

CHAPTER V

CONCLUSION & SUGGESTION

In this chapter, the writer will give about conclusion and suggestion. As below:

A. Conclusion

After analyzing 16 data in chapter four, in this chapter, the writer can conclude that there are many symptoms, causes and deals with the main characters in the “*Silver Lining Playbook*” movie.

Each data shown analyzed and explained by the writers. From all the data discussed, it can be concluded:

1. The symptoms of bipolar disorder experienced by Pat have two symptoms, namely manic episodes and depressive episodes. The manic episode consists of increased self-confidence, decreased need for sleep, talkativeness, racing thoughts, distractibility, increased goal directed behavior, psychomotor agitation, excessive involvement in pleasurable activities. In the depressive episode, it consists of change in eating habits, change in sleep, fatigue or lack of energy.
2. The cause of bipolar disorder experienced by the main character is two factors, namely genetic factors and psychosocial factors.
3. There are three main characters in dealing with bipolar disorder, namely dealing with painful emotions, living well, and getting to know yourself.

B. Suggestion

The writer will give some suggestions for this research, as below:

1. For the writer

This writer suggests providing a new knowledge about psychoanalysis and can recognize bipolar disorder which consists of symptoms, causes and how to deal with the mental illness in other person.

2. For the lecturers

This writer suggest to the lectures for give topic relate to the research and learn about psychology literature subject as well.

3. For the Researcher

This writer suggest for the next researcher can continue on the topic of bipolar disorder in more depth and detail than this study. The writer hopes that this research can provide a reference.