

CHAPTER V CONCLUSION AND SUGGESTION

5.1 Conclusion

From using theories and concepts through literary approaches—character and characterization, plot and setting, and through a psychological approach—obsession, self defense, and toxic relationship in accordance with the research title "Obsession and Self Defense in a Toxic Relationship of Sarah Lyu's Novel *The Best Lies*, the writer concluded this study as follows:

Although Remy is the main character in this novel, the author does not show her character directly, so the writer uses the indirect method of showing. But, there was also the character of Remy whose was explained directly namely through her name. After conducting research, the character of Remy found is open, insecure, and easily carried away by the flow.

The background of the Remy's character is open, and not confident that Remy has is because she was not close to her family, so she always feels alone and no one can understand her. Meanwhile, Remy is open-minded because she is able to share her family problems with Remy and Jack, because both are people she trusts. But, it might be the way Remy to get the attention. Meanwhile, because she did not have enough self-confidence, Remy easily carried away. At the beginning of the story, she felt comfortable with Elise because Elise was able to understand her, always there for her, and thought that Elise feels the same pain as her.

Her obsession is also affected by her character whose was not confident, so she felt she will need Elise or Jack by his side so she can live her life. In self defense, Remy reflects self-defense repression which unconsciously feels afraid of losing Elise or Jack, because she needs someone who is always there by her side. This is related to her obsession which always maintains his relationship with Elise and Jack, and try not to hurt them both. However, by the time it became a toxic relationship where Remy felt his life was depressed and threatened by Elise.

The character of Elise in this novel is clearly shown by the author. Elise's character when viewed based on her appearance shows that Elise is a person who is not fragile, strong, confident, and untouchable. However, when viewed from her dialogue with Remy, Elise shows another side of her that is fragile, and insecure.

The background of her life becomes the foundation of his character. She tried to look fine and strong because she was worried about other people's thinks of her. She was also influenced by her favorite films that make her a person who is confident to face his life.

However, Elise on the other hand is also very fragile, because of her past that made her feel that no one loved her or needed her. Therefore Elise was obsessed with keeping Remy with her and not leaving her. Elise also did a lot of prank with her friends, because she thought that was the only fair way to find a justification.

Obsession with Elise is also a form of self defense. First is reaction formation. Elise was left by her mother since she was little, and her father was rarely with her or if she was with him, her father would abuse her. However, from all her trauma, Elise actually did the opposite to Remy, she loved Remy and promised to be together forever. The second is repression where Elise often talks about her favorite films when being depressed, anxious, and sad. She did it to make her rise again from adversity. Third is a projection, Elise thought that Jack will snatch Remy from him so she preferred to forbid Jack to stay away from Remy instead of telling Remy that she is afraid of losing her.

Her obsession and self defense brought her to be a toxic person. Where consciously, she actually made her relationship with Remy became a toxic relationship. Elise forced Remy to stay with her, and away from Jack. Unconsciously, she made Remy feel unhappy, depressed, and afraid to stay with her.

5.2 Suggestion

After conducting a study entitled "Obsession and Self Defense in a Toxic Relationship of Sarah Lyu's Novel *The Best Lies*", the writer provides suggestions for further researchers to deepen the concepts and theories related to this novel. Through

the selection of literature there are many characters that become clues to analyze psychological approaches. In this novel, there may be other psychological approaches that can be developed and provide new thinking.

Hopefully this research can provide benefits to the writer itself and readers, especially for researchers who want to know about obsession, self defense, and toxic relationships. And as a reference for conducting research in the field of literature, especially Psychology of Literature

