

CHAPTER V

CLOSING

A. Conclusion

It is natural for people to develop new personalities or feelings as they grow older or in response to their emotions. However, these changes are usually transient and can be attributed to a specific event. A sudden, unwanted, or uncontrollable change in person's personality might be indicated by serious underlying condition. Numerous mental illnesses, including trauma, can alter a person's personality type. Childhood trauma has been repeatedly linked to the development of personality type that may occur in adulthood. Kaira, for instance, she was an introverted feeling person in childhood. Then as an adult girl who experiences parental neglect, she develops to be an extraverted sensing person.

The first story about Kaira's trauma starts with her struggles with love. As a non-committal person, she rejected Raghuvendra's proposal, believing she was incapable of committing to a serious relationship. As a result, Raghuvendra became engaged to Gautami, his ex-girlfriend. Kaira was extremely disappointed and frustrated by this. She starts to experience insomnia and irritability because she was unsure whether to accept a job offer from Raghuvendra or not, who had betrayed her. Additionally, she was required to move to Goa for a month and live with her parents to film a commercial video there. She is uneasy in Goa, owing to bad memories of her childhood, when her parents neglected her by leaving Kaira at her grandparents' house, and because her parents prefer to look after her younger brother, Kiddo, rather than Kaira, due to work. This made her extremely

sad and she chose to never talk to or forgive her parents. When Kaira found happiness with her grandparents, her parents returned and brought Kaira to live with them due to her failure to complete grade of 2. It was difficult for Kaira, as she was forced to live with two people she hates, transforming her into a naughty child.

Kaira, as a traumatized person, is uncomfortable with the trauma's effects and desires to heal them. The first step toward recovery is to consult a therapist, someone who is familiar with mental health issues. Kaira meets Dr. Jung, a professional therapist in Goa. Kaira feels at ease discussing her problems with Dr. Jung during consultation. Beginning with her romantic relationship and progressing to her problems with her parents when she was a child. Then, Kaira has begun her healing process by narrating her trauma story to Dr. Jung. She begins to view life differently and develops into a better person as a result. She begins to reconcile with her parents and living with them in Goa. Through her love affair, she develops the courage to express her feeling and emotions.

B. Suggestion

At the end of this study, I would like to state that movie is not just a form of entertainment, but also a form of education and information addition. By watching a movie or reading the script, we can appreciate art not just for its aesthetic value, but also from a scientific perspective to conduct our own research. This study demonstrates that *Dear Zindagi* is a work that can be studied from a

psychoanalytic perspective. Here are some suggestions for how readers can further expand this study:

1. I suggest that readers broaden their perception of psychoanalysis as a component of literature and also as a part of human beings.
2. *Dear Zindagi* is a movie that can be analyzed from a variety of subject perspective. I propose that next researchers to study this movie in a different point of view, using the different theories, different theorists or different perspectives.
3. It is preferable for future research to use *Dear Zindagi* and explore it through the lens of a film perspective or cinematography.

