

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter consisted of conclusions and suggestions. After finding the types of trauma and how and why each traumas occur using APA (2014) and Freud's psychoanalysis (1995) the conclusion and suggestion are formulated as follows. After analyzing the data, conclusion are drawn as the follow :

5.1 Conclusions

(1) There are three kinds of trauma that are experienced by Dahmer, the main character they are Avoidance, Mood and Cognitive Change, and Increased Arousal and Reactivity. Jeffrey Dahmer experienced various kinds of trauma, particularly avoidance, mood & cognitive change, and increased arousal & reactivity, during his formative years. The series highlights his development of violent fantasies and subsequent actions, which were compounded by these early traumatic experiences. In adulthood, trauma symptoms were significantly more pronounced, with 43.0% of instances categorized as avoidance behaviors, 22.8 % as mood and cognitive changes, and 23.8% as increased arousal and reactivity. This distribution underscores the pervasive and multifaceted nature of his trauma, affecting multiple aspects of his psychological states.

(2) Dahmer's experience of trauma is depicted through his pronounced avoidance of confronting painful emotions and sensitive issues, which was evident throughout his life. During his childhood and teenage years, he exhibited significant avoidance behaviors, such as isolating himself and

refusing to discuss his internal conflicts. This avoidance was coupled with mood and cognitive changes, including emotional instability and distorted thinking. As Dahmer entered adulthood, the trauma manifested as increased arousal and impulsivity, reflecting a deepening of his psychological distress and the emergence of more extreme behaviors.

(3) The reason of Dahmer's trauma was deeply influenced by his pre-existing psychological vulnerabilities and the specific nature of the traumatic events he faced. The lack of emotional support and stability during his childhood and adolescence left him ill-prepared to cope with stress and emotional pain. As he grew older, his emerging sadistic impulses further complicated his psychological state. The prominence of the ego in his psychoanalytic profile indicates ongoing internal conflicts and attempts to mediate between his primal desires (id) and moral constraints (superego), ultimately leading to the peak of his psychopathic behavior in adulthood.

5.2 Suggestions

Related to the conclusions, suggestions are staged as the following:

(1) Literature and film studies programs should integrate trauma theory more deeply into their curricula to provide students with the tools to analyze the psychological dimensions of the main characters. By understanding how trauma shapes behavior and mental states, scholars can offer more nuanced interpretations of characters like Jeffrey Dahmer. This approach can reveal the underlying factors contributing to their actions, enhancing the study of complex characters in movies, series, and other literary works.

- (2)Applying psychoanalytic criticism, particularly focusing on Freud's theories of id, ego, and superego, can provide a richer understanding of characters' internal conflicts and motivations. For example, analyzing how characters like Dahmer mediate between their primal desires and moral constraints can offer deeper insights into their psychological profiles. Encouraging the use of psychoanalytic frameworks in literature studies can help scholars explore the intricate dynamics between trauma and personality in various narratives.
- (3)Encouraging interdisciplinary research that combines literary analysis with psychological studies can bridge the gap between these fields and provide a comprehensive understanding of characters' behaviors and mental states. By promoting collaborations between literature scholars and psychologists, research can provide more robust insights into how trauma and psychoanalytic mechanisms are portrayed and understood in literary and cinematic works.