

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

This research is to reveal the main character's mourning and melancholia in the novel *My Year Of Rest and Relaxation* by Ottessa Mosfegh. Based on the analysis, it is concluded the characterization, the defense mechanism, and the mourning and melancholia. The characterization is for describing the main character's behavior and her traits therefore an analysis of defense mechanisms and mourning and melancholia can be applied. The main character is unnamed as she is always the center of the story, and most of the monologue and dialogue are from her point of view.

Secondly, the main character suffers from mourning and melancholia because she loses both of her parents within a year. Her mother died from accidental drug abuse and her father died from cancer. In the meantime, she started going to a therapist to get prescription drugs to support her sleeping project. Her best friend, Reva, is her only friend who occasionally visits and encourages her to get better. She also has an on-and-off relationship with her sometimes-boyfriend, Trevor. In her mourning and melancholia phase, she loses interest in the outside world. She doesn't care about her appearance, she becomes anti-social by sleeping all the time in her apartment. She only went outside to visit her therapist and to the bodega. Nothing ever interests her except her attempt to get asleep, even at her workplace.

She thought that if she could sleep for months it will cure her to become a new person.

5.2 Suggestion

Firstly, I hope this research can help the reader to become more aware of the consumption of abusing several drugs will develop mental illness and also be dangerous because it can lead to death.

I also hope this research can be helpful to future researchers to analyse the mourning and melancholia symptoms in the main character in the novel. By examining the pattern, and details in a character's experience by her/his background, the analysis can be achieved. The mental health issue is not only mourning and melancholia but there are a lot more of them; depending on how the authors portrayed the main character in the novel.

