

## CHAPTER V

### CONCLUSION

#### 5.1 Conclusion

The analysis of Ani's experience in *Luckiest Girl Alive* reveals that she faces multiple adversities both outside and within her family. Outside the family, Ani faces traumatic events such as sexual assault, the school shooting where she is being blamed, and ongoing social rejection that excludes her from her communities. Within the family, she struggles with emotional neglect from her mother and the absence of a sense of comfort at home. These adversities align with Grotberg's framework, which emphasizes the significant role both personal and external factors play in shaping resilience. Ani's struggles highlight how trauma can come not only from direct violence and public events but also from private and intimate family relationships that deeply affect her identity and emotional stability.

Despite these adversities, the findings also show that Ani developed resilience across all three of Grotberg's categories: I Have, I Am, and I Can. Ani draws on external support, however limited, such as encouragement from teachers, friends, and her mother's practical actions (I Have). She builds inner strength and self-awareness through recognizing her talents, creativity, and identity beyond trauma (I Am). Furthermore, she actively engages in problem-solving and advocacy, whether by asserting herself in family conflicts, escaping danger during the school shooting, or telling her story to help others (I Can). These expressions of resilience reveal Ani's ability to survive and transform her pain into strength,

showing how resilience is not the absence of suffering but the ability to navigate it and create meaning beyond it.

## 5.2 Suggestions

This study suggests that further research may expand the analysis of resilience in *Luckiest Girl Alive* or other literary and scientific works by incorporating the third dimension of Grotberg's framework, "I Have," "I Am," and "I Can." Moreover, resilience studies can also be explored using different psychological approaches, such as post-traumatic growth or feminist perspectives, to provide broader insights into how characters respond to trauma and adversity. Additionally, since resilience is a universal theme, future research may compare *Luckiest Girl Alive* with other contemporary works that depict female resilience, social rejection, or trauma recovery. Such studies will enrich the understanding of resilience as a concept while also contributing to discussions on literature, psychology, and social issues.

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