

CHAPTER V

CONCLUSION

5.1 Conclusion

Zach Sobiech's story, as portrayed in the film *Clouds*, demonstrates the power of Viktor Frankl's theories on finding meaning and purpose. Despite immense challenges, Zach maintained an internal sense of freedom and responsibility over his circumstances. He embraced existential choice in how he approached his final days and extended his purpose beyond his own life through his music and relationships. His resilience underscores our inherent ability to derive significance from any situation. Zach's journey also reflects Frankl's emphasis on spirituality as a driver of meaning. He conveyed a profound spiritual connection to the world through his search for meaning, embodiment of humanistic values, and unwavering hope. While his spirituality may be personal and unique to him, it shines through in his music, his relationships, and his approach to life, inspiring others to find meaning and purpose in their own journeys. His experiences, as documented in *Clouds*, demonstrate the transformational effects of choosing meaning over hopelessness, even in the face of terminal illness. His enduring legacy continues to inspire others facing adversity to embrace life's beauty and leave a positive impact on the world.

Zach's college essay provides a meaningful glimpse into his existential worldview and his quest for meaning and purpose in the face of adversity. It embodies the three sources of meaning outlined by Viktor Frankl: creative value through his music, experiential value through his appreciation for life's joys and connections, and attitudinal value through his resilience, optimism, and grace in the face of adversity. It changed his attitude from how he used to be sensitive and pessimistic about his limited time to be ready to face his death in the condition in

which he feels no hopelessness and he could die without regret. He continues to live the rest of his wild and precious life by being his usual self which is an optimistic, humorous, and cheerful boy.

5.2 Recommendation

There is one of the problems that arises during the process of finding the meaning of life that is defined as existential vacuum. It is a condition when a person shows the excessive boredom in his life (Frankl, 1988: 48). Existential vacuum can happen for several reasons. Pattakos has mentioned that fear is one of the reasons behind this problem (Pattakos, 2008: 90). Besides from freedom of will, will to meaning, and meaning of life, Zach suffered a lot from existential vacuum where he was surrounded by fear. Since this research is focused more on how he managed to realize his will to meaning to gain the meaning of life, future research could conduct qualitative analysis in revealing how fear of death could change people's personality. Besides *Clouds* movie, future researcher could use the memoir *Fly a Little Higher: How God Answered a Mom's Small Prayer in a Big Way* written by Zach Sobiech's mother to enrich the analysis.