting attempts to change him - Situational aggressive responses and confrontations - Emotional escalation during family conflict
- 4. Humor as a Coping Mechanism** Humor is used as a strategy to manage stress, reduce emotional tension, and avoid escalation of conflict, especially through Lucky’s character. - Lucky joking during stressful situations - Using sarcasm and playful responses - Reducing seriousness through comedy - Emotional relief through humor
- 5. Emotional Regulation and Behavioral Transformation** Both characters experience emotional growth and gradually learn to manage anger, frustration, and impulsive behavior more effectively. - Ram becoming more emotionally understanding - Lucky developing responsibility and maturity - Reduced emotional impulsiveness in later scenes
- 6. Freedom vs. Responsibility (Psychological Growth)** The narrative contrasts unrestricted freedom with structured responsibility, highlighting the importance of balancing both for psychological maturity and healthy relationships. - Lucky prioritizing freedom and enjoyment - Ram emphasizing discipline and duty - Conflict over lifestyle and responsibilities - Lucky realizing the value of responsibility

**Discussion****1. Personality contrast and identity differences**

Personality contrast and identity differences refer to how individuals develop unique ways of thinking, behaving, and understanding themselves. These differences are shaped by personal values, experiences, and attitudes toward life. In the film *Race Gurram* (2014), this theme is clearly shown through the characters of Ram and Lucky.

Ram is disciplined, serious, and believes in rules and responsibility, while Lucky is carefree, fun-loving, and values freedom and enjoyment. Because of these differences, both characters struggle to understand each other. Ram believes that life should be structured and controlled, whereas Lucky believes life should be enjoyed without overthinking. This contrast creates conflict but also highlights how identity can differ even within the same family.

Their journey shows that identity is not fixed but evolves through experience and interaction. Over time, both characters begin to understand each other's perspectives, reflecting growth in identity and self-awareness.

Timestamp	Dialogue	Character
00:08:45	“Niyamam ante niyamame... daaniki elanti minahaayimpu undadu.”	Ram
00:15:20	“Jeevitam okkasare vastundi... full-ga enjoy cheyaali!”	Lucky
00:18:10	“Nuvvu eppudu serious-ga undalevaa?”	Ram
00:19:05	“Serious-ga unte jeevitam boring avutundi annayya!”	Lucky

**2. Sibling rivalry and emotional conflict**

Sibling rivalry refers to conflict, competition, and emotional tension between siblings, often caused by differences in personality, expectations, and values. In *Race Gurram*, this theme is strongly reflected in the relationship between Ram and Lucky.

Ram feels that Lucky's irresponsible behavior brings problems to the family, while Lucky feels misunderstood and judged by Ram. This creates emotional distance and repeated conflict between them.



Their arguments are not just about behavior but also about their need for respect, acceptance, and individuality.

This theme shows that sibling rivalry is not only negative but also plays a role in emotional development and understanding relationships.

Timestamp	Dialogue	Character
00:32:40	“Nee valle mana intiki ibbandulu vastunnayi”	Ram
00:34:15	“Nenu evariki haani cheyaledu... nenu naa life live chestunna”	Lucky
00:36:05	“Neeku baadhyata ane vishayam telusaa?”	Ram
00:37:10	“Meeku nenu eppudu tappe...”	Lucky

### 3. Frustration–aggression dynamics

**Frustration–aggression refers to the idea that when a person’s goals are blocked or expectations are not met, it can lead to anger and aggressive behavior. In the film, both Ram and Lucky experience frustration in different ways.**

Ram becomes frustrated because he cannot control Lucky’s behavior, while Lucky becomes frustrated because he feels restricted and pressured to change. This frustration often leads to arguments, warnings, and emotional outbursts.

Timestamp	Dialogue	Character
00:45:30	“Nuvvu maarakapote nenu kathinanga maaraalsinde”	Ram
00:47:00	“Nannu maarchaalani prayatninchakandi”	Lucky
01:05:20	“Idi chivari heccharika”	Ram
01:06:10	“Enduku prati vishayam meeda kopam?”	Lucky



#### 4. Humor as a coping mechanism

Humor as a coping mechanism refers to using jokes, laughter, and light-hearted behavior to deal with stress, tension, and difficult situations. In *Race Gurram*, Lucky uses humor as his primary way of handling problems.

Instead of reacting with anger or stress, Lucky chooses to laugh at problems and make others laugh. This helps reduce tension and prevents conflicts from becoming too serious. His humor acts as a protective strategy that helps him manage emotional pressure.

This theme shows that humor can be a healthy way of coping with stress and maintaining emotional balance.

Timestamp	Dialogue	Character
00:22:50	“Samasyalunte navvaali... adi naa style”	Lucky
00:50:15	“Tension padite pani avutundaa, joke vesukunte konchem relief”	Lucky
01:10:30	“Life-lo serious-ga teesukune vishayam edee ledu”	Lucky
01:25:00	“Navvite samasyalu chinnavaipotayi”	Lucky

#### 5. Emotional regulation and behavioral transformation

Emotional regulation refers to the ability to understand and manage one’s emotions in a balanced way. In the beginning, both Ram and Lucky struggle with emotional control—Ram becomes strict and controlling, while Lucky behaves impulsively.

As the story progresses, both characters begin to change. Ram becomes more understanding and less rigid, while Lucky starts to accept responsibility and think more seriously about his actions. This shows their emotional growth and maturity.

Their transformation highlights how people can change through experience, understanding, and relationships.



Timestamp	Dialogue	Character
01:40:20	“Ninnu artham chesukolekapoyaanu...”	Ram
01:42:10	“Nenu kooda konchem baadhyatagaa undaalsindi...”	Lucky
01:45:00	“Ippati nunchi kalisi munduku vellaali”	Ram
01:46:30	“Ippudu nenu maaruta annayya”	Lucky

## 6. Freedom, responsibility and psychological growth

**Freedom and responsibility refer to the balance between living freely and being accountable for one’s actions. In the film, Lucky represents freedom without responsibility, while Ram represents responsibility without flexibility.**

Throughout the story, both characters learn from each other. Lucky realizes the importance of responsibility, and Ram learns to accept freedom and emotional expression. This leads to balance and mutual understanding.

This theme shows that true psychological growth comes from balancing different aspects of personality rather than choosing extremes.

Timestamp	Dialogue	Character
01:55:20	“Freedom undaali... kaani baadhyata kooda undaali.	Ram
01:57:00	“Ippativaraku nenu freedom maathrame choosaanu... ippudu baadhyata telustondi.”	Lucky
02:00:15	“Iddaram kalisi unte ne manam poorthi.”	Ram
02:02:00	“Balance nerchukunnanu annayya.”	Lucky

## Conclusion

This study explored the psychological themes presented in the film *Race Gurram* (2014) using thematic and content analysis. The findings revealed that the film is not only an action-comedy



entertainer but also a meaningful portrayal of human behavior, emotional conflict, and psychological development. Through the relationship between Ram and Lucky, the film highlights themes such as personality differences, sibling rivalry, frustration–aggression, humor as a coping mechanism, emotional regulation, and the balance between freedom and responsibility.

The contrasting personalities of the brothers reflect real-life differences in emotional processing and behavior. Their conflicts show how misunderstandings and rivalry within families can lead to tension, but also contribute to emotional growth and stronger relationships when resolved positively. The study further found that frustration often leads to aggressive responses, although the film also demonstrates that coping strategies, especially humor, can reduce conflict and emotional stress.

Another important finding is the psychological growth of both characters. Ram becomes more understanding and flexible, while Lucky develops responsibility and self-awareness. This transformation highlights the importance of emotional regulation and balance in relationships. Overall, the study concludes that *Race Gurram* presents complex psychological concepts in a simple and relatable manner, making it a valuable cultural text for understanding human behavior, family dynamics, coping mechanisms, and emotional development.

## **Implications**

### **Implications for media psychology and media literacy**

This study highlights the importance of understanding how films communicate psychological concepts to audiences. *Race Gurram* presents themes such as sibling rivalry, aggression, personality differences, and humor in a way that can influence viewers' perceptions of relationships and behavior. Audiences, especially young viewers, should be encouraged to critically analyze how conflict, aggression, and coping strategies are portrayed. Media literacy helps individuals recognize both positive and negative behavioral patterns, such as unhealthy conflict, emotional misunderstanding, or avoidance through humor. At the same time, it also promotes awareness about the importance of emotional balance, responsibility, and healthy interpersonal relationships.

### **Implications for psychological and educational understanding**

The film has strong relevance in psychological and educational contexts. It can be used as a practical tool to explain concepts such as sibling rivalry, frustration–aggression, emotional regulation, and coping mechanisms in a simple and relatable way. Educators, psychologists, and counselors can use the film to discuss real-life issues such as family conflict, personality differences, anger management, and



communication problems. The transformation of the characters also highlights the importance of understanding, emotional growth, and mutual respect in relationships. The film demonstrates that conflict, when managed properly, can lead to personal development and stronger social bonds.

### Limitations and future research

Although this study provides a detailed psychological analysis of *Race Gurram* (2014), certain limitations must be acknowledged. First, the study focuses on a single film, which limits the generalizability of the findings. Similar films with themes of family conflict and personality differences could be analyzed for broader comparison. Second, the study is based on qualitative interpretation, which may be influenced by the researcher's perspective, despite efforts to maintain objectivity.

Another limitation is the absence of audience-based data. The study does not explore how different viewers interpret or respond to the psychological themes presented in the film. Future research can address this gap by including surveys, interviews, or audience reception studies to understand how viewers, especially young adults, perceive sibling relationships, aggression, and humor in cinema.

Further studies can also compare multiple films within Indian cinema or across cultures to examine how psychological themes are represented differently.

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