

CHAPTER V

CONCLUSION

This study has explored Colleen Hoover's novel *It Ends With Us* through psychoanalytic literary criticism, focusing on how the novel depicts Lily Bloom's inner struggle to end the cycle of domestic violence. By applying the theories of Judith Herman, Sigmund Freud, and Anna Freud, the analysis reveals that the novel presents the cycle of domestic violence as a cycle of control that entangles body and mind, and can only be broken through conscious understanding.

The discussion and analysis of Lily's childhood trauma reveal the foundation of her emotional perspective, depicts how she perceives love, danger, and safety. Lily's trauma reappears in her adulthood in a form of anxiety that is reflected by her body response such as nausea, trembling, and freezing, to show how her body remembers what her mind tries to forget. Each moment of Lily's body reaction creates a tension where Lily's desire for affection is in conflict with the instinctive fear of pain.

Furthermore, the trauma and anxiety that Lily suffers lead her to cope with various defense mechanisms such as identification, undoing, displacement, and suppression. Her various defense mechanisms mark the stages of her psychological development. At first, she mirrors Ryle's justification for his actions and hides behind emotional denial. However, as the story progresses Lily begins to confront her pain through more conscious forms of control such as suppression and displacement. These moments show Lily's transition from survival to self-recognition. Each defense mechanism is depicted as an expression of her evolving ability to face the truth.

The trauma and anxiety that rooted from her childhood experience, and her daughter's birth and safety become a strong motivation for her to end the relationship

despite her love for Ryle. Lily finally achieves sublimation where she redirects her pain into meaningful and valuable action. In conclusion, Lily's decision to leave Ryle shows her achievement of psychological maturity after suffering in physical and emotional pain since childhood, reflects that breaking the cycle of domestic violence is a form of self-protection, self-awareness, and a conscious effort to build a safer future.

For future research, researchers can examine how themes related to domestic violence in literary works affect readers' perceptions and opinions by expanding the scope beyond this novel, revealing how literature plays a role in raising public awareness about domestic violence. This study also opens opportunities to explore how domestic violence is portrayed in fictional narratives and how the portrayals influence characters' psychological development, allowing a comparison of psychological maturity themes across various stories and authors through the lens of psychoanalytic criticism.

