

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter contains the conclusion and suggestion for further study of eco-anxiety in *Weather* by Jenny Offill. The first sub-chapter is the conclusion of the analysis. Then, the writer will suggest a study based on her limitation that leads to future study.

5.1 Conclusion

After analyzing *Weather*, the writer of this thesis concludes that the portrayal of eco-anxiety experienced by the main character throughout the novel *Weather* is an anxiety and fear of the destruction of the world that Lizzie senses and affects the whole aspect of her life.

As a character who carries multiple identities, Lizzie Benson has difficulty controlling her emotions and, as a result, experiences anxiety. Under the pressure of working with a seminar lecturer focusing on natural change, Lizzie feels severe anxiety about environmental changes, called Eco-anxiety. Her relationship and closeness with Sylvia force Lizzie to study the sciences about the changes experienced by the environment, and she has difficulty controlling her thoughts and feelings toward the fear of the environment in the future. Exposed to Sylvia's abstract thoughts about changes in nature that she thinks are hopeless, Lizzie begins to equip her daily life with learning about survival skills. Lizzie's already complex life with her identity as a mother and wife also clouded her soul

state. Reading and listening to the news or podcasts related to the destruction became Lizzie's escape from the feelings of anxiety she experienced.

Eco-anxiety is a natural and pressing issue that affects countless individuals, including the main character in this analysis. The phenomenon of eco-anxiety has become increasingly prevalent in recent years, and Lizzie's experience is a case in point. Her anxiety was triggered by the underlying causes of climate change, which have had far-reaching impacts on the environment and the planet as a whole. To cope with her anxieties, Lizzie adopted a more proactive approach towards monitoring the weather and making sustainable lifestyle choices. Such coping mechanisms can help mitigate the negative impacts of eco-anxiety and contribute towards creating a more sustainable future. By delving into her experience with this condition, we can gain valuable insights into the triggers that can cause it and the coping mechanisms that can help alleviate it.

5.2 Suggestion

Many other topics could be analyzed in *Weather* by Jenny Offill. In this case, the specific topic that is still related to a woman's identity will be the writer's suggestion due to another finding that could not be studied because of the limitation of her objective. The story requires further studies in the object of psychological or ecofeminism literary criticism. It is because *Weather* presents the struggles of a woman carrying many identities. Therefore, it will be much more varied if the subsequent research on psychology or feminism involving her other novel, *Dept. Of Speculation*.