

## CHAPTER IV CONCLUSION

In Emma Donoghue's *Room*, both Ma and Jack exhibit clear signs of post-traumatic stress disorder (PTSD) as a result of their prolonged captivity and the traumatic experiences they endured. The psychological effects of their confinement manifest in various ways, affecting their ability to adapt to life outside Room. Ma exhibits significant emotional distress following their escape. She grapples with depression, anxiety, and feelings of isolation as she tries to reintegrate into society. Her experiences of trauma lead to difficulties in forming connections with others, as seen in her interactions with family members who struggle to understand her psychological state. The memories of her captivity haunt her, causing her to experience flashbacks and emotional numbness, which are common symptoms of PTSD. After their escape, Jack struggles with overwhelming anxiety and confusion in the outside world. He often expresses a desire to return to Room, indicating a deep-seated fear of the unfamiliar environment. His statements reveal that he feels safer in the confines of Room, where he had a predictable routine with Ma, rather than facing the vastness and unpredictability of the outside world. This reflects classic symptoms of PTSD, where trauma survivors may feel more comfortable in familiar but traumatic environments than in new, potentially threatening situations.

Both characters display social anxiety, particularly in crowded or unfamiliar settings. Jack's discomfort in public spaces highlights his struggle with social interactions after being isolated for so long. Similarly, Ma avoids large crowds due to her heightened anxiety levels stemming from her traumatic past. This avoidance

behavior is a typical response for individuals suffering from PTSD, as they often seek to minimize exposure to triggers that remind them of their trauma.

In conclusion, *Room* poignantly illustrates how trauma can lead to PTSD for both Ma and Jack. Their experiences highlight the complexities of coping with psychological scars from captivity and the challenges they face in adapting to a world that feels both liberating and terrifying. The novel effectively captures the long-lasting effects of trauma on individuals and underscores the importance of understanding and support in the healing process.