

CHAPTER V

CONCLUSION AND RECOMMENDATIONS

In this chapter, the researcher gives the conclusion of the research by summarizing the main findings. The conclusion is based on the analysis of the intrinsic elements and the psychological approach that focused on anxiety and defense mechanisms in *The Silent Patient*. This chapter also provides recommendations for future researchers who want to explore similar topics, especially about psychology in literature. The explanations are presented as follows.

5.1 Conclusion

In analyzing *The Silent Patient* by using Sigmund Freud's psychoanalytic theory, this research focuses on how anxiety and defense mechanisms influence the characters' behavior. Freud explained that anxiety is a sign of inner conflict, often coming from thoughts or emotions that a person cannot fully control. People may use defense mechanisms to protect themselves, which are mental strategies to avoid facing painful truths. These concepts are very useful for understanding the characters in the novel, who are shown dealing with strong emotional pain and trauma. The theory helps explain not only their actions, but also the reasons behind their silence, anger, fear, and denial throughout the story.

From the analysis, thirty-three data were found for the anxiety and defense mechanisms. It was found that Theo was the character who experienced the most anxiety in the novel, especially neurotic anxiety, which comes from unconscious fears and emotional conflict. His childhood trauma and unstable emotional state

made him react strongly to situations that reminded him of past pain. Other characters like Alicia, Paul, Christian, and Gabriel also experienced anxiety. These moments of anxiety affected how they responded to others and how they made decisions. Their fear and emotional instability can be seen in their reactions during stressful or threatening situations.

To deal with these feelings, the characters applied different defense mechanisms, with denial being the most dominant. This was especially visible in Theo and Alicia, who often refused to accept painful truths as a way to avoid emotional suffering. Other mechanisms such as repression, rationalization, displacement, regression, sublimation, and reaction formation were also identified, while projection appeared in the case of Vernon, who blamed Alicia for her mother's death. These findings indicate that the characters' behaviors and decisions were strongly shaped by their unconscious attempts to protect themselves from fear, trauma, and emotional insecurity. In conclusion, anxiety and defense mechanisms are not only central elements of "The Silent Patient" but also serve as important reflections of how people in real life may struggle with inner conflict. The novel suggests that unresolved trauma and emotional insecurity can deeply affect human behavior, showing that defense mechanisms may provide temporary relief but often lead to further emotional difficulties.

5.2 Recommendation

There are several challenges faced by the researcher in completing this research. One of the main challenges was the process of collecting and selecting the most relevant data from the novel. Because of the depth of Freud's psychoanalytic

theory, the researcher had to focus only on specific psychological aspects. This research was limited to analyzing the types of anxiety and defense mechanisms used by a few selected characters, particularly Theo and Alicia, with additional findings from Vernon, Gabriel, Paul, and Christian. It is hoped that future researchers can explore a wider range of data or apply the theory to other characters and plot elements that were not discussed in this research.

The Silent Patient is a psychological novel that blends elements of mystery, trauma, and emotional complexity. It offers a rich narrative that allows for various psychological interpretations. For this reason, the researcher recommends that future studies explore the novel using other psychoanalytic perspectives. For example, applying Carl Jung's archetype theory can reveal Theo's character shadow, persona, and anima. This kind of approach may offer new insights into how the characters represent certain universal human experiences.

Another recommendation is to analyze the novel using Sigmund Freud's structural model of the psyche, which includes the id, ego, and superego. This approach can help future researchers understand the characters' behavior by examining the internal conflict between their desires, moral values, and reality. For example, Theo's obsessive needs to control the situation may reflect the dominance of his id, while his role as a therapist could represent his superego trying to maintain order. These alternative approaches can provide a deeper understanding of the characters' psychological structure and add new insights to the study of "The Silent Patient."