

CHAPTER 5

CONCLUSION

It can be concluded from my research that humans are not always mentally strong and healthy. Sometimes the mental can be shaken and fragile. Humans are mentally fragile due to various problems in life which can happen to anyone regardless of who that person is. Humans who have many untreated problems will have a weak mind and will damage a healthy mentality. One of the unhealthy mental disorders such as depression. Various kinds of things in this world can make people depressed, for example, lonely people who have no one to communicate with and socialize with, people who have a bad past that is hard to forget, various problems in humans are getting worse and worse, and career is falling just like Jackson Maine's career. These kinds of problems can trigger depression in humans. From this, a fragile mentality is created. From this fragile mentality, it will make other mental problems easily enter and develop more mental problems in human psychology. One of the mental problems resulting from a weak mentality due to depression is the death instinct. This is well reflected in Bradley Cooper's *A Star is Born* movie script.

It was found in this research that the concepts of depression and death instinct are closely related to each other. Symptoms in people who have depression such as lack of self-care, lack of self-confidence, feelings that we are not worthy, and lack of energy will be fatal if ignored. These symptoms and elements that do not go away in people who have mental problems such as depression can develop into more severe symptoms such as symptoms of people who have death instinct. People who have depression do not necessarily have a death instinct, but people who have a death instinct certainly have depression as a mental illness. If people already have a death instinct, then the symptoms or elements in people who have depression will get worse. At first, the person who just does not care about taking care of himself will turn into someone who does not care about his life. People who have no energy will become people who do not care about the things they used to like. People who feel

that they are never appreciated will be able to make that person an aggressive person. Temporary depression can turn into a long-last depression or a psychological disorder that is difficult to disappear if not treated and it will become a bigger psychological disorder such as death instinct that can cause death. Human psychological disorder is shown to be connected, especially depression and the death instinct.

Based on this research, We can learn some lessons from this research and apply them to our life. First, we as humans should understand each other better and try to understand more especially in the mental state of others, because we do not know what is really going on in the minds of other people. Second, as best we can, we must communicate and be more open with others about what we feel and think so that other people will know how we feel and understand us so they can help us. Third, if we already know that ourselves or those people who are close to us have mental or psychological problems, we should quickly try to treat the mental illness because if not treated, mental illness can turn into dangerous things such as suicide in people because of death instinct. Fourth, Mental or psychology that has been damaged will be very difficult to treat and fix it, therefore we must as soon as possible try to treat the psychological problems we have so that it is not too late.

My research may be useful for other researchers who want to do research, especially research about psychology and mental problems such as depression and the death instinct. This research is useful as a stepping stone for researching various kinds of objects of research not only from literary work, especially movie scripts, but can also help any research that is still in the same field, namely the psychological approach. This research is intended for ordinary readers or other researchers to become more interested in psychological problems in humans. It would be even better if this research is used as a tool to further examine psychological problems in the movie script *A Star is Born* by Bradley Cooper or on other research objects.