# CHAPTER V

# CONCLUSION AND SUGGESTION

This chapter will give the writer's conclusion and suggestion based on the findings of this research analysis. The conclusion section will provide a response to the research topic of this study. While the suggestion section will provide suggestions connected to this study.

## 5.1 Conclusion

After analyzing the data from the previous chapter, the writer discovered that Charlie experiences three types of psychological conflict, there are approach-approach conflict, approach-avoidance conflict, and avoidance-avoidance conflict. Among these conflicts, approach-avoidance conflict is the most common type of psychological conflict Charlie faces, with ten data identified in the movie. For example, Charlie wants to eat a candy bar for comfort, but he is also aware of his severe obesity and the health risks associated with it. This conflict highlights Charlie's internal struggle between following his desires and prioritizing his health, which often leaves him feeling frustrated and conflicted.

The second most common types of psychological conflict is avoidance-avoidance conflict, with three identified in the movie. For example, when Ellie demands that he fulfill her request. Charlie faces the difficult decision of either ignoring her wishes potentially damaging their already strained relationship or complying, which would cause him significant physical pain. This type of conflict underscores Charlie's ongoing struggle to reconcile his love for Ellie with the

limitations of his health. And there are 2 identified as approach-approach conflict. In an approach-approach conflict, Charlie must decide between two positive outcomes. For instance, when he has to decide whether to accept a new wheelchair or keep using his cane.

Besides that, the writer also found three types of valences utilized by Charlie to resolve his psychological conflicts, namely positive valence, negative valence, and neutral valence. The most frequently used valence by Charlie is negative valence, with seven data showing Charlie's use of negative valence to resolve his psychological conflicts. For example, Charlie chose to eat the candy bar despite knowing the risks to his health, prioritizing temporary comfort over his long-term well-being. Charlie also frequently resolved his psychological conflicts using positive valence, with five data illustrating this type of resolution. an example of positive valence is when Charlie chose to ask for help from Thomas to retrieve the key that had fallen under the washing machine, avoiding further physical strain. Lastly, there are two data showing Charlie used neutral valence to resolve his psychological conflicts. An example of neutral valence is when Charlie chose not to engage directly with Thomas's religious preaching but instead redirected the conversation by asking Thomas for practical help, avoiding both acceptance and outright rejection.

From these findings, it can be concluded that Charlie often chooses negative valence when his conflict is related to his daughter Ellie. This means that he prioritizes his emotions over his own well-being. Instead of thinking about what is best for his health, he focuses on his feelings and his guilt about being a bad father.

For instance, when he has to choose between going to the hospital or saving money for Ellie, he decides not to go to the hospital and keeps the money for her. This is a negative valence decision because it harms his health, but he still chooses it because his emotions tell him that Ellie is more important than himself.

This pattern shows that Charlie often lets his emotions control his choices, especially when it comes to Ellie. He believes that taking care of her, even from a distance, is more important than taking care of himself. This explains why he often resolves approach-avoidance conflicts with negative valence, when he wants something but knows it has bad consequences, he follows his emotions instead of logic.

## 5.2 Suggestion

Based on the conclusions above, the writer provides the following suggestions. The writer suggests that future studies explore more about psychological conflicts, as they are a universal aspect of human experience reflected in both real life and fictional characters. Additionally, there are many aspects for researchers can examine in the movie *The Whale*, such as the dynamics of Charlie's relationships with other characters or the social and emotional themes presented in the story. Further research could also apply different psychological theories to analyze Charlie's character or other characters in the movie, providing a broader perspective on the film's depth and complexity.

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