When people think about what is different about normal videos we shoot by using our smartphone and movies, the most different point is the mood that is made by the "tone". Tone means lightness, color contrast, saturation, hue, and so on. Tone in film plays a very important role in movies because it can have an effect on audience's emotion and sometimes have power to control it and has been recognized as important part of them. There are a wide variety of tone and film creators that use different degree of tones for each scenes, may not use the same tones in the whole movie. Using various tones in movies is a very good and effective way to show the story changing in a movie to the audience. Many modern people have mental health problems because they are very busy in their daily life, they can heal it by watching movies because the tones of movies can provide positive effects on the audience's emotions.

Lightness of movies is a one of the important part of tones and it means the degree of color brightness, so, as the degree of it gets higher and higher, the tones will get close to white and the opposite is its dark. (Kyouhei Koyama, 2018) Movie creators use different degree of lightness for different scenes, almost all movies use various degree of lightness in whole movie. By doing so, it will be easier to tell audience the changing of characters' mind and story. Low lightness is used for serious scenes, such as characters feel depression, or scenes for murder, war and horror movies. To give a real movie example, the famous Japanese

horror movie, *Sadako* is consist of so many disconsolate scene, so, whole scenes use low lightness. In contrast, generally speaking, *The Sound of Music* is famous for "a movie that make audiences happy" so, high light is used for the whole movie. Light Technics highlight the story and feelings of the characters to make it easier for audiences to relate to.

Saturation is also a very essential part of mood in movies. It means the amount of color relative to white or black. White, gray and black is called achromatic color and the others is called chromatic color. In other words, it is the degree of being colorful and color strength. As it increases, the colors appear to be purer and clear. Opposite of this, as it decreases, the colors appear to be more washed-out or pale (techopedia, 2020). So, movies or pictures that have the same lighting and hue will be very different if their saturation is different. To change saturation can have a large effect on movies, especially on its mood and also, changing it during movies can express the change in a character's emotion. Brightness and saturation is difficult to distinguish, but to use them in appropriate way will provide a positive effect on the movie's mood. As same as lightness, also various degree of saturation is used in whole movie.

There are various kinds of color in this world and people are likely to feel a particular emotion by seeing a particular color. For example, in bullfighting, many people think that the bullfighter using a red cloth makes the bull excited. However, this is not true, the truth is to make the bull fighter and the audience excited, not the bull (Kokoronosaiensu, 2021). Red is likely to make people feel

love, danger and anger. Every color can have an effect on audience's emotions like it does in bullfighting example. Applying this kind of effect in making a movie, directors can use various colors to make the audience sympathize with characters and become more emotionally invested. Not only in making movie, this color effect is applied in many product making. Therefore, particular color is likely to make people have particular emotions.

Sometimes mood is said to be the most important part of movie because it can provide various effect on audience's emotion such as sadness, happiness, fun. The effect depends on each tone's tincture and each audience's character, but particular color is likely to let people have particular emotion. Tone in movies consist of various things such as lightness and saturation and by adjusting those numerical value, movie creators can make mood in as they want. So, watching movie is the good way to change and refresh your mood for people who is feeling depression or want to refresh, movie will snuggle up to you kindly. Therefore, watching movie will do well for busy modern people.

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