

CHAPTER IV

CONCLUSION

Through the novels, *The Secret Garden* by Frances Hodgson Burnett and *Sarongge* by Tosca Santoso show an important point of view on understanding the mutual relationship between humans and nature. I believe that human attitude will determine the continuation of the life of nature and all living things that exist on earth. The good relationship between humans and nature will create a good impact on one another. It also depicts an obvious influence on human mental and physical. Nature becomes a concept of healing media for those who are maintaining the nature that God gives.

Burnett and Santoso in their novels represent nature as a healing medium for human mental and physical illness seen from how humans interact with nature. The activities that relate to nature such as preserving nature or as simple as do the outdoor activities that also captured in the novels can be the greatest chance for humans to recover from mental and physical illness. A healthy condition of nature can influence mental health like changing the human mindset to be calmer and growing the passion of humans. After that, mental recovery in humans also impacts the physical health of them. Nature that provides healthy air and serves a source of nutrition for humans helps humans to be healthier. In other words, human health also depends on how natural conditions are. If humans can maintain the preservation of nature and protect it from damage, of course, it can have an

enormous effect on humans especially on human mental and physical health. This kind of relationship is called a reciprocal relationship or mutual relationship.

Meanwhile, the novels that I analyze not really reflect the historical environments that occurred in the early 20th and 21st centuries. The novels contain the mutual relationship that influences mental and physical health, while reality shows that there are damages to nature that causes many diseases to humans. Human attitudes towards nature caused massive destruction in the early 20th and 21st centuries. The destructions such as deforestation and air pollution because of the coal smoke of industries influence the mental and physical of humans. The overexploitation was built because society needed nature as the biggest supporter of industrial development. Meanwhile, in my opinion, novels do not really represent reality. The authors demonstrate that the mutual relationship between human and nature present in the novels is can change people's perception from ignoring to raising awareness of natural preservation.

Lastly, these two novels have different perspectives on how the authors describing the issue that is the mutual relationship between humans and nature that influence human mental and physical health. In *The Secret Garden* novel, Frances Hodgson Burnett presents the issues in a simpler way by presenting the main characters that feel uncomfortable with the unhealthy on mental and physical that they have. The author delivers the idea of the role of nature towards human mental and physical healing in a simple way and implicitly in the plot. In contrast, *Sarongge* by Tosca Santoso builds a more complex conflict by presenting problems such as some of nature's savior actions who face the emptiness in their mentality

brought by characters. Santoso also adds a lot of useful information about plants to heal the disease. This difference is caused by different author's goals. *The Secret Garden* is a type of children's literature whose target of the reader ranges from children to adults, by employing the magical things of nature. While in *Sarongge* novel, the target of the reader is from teenager to adult through the presence of the data in delivering thought and idea. The storyline is more complex and there are some depictions of stories that are not suitable for children.

