

CHAPTER V

CONCLUSION AND SUGGESTION

In this chapter, the writer presents her conclusion and suggestions following the findings of the research. The first is the conclusion based on the research findings and the second one is the suggestion for readers and the next researchers and students of English Department, with regard to serious psychological problems of Theo Faber, the main character of the novel *The Silent Patient* (2019) by Alex Michaelides, and its negative effects on him.

5.1 Conclusion

The novel *The Silent Patient* (2019) written by Alex Michaelides tells its story about Theo Faber, the main character of the novel who had serious psychological problems – mental disorder. He had symptoms of mental disorder due to his childhood trauma. When he was a child, Theo experienced traumatic events because of his father's abuses. After he got trauma, he wanted to forget the trauma by pressing it in his unconscious mind. In doing so, he could forget it for good. However, he could not do so. His childhood trauma still existed in his preconscious mind (available memory). The childhood trauma made him suffer posttraumatic stress disorder (PTSD) symptoms, for example, re-experiencing his trauma event. He always remembered or flashback the traumatic event that happened to him. The other symptoms also told in the novel is avoidance, cognitive and mood symptoms, also arousal.

In the analysis of the data, the writer employed the trauma theory refers to *Diagnostic and Statistical Manual of Mental Disorders Fifth Edition* by American Psychiatric Association (2013). The writer tried to expose the symptoms based on the original script of the novel which contained the statements, narration, conversations, or dialogues of the main character in the novel *The Silent Patient*. Based on the data analysis, the research findings show that Theo had the symptoms of posttraumatic stress disorder (PTSD), as follows.

The first symptom is re-experiencing. It makes traumatic people remember or flashback their traumatic events that are their thoughts and become their nightmares when they sleep. With regard to the story of the above novel, the main character, Theo, through the statements that he always remembered or got flashbacks the traumatic events although he was an adult. The traumatic events that he always remembered and flashbacks were intrusive for his thoughts and disturbed his adulthood life. The second symptom is avoidance which made him avoid everything that was related to his traumatic events. He was difficult to get himself socialized with other people. The symptom made him try to avoid his house which was full of traumatic memories when he was childhood. Theo became an antisocial person. He was hard to get himself socialized and make friends. The third symptoms are cognitive and mood ones. These symptoms made him always blame himself to what happened to him. The last is arousal symptom, which made him having trouble in concentration, sad, and anxiety. As such, it is concluded that Theo Faber had the symptoms of posttraumatic stress disorder

(PTSD). As such, it is concluded that Theo Faber suffered a mental disorder, posttraumatic stress disorder (PTSD).

5.2 Suggestion

With regards to her research on the analysis of the main character of *The Silent Patient* novel, the writer would like to give her suggestion as follows.

1. Readers understand and have knowledge about the symptoms of posttraumatic stress disorder (PTSD), so when there is a person, family, or friends that shows the symptoms, they can provide the necessary first assistance before the patient is handed over to an expert.
2. Readers understand the dangerous of child abuse to the children that child abuse can caused a serious psychological problem, posttraumatic stress disorder (PTSD).
3. Next researcher conduct further research on the other elements of literature which use the above novel as the source of data by employing relevant theories of literature and psychology. Since the novel is still new and interesting, it is worth reading and investigating further.
4. Readers or anyone give their advice, suggestion, and constructive criticism to the writer for the betterment of her paper in the future.

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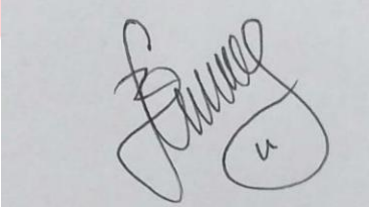
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THE SYNOPSIS OF THE NOVEL

“THE SILENT PATIENT”

The Silent Patient is a novel written by Alex Michaelides, published in 2019. The novel told about a man named Theo Faber who has psychological problems, posttraumatic stress disorder (PTSD) caused by childhood trauma. The story told about Theo Faber, a criminal psychotherapist who suffered an abusive childhood by his father. When he was childhood his father did an abusive act, both physically and mentally. When his father is angry, he will beat up him with unclear reasons. His father also did verbal abuse like said worthless, useless, shame-ful and a failure person to him. All the painful memories in his childhood made him traumatized and causes him suffered posttraumatic stress disorder (PTSD). To make him free from his father, he leaves his house at Surrey to go to college. But his trauma become worse, he cannot socialized and make any friends at university then he tried to kill himself by swallowing the number of paracetamol pills but the death didn't come. He found help from Ruth, a psychotherapist referred through the university. The therapy works on him. Because of psychotherapy saved his life, Theo took a specialist as a psychotherapist after university. He met with a girl named Kathy then they got married. His married live seemingly perfect but one night he discovers that Kathy is cheating on him. He feels so depressed and the feeling of the pain of not being loved appeared again. He tried to find who is Kathy's

lover by investigated it. After a day by day investigation, he found the fact that Kathy's lover is Alicia's husband, Gabriel Berenson. Feels the same boat with Alicia, Theo tried to notice her that her husband was cheating on her. Without permission and wearing a balaclava, he goes inside Alicia's house then the tragedy happens. Theo telling to Alicia that her husband was cheating on her, Alicia was shocked and killed her husband by shooting his head. After that tragedy, she refused to speak to anyone and tried to kill herself. Then, she is being treated into an asylum called The Grove. As the feelings of guilty, Theo joins at the grove as a psychotherapist to helped Alicia. Alicia recognized Theo was the stalker who is coming to her house that night. When the process of therapy with Theo go on, Alicia gave a fake story and Theo aware on it. Theo knows that Alicia has lied and to covered his act, he injected something to make Alicia overdosed and is in a coma. Minutes before Alicia passes out from coma, she writes one final diary entry telling the truth that Theo was the stalker when the night she killed her husband. The inspector who investigates Alicia case found the diary then go to Theo's house and read the diary in front of Theo. Theo calmly hears it and accept it.



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