

CHAPTER V

CONCLUSION AND RECOMMENDATION

The fifth chapter is the last chapter of this research. In this section, the conclusion from the discussion chapter previously is presented. In addition, the recommendation for further research is also suggested.

5.1 Conclusion

Since in Western countries, the issue of eating disorders continues to increase in cases, even worse in the modern era because the ideal body standard is getting higher, so a literary work is needed to reflect on the issue. *Paperweight* novel is the reflection of bulimia nervosa as a type of eating disorder. This novel shows that Stevie, who experiences bulimia nervosa, was caused by both internal and external influences.

Stevie's internal factor can be considered as her unhealthy mental because she has low self-esteem, depression, and impulsive behavior, which is Stevie's inability to control her grief because of problems that occur in her life, it that makes her mentally ill. Stevie's inability is due to too many problems as external factors for a teenager to deal with. Her mother's demands to be thin make Stevie have pressure to meet the ideal body standards. It got worse after she being abandoned by her mother with unknown reason and her father's indifference, so she has poor communication with her parents. She also does not have loyal friends to share the problem of her life. Hence, the internal factor and external factor are interrelated to leads Stevie experiences bulimia nervosa.

Related to Stevie, it means that external factors of bulimia nervosa tend to affect internal factors, especially adolescents, because the emotional transition period from children to adults tends to be prone to mental instability; thus, it needs assistance from others. Related to the child's diet, if the child's eating pattern needs to be maintained, the parents should consult with experts (pediatricians, psychiatrists, or nutritionists). Thus, parents can still maintain their child's diet without forcing the child.

Moreover, the role of communication between parents and children and social support from others is also needed to prevent bulimia nervosa in children. Parents need to approach children at an early age so that the communication relationship between children and parents is not awkward to build a harmonious relationship. Then, for divorced couples, it is supposed to maintain communication with former partners in order to raise children with full affection so their children do not experience negative impacts from their parents' divorce. In social supports, as a social being, having a caring attitude towards people around us is very necessary because our acts of caring may really be needed by them to express their feelings.

Therefore, it can be concluded that the *Paperweight* novel proves that a family must maintain communication and understand each other; and as social human beings must care for each other. If this is not done, it can cause problems—mental health—for a person. It is because Stevie as bulimia nervosa's sufferer is the result of family ignorance, family disharmony, and the indifference of the people around her.

5.2 Recommendation

There are two recommendations for further analysis of this novel based on the result of this research. The theory that can be used in further research are comparative study and reader response theory. These recommendations, hopefully, can help those of you who are interested in discussing the novel *Paperweight* by Meg Haston further.

The first recommendation is comparative theory in literature. In this digital era, Meg Haston's creativity in writing *Paperweight* novel in the midst of the widespread issue of body ideal standards in society's demands for teenage girls is nothing new. It is because the idea of a body ideal standard had appeared a decade before this novel was published, through the novel *Massive* by Julia Bell that was published in 2002. Thus, comparative study can be used to analyze both *Paperweight* and *Massive* novel under the issue of body ideal standard. Since the two main characters on those novels have a mother who is concerned about the body ideal standard. Then, these novels have different setting place, *Paperweight* in New Mexico and Atlanta where both places are in the United States, meanwhile *Massive* in England. Hence, this theory can be used to analyze in these novel.

The second recommendation is reader response theory. Bulimia nervosa as part of eating disorder is more common in women than men. It is because of the social construction made in society dictates that women must have an ideal body, in order to get something they want such as a job, a mate, friends, and not being bullied. In the *Paperweight* novel, Stevie experiences bulimia nervosa is very

concerned about the ideal body she got from her mother—having strict rules for eating foods that can fatten the body and cause cancer. Then, Stevie wants to get affection from her mother like her brother, Josh. Moreover, all of Stevie's friends at the treatment center as eating disorders sufferer are teenage girl. Related to this story line, the research can be conducted with the responses of women who have bodies that are not in accordance with the ideal body standards can reveal whether women are always aware of the ideal body standards constructed by social. Thus, in conducting this research put women who have bodies that are not in accordance with the body ideal standards as respondents help to find out awareness and unawareness as the victims of social construction—body ideal standard.

