

CHAPTER V

CONCLUSION AND SUGGESTIONS

In this chapter, the writer discusses the conclusion of this study and suggestions related to this study. This chapter will be divided into two parts, the first part discusses conclusions, and the second part discusses suggestions.

5.1. Conclusion

Post-Traumatic Stress Disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened even when they are not in danger, which often leads them to suicide or trapped them into a never-ending frustration. It's not fully understood why some people develop the condition while others do not. Nevertheless, certain factors appear to make some people more likely to develop PTSD.

To spread the awareness of PTSD to the readers, the writer chose to use creative writing to give insight about PTSD in form of novella entitled, “The Ailm Foundation”. This novella is focusing on several prose elements, those are characters and characterizations, plot, and setting. By using all the theories of related literatures and reading from “Girl in Pieces” by Kathleen Glasgow and

“Hold Still” by Nina Lacour as the writer’s reference will help and improve the writer in making “The Ailm Foundation” novella.

In writing "The Ailm Foundation" there are several technical and personal problems that must be faced by the writer. As for the technical problems there are the adjustment and application of articles and theories to the story writing, the plot development, and word choice, and as the personal problem is the limitation of imaginations and ideas of the writer. However, all these problems can be passed by the writer and provide new knowledge and skills that can be learned and useful for the writer in the future life. By writing this work, the writer becomes more aware of what PTSD (post-traumatic stress disorder) is, what things can influence a person to get PTSD, and how we, as the non-expert or as the citizens, should behave towards PTSD patients and survivors. The writer also got various new skills that could help the writer in writing her next work, such as how to write an interesting story, how to apply theories and references into the process of story writing, how to explore imagination and ideas into prose, and many more.

5.2. Suggestions

The writer describes some suggestions after conducted this study. They are directed to the readers and the researchers. As for the readers, the writer hopes that the reader could take the advantage of reading this novella by learning the life lessons and learning the knowledge of PTSD (post-traumatic stress disorder). With this suggestions, the reader will enrich themselves and have a better understanding of PTSD mental sickness, will have a better awareness of the importance of understanding and reconcile with themselves, and will have a better view of

processing emotions and have a better knowledge of channeling and solving problems in life.

Another suggestion is directed to the other researchers who want to write a novella. It is better to have your timeline, so that you could finish the thesis and the story in time. Read as much as references, it will give you many references and it will help in giving fresh ideas. The last is use brainstorm before write the whole story, it will help in organizing your idea.