

CHAPTER V

CONCLUSION AND SUGGESTIONS

After analyzing *Now is the Time to Open Your Heart*, I find that this novel shows the close relationship between humans and nature. Here it is proven that nature can help humans in their self-healing process. It happens to the main character, Kate Talking Tree. To achieve self-discovery, Kate follows two adventures, an adventure to the Colorado River and the Amazon jungle. In these two adventures, Kate finally finds her true self and uncovers the problems in her life.

This research found that the author represented women in the novel as loving and caring, and strong. Nature is represented by classical pastoral and wilderness. There are at least four nature's roles in self-discovery in *Now is the Time to Open Your Heart*. They are nature as a means of giving peace, nature as a source of inspiration, nature as a means of spiritual healing, and nature as a means of reconciling people with the past.

Through this novel, the author conveys that humans have a fantastic nature, which can be used as a place to heal themselves and as a source of inspiration. Walker invites readers to realize how intimate the relationship between humans and nature is and that nature has healing power. I recommend this novel for everyone to understand better the role of nature on mental health, especially women. I hope there will be other researchers who will discuss the role of nature on mental health in more depth.