

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

A literary psychological analysis of Jenny Han's book *To All the Boys I've Loved Before* based on Sigmund Freud's theory presents Lara Jean Song as an adolescent girl engaged in a fierce psychological conflict between her immature id, ego, and superego. Impulsive sexual impulses, intense sensory fantasies, and a secret longing for Josh are all part of her id, which she expresses through love letters as a brittle kind of catharsis. While the powerful superego is shaped by values of loyalty, harmony within the Song family, and memories of her mother imposing moral guilt whenever there is a possibility of "betraying" Margot, the ego serves as a mediator, attempting to balance these wild desires with practical realities (such as the worry of traveling alone) and family responsibilities. Because of

this, Lara Jean simultaneously experiences all three types of Freudian anxiety: neurotic anxiety (fear of uncontrollable id impulses that could destroy relationships and self-control), moral anxiety (deep guilt for breaking the norms of sibling loyalty and family values), and realistic anxiety (fear of family change, the consequences of the letters being sent, inability to face the outside world). External dangers, personal conflicts, and emotional frustration all contribute to Lara Jean's repressive behavior by reinforcing these three concerns.

5.2 Sugesstion

In order to make the analysis feel less traditional and more applicable to the psychological realities of today's teenagers who are impacted by social media and digital pressures, it is strongly advised that future researchers who are interested in studying the theme of teenage anxiety in popular literature incorporate Freud's theory

with modern psychological approaches like attachment theory (Bowlby), cognitive-behavioral theory, or contemporary adolescent developmental psychology perspectives. Additionally, cross-cultural comparisons, such as contrasting Lara Jean's anxiety with that of female teenage protagonists in modern Indonesian books, will deepen the understanding and increase the relevance and significance of the research findings for readers in the area. Lastly, a thorough examination of how Lara Jean's anxiety is resolved throughout the trilogy (including the sequel) can offer a positive aspect, namely how the character learns to control her id, ego, and superego to become more balanced through experience, honest communication, and self-acceptance. This way, the work serves as both a reflection of teenage anxiety and an encouragement to readers to confront and conquer their own emotional fears.