

CHAPTER IV

CONCLUSION

This research discusses the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde, the main character in Alice Munro's *Amundsen*. The story portrays Vivien's experiences as a teacher at a tuberculosis sanatorium, where she encounters various emotional challenges that affect both her psychological condition and her relationship with Dr. Fox. Through experiences of misunderstanding, rejection, disappointment, and emotional distance, Vivien gradually develops emotional pain that influences her thoughts, feelings, and behavior throughout the narrative.

The analysis of the intrinsic elements reveals that Vivien Hyde functions as the main character, while Dr. Fox serves as an important supporting character whose actions significantly influence the development of the story. The characterization of Vivien is presented through both direct and indirect characterization, revealing her as a thoughtful and emotionally sensitive individual who struggles to adapt to a new environment. Dr. Fox is characterized as confident, authoritative, and emotionally detached, qualities that contribute to the emotional tension between the two characters. The primary setting of the story is the sanatorium, which functions not only as a physical location but also as a psychological environment characterized by isolation, emotional distance, and limited opportunities for meaningful social connection.

The application of Gross's Process Model of Emotion Regulation helps explain how Vivien Hyde responds to emotional distress throughout the story. The findings indicate that her emotional pain develops through experiences of embarrassment, guilt, emotional discomfort, dismissive communication, emotional rejection, and the lack of meaningful emotional connection within the isolated environment of the sanatorium. In response to these experiences, Vivien frequently regulates her emotions through emotional withdrawal and expressive suppression. However, these strategies do not fully resolve her emotional distress and gradually contribute to relational withdrawal, persistent difficulty in emotional expression, and psychological vulnerability.

Based on the findings of this research, emotional pain in Amundsen is represented not as a single emotional event but as a gradual psychological process shaped by interpersonal interaction, emotional rejection, emotional suppression, and relational distance. The study also demonstrates that emotional pain is closely connected to emotion regulation, as Vivien repeatedly attempts to manage emotional distress through withdrawal and expressive suppression. Through Gross's Process Model of Emotion Regulation, her responses can be understood not merely as reactions to emotional pain but also as efforts to regulate emotional experiences that remain unresolved. Therefore, Amundsen portrays emotional pain as a continuing psychological process that affects emotional expression, interpersonal relationships, and psychological vulnerability throughout the narrative. Furthermore, the story illustrates how literary works can represent

complex psychological experiences and provide insight into the emotional challenges that individuals may encounter in real life.

