CHAPTER V

CONCLUSION AND RECOMMENDATIONS

5.1. Conclusion

This research analysed the ego personality structure and ego defence mechanisms of the main character in the novel "The Midnight Library" by Matt Haig using the psychological approach proposed by Sigmund Freud. In analysing the ego personality structure according to Freud, it was found that Nora Seed showed complex dynamics. Nora's desires often drove her to seek instant happiness and escape the pain she felt in real life. The ego, which functions as the decision maker, attempted to balance these two forces and helped Nora make realistic and socially acceptable decisions. As Nora moved from one life to another in the library, her ego wrought hard to resolve these conflicts and find a middle ground that allowed her to find peace and self-acceptance.

As for the findings, the researcher obtained twenty-seven data related to defence mechanisms. The denial mechanism has six data, Nora's defence mechanism to deny the painful reality of her life, as well as rationalization, where she tries to give logical reasons for her difficult decisions, often appear in her story. The reaction formation defence mechanism has six data. The reaction formation defence mechanism causes Nora's character to display the opposite nature. Other defence mechanisms include projection, there are three data, where Nora projects her feelings of guilt onto others. Repression data totals three which makes Nora unaware of painful actions and memories and feelings. The displacement defence mechanism has four data. displacement diverts Nora's feelings to certain objects.

Introjection totals one data. Nora uses the Introjection defence mechanism by remembering Mrs. Elm's feelings. Sublimation in the novel totals three. Sublimation forms Nora's feelings into positive things. Regression in the novel only found one data and Regression forms a defence mechanism that suppresses Nora's feelings to the initial stage.

5.2.Recommendation

Based on analysis of the various ego defence mechanisms reflected in Matt Haig's "The Midnight Library" excerpt, several recommendations can be made. First, for readers or researchers interested in psychology and literature, the novel offers a rich case study of how the main character, Nora Seed, uses various defence mechanisms to deal with trauma and emotional distress. Understanding mechanisms such as denial, repression, projection, regression, reaction formation, displacement, and sublimation can provide deeper insight into how individuals cope with pain and anxiety in everyday life.

Further research can be conducted to develop the application of Freud's theory in literary analysis, especially in understanding the complexity of characters and their internal conflicts. Researchers can explore more deeply how egos interact in different contexts. It is hoped that literary researchers can utilize these findings to enrich character analysis in other literary works, paying attention to psychological dynamics that may not have been explored in depth. Readers are advised to understand the basic psychological concepts used in this analysis to gain a deeper understanding of the characters and themes in the novel.