

CHAPTER IV

CONCLUSION

This study reveals that Nora Seed, in Matt Haig's *The Midnight Library* (2020), is depicted as a round character who has shown considerable psychological development in terms of changes in her personality. Indirect characterization has been depicted in the novel, as the author has attempted to depict the personality of the character Nora through the use of thoughts and reflection in the novel. Nora has been depicted as a character who has shown considerable feelings of regret and failure in her life at the beginning of the novel. She has been viewing her personality and her life as defined by her failures and wrong choices in life. Through her experiences in the Midnight Library, Nora develops new perspectives on her life and can understand her personality in a profound manner.

The analysis reveals that Nora Seed displays denial as a psychological defense mechanism throughout Matt Haig's *The Midnight Library* (2020). The analysis identifies two main characteristics of her denial: refusal to acknowledge painful realities and denial enacted through words and acts. Nora repeatedly avoids confronting painful truths about her failures, regrets, relationships, and sense of self-worth. In addition, her denial is often expressed through her speech and behavior, allowing her to distance herself from emotional pain and maintain a temporary sense of psychological protection.

The study also finds that Nora's denial is caused by both internal and external factors. Internally, her denial is driven by intense feelings of guilt, regret,

self-blame, and fear of failure that create overwhelming psychological pressure. Externally, her denial emerges in response to realities that she finds difficult to accept, including family-related fears, loss, disappointment, and situations beyond her control. Together, these factors contribute to the development of denial as a coping mechanism that protects her from emotional distress.

Furthermore, the analysis shows that denial has both positive and negative impacts on Nora's journey. On the one hand, denial provides temporary relief from anxiety and emotional suffering by allowing her to escape painful realities. On the other hand, it distorts her perception of herself and the world around her, preventing her from fully understanding her circumstances. However, through her experiences in the Midnight Library, Nora gradually gains insight into the limitations of denial and begins to confront the truths she has long avoided. As a result, her denial eventually develops into greater self-awareness and acceptance, enabling her to move forward with a renewed appreciation for life.

Based on the explanation, it is suggested that future research could investigate other psychological perspectives in *The Midnight Library* to achieve a deeper understanding of Nora's story. Future research could also investigate other characters of the novel through the prism of different psychological approaches. This could enrich the discussion of the role of denial in the context of other psychological mechanisms, which influence the process of psychological development in humans.