

CHAPTER IV

CONCLUSION

This thesis has two research objectives that must be achieved. The first one is to identify the stage of grief experienced by Marin in the novel *We Are Okay* by Nina LaCour. The second aim is to identify ways to overcome her grieving process. By using Elisabeth Kübler-Ross and David Kessler's stage of grief theory, this thesis seeks to find out what internal processes Marin goes through as she grieves the death of her grandfather. The use of James W. Worden's task of mourning theory is intended to examine the external process of Marin's grieving process.

The result of the analysis shows that Marin experiences all five stages of grief, they are denial, anger, bargaining, depression, and acceptance. The results of the analysis also show that the stages of grief experienced by Marin do not occur sequentially or linearly; rather, they are random and overlapping. There are eight denial stages that Marin experiences, which are manifested in the form of shock, numbness, meaninglessness, hallucination, and questioning reality. Her anger is directed towards three people, namely Gramps, Mabel, and Jones. In the bargaining stage, she exhibits three stances that indicate her bargaining by feeling guilty, wishful thinking, and avoiding painful memories. The depression stage is the longest stage that Marin goes through, where the writer found ten stances that show that Marin is in a stage of depression. Her depression stages can be seen in emotional detachment and isolation, her feeling of emptiness and loneliness. Her acceptance of Gramps' death can be seen in the form of her openness with others,

the establishment of connections with old people, and her desire to provide a place of rest for Gramps's spirit.

The analysis results reveal that Marin completes the four tasks of mourning outlined by James Worden. Task I, which involves accepting the reality of the loss, is achieved by Marin through several stages of acceptance as described in the stages of grief theory. Marin faces obstacles in this task, particularly in the form of denial, which manifests in two ways: denying the fact of the loss and denying the meaning of the loss. In Task II, Marin experiences various forms of pain caused by grief, including sadness, anger, guilt, and loneliness. Task III, which requires adjustment to the world without the deceased, is accomplished by Marin across three areas of adjustment: external, internal, and spiritual. Finally, Task IV, which involves finding a way to emotionally relocate the deceased and move forward with life, is completed by Marin as she embarks on a new chapter in her life. This is marked by her acceptance of Gramps' death and her reconnection with old acquaintances.

This thesis seeks to contribute to the existing body of knowledge by offering a comprehensive analysis of the grieving process. It will demonstrate that grief is a multifaceted experience that can profoundly influence various aspects of an individual's life. The study will argue that adequate social support and a deep understanding of the grieving process are essential for facilitating healing. Furthermore, this thesis will explore the interplay between internal psychological processes and external social factors in enabling individuals to successfully navigate the grieving process and transition into a new phase of life.