

CHAPTER V

CONCLUSION & SUGGESTIONS

5.1 Conclusion

Post Traumatic Stress Disorder occurs after someone getting into terrifying events or helpless experience. Many causes leads someone experience the PTSD, and one of them is child sexual abuse. PTSD patient has experienced the symptoms that haunted and destroy them inside out. This is reflected into a novel *Bait* by Alex Sanchez. *Bait* presented about a PTSD survivor named Diego that suffered from his trauma and trying to change himself into the better one. This study is analyzed how self-identity of PTSD survivor is constructed by implementing the causes and symptoms of PTSD that Diego experienced , and his mind contestation during the journey. The core of Diego's trauma is he got sexual abuse from his stepdad, Mac, when he was six years old. Her mother also contributed to the PTSD that Diego experienced. He got the neglect from his mom. The disappointment that he got from the two people he trusted so much becomes double pressure for a child to get.

The symptoms of PTSD appears in the novel, following nightmares, recalling the trauma, difficult to control his temper, and so on and so forth. The trauma can be healed through some techniques of therapy. The primary goal of Freud's psychoanalytic therapy was to uncover repressed memories through free association and transference. These techniques that Vidas used to uncover Diego

trauma, heal them, and construct Diego's self-identity. During the treatment with Vidas, the inner conflict was wrestled inside him and difficulty to open up, caused anxiety, which prevents the process of healing. The contestation between Diego's mind; id, ego, and superego, also destroy him from inside, and enact the aggressive Diego, have a bad temper, etc. Diego's mind contestation reflected in id through eros and thanatos, ego through anxiety, and superego through moral values.

But at the end of the story, Diego finally want to open because he does not want to be trapped in the darkness forever. He believed in Vidas and start to follow Vidas advices. The result of the therapy treatment is Diego was able to face his trauma, overcome with the problems, and letting go of the things that happened in the past. Then Diego constructed his self-identity as a new Diego, the better one, more happy, and able to control his temper in the future.

5.2 Suggestions

Bait is beneficial to learn about PTSD survivor and how to construct self-identity through Sigmund Freud's psychoanalysis. By following Diego's journey, the writer realized that this study is still possible to be developed and analyze further in various theories and issues to enrich literature studies. Besides analyzing Alex Sanchez's *Bait* using psychoanalysis, Lacan's Mirror Stage theory can be used to analyze this novel.