

CHAPTER IV

CONCLUSION

This study discusses Maggie's post-traumatic stress disorder in *Nine Lives* by Danielle Steel, focusing on exploring the symptoms, causes, and effects of PTSD experienced by Maggie using Judith Herman's theory. Based on the detailed analysis that has been conducted, this study draws several conclusions regarding the findings in the intrinsic and Maggie's post-traumatic stress disorder discussions.

The intrinsic discussion in this study reveals that Maggie is characterized as a cautious and brave person. Meanwhile, Kevin and Tommy are portrayed as brave and thrill-seeking people. This study also discovers that the Hudson River is a crucial setting of place that affected Maggie's PTSD. Then, the setting of time when Maggie is nine years old, twenty-eight years old, and forty-seven years old marks the moments of losing her loved ones. Furthermore, the setting of the social environment shows that Maggie's socioeconomic status affects the development of Maggie's PTSD, and the social support from Helen has a positive influence on Maggie's recovery from PTSD. Moreover, this study also uncovers several conflicts in the novel. They include conflicts between Maggie and herself, Maggie and fate, as well as Maggie and Paul.

Maggie's post-traumatic stress disorder discussion in this study shows that Maggie experiences three types of PTSD symptoms, namely intrusion, constriction, and hyperarousal. Maggie's intrusion symptoms are reflected through nightmares and flashbacks. Maggie's constriction symptoms include feeling as if she has not experienced the loss of her husband and avoiding conversations related to the plane

crash and her husband's death. Maggie's hyperarousal symptoms are reflected in sleep disturbance and headaches. This study also discovers five causes of Maggie's PTSD development, including directly experiencing a plane crash, witnessing her husband drown, learning that her father died in a plane crash, learning that her brother died in a plane crash, and learning that her boyfriend was seriously injured in a natural disaster. Moreover, this study also finds that Maggie experiences several effects of PTSD, namely disruption in trust about the world, overstated negative assumptions of thrill seekers, as well as feelings of guilt and fear.

Considering these findings, it can be concluded that the repeated traumatic experiences in Maggie's life have shaped the way she views the world and influenced her personality and important decisions in her life. Maggie's PTSD symptoms and effects not only impact her psychological state but also reflect how past trauma can color an individual's perception of safety, social relationships, and the future. Maggie becomes overly cautious, highly risk-averse, and constantly fears possible loss.