

CHAPTER V

CONCLUSION & SUGGESTION

5.1 CONCLUSION

In this study, according to Freud's theory, it can be concluded that the causes of anxiety disorder to the main character in the novel *The Woman In The Window* because had a bad life experienced that make she lose her family and its attack her to feeling guilty and the cause to the main character says as the post-traumatic stress disorder. Anna Fox's experience a fear that throws her instincts out of control, cause her to constantly shut herself in and feel punished for past events. Anna fox feels guilty of herself, often hallucinates saying strange things and gets drunk with her wine. So, the main character suffer anxiety disorder in the novel *The Woman In The Window* because the character is faced with a problem that triggers her anxiety related to a car accident in the past and its surroundings. Anxiety disorder has caused the main character to feel hopeless. As it is said that anxiety will arise when people are not prepared to face the threat.

The realizations of treatments to reduce Anna Fox's anxiety disorder through two stages, they are therapy, and medications. As someone who has anxiety, the most powerful way to reduce their fear/panic attack is through those two ways. Therefore, with healing through therapy and medication will be able to reduce the trauma

experienced by Anna Fox as the main character in the novel.

The reasons for the treatments done by Anna Fox, it can be seen from the text in the novel says that everyone have an anxiety disorder will use the treatments with consulted to the doctor. For the reason to uses the two treatments is because the therapy and drugs it can reduce the fear and trauma experienced by Anna Fox according to the conversation between the dr. Fielding and the main character.

5.2 SUGGESTION

The Woman in The Window by A. J. Finn is a very interesting novel to read as well as analyze. The first half of this novel is boring. But after going through the boring part and more conflicts starting to emerge, this novel becomes difficult to let go of and manages to stay up late. It's a mix of family stories, neighbors, and there's a bit of romance too. The psychological aspect of the novel, make it a better read. The author of the novel writes very realistically so that the writer of this thesis can understand the psychological problems faced by the main character of the novel. By reading this novel, the reader can understand the perspective of someone who has anxiety disorders, such as Neurotic Anxiety Disorder and Moral Anxiety Disorder.

By reading this thesis, readers can find out more about those subjects and analysis of the story. Finally, by this thesis the writer hopes that readers will benefit from this thesis and can be useful as a reference for future researchers.