

CHAPTER V

CONCLUSION

The conclusions are presented in accordance with the result of the data analysis in the previous chapter. The intrinsic approach which consists of characterization, plot, and setting, elaborated with analysis through extrinsic approach by using the theory of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience.

Based on the result of the analysis in the previous chapter, I conclude that Sarah Pinborough's novel *Behind Her Eyes* reflects the concept of parasomnia (night terrors and sleepwalking), lucid dreaming and out-of-body experience through the characterization, plot and setting of the novel. The author specially describe that the main characters; Louise Barnsley, Adele Rutherford Campbell and Rob Hoyle/Adele Martin are having the same sleep problems; night terrors and sleepwalking. Louise Barnsley and Rob Hoyle's anxiety is related to the theory of night terrors and sleepwalking which explained that night terrors could be a sign of stress, trauma, anxiety, depression, or other mental health concerns. The exhaustion of Louise is also related to her night terror which is explained in the theory; extreme tiredness is one of the factors which can contribute and trigger the night terrors. Moreover, Rob Hoyle/Adele Martin characterization; psychopathic reflects the theory of night terrors which night terrors may result the tendency of injury someone. In the novel, the author makes the solution of night terrors and sleepwalking that the main characters have with lucid dreaming which lead to out-of-body experience.

The concept of lucid dreaming and out-of-body experience is reflected through the plot and setting of this novel through the techniques and methods that main characters use in order to achieve the stage of lucid dreaming. Likewise the out-of-body experience, which needs techniques and methods to achieve the ability, the author describes the techniques through the plot and setting of this novel. In this research, I do not find the related theory of lucid dreaming and out-of-body experience reflected on the characterization in *Behind Her Eyes* novel by Sarah Pinborough, because based on the theory, lucid dreaming and out-of-body

experience occur when the individual who experience them is asleep and dreaming, so they are not in the waking life. The theory of lucid dreaming and out-of-body experience do not mention any specific characterization of the individual that can be either the reason why he/she can have the ability of lucid dreaming and out-of-body experience or the effect of those capabilities.

Based on the intrinsic analysis and the implementation of the analysis through the extrinsic analysis, we can see the reflection of parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to out-of-body experience which makes this novel unique and fascinating to be read, because this novel not only shows the reader about the obsessive love story of Rob Hoyle/Adele Martin to David Martin and the forbidden love between David and Louise but also the author slips some unusual concepts through her literature work.

After analyzed the reflection of parasomnia (night terrors and sleepwalking) and lucid dreaming that leads to out-of-body experience in this novel, I find the moral story of this novel. We should never believe in people who we only know for a while even though we can feel the comfort from those people. We can offer help to those people, especially who have illnesses of problems in their life, but we need to be aware that some kind of illness may be connected to some mental health issues that make the people have some tendencies to be harmful towards us. We need to add our knowledges and increase our awareness of mental health issues and those connections to other disorders.

According to this research, it is potential to the next research to analyze Sarah Pinborough's novel *Behind Her Eyes* through another concepts or approaches. This research is also useful to be introduced to the student of Language and Culture Department as the reflection of sleep disorders, lucid dreaming or out-of-body experience in other literary works. Especially in the dream concept, there so many theories of dream that are reflected in literary work.