

**YOUTH DEPRESSION: DEPRESSION OF THE MAIN CHARACTER IN
IF I STAY BY GAYLE FORMAN**



THESIS

*Submitted to the Faculty of Cultural Sciences, Hasanuddin University
In Partial Fulfillment of Requirement to Thesis
In English*

MUHAMMAD IMAM ISLAMY

F041171527

**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF CULTURAL SCIENCES
HASANUDDIN UNIVERSITY
2024**









ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF CULTURAL SCIENCES
HASANUDDIN UNIVERSITY

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On September 29, 2023, the Board of Thesis Examination has kindly approved a thesis by Muhammad Imam Islamy (F041171527) entitled *Youth Depression : of The Main Character in if I Stay By Gayle Forman*" submitted in fulfillment of one of the requirements to obtain Sarjana Degree in English Literature Study Program, Faculty of Cultural Sciences, Hasanuddin University.

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YOUTH DEPRESSION:DEPRESSION OF THE MAIN CHARACTER IN

IF I STAY BY GAYLE FORMAN

BY

MUHAMMAD IMAM ISLAMY

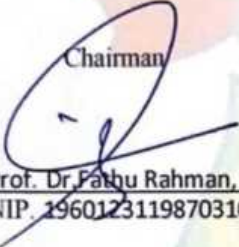
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Board of Supervisors

Chairman


Prof. Dr. Fathu Rahman, M.Hum.
NIP. 196012311987031025

Secretary


Rezky Ramadhani, S.S, M.Litt
NIP. 199303102018074001

Dean of Faculty of Cultural Sciences
of Hasanuddin University



Prof. Dr. Akim Duli, M.A.
NIP. 198407161991031010

Head of English Literature Study Program



Prof. Dra. Nasmilah, M.Hum, Ph.D
NIP. 196311031988112001



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DECLARATION

The thesis by Muhammad Imam Islamy (F041171527) entitled *Youth Depression : of The Main Character in if I Stay By Gayle Forman* has been revised as advised during the examination on and is approved by the Board of Undergraduate Thesis Examiners:

1. D Prof. Dr.M. Amir P.,M.Hum First Examiner

1 

2. Andi Inayah Soraya, S.S,M,Litt Second Examiner

2 



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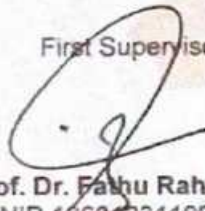
APPROVAL FORM

With reference to the letter of the Dean of Cultural Sciences Number 560/UN4.9.1/KEP/2022 regarding supervision, we hereby confirm to approve the thesis draft by **Muhammad Imam Islamy** (F041171527) to be examined at the English Department, Faculty of Cultural Sciences.

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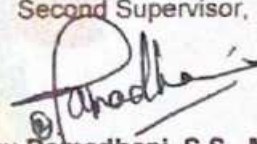
Approved by

First Supervisor,



Prof. Dr. Fathu Rahman, M.Hum.
NIP 196012311987031025

Second Supervisor,



Rezky Ramadhani, S.S., M.Litt.
NIP 199303102018074001

Approved for the Execution of Thesis Examination
by The Thesis Organizing Committees
On Behalf of Dean
Head of English Department



Prof. Dra. Nasrillah, M.Hum., Ph.D.
NIP 19631031988112001



STATEMENT LETTER

The undersigned,

Name : Muhammad Imam Islamy

ID : F041171527

Title of Thesis Forman : Youth Depression : of The Main Character in *If I Stay* By Gayle

Department/Faculty : English Literature Study Program/ Cultural Sciences

Hereby, the writer declares that this thesis is written by himself. This thesis does not contain any materials which have been published by other people, and it does not cite other people's ideas except quotations and references.

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Muhammad Imam Islamy



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The writer,

Muhammad Imam Islamy



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ABSTRACT

Muhammad Imam Islamy. 2024. Youth Depression: Depression Of The Main Character In *If I Stay* By Gayle Forman. (Supervised by **Fathu Rahman** and **Rezky Ramadhani**)

The main aim of this thesis research is to describe the causes of the main character Mia Hall experiencing depression in the novel *If I Stay* and to explain the impact of depression experienced by Mia Hall in the story.

In analyzing the novel *If I Stay* By Gayle Forman, the author uses a psychoanalytic approach according to Abrams, a scientific research method that studies behavior and psychological processes which studies human behavior and the human soul. Depression is a research issue in this novel using literature review techniques to collect research data. Presentation of research results is carried out descriptively as part of qualitative research.

After analyzing this novel, the results of this study show that the causes of depression experienced by Mia can be studied from the character's behavior where in her behavior Mia shows trauma, loneliness and stress. The next cause, namely the difference in Mia's behavior with humans in general where Mia's experience felt a supernatural condition where Mia could see her condition due to an accident which made Mia's depression increase and the supernatural conditions experienced by Mia made her not feel anything and anyone. Furthermore, the results of the impact of depression experienced by Mia are obtained from three things, namely the conflict experienced by the main character herself, namely feeling helpless and worthless, with other characters, namely feeling sad and irritable and with the environment, namely feeling frustrated and losing interest in hobbies.

Keywords: *Depression, Psychoanalytic Approach, Novel If I Stay*



ABSTRAK

Muhammad Imam Islamy. 2024. Youth Depression: Depression Of The Main Character In *If I Stay* By Gayle Forman. (Dibimbing oleh **Fathu Rahman** dan **Rezky Ramadhani**)

Tujuan utama penelitian skripsi ini adalah to describe the causes of the main character, Mia Hall, is depression in the novel *If I Stay* and to explain the impact of depression experienced by Mia Hall in the story.

Dalam menganalisis novel *If I Stay* By Gayle Forman, penulis menggunakan Pendekatan psikoanalisis menurut Abrams, sebuah metode penelitian ilmu yang mempelajari tingkah laku dan proses psikis dimana mempelajari tingkah laku manusia dan jiwa manusia. Depresi menjadi isu penelitian dalam novel ini dengan menggunakan teknik kajian pustaka dalam mengumpulkan data penelitian. Penyajian hasil penelitian dilakukan secara deskriptif sebagai bagian dari penelitian kualitatif.

Setelah menganalisa novel ini, hasil dari penelitian ini menunjukkan bahwa penyebab depresi yang dialami oleh Mia dapat dikaji dari perilaku karakter dimana dalam perilakunya Mia menunjukkan trauma, kesepian dan stress. Penyebab selanjutnya, yaitu perbedaan perilaku Mia dengan manusia pada umumnya dimana pengalaman Mia merasakan kondisi supranatural dimana Mia dapat melihat kondisinya akibat kecelakaan yang membuat depresi Mia semakin meningkat dan kondisi supranatural yang dialami Mia membuatnya tidak dapat merasakan apapun dan siapapun. Selanjutnya hasil dari dampak depresi yang dialami oleh Mia didapatkan dari tiga hal yaitu konflik yang dialami oleh tokoh utama sendiri yaitu merasa tidak berdaya dan tidak berharga, dengan tokoh lain yaitu merasa sedih dan mudah tersinggung dan dengan lingkungan yaitu merasa frustrasi dan kehilangan minat terhadap hobi.

Kata Kunci: *Depresi, Pendekatan Psikoanalisis, Novel If I Stay*



CHAPTER I

INTRODUCTION

This chapter consists of research background, problem identification, research scope, problem formulation, research objectives, research meaning, and writing sequence.

1.1. Background of Study

Humans need media to express their imagination and feelings, express their opinions, tell social criticism of a tragedy in a certain era, or even just to release their anxiety. Humans are social creatures, they always need a place to express their anxiety. When humans feel anxious about something but can not verbalize that anxiety, the emotions that arise are usually scolding, anger, or depression. According to Davison, Neale, and Kring (2012: 372), depression is an emotional condition characterized by extreme sadness, feelings of meaninglessness and guilt, withdrawal from others, difficulty sleeping, loss of appetite, loss of interest, and pleasure in activities that are often done. Speaking of depression, of course, it cannot be separated from the factors that caused depression.

This research utilizes Abrams' psychoanalytic theoretical approach in examining depression. Abrams' theoretical perspective on psychoanalysis and its relationship with depression is rooted in the idea that depression is the result of unresolved conflict and unconscious anxiety. According to Abrams, depression is



y a chemical imbalance in the brain, but rather a psychological response
al and external stressors. Abrams' theory also highlights the role of

childhood experiences in the development of depression. He argues that individuals who experience trauma, neglect or other forms of emotional deprivation in their early years of development may be more prone to depression later in life. This is because such experiences can lead to the development of a negative self-image, low self-esteem, and a sense of hopelessness that can persist into adulthood. In summary, Abrams' perspective on psychoanalysis and depression emphasizes the importance of addressing the psychological roots of depression through, the role of childhood experiences in shaping one's vulnerability to depression.

Depression occurs not only in adults but also in young people. The Venberg study (in Santrock, 2003) limits the relationship with peers, lack of close relationship with a friend will cause depression in adolescents because adolescence is a time when friendship is everything with the presence of friends, since adolescents can share anything that becomes a problem. Teenagers often confide excessively or overshare on social media because they have no place to tell stories in the real world. Sometimes they feel that their environment is unable to listen to their complaints. In their environment, they do have parents, siblings or relatives, but not everyone is willing and able to set aside time to listen to other people's complaints. Other factors affecting depression at adolescents are deviations in the way of thinking or cognitive distortions (Beck in Astuty, 2008); learned helplessness (Seligman, 2008), experiences that cause psychological trauma in childhood to adolescence such as loss of a loved one, and threats or

with violence by friends. Based on the explanation, this study discusses sion of a main character in which the main character is a young woman.



Writing is a way to relive the problems that exist in the mind so that it can be a way to release the pressure experienced by a person. Depression is a social fact that can afflict humans, and is often an inspiration for literary writers to pour their imagination. One of the literary works that depicts depression in its fictional characters is the novel *If I stay* by Gayle Forman.

The novel tells the story of depression and anxiety experienced by the main character; Mia 17 years old in her journey to face the reality of her stressful life. This story begins when Mia has an accident with her family, and because of that, Mia experiences a mystical incident where her spirit leaves her body. She can see herself lying stiffly on the hospital bed. Mia experiences a dilemma when she comes out of her body. She seemed to be faced with two tough choices: remain alive but without her family, or die and leave behind their loved ones, friends, and relatives. In the end, Mia chose to continue her life without her dead family. Thus, the resolution in this novel is to continue living no matter how bad the conditions that hit you because life is a gift.

The life problems she experienced caused her delve into depression in the form of conflict in her life. This novel raises the issue of depression caused by the loss of family while still a teenager and the story told using the stream of consciousness technique, so that readers can find out what is happening in the character's mind through the story. Based on the fact in the fiction that Mia experienced depression, and then the depression affected her during her coma, the researcher wanted to conduct further exploration of the phenomenon. Depression



...chers is an experience that is useful for mental training in dealing with
... and conditions so that in the future readers are ready to choose the best

way of life from the worst, so the researcher set the research title, Depression in Adolescence: *Depression of the Main Character in the Novel If I Stay* by Gayle Forman.

1.2. Identification of Problem

Based on the background as described above, the Identification of Problems, namely:

1. The state of the main character in responding to the conflict to determine the choice of life or death
2. Literary works documenting depression as an issue in the novel *If I Stay* by Gayle Forman.
3. The novel *If I Stay* has a character named Mia who is in a dilemma between choosing to continue her relationship with her partner
4. Differences in musical interests between the parents and the main character.
5. Conditions where the main character must choose to continue his studies outside the city and have long-distance relationships with his family and partner.

1.3. Scope of problem

Based on the identification of problem above, the authors choose to focus more on the causes of depression and the impact of depression especially what Mia, the main character experienced as a teenager.

1.4. Research Questions



The author found several aspects that can be determined as questions for research as follows:

1. What are the causes of the main character's depression in the novel *If I Stay*?
2. How is the impact of depression experienced by Mia Hall in the story?

1.5. Objectives of Study

Based on the research questions, the writer formulates the purpose of this study as follows:

1. To describe the causes of the main character, Mia Hall, is depression in the novel *If I Stay*.
2. To explain the impact of depression experienced by Mia Hall in the story.

1.6. Sequence of Writing

This writing consists of five chapters. Chapter one is the introduction that includes a background of writing, identification of problems, research of questions, objectives of problem, and sequence of the chapter. Chapter two is a literature review that consists of the previous study, psychoanalysis approach and the concept of depression. Chapter three consists of research methodology that explains the way of the writer analysis the thesis and how to collect and analyze the data used for the study. The next chapter consists of findings and discussion. The writer analyzes what has been found in the novel and makes the connection with the underlying theory. The last chapter consists of the conclusion and suggestions. The writer concludes and suggests that the readers do an analysis further for the relevant study.



CHAPTER II

LITERATURE REVIEW

This chapter discusses previous research, psychoanalysis approaches and the concept of depression.

2.1. Previous Related Studies

Mental pressure that occurs in a human's life can cause them to suffer depression. Unstable emotional conditions will impact the lives of depressors; these conditions can also cause the case of death by suicide increased. In doing this thesis, the writer is doing a literature review of various sources of scientific work. Several scientific works using the same research object and approach, but the discussion focus is different from this research. The writers of these other studies are:

The first thesis entitled *The Analysis of the Main Character's Mental Depression in "A Girl Like Her"* Directed by Amy S. Weber Using Freud's Psychoanalytic Theory written by Jessika Febiola Pangaribuan, and Hot Saut Halomoan. In this thesis, the writer uses a different object, namely the film *A Girl Like Her* by Amy S. Weber, but has the same focus of analysis because this novel raises the issue of depression. The main character, Jessica Burns, is a victim of bullying which makes her commit suicide due to depression. This study uses the theory of Defense Mechanisms in Psychoanalysis from Sigmund Freud (1936) to find out the character's behavior. Therefore, this research aims to find the defense

m in the depression experienced by Jessica Burns. The data is taken from
nces spoken by the characters in the journals, articles, as well as



supporting websites. This research uses qualitative method, which is a type of method that uses words, pictures, and except numbers. As a result, this study shows that there are six defense mechanisms associated with the novel, they are depression, denial, projection, distraction, regression, and sublimation, indicating that these behaviors can lead to depression.

The second thesis is entitled *Depression Of The Main Character Portrayed In Topdog/Underdog Play Script* (2001). In this thesis, Farange Anjelia, Dahlia D. Moelier, and Asyrafunnisa analyzed a novel entitled *Topdog/Underdog by Suzan Lori Parks* which discusses depression, the same issue as this research in the main character. This study aimed to discover and explained the depression of the main characters and this study was hoped to be utilized by further researcher. In analyzing the data, the writer used descriptive qualitative research method through psychoanalysis approach. Data were obtained by using the techniques of reading, noting, and analyzing. While in classifying the data, the writer used Freud's theory of psychoanalysis and analyzed the symptoms of the depressions used Bhowmik and Beck theory. After analyzing the data, the writer found that *Topdog/Underdog* drama script contains data of depressions were devided into 32 parts consists of 22 data of ID, 5 data of Ego and 5 data of Superego. While the data used 2 types of symptoms which emotional symptoms with 22 data and 1 cognitive symptom. From the data above it can be said that the most dominant data were Id and Cognitive symptomst.

The third thesis is *The Main Character's Depression In Jasmine Warga's*

t And Other Black Holes in A New Criticism Study was written by Euis

Fitri, Ni Made Widisanti, and Maulana Taufik. In this thesis, Euis



Desiyana Fitri, Ni Made Widisanti, and Maulana Taufik use the same object in this research, The Main Character's Depression but has a different analysis focus known as the two formal elements used to identify the theme and anxiety experienced by the characters in this thesis. The topic of this research is the depression experienced by the main character in Jasmine Warga's *My Heart and Other Black Holes* with the formulation problem on how the form of depression in the main character is and the efforts made by the main character to overcome the depression that she is going through. This research used the descriptive analysis method with data analysis techniques in the form of a literature study using the perspective of literary psychology theory and a psychological review of depression and intrinsic elements such as character and characterization, plot, conflict, and settings. The results of this study are that the main character experiences a major depression with various physical, psychological, social symptoms, emotional and motivational symptoms, and some triggering factors that are psychological factors with several self-defense mechanisms and the main character's efforts in overcoming her depression.

The fourth thesis entitled *Mia Hall's Decision Making in the novel If I Stay* by Gayle Forman based on Freudian Psychoanalysis Theory, which was researched by Cindy Leonita, Yohanes Kurniawan, Eka Fadillah. This study aims at investigating a decision-making process based on Freudian Psychoanalytic theory in Gayle Forman's *If I Stay*. This study specifically focuses on the main character, Mia Hall. Based on Freud's, all human behaviour, including decision-

s influenced by the interaction of three structures of personality: Id, Ego, and superego. This study discussed the interrelation of those structures in



affecting Mia's decision-making process. Furthermore, this study also searched for the prominent domination explicated in Mia's final decision. The writers applied Freudian Psychoanalysis to reveal the main focus of this study. The compelling utterances and narrations from the novel are considered the primary source of data. Then, the data are classified into Id, Ego, and Superego before looking for the interrelation and dominant structure. Besides Psychoanalytic, this study also applied character and characterization theory to help the writers analyse the utterances and behaviour of Mia. The result reveals that, though the Id, Ego, and Superego have their desire, these three structures can balance each other and eventually lead Mia to a decision. It is crucial to learn and investigate the dynamic of the decision-making process encountered by a human.

Based on the four journals, they have different titles, but there are several journals that use the depression approach as the main focus so that it can be a similarity to this research, namely Euis Desiyana Fitri, Ni Made Widisanti, and Maulana Taufik, Jessika Febiola Pangaribuan, and Hot Saut Halomoan.

2.2. Structuralism Approach

Literary works are imaginative thoughts of an author who is usually inspired by society. Even though literary works result from one's imagination, literary works still have elements that construct them, such as intrinsic and extrinsic elements. The existence of these two elements eventually gave birth to the principle of structuralism in literary research. This approach emerged in 1950 in France. Aristotle was one of the figures who introduced this approach and was

the first time by Ferdinand De Saussure. Structuralism began in
and spread to anthropology, philosophy, literary criticism, and other



fields.

The basis of structuralism is thinking about the world with the response and description of structures. Tyson (2001: 221) said that the Structuralism approach to literature has focused on three specific literary studies: the classification of literary genres, the description of narrative operations, and literary interpretation analysis.

Structuralists view literature as an independent text without any connection from things outside the text itself. The goodness of literary texts depended on language and its relationship with other elements that come from the literary work itself. Elements that include intrinsic elements are character, characterization, setting, plot, theme, point of view, style of writing, and mandate. These elements are related to each other and form a complete meaning in a text.

2.2.1 Character

The term "characters" referred to the actors of the story. While characterization is related to the traits and attitudes of actors, which can be interpreted differently by readers. As Jones said in Nurgiyantoro (1995: 165), characterization represents a person in a story. Nurgiyantoro argued that using the term "character" in various English literature implied two different meanings: a character in the story presented and the character's attitudes, interests, emotional desires, and morals. So, a character can mean 'actor of the story,' and it can be 'characteristic.'

2.2.2 Plot



Plot is an essential part of a literary work of fiction. According to Kenney, it makes us aware of events not merely as elements in a temporal series but

also as an intricate pattern of cause and effect” (1966: 14). The meaning of causal here is an event that caused or became the impact of various other events and cannot be ignored because it will affect the whole work. Not much different from what is said by Dibell, “Plot is built of significant events in a given story—significant because they have important consequences” (1988:5).

Plot is often referred to as the heart of a story. This is not without reason because the reader cannot understand a story if they do not understand its plot. According to Freytag (1900:114), literary works have five essential elements: introduction, rise, climax, return or fall, and denouement. The introduction is part of the plot in which the story began. This section is usually filled with an introduction to the character and setting of the story. The second part of plot is rise. In this section, conflict was introduced. The reader began to know or guess what conflicts might be present. Then there is a part of the plot called conflict, wherein in this section, the conflict has started. The peak position of conflict in literary work is called climax. Climax is the highest point of tension in a storyline, often depicted by a confrontation between the protagonist and antagonist. After climax, there is an element of plot called return or fall. In this section, the tension from the story’s central conflict decreases. After the tension decrease, the storyline reached the final part, which was called denouement. Denouement referred to the part of the story when the plot resolved itself excitingly and cleverly.

2.2.3 Setting



The setting is a very influential thing in the life of a character in a story. In the setting, the reader can find out when, where, and what kind of event

occurs in a story. Sudjiman (1988: 44) interprets that the setting as all the information, instructions, references related to time, space, and situation of events in a literary work. This opinion is in line with the opinion of Stanton (2007:35) who says setting is the environment that surrounds an event in the story, the universe that interacted with the events that are taking place. The background can be in the form of time (days, months and years), weather, or historical periods. According to Abrams (1999: 175), the setting usually leads to the definition of place, time, social environment in which events occur in a story.

Based on all the explanations by the experts above, the writer concludes that setting is a description of the environment or a marker of the occasion that occurs in the story. The setting is very important in a story because it proves the time, place, and situation of the story that occurs in a literary work. The setting is divided into three types, namely the social setting, the setting of place, and the setting of time.

2.2.4 Theme

Every literary work, such as a short story, does not only aim to entertain the reader, but there is a message that the author often wanted to convey through that work. Kenney said, “theme is the meaning of the story” (1966:88). Most of the themes are not mentioned explicitly by the authors. Therefore, sometimes readers have different interpretations regarding the theme of a work. Themes are also the main issues expressed by an author in a literary work. The theme is developed through characters and conflicts in the story. Theme and morals of the



two things that are often related. However, these two words do not mean same thing. As stated in Kenney, “The word theme means something

that can be derived from the story and is in that sense rather like a moral. But a theme can be a good deal more complex than a moral and may have no direct value as advice at all” (1966:89).

2.3. Psychoanalysis Approach

Psychology does not study psychics directly because it is abstract, but psychology limits the manifestation and expression of the psychic, that is, shaped behavior and process or activity, so psychology can be defined as a science that studies the behavior and process of psychics. It means if someone studies human behavior and the human psyche, they study psychology. Psychology can be used to explain the fictitious character. Furthermore, describing one of the theories of psychology below may perhaps support the analysis of the psychological aspects of the main character.

In using psychoanalysis, Abrams (1999: 247-253) gives several steps to be considered to get the relevant results, such as:

1. The first step is to identify the intrinsic element of literature, such as characterization, plot, setting, and theme.
2. Find what kind of character behavior is and explain why it is different from human behavior in general.
3. Then, analyze the conflict between the characters, which occurs between themselves, other characters, or the environment.
4. Try to understand the author's mental condition by reading their biography to know what they have done from childhood until they are grown up

because the possibility of the author's experience can also affect the character they create in their works.



5. Analyzing literature from the reader's side can also be used in psychoanalysis.

Based on the explanation above, psychoanalysis can be used to understand the hidden meaning contained in literary works. This is because literary works can be seen as a representation of the author's subconscious. Thus, psychoanalytic analysis can provide a deeper understanding of the meaning and message that the author wants to convey in his work.

2.4. Concept of Depression

A literary work is often filled with psychological aspects. Ratna (2013: 341) mentioned that literary work contains many psychological aspects. Psychological issues are often raised in a literary work, one of which is depression. Depression is a mental illness that is important to discuss because it has a negative impact on the human soul, feelings, and behavior. The basic conflict may be that occurs within the main character, called person against self (Brown and Tomlison, 1999:26). Depression occurred by the pressure caused by inner conflict. Inner conflict is a conflict that occurs when a person fights herself or an internal conflict of human with herself, this definition in line with Kennedy (2005: 90) who says that "*an internal conflict is a struggle of opposing forces within a character*".

Depression experienced by someone has a strong relationship with their selfcontrolled emotions. One of the factors that cause depression is the mental pressure that occurs in a person. This mental pressure will make the person feels

sad and cause emotional problems such as losing the will to live, trying
arm, and commit suicide. The emotion in humans may change due to



certain effects. In Bhowmik et al. (2012), the exact cause of depression is unknown. Many researchers believe chemical changes in the brain cause it. Furthermore, there are several factors suspected as a cause or risk factor for depression, according to Bhowmik et al. (2012: 48); they are:

1. Loneliness is the emotional experience of feeling alone or disconnected from others, even if you're not completely isolated. It's a feeling of emptiness or longing for connection. So, someone could be surrounded by people but still feel lonely if they don't feel like their relationships are meaningful
2. Stressful life events are significant changes that can disrupt your normal routine and cause emotional, physical, and mental strain. These events can be positive or negative, but they all require you to adapt to a new situation.
3. Lack of social support refers to a situation where someone has a limited number of people they can rely on for emotional or practical help. Social support is a network of friends, family members, or acquaintances who provide emotional assurance, love, affection, and practical help.
4. The existence of family or marital problems can encompass a wide range of issues, from disagreements between siblings to difficulties with parents or extended family. These problems can be caused by things like communication issues, financial stress, or mental health concerns.
5. Financial problems refer to a situation where you're unable to meet your financial obligations. This can arise from various reasons, but it typically boils down to having insufficient income to cover your expenses.

Trauma is the emotional response that people experience after a disturbing



event. This event can be something life-threatening, like a car accident or assault, or it can be something more subtle, like chronic neglect or bullying.

7. Unemployed or have no job. This describes someone who doesn't have a job and isn't looking for one. This group may include students, stay-at-home parents, retirees, or people who have become discouraged and given up their job search
8. Alcohol/use of drugs or narcotics. Consuming alcohol and using drugs or narcotics both involve introducing substances into the body that can alter mood, perception, and behavior.
9. Negative mindset is a way of thinking that focuses on the bad things, rather than the good. It can involve negative thoughts about yourself, the world around you, or the future. These negative thoughts can be fleeting, or they can become ingrained thinking patterns that are difficult to break.

The signs and effects of depression can differ from one person to another, especially depending on the type of depression they are experiencing. According to Bhowmik et al. (2012: 42), the effects of depression can generally include one or more of the following:

1. Feelings of sadness or unhappiness/emptiness. Sadness: This is a natural emotional response to negative situations such as loss, disappointment, grief, or frustration. Sadness usually feels like a heavy weight in your chest, and you might cry or feel withdrawn. It typically lessens with time and doesn't significantly disrupt your daily life. Emptiness: This can feel like a void or a hollowness inside you. It's often accompanied by a sense



of apathy, disconnection from others, or a lack of motivation. You might go through the motions of daily life but feel a general lack of interest or enjoyment.

2. Feeling guilty, worthless and helpless . Guilt: This is an unpleasant feeling that arises when you believe you've done something wrong or caused harm to yourself or others. Worthlessness: This is the feeling that you have no value or importance. It can lead to a sense of hopelessness and a lack of motivation. Helplessness: This is the feeling that you have no control over your situation or your emotions. It can make it difficult to take action or make changes.

1. Feeling irritable refers to the tendency to feel hurt, angry, or wounded by the words or actions of others, even when their intentions are harmless. An irritable person may feel attacked or criticized, even when there is no such intention.

2. Loss of interest in activities or hobbies, also known as anhedonia, is a condition where a person loses interest or pleasure in activities they used to enjoy. It can occur suddenly or develop gradually, and can affect one or many hobbies.

3. Feeling tired or low on energy also known as fatigue, is a state of physical or mental lack of energy, which can be accompanied by a range of physical and emotional.

4. Crying for no reason also known as hypophrenia, is a condition characterized by sudden and uncontrollable episodes of crying without any apparent trigger or cause. It can be a distressing



experience for those who experience it, as they may feel overwhelmed by their emotions and unable to understand why they are crying.

5. Difficulty concentrating, thinking, remembering details, or making decisions also known as focus disorder or concentration disorder, is a condition where a person has difficulty focusing on a task or activity.

These effects can last for two weeks or more and can affect a person's daily life. Depression is treatable, and there are many resources available to help you feel better.

