

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

After examining the previous chapter, anxiety disorder is a mental illness that is still being suffered by many people from various backgrounds to this day. Anxiety disorder makes sufferers have difficulty carrying out activities because it makes them feel threatened and helpless. Without exception, the findings of 31 facts in *The Crown: 4th* season series concluded several important points that showed strong evidence that the character Princess Diana was described as having an anxiety disorder because this disorder could happen to anyone and has its triggers. These points were summarized as follows:

1. Princess Diana is a major and dynamic character because her character development is the result of how she responded to situations and other characters which was seen from changes in her behaviors, emotions and her character that was initially shy and timid to become confident and brave. Princess Diana is also a round character, it was proven because she had character developments in each of her storylines which showed a change in social status from being an ordinary teenager to becoming Princess of Wales. The character, Princess Diana, in the series, is concluded that there were three types of anxiety disorder found, namely 18 realistic data (75%), 2 neurotic data (8%), and 4 moral data (17%). To strengthen the results of the analysis above, types of defense mechanism was needed. There were

two types of defense mechanisms, namely 4 repression data (56%) and 3 displacement data (44%) proposed by Sigmund Freud (1936-1959) which was developed by Jess Feist (2006), and Lilienfeld (2006).

2. The depiction of anxiety disorders and defense mechanisms was evidenced by the actions taken by Princess Diana. Anxiety disorder with the type of realistic was shown to Diana in how she thought about fears and threats from outside to herself, even though it might not happen in the future. The neurotic type was shown in how Diana's anxiety came from within her mind or instincts that might threaten her or had a harmful effect on her, even though it might not happen in the future, the moral type was shown in how Diana's anxiety was caused by the fear of something she did if it was contrary to moral standards or social norms. After that, the defense mechanism of repression was expressed in how Diana buried or forgot the painful emotions and memories she felt in order to feel cheerful. Displacement was shown in how Diana vented her impulses or emotions at that moment on objects that she thought were safe in order to make her relieved.

B. Suggestion

The writer aims to provide suggestions for research based on the analysis discussed above which will be useful for both researchers and readers.

1. Researchers

The writer suggests that other researchers need to learn more about anxiety disorder because this topic has many aspects to explore. Other researchers may focus on different types and characteristics of anxiety disorders. However, the writer hopes this research can be useful as a tool or reference in gathering information related to future research by other researchers. By evaluating this research, it is hoped that other researchers will be able to develop research on anxiety disorders.

2. Readers

Anxiety disorder can be an interesting topic for readers, especially students or lay people who just want to read or study literature related to the psychoanalysis approach. Therefore, this topic must be well understood so that it can be implemented properly and correctly.

Readers are expected to expand their knowledge about mental health, especially anxiety disorder because this issue is widely spread in many circles and has bad consequences for sufferers. Therefore, the writer hopes that after reading this research, readers can be more concerned about the mental health of themselves and their loved ones.