

BAB V

CONCLUSION AND RECOMMENDATIONS

The final chapter in this research is divided into two sections, which are the conclusion and recommendations. The first part of the section is the conclusion, which summarizes the findings from the data being analyzed. The second section is recommendations, which contains suggestions for future research.

5.1 Conclusion

This research analyzed the portrayal of women's freedom in the *How to Be Single* (2016) movie by Christian Ditter, through existential feminism theory, focusing on the main female characters: Alice, Robin, and Meg. Supported by mise-en-scène elements such as setting, costume, makeup, and lighting, the research revealed that the film challenges traditional gender expectations, particularly the idea that women's identity and fulfillment are inherently tied to motherhood or romantic relationships.

In the film, Alice represents the existential journey toward authentic self-definition, rejecting traditional roles of wife and mother in exchange for self-discovery and autonomy. Alice's choice to live as a single woman is not portrayed as an emptiness, but as an empowered act of self-discovery. In contrast, Robin represents a free woman who never internalizes societal pressure. She embraces the pleasure, independence, and casual relationships without guilt. Her character symbolizes that being single can be joyful and fulfilling. Meanwhile, Meg offers a more complex path. At first, she rejects motherhood for career and autonomy, and then she later chooses to become a mother on her own terms, through sperm donation, and still rejects the ideal structure of marriage. Meg's decision supports existential feminism by showing that freedom lies in the ability to choose their own path. The film offers a convincing portrayal of women's freedom, not as a simple yes-or-no choice, but rather as a broad

and personal journey. The film affirms that women are capable of defining their identity independently, and women's freedom can mean different things for different people—it's flexible, personal, and shaped by each woman's own choices.

How to Be Single (2016) movie shows that women do not have to follow the traditional path to find happiness or meaning in life. The film challenges the idea that being married or becoming a mother is the only future for a woman. The film also encourages people to accept that a woman has the right to choose her own way and live boldly, whether she walks that path alone, with friends, with children, or without them. Therefore, movies like *How to Be Single (2016)* can help people to be more open-minded and supportive of different life choices, not judging those who live outside the traditional expectations. Movies can teach people how to deal with and handle life's challenges, such as relationships or mental health concerns (Bjelland et al., 2017; Sacilotto et al., 2022).

5.2 Recommendation

Based on the analysis of *How to Be Single (2016)*, two recommendations can be made for future researchers. First, it is encouraged to explore Simone de Beauvoir's existential feminism more deeply by applying her ideas to other films or literary works. Her idea about how women can define themselves instead of being defined by traditional roles like wife or mother. These ideas can be found in many kinds of stories, not just in romantic comedies. Looking at how different female characters across cultures and time periods take control of their own lives could help to better understand how women struggle for personal freedom and identity.

Second, future researchers are also encouraged to further examine the portrayal of the women's freedom in different types of media. This could include comparing different films, series, or literary texts that focus on characters who consciously choose to be independent. By comparing multiple stories that feature women or men who make

the conscious choice to not following the social construct, researchers can see patterns in how these choices are represented, whether it is shown as empowering or selfish. The media plays a big role in shaping how society sees people who do not follow the traditional family path. Therefore, the more understanding of these portrayals, the better understanding of how they might affect real-life attitudes toward people who choose a different path to traditional belief.

