

CHAPTER V

CONCLUSION & SUGGESTION

5.1 Conclusion

The research is done by applying the psychoanalytic theory of Sigmund Freud to "The Bell Jar" Novel by Sylvia Plath. According to Freud, Anxiety is an unpleasant feeling that is always felt. This unpleasantness is felt by many individuals and the cause this unpleasantness differs from one to another. After applying the psychoanalytic theory of Sigmund Freud, the researcher found that the majority of the main character's anxiety is caused by the societal expectations placed upon the women in the 1950s. The societal expectation caused the main character to doubt their own desires.

The researcher then found fifteen data to prove the anxiety and defense mechanism suffered by the main character in "The Bell Jar" Novel by Sylvia Plath. Based on the psychoanalytic theory by Sigmund Freud, the researcher found six data for the anxiety suffered by the main character. The six data include two of neurotic anxiety, realistic anxiety, and moral anxiety. From the findings regarding anxiety, the anxiety suffered by the main character is due to the expectations placed by the society, by the people around the main character, and also by the main character herself. As a result of the main character's anxieties, the researcher was able to find nine defense mechanisms performed by the main character, including two of repression, two of reaction formation, one displacement, one fixation, one regression, one projection, and one sublimation. From the findings of defense mechanism, the researcher discovered that

the anxieties of the main character has led her to perform defense mechanisms to avoid the unpleasant impulses and feelings.

5.2 Suggestion

This research offers some recommendations regarding future research using the psychoanalytic theory of Sigmund Freud both theoretically and practically. Theoretically, this research is hoped to contribute to future research using the psychological approach and specifically the psychoanalytic approach by Sigmund Freud. It is also hoped the future research of the psychoanalytic approach will be done in a much broader scope and bring a better and more detailed result.

Practically, this research is expected to bring knowledge to the readers about anxiety and defense mechanism, how it frequently affects individuals. The understanding of psychoanalytic theory by Sigmund Freud specifically anxiety and defense mechanism is hoped to bring a broader opportunity to future researchers using this theory.