

## CHAPTER IV

### CONCLUSION

In the journey of love, humans often face complex dynamic situations. Love can run smoothly and be enjoyable, but in certain situations it can cause conflict and emotional pressure when making decisions. This is the same with Lara Jean, the main character from the novel *To All the Boys I've Loved Before*, who experiences various conflicts related to her love life, both internal conflicts with herself and external conflicts with others, specifically Peter, Josh, and Margot. Lara Jean, who experiences various events that have never happened to her before her letters are spread, has to face them like any normal human being and no longer hide behind her fears.

When experiencing problems in her love relationship that make her feel threatened, Lara Jean experiences anxiety in the form of realistic anxiety, neurotic anxiety, and moral anxiety. This problem then also causes her to protect herself with defense mechanisms in the form of projection, denial, and displacement. Since Lara Jean can no longer rely on her older sister Margot for help, she eventually tries to protect herself on her own. At first, this method of self-protection is indeed effective in reducing her stress and anxiety. But it does not last long, because basically humans must face problems with courage, step out of their comfort zones, and act like adults.

Over time, her defense mechanisms shift from a form of protection to character development that marks the maturity of Lara Jean, as by the end of the

novel she shows her bravery in reaching out to Peter and writing him a real love letter. Therefore, this thesis shows that anxiety is a signal of conflict threats, defense mechanisms are a temporary solution that then leads to maturity when she dares to face problems instead of hiding behind defenses.

