

CHAPTER IV

CONCLUSION

The research thesis examines gender inequality as shown in Sylvia Plath's *The Bell Jar*, concentrating on the character of Esther Greenwood and her hardships against society conventions. It underscores how Esther's experiences exemplify the wider environment of women's restricted options, wherein conventional beliefs constrained women to domestic roles and minimized their goals in life. The research utilizes feminist theories to examine gender inequities, Esther's resistance against them, and the effect they have on her mental health and personal development. This thesis asserts that *The Bell Jar* provides a profound critique of the gender inequalities encountered by women in the mid-20th century. Esther's journey exemplifies her individual struggle against societal limitations while also representing the broader struggle for the rights of women and autonomy. Esther's journey in *The Bell Jar* exemplifies the tension between personal aspirations and cultural norms, highlighting the significant psychological impact these inequalities impose on women. The story elucidates that women are not only projected to attain elevated levels of perfection and accomplishment but are also evaluated according to their adherence to traditional values of femininity, sexual purity, and domesticity. The unfair treatment in working environments, along with the sexual double standards, exacerbates Esther's sense of detachment and unworthiness. The research illustrates the significant connection between gender inequality and mental health problems, highlighting the necessity for change in society to genuinely empower women. The study enhances comprehension of gender issues in literature

and their significance in current inequality discussions, leading further research into narratives that influence the perceptions of women.