

## CHAPTER 5

### CONCLUSION

Several conclusions may be derived based on the findings of qualitative research using descriptive methodology, which was done hesitantly because the research object is a movie script. The following is a list of the conclusions: (1) The concepts of rationalization and aggression included in *Fractured* movie script are consistent and connected with the concept of ego defense mechanisms, according to my findings. When a person's ego can no longer be kept back, rationalization and aggression might occur simultaneously. When reality does not meet expectations, rationalization emerges as a desire to remedy previous mistakes by refusing to recall the dark past and replace it with modified realities. At the same time, an aggressive behavior will grow if the people who are addressed cannot accept the justifications we make, so we will look for other mistakes to throw, which can be called scapegoats. When a person reaches the point of being aggressive, he or she can be violent verbally or non-verbally; (2) Some elements are triggered by trauma or the individual's own state. Controversial behavior and scapegoat are still some of the elements that support rational behaviors. Suspense, destruct and attack are all variables that stem from aggression.

Based on the findings of my research, I identify a number of issues that have still to be resolved, and then make made some solutions. Here is what I have come up with: (1) Ray's character reflects to a father in social life, so he gives us lesson to be aware of our emotions, then to be a great father, he must be able to keep his family in a good situation; (2) Gain a better understanding of psychological disorders and seek professional therapy as soon as possible to relieve emotional trauma. People with psychological disorders should consult with professionals to receive the proper treatment; (3) In order to restore mental health, all concerned parties must provide assistance; (4) We as individuals who want good mental and physical health must be able to care for the feelings of others, avoid excessive anger

that can trigger an aggressive behavior so that regret does not occur in the future, and reduce high expectations of fellow humans so that our dreams are lightened and we are not disappointed and frustrated if they do not actually come true; (5) If we have a lot of ups and downs, we must first forgive ourselves. As a result, our emotions of guilt will gradually fade, and we will be more receptive of others' viewpoints, eliminating the need to dispute or defend ourselves in order to be validated. The moral message of this movie script is that we must be mindful of our psychological condition and circumstances before we unconsciously harm more people. Because, according to the research I gathered, if we allow mental disease to fester, especially over an extended length of time, it will be more difficult to treat and make people aware of it.

This research may be used to other studies, particularly those that look at psychological issues and ego defense. It is intended that this research will be continued in future studies in order to keep the information updated indefinitely. This research might also serve as a reminder to people to be cautious in their activities, particularly when it comes to regulating their emotions. Moreover, because we may not be aware of the trauma we are experiencing, we can better grasp the significance of consulting with a psychologist. This research can also serve as a guide for how we should respond if we come across someone who is suffering from significant trauma but is unaware of it; we can assist him in locating experts who can help him right away.