

## CHAPTER V

### CONCLUSION AND RECOMMENDATION

#### 5.1 Conclusion

This research applied psychological approach and social anxiety disorder, and also describe the phenomenon of the main character in Convenience Store Women Novel by Sayaka Murata. In conclusion, the research offers a nuanced exploration of social anxiety disorder (SAD) through the lens of the main character in "Convenience Store Woman." By meticulously analyzing cognitive, physical, and behavioral facets, the study provides insights into the character's struggles and contributes to a deeper comprehension of how literature mirrors real-life conditions such as SAD. This research holds theoretical significance, enriching literary scholarship by examining the portrayal of SAD symptoms in fictional works. Moreover, it serves as a practical resource for future studies in this domain, enhancing readers' understanding of how social anxiety is depicted in literature and its broader implications. Through structured research questions and qualitative methods, the analysis unveils the intricate relationship between literature, psychology, and society, illuminating the complexities of SAD and its effects on individuals.

Additionally, the study's thorough review of relevant literature and theoretical frameworks lays a solid groundwork for understanding SAD from a psychological perspective. Drawing upon various studies and theories, the research elucidates the cognitive, physical, and behavioral dimensions of SAD, offering valuable insights into its portrayal in literary contexts. This theoretical scaffold provides a robust

framework for dissecting the representation of SAD in "Convenience Store Woman," thereby deepening our understanding of how literature interprets psychological phenomena. Through meticulous textual analysis and systematic documentation, the study identifies differential diagnoses associated with SAD and explores their manifestations in characters' interactions and behaviors, enriching our understanding of its representation and impact within the narrative.

The analysis of SAD in "Convenience Store Woman" underscores the prevalence of cognitive aspects in the portrayal of the disorder, particularly through the protagonist Keiko's internal struggles with negative beliefs and perceptions. This focus on cognitive dimensions highlights the pivotal role of negative thought patterns in shaping individuals' experiences of social anxiety. By shedding light on these intricacies, the research not only contributes to our understanding of SAD in literature but also underscores the importance of addressing mental health issues in literary analysis. Ultimately, it fosters a broader awareness of the complex interplay between literature, psychology, and society, enriching both scholarly discourse and societal understanding.

## **5.2 Recommendation**

The novel *Convenience Store Women* by Sayaka Murata, a writer from Japan, has a very interesting story meaning even the things felt by the main character in the novel are also found in real life. This research offers valuable insights into the portrayal of social anxiety disorder (SAD) in literature, particularly through the analysis of "Convenience Store Woman." Academically, it suggests the importance of further exploration into how mental health conditions are depicted in literary

works. Future studies can build upon this research by conducting comparative analyses across different texts and authors, examining interdisciplinary perspectives, and tracking longitudinal trends in the portrayal of SAD in literature. By adopting a multi-dimensional approach, researchers can enhance our understanding of how cultural, historical, and contextual factors influence the representation of mental health issues in literary narratives. Additionally, exploring reader reception of these depictions can provide valuable insights into the impact of literature on societal attitudes towards mental health.

Furthermore, this research underscores the significance of interdisciplinary collaboration between literature and psychology. Academics can benefit from adopting a holistic approach that combines literary analysis with psychological insights to gain a deeper understanding of the cognitive, behavioral, and emotional dimensions of social anxiety disorder as depicted in literature. By incorporating diverse methodologies, such as qualitative content analysis and reader reception studies, scholars can contribute to a more nuanced understanding of the complex interplay between literature, psychology, and society. Ultimately, this research lays the groundwork for future academic inquiries that seek to unravel the intricacies of mental health representation in literature and its broader implications for societal discourse and understanding.