

## CHAPTER V

### CONCLUSION

After analyzing novel *No Judgment*, I can conclude that the intrinsic approach can be used to analyze this novel. I apply showing and telling methods to know the characterizations of the main character which is Bree Beckham. Then by using three functions of setting I can know the setting of this novel. The setting itself such as setting of place, setting of time, and setting as atmosphere. And also by using the concept of plot, it can be known the plot of this novel from exposition until resolution

Then I also conclude that the extrinsic approach can be used to analyze this novel. I use the theory of Post-Traumatic Stress Disorder (PTSD) to analyze the symptoms of PTSD that experienced by Bree Beckham. And also, I use the theory of Posttraumatic Growth (PTG) to analyze the positive changes that occur on Bree Beckham after experience trauma. I also elaborate between intrinsic and extrinsic approach.

This term paper reminds us that someone with trauma will do everything they can do recover or be able to forget about that painful incident. It happens to Bree Beckham. At first after experience trauma, Bree feels that there is no safety place for her, not even her own room. She is always being guard for danger because she thinks that someone will hurt her anytime and anywhere. Plus there is no help or support from the people closest to her to help her recover from her trauma.

But, as a way to save her from traumatic feeling and that bad environment, she decides to move from New York City to Little Bridge Island. She tries to avoid people and place that will remind her to her trauma. In real life, people who experiencing terrible experience needs time to heal, accept, or even forget about that. They also try to avoid anything that bothered them.

In Little Bridge Island, Bree doing the things that will makes her psychology better than before. Such as meeting new people, painting, adopting a cat, changing her hair color, finding a new job, and starting a new life. Day by

day, these new activities give the positive change to her. She changes from a shy and coward person to a brave person. Whenever she gets a flashback about her past memories, she can make a peace with her traumatic feelings and tries to get up. She also brave to avoid people closest to her and facing her problem.

From this, we come to know that trauma is a serious illness that causes injury because it will affect their mental health, psychology, personality, and even changes their whole life. Someone with trauma really needs a support from people closest to him/her. Then, the moral values that I get from this is if you have a friend or family member that have a trauma, lets support them. Do not ever underestimate them because we never know what will happen in the future. And if you are someone who has a traumatic feeling, try to get up. Do not be too long lost in a feeling of sadness, stressful, and also fear of anything that reminds you with the traumatic event. This is not easy, we know it, but believe in yourself that everything will get better in the end because you are strong than you ever thought.

