Exploring the Path of Film and Television Adaptation of New Realistic Novels

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Abstract: *This paper deeply analyzes the effective path of the new realistic novel in the film and television adaptation, and emphatically discusses the strategies of deepening the characterization and emotional rendering. While emphasizing the fidelity to the original plot and paying attention to the transmission of deep themes and core values, the article points out that this process is not only a simple reproduction of the text, it is a deep understanding and expression of the original thought. Through the meticulous description of characters and emotional expression, film adaptation can re-interpretation of the original in a new media language, so that the audience more profound emotional resonance and cultural consensus. This strategy not only endows the adapted works with higher artistic quality and appeal, but also infuses the new era value into the contemporary social background, making the film and television works become the cultural symbol that inherits and surpasses the original works. Therefore, deepening the path of portrayal and emotional rendering is not only the key to film adaptation, but also a kind of respect for the original and creative extension.*

Keywords: *New Realistic Novels; Film and television adaptation; Adaptation characteristics; Adaptation method*

1. Introduction

New realistic novels, as an important component of literature and art, have always been the core of adaptation work in terms of their expression and internal spirit transmission in the process of film and television adaptation. This transformation process not only requires fidelity to the plot of the original work, but also emphasizes the exploration and reproduction of the deep themes and core values of the work. In contemporary film and television adaptation practice, deepening character portrayal and emotional rendering is particularly important. This method not only effectively conveys the main idea of the original work, but also resonates with the audience in both visual and emotional aspects, making the adapted work vivid, profound, and contemporary. Through this strategy, the adapted works not only reproduce the plot of the original work, but more importantly, they revitalize the emotional world and thematic ideas of the original work in new media.

2. Overview of New Realistic Novels

2.1. The Definition of Neorealism

Neorealism is a literary and artistic genre that emerged in the mid-20th century, aiming to reflect the true state of human existence by depicting social reality and daily life. Compared to traditional realism, neorealism emphasizes deeper exploration of personal perspectives and inner experiences.

2.2. The Characteristics of Neorealism

1) Realistic orientation: New realism works usually focus on marginalized groups, daily life, and the fate of small people, reflecting the current social situation and universal human nature.

2) Plot and Characters: The plot often revolves around daily life, showcasing the complexity and depth of the characters' personalities through detailed descriptions of their emotional and psychological activities.

3) Style and Language: The language style is usually simple and unadorned, emphasizing dialogue and inner monologue, enhancing realism through concrete and vivid details.

3. The Problems Faced by the Film and Television Adaptation of New Realistic Novels

3.1. The depth and breadth transformation of realistic themes

The core feature of new realistic novels lies in their profound exposure to social reality and delicate analysis of human nature. These literary works often showcase complex social structures and character psychology through layers of overlapping details. When converting into film and television works, these detailed narratives need to be transformed into visual and auditory expressions, which not only requires the adaptors to possess excellent adaptation skills, but also a profound understanding of the narrative structure of film and television media.

Compared to text, film and television works emphasize more on intuitive visual experience and compact narrative rhythm. Maintaining the depth of the original theme and emotional depth during this transformation process is a great challenge. Adapters need to cleverly integrate the characters, events, and backgrounds in the novel, so that they can be reasonably displayed and emotionally conveyed in film and television works. At the same time, they cannot excessively pile up details to avoid causing loose narrative and redundant plot. In addition, the criticism and reflection on social issues in new realistic novels often need to be presented in a more intuitive and concrete way in film and television works. This requires adaptors to be faithful to the original work while also fully utilizing the expressive power of film and television language to conduct a deeper and more intuitive analysis of social reality. Therefore, the film and television adaptation of new realistic novels is not only a formal transformation, but also a deep integration and recreation between content and form. Adapters should not only fully explore and utilize the audio-visual characteristics of film and television media on the basis of being faithful to the original work, but also pay attention to the narrative structure and rhythm arrangement of the work to ensure that the realistic themes in the original work are appropriately reflected in the film and television work, thereby maintaining the depth of the original work and expanding its expression breadth in new media.[1]

3.2. The Combination of Realistic Style and Film and Television Aesthetics

Another major issue faced by the film and television adaptation of new realistic novels is how to effectively combine the realistic style of the original work with the aesthetics of film and television. New realistic novels emphasize the true depiction of real life, which is presented in literary works through detailed descriptions, complex character psychology, and profound social backgrounds. In the process of film and television adaptation, this delicate realistic style needs to be transformed into visual and auditory elements, which undoubtedly is a major test for the adaptors. The narrative style and audio-visual language of film and television works are completely different from pure literary works. To accurately and vividly present the thick social background and rich character traits in the novel within a limited time, it is required that the adaptors not only be faithful to the original work, but also proficient in the film and television language, in order to give the work the necessary dramatic tension and visual impact while ensuring authenticity. In addition, realistic novels often contain rich details and deep social connotations, which need to be reflected through more detailed visuals, in-depth character portrayal, and precise scene reconstruction in film and television adaptations. Adapters need to balance literary and visual aspects in this process, conveying the social criticism and human thinking in the novel, while also creatively expressing themselves within the framework of film and television aesthetics. This transformation is not only a simple formal transformation, but also a deep fusion of culture and art. It requires adaptors to fully utilize the expressive power of film and television media while respecting the original work, and create artistic works that are both profound and aesthetically pleasing. Therefore, the film and television adaptation of new realistic novels is not only a reproduction of the original work, but also a recreation and enhancement of the theme and style of the original work.

4. The Characteristics of Film and Television Adaptation of New Realistic Novels

4.1. The combination of authenticity and profundity

In the adaptation of new realism novels in film and television, the works not only adhere to the realism spirit of the original work, attach importance to the true portrayal of society, environment, and characters, but also deepen the exploration of themes and ideas on this basis. The manifestation of authenticity in film and television works is not only a precise representation of the plot of the original work, but more importantly, a profound presentation of the social phenomena and character psychology

revealed in the original work. Adapters enhance the authenticity of the story through clever script construction and film and television techniques, such as camera selection, color application, and sound effect matching, allowing the audience to immerse themselves in the social reality and character emotions conveyed by the work. At the same time, the profound expression is reflected in how film and television adaptations transcend superficial storytelling and touch on broader social and human issues. Film and television works strengthen the in-depth analysis of human complexity and social issues through the exquisite handling of details, in-depth portrayal of characters, and reasonable arrangement of plots. While maintaining the original style, the adaptors also need to enhance the story's sense of hierarchy and depth of thought through unique narrative techniques such as symbols, metaphors, and flashbacks in movies and TV dramas. This adaptation not only faithfully reproduces the core values of the new realism novel, but also gives it a new perspective and interpretation, allowing the work to not only present reality, but also provide reflection and inspiration on deep social and human issues.

4.2. The three-dimensional characterization of characters

The film and television adaptation of new realist novels places special emphasis on three-dimensional representation in character portrayal, which is particularly crucial in the translation of new realist works. Compared to traditional narrative methods, the film and television adaptation of new realism works focuses more on creating profound and multi-level character images through images and sounds. In this process, the detailed characterization of character traits and the in-depth exploration of psychological states have become the core tasks. Film and television adaptation utilizes visual art techniques such as precise camera language, unique color use, symbolic scenery, and dynamic perspective switching to jointly construct the characters' inner and outer worlds, showcasing their complex and multidimensional personalities. In addition to visual elements, sound effects and music also play an undeniable role in the three-dimensional shaping of characters. Sound effects not only enhance the atmosphere of the scene, but also indirectly reflect the psychological state and emotional changes of the characters. At the same time, the rhythm control of dialogue and narration in film and television adaptations is also crucial for showcasing the character's personality traits and development trajectory. By revealing the implicit meanings and motivations behind actions in dialogue, film and television works further explore and understand the inner world of characters while maintaining the original depth of neorealism novels.

4.3. Visualization and Rhythm of Narrative Style

Compared to the textual narrative of novels, film and television works reproduce the story through visual and auditory elements, allowing the implicit images and themes in the original work to be expressed in a more intuitive and impactful manner. Visualization not only refers to the intuitive display of scenes, characters, and events, but also includes enhancing the expressive power and depth of the plot through visual symbols, color application, light and shadow effects, and composition techniques. For example, with the help of specific camera scheduling and perspective switching, it can effectively convey the psychological changes of characters or emphasize a certain theme or emotion. Rhythm involves the speed and rhythm regulation of narrative. Film and television adaptation utilizes editing technology to accurately control the speed of the shot and the transition of the scene, thereby adjusting the narrative rhythm and meeting the needs of the narrative content. In the adaptation process of new realism works, special attention is paid to reflecting the complexity and diversity of real life through changes in rhythm. A tight rhythm can create a tense atmosphere, while a slow rhythm helps deepen emotional expression and thematic reflection.

Through visual and rhythmic narrative methods, the film and television adaptation of new realism novels can delve deeper into social reality and human issues, providing audiences with rich visual experiences and ideological inspiration. This change in narrative style not only makes the work more vivid and expressive in artistic expression, but also enables film and television works to reach a wider audience and convey deeper social and cultural connotations. Therefore, the visual and rhythmic narrative methods are important features of the film and television adaptation of new realism novels, and are also the key to their artistic charm.

5. Effective Path for Film and Television Adaptation of New Realistic Novels

5.1. Accurately positioning the theme and core values of the original work

In the process of film and television adaptation of new realistic novels, it is crucial to accurately locate the theme and core values of the original work. This step is not limited to superficial plot transitions, but rather delves into the ideological context and cultural connotations behind the text. Adapters need to understand and extract the spirit of the times, social contradictions, and profound analysis of human nature reflected in the work through the lines of the original work. In practical operation, this requires adaptors not only to have sharp literary insights, but also to have the ability to transform literary works into film and television language. In addition, film and television adaptations also need to fully utilize film techniques such as visual art, sound effects, and rhythm control to enhance the emotional expression and thematic depth of the work, so that it can still resonate in different cultural and historical backgrounds.

Taking Jia Pingwa's "Abandoned Capital" as an example, the novel deeply depicts the social situation and character psychology during China's transition from a planned economy to a market economy. When adapting into film and television works, the primary task faced by the production team is how to accurately capture and reproduce the changing times and human struggles reflected in the novel. In response to the exploration of human nature and social criticism under the prevalence of materialism in "Abandoned Capital", adaptation should not be limited to the direct presentation of the story plot, but should more deeply demonstrate the complexity of the characters' hearts and the multidimensional conflicts of the environment. For example, through the deepening of character relationships, the meticulous creation of scene atmosphere, and the clever combination of music and images, film and television works can more vividly and stereoscopically express the theme ideas in the original work. In addition, considering the characteristics of film and television media, it is also necessary to creatively interpret and reproduce the core values of the novel through visual and auditory means such as photography composition and editing rhythm, so that it is not only faithful to the original work, but also resonates with contemporary audiences.[2]

5.2. Innovative narrative structure and visual presentation

In the process of film and television adaptation of new realistic novels, innovative narrative structures and visual presentation are the key to giving new life to the original work. This adaptation is not only a superficial story reproduction, but also a deep cultural and emotional translation. Specifically, film and television adaptation should break through the traditional linear narrative mode and utilize the unique time and space editing capabilities of film and television media, such as flashback and interspersed narrative techniques, to reconstruct the story framework, allowing the audience to experience the richness and complexity of the story from a non-linear sense of time. Visually, elements such as photography, color, and scenery are used to convey emotions and themes, while symbols and metaphors are used to strengthen the deep meaning of the work. These methods not only enhance the attractiveness of the narrative, but more importantly, convey the profound emotions and ideas that are difficult to express in the original work through a combination of visual and auditory means.

For example, if Yu Hua's "To Live" is adapted into a film and television work, its innovative narrative and visual presentation can be reflected in several aspects. From the narrative structure, the interweaving of individual destiny and social history can be demonstrated through the protagonist Fugui's lifetime review, combined with the changes in various historical stages of Chinese society. This way of reflecting social changes through personal perspectives can more profoundly reveal the heaviness of history and individual helplessness. Visually, by capturing the natural scenery of the countryside and the simple dwellings, the resilience and tenacity of characters in hardship can be reflected. In addition, the use of color in the film, such as using different tones when depicting different historical periods, can not only express the atmosphere of the times, but also highlight the psychological changes of the characters. Through the innovative application of these narrative and visual strategies, film and television works will not only reproduce the plot of the original work, but also provide a new interpretation of the profound theme of the original work, providing the audience with a richer and deeper artistic experience.[3]

5.3. Deepen character portrayal and emotional rendering

In the process of film and television adaptation of new realistic novels, deepening character

portrayal and emotional rendering is an important way to enhance the artistic appeal of the works. In this process, the character's personality traits, inner world, and entanglements with other characters should be delicately captured and deeply depicted, as a driving force for the development of the plot. Deeply exploring the personality levels and psychological states of novel characters can not only make them more three-dimensional and realistic, but also deepen the audience's resonance and emotional investment in the character's fate. In terms of emotional rendering, complex inner activities and emotional changes of characters should be conveyed through dialogue, body language, facial expressions, as well as film and television language such as photography angles and light and shadow processing. The elements such as music and color in film and television works should also be coordinated with the characters' psychology and emotional direction, further enhancing the depth and intensity of emotional expression, so that the audience can have a deeper understanding and feel of the characters' emotional world.

For example, in the film and television adaptation of 'The Ordinary World', the portrayal of characters' personalities and the rendering of emotions are taken as the core. In this work, the portrayal of the protagonists Sun Shao'an and Sun Shaoping is a major highlight. Sun Shao'an's determination and persistence, as well as Sun Shaoping's sensitivity and dreams, have become the focus of attention among the audience through the precise performance of actors and the clever ideas of the director. During film and television adaptation, details such as Sun Shao'an's resilience in working in the farmland and Sun Shaoping's pursuit of dreams in the city can be presented to highlight their different attitudes towards life and psychological changes. In terms of emotional rendering, the application of images and sound to convey the pure and beautiful love between Sun Shaoping and Tian Xiaoxia, such as the close-up of the camera when the two meet, gentle background music, etc., can strengthen the purity and depth of their love, allowing the audience to feel that simple and profound sense of affection. This adaptation technique not only remains faithful to the original work, but also endows the characters with new vitality, allowing the audience to gain a richer visual and emotional experience.

6. Conclusion

In summary, the film and television adaptation of new realistic novels is not only a visual representation of the original text, but also an interpretation and expansion of the spirit and emotional depth of the original work. The successful adaptation lies in how to convey a more rich and moving story by deepening character portrayal and emotional rendering. In this process, the adaptors need to deeply explore the inner world of the characters, utilize the unique language of film and television media, and transform the emotional world of the original work into a visual and auditory experience that the audience can resonate with. In this way, film and television works are not only the reproduction of narrative, but also become a new and vivid artistic form that can leave a lasting and profound impression on the audience, thus achieving true respect and transcendence of the original work.

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