

CHAPTER V

CONCLUSION AND SUGGESTION

In this chapter of the research, the writer presents the conclusion and suggestions regarding the research, namely defense mechanisms shown by Conrad Fisher. The first part is the conclusion that is based on the research answer to the research question mentioned in the previous chapter. The second part is suggestions from the writer for the readers and future researchers regarding the research.

5.1 Conclusion

The research mainly focuses on the analysis of defense mechanism depicted by Conrad Fisher, the central character in the novel titled *The Summer I Turned Pretty*. In this analysis the writer utilizes the defense mechanism theory proposed by Sigmund Freud which explains the types of defense mechanisms which are rationalization, avoidance, denial, displacement, repression, sublimation, regression, reaction-formation and projection. The writer analyzes Conrad's experiences based on these types of defense mechanisms.

Based on the findings that the writer has analyzed, Conrad Fisher experienced projection, rationalization, avoidance, denial, displacement and reaction-formation defense mechanisms. First, avoidance, which dominates the defense mechanism that Conrad depicted throughout the novel shows that Conrad avoids physical interaction from the people he cares about, afraid to be touched by Belly and by his mother, he also repeatedly distance and isolate himself from everyone, avoids social interactions and resort to substance use to numb his feelings in order to protect himself from his pain and emotional struggles. Second, Conrad Fisher frequently employs displacement as a defense mechanism throughout the novel, redirecting his emotional distress toward less threatening targets. Rather than confronting the underlying causes of his pain such as his mother's illness, his feelings for Belly and his parents' strained relationship he deflects his emotions through sarcasm, hostility, and misdirected aggression. Third, Conrad Fisher demonstrates denial as a defense mechanism throughout the novel by often refusing to acknowledge his emotional pain or the difficult realities around him. Despite the

concern of those closest to him, Conrad avoids discussing his internal struggles by acting cold and distant. Fourth, Conrad Fisher demonstrates reaction formation by acting in opposition to his true feelings for Belly. He pretends to forget her birthday and responds to her affection with harsh, dismissive remarks despite evidence that he cares deeply for her. Fifth, Conrad uses projection to deflect his jealousy and emotional conflict onto Belly. Rather than admit his hurt, he accuses her of being unfair and emotionally inconsistent, shifting blame to avoid facing his own vulnerability. Sixth, Conrad uses reaction-formation to protect himself and hide his feelings for Belly. On the surface, he pretends to forget her birthday and responds with harsh, dismissive remarks, and being mean to her. However, these behaviors are the exact opposite of his genuine emotions, deep down, Conrad cares for Belly and is affected by her presence and attention. His coldness, denial, and insulting words are all unconscious strategies to protect himself from the vulnerability of admitting his feelings.

5.2 Suggestions

In this part, the writer would like to provide suggestions for future researchers who are interested in analyzing literature works which address the concept of defense mechanism. The first suggestion is to have deeper understanding of the theory itself, such as the causes of defense mechanism such as the trauma and stress which induced defense mechanism in the first place. The writer would also like to suggest to take another look at other interesting characters, especially Conrad's brother, Jeremiah Fisher who also suffers the same stressors as Conrad does.

REFERENCES

- Abrams, M. .. "A Glossary of Literary Terms." *Heinle & Heinle*, no. 1, Earl McPeck, 1999,
- Arminata, Anas Nadya Difanda. "Defense Mechanism of the Main Character in Jostein Gaarder's *An Unreliable Man*." *Universitas Islam Negeri Maulana Malik Ibrahim Malang*, 2022.
- Ayu, Anis Putri. *Defense Mechanism of The Male Main Character In Coleen Hoover's Ugly Love*. 2024,
- Barry, Peter. *Beginning Theory: An Introduction to Literary and Cultural Theory*. Manchester University Press, 2009,
- Bertens, Hans, and Johannes Will Bertens. *Literary Theory: The Basics*. Third, Routledge, 2014,
- Boeree, C. George. *Dr. C. George Boeree*. 2006, pp. 1–13.
- Colman, Andrew M. "What Is Psychology?, Third Edition." *What Is Psychology?, Third Edition*, Jan. 2016, pp. 1–204,
- Culler, Jonathan. "Literary Theory: A Very Short Introduction." *SubStance*, Oxford University Press, 2011.
- Denzin, Norman K., and Yvonna S. Lincoln. "Introduction: The Discipline and Practice of Qualitative Research." *The Sage Handbook of Qualitative Research, 3rd Ed.*, 2005, pp. 1–32.
- Freud, Sigmund. "The Ego and the ID." *TACD Journal*, vol. 17, no. 1, Taylor & Francis, 1923.
- Mischel, Walter. *Introduction to Personality*. Holt, Rinehart and Winston, Inc., <https://archive.org/details/introductiontope00walt>. Accessed 30 May 2025.
- Nabillah, Putri. *Analisis Psikologi Tokoh Utama Dalam Series the Summer I Turned Pretty Karya Jenny Han*. 2024,
- Panjaitan, Bella Natasia. *An Analysis Of Expressive Illocutionary Speech Acts in "The Summer I Turned Pretty" TV Series: Pragmatic Approach*. Jan. 2024.
- Rexroth, Kenneth. *No Title*. 2023.
- Tyson, Lois. *Critical Theory Today A User-Friendly Guide*. Second, Routledge, 2006.

Watt, Ian. *The Rise of the Novel (Pdf Book)*. University of California Press, 1956.

Widya, Eris. *The Personality Structure and Defense Mechanism of The Main Character in The House at The End of The Street Film*. 2015,

Yvette, Brazier. *Psychology: Definitions, Branches, History, and How to Become One*. 2018.

Online Sources:

[https://library.trunojoyo.ac.id/elib/detil.php?id=30942&q=.](https://library.trunojoyo.ac.id/elib/detil.php?id=30942&q=)

[https://yuryzavadsky.com/englit/BOOKS/Barry.pdf.](https://yuryzavadsky.com/englit/BOOKS/Barry.pdf)

[https://doi.org/10.4324/9781003373438-8.](https://doi.org/10.4324/9781003373438-8)

[https://doi.org/10.4324/9781315787930/PSYCHOLOGY-ANDREW-COLMAN/RIGHTS-AND-PERMISSIONS.](https://doi.org/10.4324/9781315787930/PSYCHOLOGY-ANDREW-COLMAN/RIGHTS-AND-PERMISSIONS)

[https://doi.org/10.1080/1046171X.1989.12034344.](https://doi.org/10.1080/1046171X.1989.12034344)

[https://archive.org/details/introductiontope00walt.](https://archive.org/details/introductiontope00walt)

<https://www.britannica.com/art/literature>

<http://repository.upbatam.ac.id/6185/>

[http://repository.uinjkt.ac.id/dspace/bitstream/123456789/29854/3/ERIS_WIDYA_ASTUTI-FAH.pdf.](http://repository.uinjkt.ac.id/dspace/bitstream/123456789/29854/3/ERIS_WIDYA_ASTUTI-FAH.pdf)

[https://www.medicalnewstoday.com/articles/154874.](https://www.medicalnewstoday.com/articles/154874)

[http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2003-06812-000&site=ehost-live.](http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2003-06812-000&site=ehost-live)

<https://doi.org/10.1016/B978-0-323-91497-0.00043-6>

https://library.unindra.ac.id/skripsi/index.php?p=show_detail&id=3930&keyword

s=



CURRICULUM VITAE

Personal Detail

Name : Karina Karmelia
Place/Date of Birth : Tangerang, 15-10-1998
Gender : Female
Citizenship : Indonesia
Adress : Jl Teladan X no.5 Kp Melayu Barat,
Teluknaga, Tangerang
Email : karinatanujaya@gmail.com

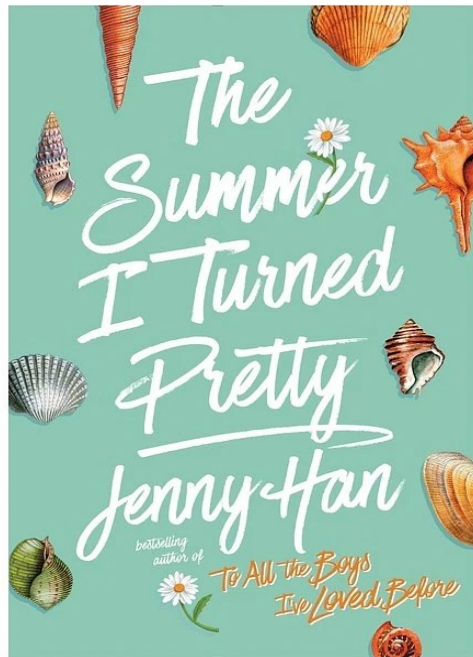
Formal Education

- 2010-2016 : SMK Strada Daan Mogot
- 2010-2013 : SMP Strada Bhakti Mulia
- 2004-2010 : SD Strada Mgr.Sugiyopranoto

Work Experience

- Marketing officer
PT Anugrah Sentosa Mandiri

APPENDICES



U B D

Novel Title: The Summer I Turned Pretty

Author: Jenny Han

Year: 2009

Pages: 304

Publisher: Simon & Schuster

SYNOPSIS

For Isabel "Belly" Conklin, summer is the most special season. It's where she returns to Cousin's Beach with her mother and brother to reunite with the Fisher family, especially the boys, Conrad and Jeremiah. This summer, however, is different. It's the summer Belly turns sixteen—and everything changes.

No longer being the tagalong little girl, Belly has grown into a teenager, and the boys begin to notice. Conrad, the quiet and brooding older brother, remains emotionally distant, while charming Jeremiah offers warmth and familiarity. When Belly begins dating Cam, a sweet boy she meets at a party, she tries to push aside her long-standing feelings for Conrad. But love isn't so easily forgotten.

As romantic tensions start to simmer beneath the surface, painful truths begin to surface too, the devastating return of Susannah Fisher's cancer. What began as a dreamy summer of possibility turns into one marked by loss, emotional awakenings, and the bittersweet end of childhood.



chapter *fifteen*

It had been raining for three days. By four o'clock the third day, Jeremiah was stir-crazy. He wasn't the kind of person to stay inside; he was always moving. Always on his way somewhere new. He said he couldn't take it anymore and asked who wanted to go to the movies. There was only one movie theater in Cousins besides the drive-in, and it was in a mall.

Conrad was in his room, and when Jeremiah went up and asked him to come, he said no. He'd been spending an awful lot of time alone, in his room, and I could tell it hurt Steven's feelings. He'd be leaving soon for a college road trip with our dad, and Conrad didn't seem to care. When Conrad wasn't at work, he was too busy strumming his guitar and listening to music.

So it was just Jeremiah, Steven, and me. I convinced them to watch a romantic comedy about two dog walkers who walk the same route and fall in love. It was the only thing playing. The next movie wouldn't start for another hour. About five minutes in, Steven stood up, disgusted. "I can't watch this," he said. "You coming, Jere?"

Jeremiah said, "Nah, I'll stay with Belly."

Steven looked surprised. He shrugged and said, "I'll meet you guys when it's over."

I was surprised too. It was pretty awful.

Not long after Steven left, a big burly guy sat in the seat right in front of me. "I'll trade you," Jeremiah whispered.

I thought about doing the fake "That's okay" thing but decided against it. This was Jeremiah, after all. I didn't have to be polite. So instead I said thanks and we traded. To see the screen Jeremiah had to keep craning his

nails. I'd always had to keep mine short for piano, and then after I quit, I still kept them short, because I was used to them that way.

Conrad put down the guitar and stared off into space moodily. "She said I changed."

"And did you?"

"I don't know. Everybody changes. You did."

"How did I change?"

He shrugged and picked up his guitar again. "Like I said, everybody changes."



Conrad started playing the guitar in middle school. I hated it when he played the guitar. He'd sit there, strumming, halfway paying attention, only halfway present. He'd hum to himself, and he was someplace else. We'd be watching TV, or playing cards, and he'd be strumming the guitar. Or he'd be in his room, practicing. For what, I didn't know. All I knew was that it took time away from us.

"Listen to this," he'd said once, stretching out his headphones so I had one and he had the other. Our heads touched. "Isn't it amazing?"

"It" was Pearl Jam. Conrad was as happy and enthralled as if he had discovered them himself. I'd never heard of them, but at that moment, it was the best song I'd ever heard. I went out and bought *Ten* and listened to it on repeat. When I listened to track five, "Black," it was like I was there, in that moment all over again.

After the summer was over, when I got back home, I went to the music store and bought the sheet music and learned to play it on the piano. I thought one day I could accompany Conrad and we could be, like, a band. Which was so stupid, the summer house didn't even have a piano. Susanah tried to get one for the summer house, so I could practice, but my mother wouldn't let her.



UNIVERSITAS BUDDHI DHARMA

Jl. Imam Bonjol No. 41 Karawaci Ilir, Tangerang
021 5517853 / 021 5586822 | admin@buddhidharma.ac.id

KARTU BIMBINGAN TA/SKRIPSI

NIM : 20210600003
Nama Mahasiswa : KARINA KARMELIA
Fakultas : Sosial dan Humaniora
Program Studi : Sastra Inggris
Jenjang : Strata Satu
Tahun Akademik/Semester : 2024/2025 Genap
Dosen Pembimbing : Dr. Irpan Ali Rahman, S.S., M.Pd.
Judul Skripsi : "The Defense Mechanisms of Conrad Fisher in The Novel The Summer I Turned Pretty."

Tanggal	Catatan	Paraf
2025-03-20	Title of the Research (Validation)	
2025-04-10	Chapter 1 to 3.	
2025-04-30	Revision (Chapter 3) - Goes to Chapter 4.	
2025-05-06	- Revision of Chapter 1 to 4. - Goes to Chapter 5.	
2025-05-16	Revision of Chapter 4 and 5 (1)	
2025-05-26	Revision of Chapter 4 and 5 (2)	
2025-05-30	Revision of Chapter 4 and 5 (3)	
2025-06-23	Minor Revision and Finalization all Chapters (1 to 5).	
2025-07-01	Approval of Thesis Defense.	

Mengetahui
Ketua Program Studi



Riris Mutiara P. Simamora, S.Pd, M.Hum

Tangerang, 03 July 2025

Pembimbing



Dr. Irpan Ali Rahman, S.S., M.Pd.



UNIVERSITAS BUDDHI DHARMA

Kreativitas Membangkitkan Inovasi

August 19th, 2025

Editor Explanation:

Dear Karina,
Thank you for your trust in our services.

Based on the text assessment on the submitted paper below:

Student ID : 20210600003
Faculty/Study Program: Social Sciences and Humanities/English Department
Title : The Defense Mechanisms of Conrad Fisher in The Novel The Summer I turned Pretty.
Type : Thesis

Turnitin suggests the similarity among your article with the articles in application are listed below:

Word Count	: 13664
Character Count	: 80325
Similarity Index	: 25%
Internet Source	: 25%
Publication	: 1%
Student Paper	: 16%
Exclude quotes	: Off
Exclude bibliography	: Off
Exclude matches	: Off

This report provides results of literature similarity assessment, if the results show an unusually high percentage of similarity according to our institution's standard your supervisor(s) or ethic committee may re-examine your literature.

Thank you for your attention and cooperation.

Sincerely,

Shenny Ayunuri Beata Sitinjak, S.S., M.M., M.Hum.

Faculty of Social Sciences and Humanities
Buddhi Dharma University (UBD)