

CHAPTER IV

CONCLUSION

This research discusses how isolation, desperation, and alcoholism as a coping mechanism are portrayed within two of Charles Bukowski's poems, *Bluebird* and *Alone with Everybody*, using Yalom's theory of isolation, Hannan & Hackathorn's theory of desperation and State Desperation Scale tool, and Jellinek's theory of alcoholism.

The portrayal of isolation, desperation, and alcoholism as a coping mechanism in the poems can also be analyzed through extrinsic aspects. In *Bluebird*, isolation of vulnerability reflects interpersonal isolation, and isolation of self reflects intrapersonal isolation. Desperation for authenticity is shown through the emotional aspect of sadness and the motivational aspect of remaining stoic despite the desire for vulnerability, while desperation for self-expression is shown through the emotional aspect of fear of judgment and the motivational aspect of suppressing vulnerabilities from being completely forgotten. Alcoholism as a coping mechanism serves as emotion regulation, with the speaker I consuming alcohol to directly suppress vulnerabilities and maintain a stoic facade, aligning with the "chronic phase" of alcoholism.

In *Alone with Everybody*, isolation of society reflects existential isolation, and isolation of interpersonal relationships reflects interpersonal isolation. Desperation for companionship is shown through the emotional aspect of disappointment and the motivational aspect of ending loneliness, while desperation for emotional connection is shown through the emotional aspect of sadness and the motivational aspect of finding "the one" despite believing in inevitable futility. Alcoholism as a coping

mechanism serves as escapism, with the speaker I consuming alcohol as a refuge from existential crisis, also aligning with the “chronic phase” of alcoholism.