CHAPTER V

CONCLUSIONS AND SUGGESTIONS

5.1 Conclusion

This chapter shows the finding and also answers the research in chapter 1. Based on the analysis, the ageing causes the emotional effect on the main character. Valerie, as the main character, wants to avoid the ageing since she gets the pressure from the outside and inside her.

There are some emotional effects occurs when the main character tries to avoid the ageing. The main character who gets anxious of getting old, tries to reduce the anxiety by doing self-defenses. The main character also gets depressed since she knows that ageing comes naturally and the only way to avoid ageing is by doing surgery or botox shots.

Basically, the main character's emotional effect comes from the pressure that she gets from the inside and the outside of her. The ageing influences the main character in a personal and social life. Valerie, the main character is a famous person who works in entertainment field. As a public figure, she has to concerns a lot about her appearance. The ageing becomes the matter to Valerie so that she ties to cover her age up by doing surgery.

Knowing that Valerie cannot cover up her age for a long time, she gets depressed. When she gets depresses and anxious, she does the defense mechanism. It successfully reduces Valerie's anxiety but somehow her action such surgery leads her into another mental disorder. She changes into someone

who obsesses with beauty. In Valerie's mind, she needs to stay young in order to get what she desires. Valerie always tries to cover up her age from others, does surgery and botox shots, and concerns a lot with her appearance. The writer concludes that her action indicates to narcissistic person.

5.2 Suggestion

This research is expected to give knowledge about the ageing which could influence someone's mental. This research uses Anna Freud's mechanism of defenses in analyzing the data. Actually there are ten defense mechanisms but in this research the writer only uses two of defense; repression and denial. The writer uses the defense based on the data which presents in the novel. From the Happy Birthday novel, the writer talks about the ageing problem and the main character in this novel shows only two defenses.

For the next researcher who interested in analyzing the similar problem, they could analyze by using other defenses. The next researcher also could continue this research by analyzing the other character from this novel. Even though, the characters in Happy Birthday novel have a similar problem but the way they face the problem is totally different. The writer thinks that perhaps it would be interesting to analyze the other character from this novel.