

CHAPTER V

CONCLUSION

This chapter concludes that Danzy Senna's novel, *Caucasia*, presents racial identity, denial, repression, and resilience in an interesting manner. Senna presents fascinating images of Birdie Lee; a biracial girl caught between conflicting social expectations and her internal conflict due to her mixed-race status. Birdie's journey of identity is shaped by the struggle between her internal conflict and societal pressure, particularly the conflict between two different racial identities that she faces. Her story reflects the challenges faced by biracial characters in literary works, who often navigate multiple identities that raise more complicated issues. This complicated racial identity made Birdie feel isolated and depressed as she struggled to balance the social expectations with the reality of her mixed racial background.

Senna effectively portrays racial and social issues through Birdie's internal conflict and the development of her racial identity and resilience throughout the story. The novel demonstrates that Senna employs denial and repression as Birdie's defense mechanisms to cope with social pressure, while her psychological conflict stems from feelings of alienation from society, resulting in ongoing and complex internal conflict throughout the plot. Senna beautifully depicts Birdie's struggle to balance societal expectations and her internal conflicts through the complex development of her racial identity, using Freud's psychological theory of the "model of psyche," making Birdie resilient and able to wisely navigate the complexities of society as she embarks on her journey to find her authentic identity.

Senna intensely describes Birdie's resilience in facing social constructs and internal conflicts, revealing how her experiences inform her understanding of identity issues. Her efforts

to maintain her identity and respond to continuous social expectations align with Werner's theory: trauma identification, adaptation analysis, and positive transformation. Senna describes how Birdie successfully responds to societal expectations and racial identity in *Caucasia*. The development of Birdie's resilience is a result of her experiences as a biracial girl navigating racial issues and societal expectations that have impacted her, transforming these experiences into a learning process for Birdie as she works to maintain her identity while balancing her internal conflicts. Through Werner's resilience theory, it is greatly helpful to examine how Birdie can reduce her psychological problems and serves as a means of survival in a world where her biracial identity was not accepted, especially in social life. Senna ultimately describes Birdie's relationships and interactions with other characters as important factors that strengthen her identity, especially with Cole, Deck, and her father, which is the reason for Birdie's resilience and her ability to deal with the complexity of her identity.

Caucasia explores the complexities of a unique racial identity and it highlights the importance of self-awareness, flexibility, and self-defense in dealing with biracial experiences. Senna carefully describes the psychological complexity through issues of identity, family, and society that Birdie faces. Her efforts to build resilience in various ways support her journey of self-discovery. The novel emphasizes how racial differences can influence an individual's psychology. In addition, the novel also shows how the experiences and growth of a biracial individual like Birdie can be shaped through adaptation, motivation, family factors, and resilience in responding to complex social situations.