

**DEPRESSION AS REFLECTED ON HANNAH BAKER IN ASHER'S
*THIRTEEN REASONS WHY***

Written by:
Nur Idayu
F041171524



THESIS

*Submitted to the Faculty of Cultural Sciences Hasanuddin University in Partial
Fulfillment of Requirements to Obtain Sarjana Degree in English Department*

**ENGLISH DEPARTMENT
FACULTY OF CULTURAL SCIENCES
HASANUDDIN UNIVERSITY
MAKASSAR**

2021

APPROVAL FORM


With reference to the letter of the Dean of The Faculty of Cultural Sciences Hasanuddin University No. 277/UN4.9.1/KEP/2021 regarding supervision, we hereby confirm approve the thesis draft by Nur Idayu (F041171524) to be examined at the English Department Faculty of Cultural Sciences.


Makassar, 2 June 2021

Approved by

First Supervisor,


Second Supervisor,


Dr. M. Amir P., M.Hum.
NIP. 196212311988031021


Sitti Sahraeny, S.S., M.AppLing.
NIP. 197203181998022001

Approved for the Execution of Thesis Examination
by the Thesis Organizing Committees

On Behalf of Dean
Head of English Department,


Dr. Abidin Pammu, M.A., Dipl.TESOL
NIP. 196012311986011071

THESIS

**DEPRESSION AS REFLECTED ON HANNAH BAKER IN ASHER'S
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BY

NUR IDAYU

STUDENT NUMBER : F041171524


It has been examined before the Board of Thesis Examination

On June 29th, 2021

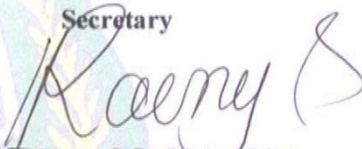
and is declared to have fulfilled the requirements.

Approved by
Board of Supervisors


Chairperson


Dr. M. Amir P., M.Hum.
NIP. 196212311988031021


Secretary


Sitti Sahraeny, S.S., M.AppLing
NIP. 197203181998022001

**Dean Faculty of Cultural Sciences
Hasanuddin University**


Prof. Dr. Akin Duli, MA.
NIP. 196407161991031010

**Head of English Department
Hasanuddin University**


Dr. Abidin Pammu, M.A., Dipl.TESOL
NIP. 196012311986011071

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FACULTY OF CULTURAL SCIENCES
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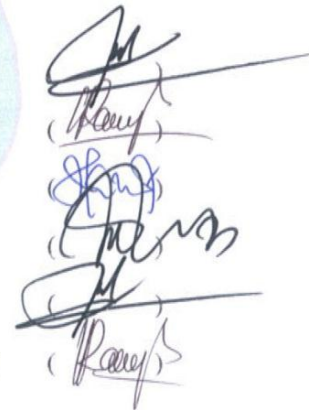
**DEPRESSION AS REFLECTED ON HANNAH BAKER IN ASHER'S
THIRTEEN REASONS WHY**

Submitted in fulfillment one of the requirements of undergraduate thesis examination to obtain Sarjana Sastra (S.S.) Degree at the English Department, Faculty of Cultural Sciences, Hasanuddin University.

Makassar, 5 July 2021

BOARD OF THESIS EXAMINATION

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The thesis of **NUR IDAYU** (Student Number: **F041171524**) entitled, **“DEPRESSION AS REFLECTED ON HANNAH BAKER IN ASHER’S THIRTEEN REASONS WHY”** has been revised as advised during the examination on 29 June 2021 and is approved by the Board of Undergraduate Thesis Examiners:

1. Dra. Herawaty, M.Hum., M.A., Ph.D

First Examiner



2. Dr. Muhammad Syafri Badaruddin, M.Hum.

Second Examiner



**SURAT PERNYATAAN
(STATEMENT LETTER)**

Yang bertandatangan di bawah ini :

Nama : Nur Idayu
NIM : F041171524
Judul Skripsi : Depression as Reflected on Hannah Baker in Asher's
Thirteen Reasons Why
Fakultas/Jurusan : Ilmu Budaya/Sastra Inggris

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yang lazim.

Makassar, 5 Juli 2021

Yang Menyatakan,



Nur Idayu

ACKNOWLEDGEMENT

Firstly, the writer expressed gratitude to Allah SWT for His blessings that the writer can finally finished her thesis. This success, however, would not have been possible without the support, direction, counsel, assistance, and motivation of individuals in the writer's life. Therefore, the writer would like to thank:

1. The writer's family, especially to mother, father and brother who have supported and always prayed for the writer. Thank you for being patient and believing in the writer's dream.
2. Dr. M. Amir P., M.Hum., the writer's first thesis supervisors, who had provided her with excellent assistance throughout her academic years and had already inspired her to complete the Thesis by offering suggestions, comments, and corrections that had taught her a great deal.
3. Sitti Sahraeny, S.S., M.AppLing., the writer's second thesis advisors, for their compassion, advice, encouragement, comments, and knowledge in helping her better her writing.
4. All staff and lecturers of the English Literature Department at Hasanuddin University for their guidance and valuable lessons.
5. The writer's dearest and close friends. Thank you for the wonderful and unforgettable memories they have carved together with the writer.
6. Lastly, the writer also wants to appreciate herself for trying hard and not giving up.

Finally, the writer understands that this thesis is far from perfect and will benefit from multiple improvements; thus, all recommendations and critiques for enhancement would be gratefully accepted. The writer hopes that this thesis can be useful for the readers.

Makassar, 22 April 2021

Nur Idayu

ABSTRAK

NUR IDAYU. “Depression as Reflected on Hannah Baker in Asher’s *Thirteen Reason Why*“ dibimbing oleh **M. Amir P.** dan **Sitti Sahraeny**

Skripsi ini bertujuan untuk mendeskripsikan gejala-gejala depresi yang dialami oleh tokoh Hannah Baker dalam novel *Thirteen Reasons Why*. Penelitian ini juga bertujuan untuk menganalisis penyebab dari depresi yang berdampak pada hidup Hannah Baker.

Skripsi ini merupakan penelitian tentang depresi yang dialami oleh tokoh Hannah Baker dengan menggunakan pendekatan psikologi sastra dengan teori Bhowmik et al (2012) yaitu gejala-gejala, penyebab dan dampak dari depresi. Metode yang digunakan pada penelitian ini adalah kualitatif deskriptif. Objek dan sumber data pada penelitian ini adalah novel *Thirteen Reasons Why*

Penulis mempresentasikan depresi yang dialami oleh salah tokoh dalam novel *Thirteen Reasons Why* yaitu Hannah Baker. Hasil penelitian dari skripsi ini menemukan bahwa dari lima belas gejala depresi yang disebutkan dalam teori Bhowmik et al. terdapat enam gejala yang dialami oleh Hannah Baker yaitu mudah marah bahkan dengan hal kecil, sulit mengambil keputusan dan kurang fokus, kehilangan minat melakukan aktivitas sehari-hari yang disenangi, perasaan tidak berharga atau merendahkan diri sendiri dan menyalahkan diri sendiri atas segala kejadian yang buruk, berkurangnya gairah dalam bercinta, dan yang terakhir sering berpikiran untuk melakukan bunuh diri. Adapun penyebab depresi dari Hannah Baker tergolong ke dalam stressful life events yang terbagi menjadi tiga bagian yaitu penindasan, isolasi sosial dan pelecehan seksual yang berdampak pada hidup Hannah Baker yang pada akhirnya memutuskan untuk bunuh diri.

ABSTRACT

NUR IDAYU. “Depression as Reflected on Hannah Baker in Asher’s *Thirteen Reasons Why*” supervised by **M. Amir P.** and **Sitti Sahraeny**

This thesis aims to describe the depressive symptoms experienced by the character Hannah Baker in the novel *Thirteen Reasons Why* by Jay Asher. This study also aims to analyze the causes of depression affecting Hannah Baker's life.

This thesis is a research about depression experienced by the character Hannah Baker using literary psychology approach accordance to the theory of Bhowmik et al (2012) namely the symptoms, causes and effects of depression. The method used in this research is descriptive qualitative. The object and source of data in this study was the novel *Thirteen Reasons Why*.

The writer presents the depression experienced by one of the characters in the novel *Thirteen Reasons Why*, called Hannah Baker. The results of this thesis found that of the fifteen symptoms of depression mentioned in the theory of Bhowmik et al. There are six symptoms experienced by Hannah Baker namely irritation or anger even over minor issues, lack of decision-making capacity and reduced focused, loss of interest or enjoyment in daily activities, feeling of worthlessness or blaming you when things don't go as planned, less sex drive, frequent thoughts of death or suicidal ideation. The causes of depression from Hannah Baker are classified as stressful life events which are divided into three parts, namely oppression, social isolation and sexual harassment which have an impact on Hannah Baker's life, which ultimately decides to commit suicide.

TABLE OF CONTENTS

TITTLE	i
APPROVAL FORM	ii
LEGITIMACY	Error! Bookmark not defined.
AGREEMENT SHEET	Error! Bookmark not defined.
DECLARATION	Error! Bookmark not defined.
STATEMENT LETTER	Error! Bookmark not defined.
ACKNOWLEDGEMENT	vi
ABSTRAK	vii
ABSTRACT	viii
TABLE OF CONTENTS	ix
CHAPTER I: INTRODUCTION	1
A. Background	1
B. Identification of problems	4
C. Scope of Problems.....	4
D. Research Questions	5
E. Objective of Problems.....	5
F. Significance of the Study	5
G. Sequence Writing	6
CHAPTER II: LITERATURE REVIEW	7
A. Previous Studies	7
B. Literature and Psychology.....	10
CHAPTER III: METHODOLOGY	18
A. Methodology Design	18
B. Method of Analyzing Data.....	18
C. Method of Collecting Data.....	18
D. Procedure of Collecting Data	19

CHAPTER IV: ANALYSIS AND FINDINGS	21
A. Depression symptoms on Hannah.....	21
B. The causes of Hannah depression	36
CHAPTER V: CONCLUSION AND SUGGESTION	49
A. Conclusion	49
B. Suggestion.....	50
REFERENCES.....	51
APPENDICES.....	54
A. Synopsis of Thirteen Reasons Why	54
B. Biography of Jay Asher.....	56

CHAPTER I

INTRODUCTION

In this chapter consist of background, identification of problems, scope of problems, research questions, objective of problems, significance of study, and sequence of writing

A. Background

Literature is a work of art that includes poetry, drama, short stories, and novels. A long prose novel is a collection of stories about a person's life and the characters in it. Some writers create characters that are taken from real life such as the experience of the author or from the people around him. According to Sumardjo & sains (1988: 3), literary works are expressions of the human person in the form of experiences, thoughts, feelings, ideas, passions, and beliefs that are poured in one language. Literary work is the result of an author who consciously or unconsciously uses psychological theory, one part of psychology theory is depression. Depression is a mental health disorder characterized by a mood that constantly feels sad and depressed and loses interest in activities, resulting in a decrease in the quality of daily life. A person who has major depressive disorder, this disorder can affect feelings, thoughts, and behavior, causing emotional and physical problems. Depression that occurs can also interfere with rest and appetite, so you often feel tired and have difficulty concentrating. The effects of depression can be long-lasting or even

recurring and can affect a person's ability to function and carry out daily activities. As mentioned by WHO Department of Mental Health and Substance Abuse

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptom of anxiety. (Marcus, 2012:6)

These problems can become persistent or recurring, causing a significant reduction in a person's capacity to manage day-to-day tasks. Depression will lead to suicide in the worst case scenario. Depression, no matter how you feel about it, can turn into a serious health issue if left untreated. However, keep in mind that helplessness and hopelessness are signs of depression, not the facts of your situation.

Thirteen Reasons Why is one of literary works which rises suicide as an issue of the story. The novel begins with Clay Jensen received a package containing a cryptic tapes from his friend, Tony Padilla, in *Thirteen Reasons Why*. Clay discovered that the tapes he heard from Hannah Baker, who committed suicide. Hannah was discovered drowned in the bathroom tub, holding a blood-splattered knife. Many citizens are saddened by the news, but only a few are genuinely compassionate, one of whom is Clay. The school was totally unaware of the Hannah Baker situation.

Hannah Baker is a young woman who recently relocated to a city and enrolled in her first year of high school. Her presence is in the spotlight at the new school, so many students want to get to know her better. Hannah's innocence, on the other hand, either deliberately or inadvertently causes her friends' evil intentions. She decided to commit suicide because of the seven tapes and there were 13 reasons that Clay got.

Clay knew he was one of the reasons as soon as he heard the first record. Clay, who had a thing for Hannah, felt obligated to solve the case. As a result, Clay immediately started tracing Hannah's voice recordings. Hannah's motives for committing suicide were revealed one by one. Beginning with her own mates. Various contradictions occur in friendship and romance. Hannah Baker was completely overwhelmed the whole time. She was unable to deal with all of her issues and contemplated suicide. Hannah claimed that committing suicide would relieve her of all her issues. Some of Hannah's friends were deeply sorry for what she had done after her death. However, it was too late because they were unaware that what they were doing was depressing Hannah.

The writer chooses this novel as her research because firstly, this novel provides reader a lot of meaningful story for teenage life. Secondly, in the novel can be used as a learning and media platform to increase awareness about mental illness and mental health, as we all know mental health in Indonesia is still hampered by stigma. Many people with mental disorders are considered insane and cannot recover. Because of this stigma many people are reluctant to seek help or treatment, or it could be that people with mental disorders may have shown signs and seek help with these signs but because of the lack of public knowledge about mental health, people with mental disorders choose to end their life.

Thirdly, it is especially aimed to young people who are in the terrible stage known as adolescence. There a lot changes at that time in our lives that we often get by confusing signals about our place in our environment and the world at large.

Adolescents who are victims of bullying, they get conflicts and problems with themselves and their environment, and it is likely that they will influence their self-concept both positively and negatively. A positive self-concept is a person who is able to recognize and accept himself for who he is, tends to have a humble nature and have realistic expectations and high self-esteem. If adolescents who are victims of bullying can positively view bullying actions received by proving themselves to the perpetrators with achievements, then these adolescents tend to have a positive self-concept in themselves, and vice versa.

The writer uses a psychology in literature approach to analyze data. The writer analyzed the indication of depression in Hannah Baker's character using Bhowmik's theory in classifying the symptoms of depression in Jay Asher's *Thirteen Reasons Why* novel.

B. Identification of problems

Thirteen Reasons Why by Jay Asher presents several problems that can be analyzed, below the writer had listed some of the problems:

1. The psychological and mental condition of Hannah Baker.
2. Bullying as reflected in the novel had strong effect to Hannah.
3. Various forms of violence as depicted in the novel.

C. Scope of Problems

As seen as from the identification of problems above, *Thirteen Reasons Why* contains a great number of issues that can be analyzed. However, the writer is more interesting the mental condition of Hannah's character as the main character in the

novel based on the novel *Thirteen Reasons Why*. This study examines the awareness of mental illness which is still prone to occurring in today's society but still is not considered a serious problem.

D. Research Questions

The main two questions try to be answered in the research related to the issue of mental condition on Hannah Baker in the novel *Thirteen Reasons Why* are:

1. What are the symptoms of depression that the character Hannah Baker shown as seen in *Thirteen Reasons Why*?
2. How the causes of depression affect Hannah Baker's life in *Thirteen Reasons Why*?

E. Objective of Problems

According to the formulation of the problem and the research questions, the objectives of this study are:

1. To describe the symptoms of depression that the character Hannah Baker shown, as seen in *Thirteen Reasons Why*
2. To analyze the causes of depression that affect Hannah Baker's life in *Thirteen Reasons Why*

F. Significance of the Study

Practical

Essentially, the study will be an motivation for human being to construct distant better a much better a higher a stronger an improved a higher life with the discourses

on a few of the hardest subjects out there assault, sadness, self-destructive inclinations, and the mental condition particularly on teenagers. Lack of public knowledge about the symptoms that can be caused by a person experiencing depression so that they do not realize that one of their closest people may be depressed and need help. Through this research, the writer hopes to increase the knowledge and awareness of readers by seeing the symptoms and signs given by depression victims. The thesis can be an inspiration for readers to understand that through literature we can also find out the mental condition of a person through literature, whether it's the author or the characters in the novel.

Theoretical

The writer hope the findings of the study can be used as a reference for other researcher in the future and become a value added treasure of knowledge in literary research.

G. Sequence Writing

In this research certain of five chapters. Chapter one is include of introduction, Identification of problem, Scope of Problems, Statement of Problems, Objective of Problems, Significance of the Study, and Sequence writing. Chapter two there are Previous study, Theoretical background, Literature and Psychology, Theory of depression. Chapter three are Methodology design, Method of collecting data, Method of Analyzing Data. Chapter four there are analysis and findings of the novel. And the last chapter five there are conclusion and suggestion.

CHAPTER II

LITERATURE REVIEW

In this chapter consist of previous study, literature and psychology, theory of depression includes of symptoms, types, and the causes

A. Previous Studies

There have been some previous studies related to the research. Firstly, “A psychosocial Development of a *Thirteen Reasons Why* Novel” by Raden Nur Prasetyo (2019) the researcher analyzes a young adult protagonist character Clay Jensen in *Thirteen Reasons Why* novel by Jay Asher (2007). The present research investigates the main character psychosocial development. The purposes of the researcher study are to enlist Clay Jensen’s psychosocial issues and to discover how he copes with these issues as part of psychosocial development. The researcher used textual analysis applied Bucher and Hinton’s (2010) developmental characteristics of young adults.

Secondly, Hannah Baker’s Egoistic Suicide in Jay Asher’s *Thirteen Reasons Why* by Felicia Indriyani (2019). The researcher used sociological approach of literature. The primary theory that is used in this study is suicide theory proposed by Emile Durkheim. This study also used some knowledge about suicide prevention to discuss the finding of this study. The study method used in this research is literary criticism method in analyzing the data. The data of this study is taken from *Thirteen Reasons Why* novel by Jay Asher published in 2007. The findings of this study show

that egoistic suicide of Hannah Baker is described through three points. They are; lack of social integration between Hannah Baker and her society, lack of support from family and school, Hannah Baker's final decision to commit suicide. Because of getting lack of social integration, feeling loneliness, disappointment, depression, and futility, Hannah Baker commits to do suicide as an escape to free herself from all problems in her life. The second finding of this study is that Clay Jensen tries to make a connection and build ties to Skye Miller as the efforts to prevent other potentials of egoistic suicide

Thirdly, Condemning The Suicidal Action: Readers' Responses to Hannah Baker's Suicide in Jay Asher's *Thirteen Reasons Why* Novel (2007) by Annisa Alwiyah (2018) the researcher used qualitative research about the reader's responses toward Hannah Baker's suicide in *Thirteen Reasons Why* novel (2007) by Jay Asher, by using reader response theory. The objective of the research is to find the dominant issues discussed by the readers, to identify the readers' responses toward Hannah Baker's suicide, and to identify the reasons why the readers give positive and negative responses toward Hannah Baker's suicide. The researcher finds the reasons why the readers give positive responses because they are suicide survivor, they understand Hannah Baker's reasons and understand Hannah Baker's mental state. The readers give negative responses because of the tendency of glamorizing suicide, blaming people, wrong portrayal of suicide, the tendency of using suicide as revenge too, and the influence of Hannah Baker's suicide other people.

Fourthly, The Portrayal of Hannah's Struggle In Facing Bullying In Jay Asher's *Thirteen Reasons Why* A New Criticism Study by Wuri Retno Martani, (2017) The researcher study analyzes on how the acts of bullying lead her decision in committing suicide. The researcher used descriptive analysis method since the researcher applied new criticism theory to analyze the novel. The formal elements searched in this study are characterization, plot and point of view. The formal elements work to shape the theme of the novel as the organic unity. This study finds out that bullying will result to committing suicide.

Based on the researches about, the writer considers that their study is distinctive from others. The first researcher focused on investigates the main character psychosocial development. The second Hannah Baker's Egoistic Suicide. The third researcher focused on Readers' Responses to Hannah Baker's Suicide. The last researcher focused on the portrayal of Hannah's struggle in facing bullying. However, in this study the writer focuses more on the symptoms and causes of depression that affect Hannah Baker's life and cause Hannah to decide to commit suicide. The advantage of this study compared to the previous research above is that none of the previous studies discussed the mental condition of Hannah Baker such as the symptoms of depression and the causes that made her decide to commit suicide, which is very important to discuss because it can increase knowledge from readers because of their lack of knowledge about mental health for the general public.

B. Literature and Psychology

Literature included such areas as history, logic, human science, psychology and so on. It could be a medium of expression so as to decipher man, culture, one's identity. There is a really solid relationship between literature and psychology for the reality that both of them bargain with human creatures and their responses, discernments of the world, agonies, wishes, wants, fears, clashes and compromises person and social concerns, by implies of changed concepts, strategies and approaches. An author speaks to life concurring to his targets, discernments, philosophies, and esteem judgments and opens the entryways of the obscure and invisible worlds to readers not only by arousing feelings and emotion but moreover by making a difference them to find the meaning of life and presence.

Literature is a record of human consciousness, the richest and most comprehensive we have. Lyric poetry is arguably man's most successful effort to describe quail. The novel is arguably man's most successful effort to describe the experience of individual human beings moving through space and time". Furthermore, according Lodge (2002:10) "... we will always learn more about human life and personality from novels than from scientific psychology".

A novel, according to Wellek and Warren (1977: 216) in their book *Theory of Literature*, is a portrayal of life, specifically social truth. In this life, we as humans not only feel happiness and grief, but we can also experience depression. Depression is a mental illness that can affect someone at any time. Many people mix up depression, tension, and sorrow. Depression is a medical condition that affected someone for a

certain amount of time. When someone is depressed, he experience endless sadness, lose hope, lose motivation, as well as lose interest in his daily live.

From literary psychology we can better know the meaning of life and the character of humans. Through literary works we can better understand psychological conditions, whether it's from the author or the characters in the novel. The main purpose of literary psychology is to understand the psychological aspects contained in writing. Essentially, literature provides a way to understand changes, contradictions and various deviations in society, especially in relation to psychological conditions.

C. Depression

According to Davison, Neale and Kring, (2012: 35) depression is a condition emotional usually characterized by extreme sadness, feelings of meaninglessness and guilt; withdraw from others; sleeplessness, loss of appetite, loss of interest and pleasure in frequent activities. In addition Bhowmik (2012: 2) depression is a common mental disorder characterized by a depressed mood, lack of interest or enjoyment, feelings of guilt or low self-worth, sleep or appetite disturbances, low energy, and poor concentration. These issues may become chronic or recurring, causing significant impairments in an individual's ability to carry out his or her daily responsibilities.

According to Bhowmik (2012:37) depression is a brain disease. There are various triggers, which include genetic, environmental, psychological, and biochemical influences. Depression typically begins between the ages of 15 and 30, and it is much more prevalent in women. Women may also develop postpartum

depression after giving birth to a child. In the winter, some people experience seasonal affective disorder. Antidepressants and talk therapy are two effective therapies for depression. Most people do better when they use both. Depression is widespread, affecting about 121 million people worldwide. Depression is one of the leading causes of disability in the world. In primary care, depression can be easily diagnosed and treated. Just around a quarter of those affected have access to successful therapies. In primary care, depression may be accurately diagnosed. Antidepressant drugs and short, standardized types of psychotherapy are beneficial for 60-80% of those affected and can be administered in primary care settings. However, such treatments are available to less than 25% of those affected (and in some nations, less than 10%). Lack of resources, a lack of qualified professionals, and the social stigma associated with mental illness such as depression are all barriers to successful treatment (Bhowmik 2012:38).

1. Depression's Symptoms

There are several signs which might indicate that a person is depressed. Bhowmik stated that depression symptoms can be manifested as:

- Feelings of sorrow or dissatisfaction
- Irritation or anger, even over minor issues
- Loss of interest or enjoyment in daily activities
- Less sex drive
- Insomnia or oversleeping

- Changes in appetite — Depression often results in reduced appetite and weight loss, but it may also result in increased food cravings and weight gain in certain individuals.
- Excessive agitation or restlessness, such as pacing, hand-wringing, or an inability to sit still
- Irritability or rage-filled outbursts
- Slowing of thought, voice, or movement
- Lack of decision-making capacity, distractibility, and reduced focus
- Feelings of worthlessness or remorse, dwelling on past mistakes, or blaming yourself when things don't go as planned
- Frequent thoughts of death, dying, or suicidal ideation

2. Causes of Depression

Major depression seems to be passed on from generation to generation in some households, but not as intensely as bipolar I or II. (Bhowmik 2012: 41). Major depression can occur even in people with no family history of depression. An adverse occurrence appears to be the catalyst for a depressive episode. As a result, a significant loss, a chronic disease, a challenging relationship, a financial problem, or any unexpected shift. Thus, a significant loss, chronic illness, a difficult relationship, a financial issue, or some unexpected shift in life habits can all precipitate a depressive episode.

The exact cause of depression is unknown. Many scientists say it is the result of chemical changes in the brain. This may be the result of a genetic problem or a reaction to a traumatic incident. More than likely, it's a combination of the two. Depression can run in communities in some situations. However, depression can arise even though there is no family history of the disease. Anyone, including children, may experience depression. (Bhowmik 2012: 44)

According to Bhowmik, (2012:44) the following factors can lead to depression:

a. Abuse with alcohol or drugs

The use of drugs and alcohol is a trigger for depression. This is also described in the American Journal of Public Health (1987: 178). Many illegal drugs, including alcohol, are depressogenic, which causes subjective feelings of depression and neurovegetative symptoms such as sleep and appetite disorders, cognitive dysfunction, and decreased capacity.

b. Certain medical disorders, such as an underactive thyroid, cancer, or chronic pain

When a person is depressed, their brain is usually the center of focus. Other organs, on the other hand, may be the cause of the problem. A common example is when the thyroid gland produces too little hormone a condition known as hypothyroidism. Thyroid disease, particularly hypothyroidism, is common in Hodgkin's disease patients who have received irradiation treatment. We studied the history of 1787 Hodgkin's disease patients (740 women and 1047 men) who were treated at Stanford University with radiation therapy alone (810 patients), radiation

and chemotherapy (920 patients), or chemotherapy alone (57 patients) between 1961 and 2011. (Hancock 1991:599)

c. Sleeping problems

Depression and sleep problems are related. This suggests that lack of sleep will lead to the development of depression, and depression increases the likelihood of developing sleep problems. Because of this complex relationship, determining which comes first, sleep problems or depression, can be difficult. The most prominent symptom of depression is insomnia, which affects approximately 75% of adult patients. (Rob Newsome 2020:3)

d. Stressful life events

Although recurrences are more common than controllable stressful life events (i.e., those in which individuals have led to their occurrence, such as certain marital breakups or conflicts), controllable stressful life events (i.e., those in which individuals have contributed to their occurrence) are more likely to be present prior to first onsets. (Monroe et al, 2007), uncontrollable or "fateful" traumatic life events (e.g., death or breakup from significant others) may be powerful depression episode causes, particularly for recurrences. (Monroe et al, 2006; Stroud et al, 2010). This indicates that, while uncontrollable incidents are problematic for anyone, they are much more difficult for those who have experienced a history of depression. Importantly, the importance of traumatic life experiences in the production of depression varies by gender, age, and personality/cognitive type compatibility. As a consequence, based on a range of variables, including personality characteristics,

various types of activities can be more depressogenic for individuals. However, there are examples of stressful life events mentioned by (Bhowmik et al, 2012) such as splitting with significant other, failing a class, the death or illness of a close relative, childhood maltreatment or abuse, and layoff. In analyzing the causes of depression, the writer applied stressful life events as the main cause of Hannah's depression as seen in the novel. Below the writer has listed more the example stressful life events

- Bullying

Bullying is portion of savagery, undesirable, forceful behavior among school matured young people that include genuine or seen control lopsidedness. The behavior is rehashed, or has the potential to be rehashed, over time. As mentioned by Olweus Krahe, (2005:197) bullying is a negative action that is raised by someone or more, which is repeated and occurs from time to time. Bullying involves strength and power that is not balanced, so that the victim is in a state of not being able to defend them effectively against the negative action which it receives.

- Sexual Harassment

Sexual harassment is characterized as unwanted sexual behavior that interferes with one's job and causes a toxic work atmosphere. It may occur as a single incident or as a series of incidents over time (Mackinnon 1979; Uggen and Blackstone 2004:65). It may also take the form of mocking, threatening, or insulting remarks based on assumptions (for example, about how some people "are" or should act), or harassing others based on their anatomy, gender identity (man, woman, trans,

intersex, nonbinary, two-spirit), or sexual preference (queer, bisexual, lesbian, gay, asexual, pansexual, etc.).

- Social isolation

The words "social isolation" and "loneliness" refer to a state of social detachment. A state of social isolation is defined as a lack of or infrequent social contact. Loneliness is a dismal sensation of social isolation that is frequently characterized as the gap between actual and desired levels of social interaction. The concept of social connection and connectivity encompasses a wide range of concepts. Social connection and connectedness are words used in the scientific literature to describe how physical or emotional interactions with others can impact health and well-being. People who want to separate themselves from others usually experience depression. (Hold-Lunstad 2020:2)