

CHAPTER 5

CONCLUSION

After examining the result analysis of *I Was Born For This* Novel by Alice Oseman the subject of characters Jimmy Kaga Ricci which are the reflection of anxiety and defence mechanism, can be concluded several things, as follows: I conclude that an intrinsic approach could be used to analyze *I Was Born For This* and I apply the showing method to find out the characters' characterization. The characters I analyze is Jimmy Kaga Ricci, using five functional settings, I completely know the setting of the novel can support the research theme as well. And last, by using the concept of a plot, I discover a novel plot through exposition to resolution.

It is because after the writer analyze the novel, the main character, Jimmy Kaga Ricci, shows his Anxiety and Defence Mechanism toward his fans.

As in chapter four analysis about Jimmy's Anxiety and Defence Mechanism, Jimmy, the lead of The Ark, he feels the fame that the boys are getting is becoming too much for him. His anxiety and depression are getting worse and worse, but he doesn't want to talk about it. To not disappoint the other members and the fans. The other band members have their troubles too, which he doesn't notice, because he is so focused on appearing okay to everyone. Jimmy carries a family heirloom with him at all times but one day he loses it in the bathroom. He thinks Angel stole it and they arrange a meeting at King's Cross, where Jimmy suffers from a panic attack. Angel shields him from the fans, and they drive to his grandfather together. There, Jimmy decides to leave the band, but the band's member, Juliet, Angel's online friend and Bliss, Rowan's girlfriend arrives at his grandfather's place as well. In the end of the story, Jimmy does not quit from the band and he starts to be more optimist about life and believe being an artist is his fate.

The moral teaching of this research is about mental health. this book showcased just how much anxiety can irrationally prevent someone from doing things, no matter how simple and easy they seem, how much it can bring someone down paths of low self esteem and harmful thinking and how much it can hinder

someone's relationships and completely stunt someone's life. This book was a huge shoutout to everyone struggling with mental health and trying very hard to work towards recovery and make meaningful changes. The most special message, however, was this: commit to believing in ourself completely and learn how to love and practice your own worthiness of it. Maybe we can't control everything that happens to us, but we can control how you grow from it. Let life surprise us, let our enthusiasm and curiosity guide us into discovering that we are so much more than we thought we were. Give ourself something to look forward to that is not another person, but a better and happier version of ourself.

According to this research, it is potential for the next research to analyze *I Was Born For This* through another approaches or concepts. This research can also introduce the student of English Language and Culture Department about Anxiety and Defence Mechanism in literary work.

