CHAPTER IV

CONCLUSION AND SUGGESTION

4.1 Conclusion

The analysis of this research focuses more on the causes and the effects of Esther Greenwood's distaste of life. The novel itself tells about the life of a girl named Esther Greenwood who struggles in her life and faces many things when she has to move to New York and has to deal with a lot of things happened. Esther has a problem that is her distaste towards some things including men, her mother, her friends, and the social's perspectives.

After analyzing the novel, it is concluded that Esther's distaste is caused by her unconscious mind. Esther's distasteful feelings towards men is caused mostly by a man named Buddy Willard. Buddy Willard cheated on her even though at that time he treated Esther as the one and only girl. This then makes Esther hates a man named Marco who also treats her as if she is the special one. Esther Greenwood also hates her friends because she is uncomfortable with how her friends treated her. Esther feels like being betrayed by her friend named Joan Gilling.

Then Esther's distaste to her mom is mostly caused by the way her mother treats her. She always begs Esther to do things she does not want to do such as doing treatments in the hospital. Then, Esther's hates to the social perspective is caused by her past that she was ever shown a cadaver by Buddy on the hospital so she later hates the idea of electrocution which was a big deal at that time.

Esther Greenwood's distaste of life also shows effect. In this case, she uses defense mechanisms every time her distasteful feelings show up. Esther Greenwood uses repression when she is with Joan Gilling. She does not let her feelings about Joan shows up, Esther represses it. Esther also uses reaction formation relating to her hates to her mother. She still loves her mother but not with her sincere heart. Esther Greenwood shows displacement when she throws her distasteful feelings toward Buddy Willard to another man named Constantin. Denial is used by Esther when she denies that Buddy indeed had an affair with another woman but she denied it by saying that the woman seduced Buddy first.

Esther Greenwood als uses fantasy when she imagines her boss, Jay Cee as her mother because she dislikes her own mother. She also does not wash herself and even tries to commit suicide as a part of acting out by her. Esther uses rationalization when she rationalizes her hate to the social perspectives about woman's virginity. Undoing is done by Esther when she first hates Betsy but then receives her because she resembles Betsy more than her other friends. Lastly, Esther does sublimation when she feels broken heart then she works harder. Esther uses those defense mechanisms every time her distaste towards men, her friends, her mother, and the social's perspectives show up.

4.2 Suggestion

The Bell Jar is a novel that was written in the post – modern era. This novel contains so many things that can be analyzed while the thing analyzed in this study is just a very little part of the novel. So, it is suggested that for the next study, a very different aspect of the novel can be analyzed such as the

psychological condition of Buddy Willard, Esther's ex boyfriend, who influence Esther a lot. Buddy Willard has a very complex personality such as narcissism that can be researched deeply. This novel also has many difficult words which cannot be found in dictionary, so it indeed needs more thinking to find the other issues from it. One of the most interesting thing that can also be analyzed here about Esther is that character of Esther Greenwood which is very complicated to understand.

It has been mentioned before that the analysis of this study concerns more on the causes and effect of Esther Greenwood's distaste of life. So, in order to comprehend the whole study, it is better for the reader to read the novel not only just once but also many times.