

## **CHAPTER V**

### **CONCLUSION**

#### **5.1. Conclusion**

Based on the analysis of the main character in *Manchester by the Sea*, the study concludes that Lee Chandler shows clear symptoms of Post-Traumatic Stress Disorder (PTSD) as described in DSM-V TR (2022). These include intrusive memories such as flashbacks and nightmares, avoidance of people and places connected to his trauma, negative changes in cognition and mood such as guilt and emotional numbness, and alterations in arousal such as anger outbursts and hypervigilance. These findings confirm that his character strongly represents how trauma can disturb daily life and relationships.

The study also finds that Lee Chandler's personality traits changed after the traumatic event. Before the incident, he demonstrated more positive traits such as openness, responsibility, and stronger social connections. After the loss of his children, his traits shifted into higher neuroticism, reduced openness, lower extraversion, and weaker agreeableness. These changes show how trauma not only causes psychological symptoms but also reshapes personality traits over time.

From these results, it can be concluded that literature, particularly film, can serve as a reflection of psychological conditions. By applying DSM-V TR and the Five-Factor Model, the study shows how psychology and literature can be connected to understand characters more deeply. The analysis helps readers to see how trauma influences both the mental health and the personality of an individual.

#### **5.2. Suggestion**

This research is limited to the analysis of one character in a single film using DSM-V TR and the Five-Factor Model. Future researchers are suggested to expand the study by analyzing other characters in the same film or comparing different films that also

portray PTSD. This would provide a broader picture of how trauma is represented in cinema.

For students of literature, this study can be used as a reference in combining psychology and literary analysis. It is suggested that they apply similar approaches to other works, such as novels, plays, or different genres of film. By doing so, students can enrich their understanding of how literature reflects human psychology.

For general readers, the film *Manchester by the Sea* and this study can encourage greater awareness of PTSD. It is suggested that readers and viewers approach trauma survivors with more empathy and understanding. The study also shows the importance of supporting those who struggle with trauma, because family, friends, and society play a vital role in the healing process.

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