

## CHAPTER IV

### CONCLUSION

The novel *We Are Okay* by Nina LaCour tells the story of Marin, the main character who decides to leave San Francisco for New York after experiencing a traumatic event. Nina LaCour describes how Marin's PTSD was triggered by the sudden death of her Gramps, the only family member who had been caring for her, and a secret discovery about her family that had been hidden all this time. In addition to this sudden loss, Marin also carries deep unresolved grief over the death of her mother, which she never fully understood or accepted. The accumulation of these losses significantly exacerbates Marin's psychological condition.

There are three main symptoms of PTSD evident in Marin: reexperiencing of event, avoidance, and arousal. The reexperiencing of event symptom is shown through flashbacks and repeated memories related to her Gramps, including hallucinations that she is haunted by his ghost. This indicates the guilt that haunts Marin. The avoidance symptom is Marin's dominant symptom; she chose to flee from San Francisco to New York with only her phone, wallet, and a photo of her mother. For four months, Marin refused to open up to anyone and avoided any form of interaction related to her past. Marin's arousal symptoms are demonstrated through hypervigilance or excessive awareness of her surroundings, for example, Marin feels afraid that the elevator in her dorm will get stuck. Additionally, she experienced insomnia, became easily angry when asked about her past, and had difficulty

concentrating. Marin even experienced panic attacks, such as trembling and shortness of breath every time she thought about her traumatic experience. She exhibits symptoms of an eating disorder and a tendency to isolate herself, even when she was in a new environment in New York.

Through Marin's character, it can be concluded that psychological trauma does not always stem from major events like war, natural disasters, or accidents. Trauma can arise from the loss of a loved one, especially if accompanied by emotional shock and a lack of support during crisis. This novel portrays the emotional journey of a teenager in facing grief, loss and the effort to heal oneself. Thus, *We Are Okay* is not only a narrative about loss but also a profound reflection on how trauma can influence an individual's identity. The novel opens readers' awareness to the importance of recognizing and understanding the psychological impact of traumatic events, as well as the significance of social presence in the healing process.