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THE ANALYSIS OF THE MAIN CHARACTER'S MENTAL DEPRESSION AS SEEN IN THE NOVEL "MY HEART AND OTHER BLACK HOLES" WRITTEN BY JASMINE WARGA

Presented as a partial fulfilment of the requirement for the Undergraduate Program

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ABSTRACT

This study is aimed to describe how id, ego, and superego have influenced the main character’s mental depression in the novel My Heart and Other Black Holes written by Jasmine Warga and published in 2015. The writer applied qualitative approach to interpret the data descriptively. The writer took the data from narrations and dialogues in the novel. In doing so, the writer read the novel to understand it. In addition, he also did internet browsing to find relevant additional information. The writer analyzed the main character of the novel named Aysel who had mental depression. In this regard, he employed Sigmund Freud’s theory of psychoanalysis id, ego, and superego since he analyzed the personality of the main character. The theory has helped him to analyze the data. The research findings show that the main character of the novel, Aysel, had depression. She was so depressed that she had strong desire to commit suicide. However, being afraid to do so alone, through internet, Aysel found a partner who had the same intention. The research findings also show that openness and togetherness with her suicide partner, Roman, made her realize that what she so far had thought of committing suicide to solve her life problems was wrong and actually, in the world she was not alone suffering the mental problem. She fell in love with Roman whom she was afraid to lose, and she finally cancelled to commit suicide. Hence, it is concluded that depression has made the main character of the above novel intend to have the desire to commit suicide and the id, ego and superego have played an important role in her personality.

Keywords: Mental Depression, Psychoanalysis, Id, Ego, Superego
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CHAPTER I
INTRODUCTION

1.1 Background of the Study

Language cannot be separated from people’s social lives. Language has an important role for everything in this life. People use a language to communicate with each other, for instance in reading, and writing. If someone would like to read, it means she or he needs something to be read. The reading material can be magazines, novels or books. Literature is referred to as the entirety of written expressions, with the restriction that not every written document can be categorized as literature in the more exact sense of the word (Klarer 2004: 1). In addition, literature is a literary work which functions to relay feeling, imagining and also to deliver a message or a moral message.

Literature is entirety of expressions in the form of fiction, which interpret the meaning of nature and life but a literary work produced by imagination of the author. The term of literature seems best if it is limited it to the art of literature, that is, to imaginative literature. Literature is also produced by imagination of the author. Literature is not just a document of fact. It is not just the collection of real events though it may not happen in the real life. Literature can create its own world as a product of the unlimited imagination (Wellek and Warren 1963: 22). Literature has its own way to develop with the imagination of the author. A good art work has an implicit meaning that can make people feel that they are in the
story. When an author writes a story, he or she puts his or her imagination to the story, so the story becomes alive.

Basically, novel is created or written based on human's thought, imagination and ideas developed and improved from time to time. Novel is a literary work or a narrative fiction where there are some aspects inside connecting each other to become a story so readers enjoy reading the literary work. A novelist written with some aspects of structure like plot, theme, character, language style, point of view (Sugihara, 2004: 74). All of the aspects make a story in a novel interesting and readers can easily understand the main point or the meaning of the story. The structure also must be understood by novelists so they can make their novel well.

A novel often tells the situation and condition of people’s daily lives with every problem that exists in society. In their unfavourable social lives, people often face situations and feelings that are confusing so that the situation and feeling psychologically put pressure on themselves. Having often bitter situation can give rise to the people’s mental weakness and a sense of despair that causes psychological pressure. "My Heart And Other Black Holes", written by Jasmine Warga and published 2015 is a novel which tells about the feeling of depression that happened in the main character in this novel for what has taken place and experienced until she intended to commit suicide.

The novel is a psychological novel whose story tells about a psychological or mental problem of the main character, Aysel. The story took place in America
where readers can find several cities in the setting of novel. The story of the novel is good since the author tells the story about a psychological problem – depression that occurs among young people. The psychological problem also happens to Aysel, the main character of the novel "My Heart And Other Black Holes". The story began with a girl aged of 16 named Aysel who felt lonely and no one cared about her even she felt that her life was terrible. She was born in a chaotic family where her father committed a big crime in the murdered someone in the city where they stayed. She always felt guilty and shame in her social life because her father committed a crime as a murderer.

As the feeling of desperate and depression mounted, it made Aysel desirous of committing suicide. The problem was she was not really sure that she could do that herself, so she needed a partner to suicide. She met with a man named Roman through an online application "Suicide Partner" that she obtained from website/internet. Roman also had the death wish as Aysel did. He also wanted to commit suicide because of the tragedy of his family. He felt the death of his sister was due to his fault. His sister died of being drowned in the bathtub. Hence, the tragedy or the bad life experienced made them depressed, and they did not know how to survive. Both Aysel and Roman had agreed that they would suicide on 7th April, they visited places to support their suicide plan. However, time after time with openness between them, they finally realized that their openness had healed the depression they had felt so far.

This research discusses depression possessed by the main character, Aysel. The storyline of the novel relates to psychological problem. Depression is the
main problem faced by the main character and depression also caused her to think to suicide. Aysel and her suicide partner had felt desperate of their life so they had desire to commit suicide. In this case, the main character of the novel suffered depression because she could not think well as a normal person after an incident that happened to her. She thought how to end her life and also she did not care about herself anymore. She knew and felt that she had no hope, aim and reason to survive longer in the world. Pressure in life experienced by a person for a long time can finally become a dangerous or deadly disease.

In this research, the writer employs a method of investigating the mind and especially the unconscious mind of the main character, Aysel. In his theory of Psychoanalysis, Freud (1913) says "Furthermore, it has been shown to be true quite generally that in all neuroses the pathological symptoms are really the end-products of such conflicts, which have led to 'repression' and 'splitting' of the mind. The symptoms are generated by different mechanisms: either as formations in substitution for the repressed forces, or as compromises between the repressing and repressed forces, or as reaction-formations and safeguards against the repressed forces". The subconscious influences the behaviour of human being, in which the subconscious plays role in carrying out or holding back any desires that arise.

1.2 Statement of the Problem

The feeling of depression of the main character in My Heart and Other Black Holes novel, was published in 2015 interesting to analyze. The depression can
interfere someone’s everyday activities, and even it can disturb his or her happiness in life. In the novel, the main character was depressed because of her life problem. Depression in the novel *My Heart and Other Black Holes* becomes a serious psychological problem that Aysel possessed.

Depression has become a common serious mental problem among the public. Therefore, it needs to be carefully taken care of people with depression at one point they will think of ending their lives. World Health Organization (2012) states that 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 symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual’s ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life. It’s a dangerous mental problem, so society should give more attention to the sufferers to help them to survive in the face of their lives.

The main character in the novel "My Heart And Other Black Holes" actually like a normal teenager in general but her depression has brought her to think to end her life. In addition to theory of literature, Sigmund Freud’s theory of personality *id, ego, superego* is also employed to analyze the mental problem of the main character of the novel *My Heart And Other Black Holes*. 
Aysel's *id* made her think how to escape from her life problem. She thought that suicide is the best way to escape from all problems. Her desire to commit suicide got more increased without thinking that suicide was a bad thing. The *ego* becomes an important part in her change to re-think about the risk of committing suicide and reminding her that there were still a lot chances for her to change her mind. The rational thought of Aysel has brought her to consider her suicide plan. The *superego* in Aysel has made her realize that she had to stay alive for her love, Roman, her suicide partner. She fell in love with Roman because she could open and tell about all her problems, and her suicide partner always gave her solution and advice to her problem. Without realizing, actually she was afraid to lose Roman, and at that time she realized that she had fallen in love with him. Love has changed her mind to cancel her desire to commit suicide.

### 1.3 Research Questions

1. How could depression affect Aysel to commit suicide seen from the psychoanalysis theory of *id*?
2. How did Aysel struggle against her depression seen from the psychoanalysis theory of *ego*?
3. How did Aysel find solutions to her mental problem seen from the psychoanalysis theory of *superego*?
1.4 Goals and Functions

In conducting research, researcher should set the goals and the functions of the research. In this thesis, the writer determines the goals and functions of conducting his research on the analysis of mental problem in Jasmine Warga’s novel "My Heart and Other Black Holes" where Aysel the main character had a mental problem – depression. The mental problem influenced her habit and behavior and changed her to become a person who was fully depressed in her life. As such, the writer feels obliged to set the goals and the benefits of his research, in order to answer the research questions.

1.4.1 The Goals of the Study

The goals of the study to find out how depression could affect Aysel, the main character of Jasmine Warga’s novel "My Heart and Other Black Holes" do commit suicide, how Aysels struggled against her depression and how she found solution to her mental problem.

Depression also affected life and happiness to the main character in the novel. Even, she committed suicide because of her depression. At some level depression could be a very dangerous mental illness. The psychological problem of the main character become the main point which the Freudian theory of personality as a theory to analyze the main character of the novel. Through the psychological aspect of the main character, the novel told how dangerous the depression that could cause thoughts of committing suicide. Hence, Aysel’s mental problem is interesting to be investigated.
Concerning the above goals of the study, the writer would also like to show how depression influenced Aysel to commit suicide seen from her id, and also how she struggled for getting rid of her depression seen from her ego. Not only does he wish to show the said goals, but he also wishes to show how Aysel found the solution to her depression seen from her superego. Since depression becomes the main topic in this analysis, the writer analyzed the novel employed Sigmund Freud’s psychoanalysis theory of personality id, ego, and superego.

1.4.2 The Functions of the Study

The functions of the study to provide readers with knowledge about how depression, as one of psychological problems could affect someone’s wish to kill herself. It happened to Aysel, the main character of the novel "My Heart And Other Black Holes" and also to provide readers with knowledge to help sufferers of depression to improve or survive from the mental problem. The novel can appeal people to care more about people who have mental problem such as depression because if there is no help from others, the sufferers will feel hopeless and likely to think to end their lives.

Depression is a dangerous mental problem, and it can make someone desirous of committing suicide. Hopefully, readers can understand the danger of depression seen from the main character in the novel "My Heart and Other Black Holes". The writer also hopes that this paper can help readers obtain the information about how to deal with people who suffer mental depression.
Openness and togetherness are the important keys to save mentally depressed people and protect them from having desire commit suicide.

1.5 Scope and Limitation

The scope of this research discusses character as one of the important elements of literature. The character analysis is related to a psychological problem which the main character of a novel. The psychological problem becomes the focus of the analysis of the novel in this research.

The writer limited the discussions on the analysis of the main character’s mental problem, depression, in Jasmine Warga’s novel "My Heart and Other Black Holes" which could affect her life, how she struggled against her depression, and how she found solutions for her mental problem. In this regard, in addition to relevant theories of literature, Freud’s theory of personality id, ego, and superego to employ in analyzing the depression of the main character of the novel. The mental problem will be the main point in the analysis of the character of the novel since Aysel had depression in her life which brought bad effects to her since the mental problem almost made her commit suicide.
1.6 Conceptual Framework

The Analysis of Depression in the Main Character in the Novel *My Heart and Other Black Holes*

Depression causes a desire to commit suicide

- Depression could cause death wish
- Depression affected Aysel to commit suicide seen from her id

Qualitative Method Describing and explaining depression which is suffered by the main character in the novel *My Heart and Other Black Holes*

- Self-disclosure could ease the burden of life
- Aysel struggle to fight against her depression seen from her ego

Psychoanalysis Theory by Sigmund Freud's Theory of personality

- Id, Ego, Superego

Solution for Aysel’s depression

- Solution for Aysel’s depression seen from her superego

The author used novel *my heart and other black holes* as a material to analyze. The author also used journal, books, e-books, internet, novel script as supporting material to analyze the story of the novel.
This research focuses on the analysis of the main character’s depression in Jasmine Warga’s novel "My Heart And Other Black Holes". Aysel, the main character of the novel had a mental problem. She suffered depression in her life. She felt so depressed that she wanted to end her life by committing suicide. How Aysel’s mental problem could affect her, how she struggle to fight against her depression and how she found solutions to her mental problem have become interesting to analyze.

In investigating the mental problem of the main character of the novel "My Heart And Other Black Holes", The writer needs to apply qualitative approach in analyzing the necessary data which collected from the novel. Further, in analyzing the data, relevant theories are employed. In addition to theories of literature, the writer employs Freud’s psychoanalysis theory to analyze the main character of the novel. In this regard, Freud’s theory of personality: id, ego, superego seto analyze the psychological problem – depression – the main character in the novel.

For the outcome of the conceptual framework, the writer has formulated three research questions to be answered. The first research question is how depression could affect Aysel to commit suicide. The effect of depression is very strong to make her intend to commit suicide. The second is how Aysel struggled against her depression. Basically, she never would to commit suicide, but it was the situation that pressed her to do so, and also because her murderous father had become the main cause of her depression. The third one is how she found solution to her mental problem so that she had motivation to start her new life.
CHAPTER II
THEORETICAL BACKGROUND

2.1 Review of Previous Study

Before conducting research on a topic, the writer needs to review previous studies to obtain information and resource as his reference as to the same topic has already been discussed. If so, at what extent the topic has been discussed. In this regard, the writer reviewed some previous studies on a mental problem suffered by the character of a novel. The first paper "Psychological Problems Suffered by Anna and Sara in Jodi Picoult's Novel My Sister's Keeper", written by ZsaZsa Padilla in 2015.

The story told that Anna was a girl who struggled over her life. Anna was born into her family through IVF program, and she was born to help her sister, Kate who had leukemia. Anna always helped her sister who has leukemia. Even, Anna became an organ donor for her sister since she was child even she gave one of her kidneys for her sister. Her mother, Sara, always asked her to help her sister for every time, so she felt that she had no freedom over herself.

Sara was too selfish that she wanted Anna was always in her control, so she could force Anna to help her sister, Kate. There were a lot of internal and external conflicts between her and her mother. From psychological aspects, of course, within herself, the incident made her feel confused about what she had to
do. In analyzing the data, Padila employed Freud’s psychoanalysis of personality theory *id, ego, superego*.

Psychological side from the main character of the thesis revealed that she could not get freedom for herself because of the demands of her parents. In many occasion she was required to understand the situation without thinking of happiness for herself. This of course became a dilemma or an inner conflict between conscience or desire with condition. She had to resist all desires that arise in the interest of others. However, finally she forced herself to do it since she wanted for freedom of herself without thought about others.

The thesis reveals that two main characters Anna and Sara from psychological aspects in novel *My Sister's Keeper*. The psychological problems appear in Anna and Sara's life because of conflict or contradiction between *id, ego, superego* within them. The *id, ego, superego* both Anna and Sara take a place in every decision they have made.

The other paper "Depression of the Main Character in Sylvia Plath's The Bell Jar", written by Wulandari, UIN Sunan Gunung Djati Bandung (2016) has become the second one used as a reference. *The Bell Jar* is a classical novel which tells about a student named Ester Greenwood as the main character who had a mental problem in her life.

Depression becomes the mental problem that the main character suffered. Depression hit her life, losing of love, gloomy future. The consequences of depression results in her psychological symptoms. The physical symptoms are
signed by disturbance of sleeping, eating, lost concentrating, and suicide. The psychological symptoms are signed by silence or empty, crying, lost spirit, fear, anger, and broken heart.

The character analysis also employs Freud’s theory of psychoanalysis to analyze the mental problem of the main character in novel *The Bell Jar*. Inability to fulfill desires of love and future caused depression to the main character. Of course, the mental problem contained in the analysis are the same as what the writer will discuss in this paper. The similarities between the previous studies and this thesis are the theory employed and the data source. In this thesis, the writer employs Sigmund Freud’s psychoanalysis theory – *id*, *ego*, and *superego* – to describe the main character's personality problem, and the source of the data to be analyzed is also a novel, one of the important literary works. With regard to the difference between the previous study and this thesis, the cause of the main character, Aysel, to suffer from her mental depression is different from those of the above previous study.

### 2.2 Novel

Literature represented people's sense, culture, and also language. It also has a function as a communication tools in people's life. Literature is used to describe about anything written that related to beauty. Hmlyn (1998:1) states that "literature in the word originally meant all written language". A literary work must be able to make those who read it feel the contents or messages of the
written, can feel and understand the message or the moral message or the story of a literary work such as novel, short story, script, poetry, essay etc.

In the process of making literary works, it requires high sense of imagination. Imagination will make the story more alive and interesting for the readers, automatically the readers feeling so interested when they read a story from literary works. Jones (1968: 2) says the second is imaginative literature, on the other hand, aims to arouse thought and feelings. As long as he or she enjoys the poem, play, movie, novel it will not important anymore if they are real or not. The audience or the readers want to get something that can entertain him/he, or it can touch his or her emotion after he or she watches or reads the literary work.

Novel is imaginative literary works, where novels have a long storyline that tells the lives of men and women which is combined into an interesting story to read. Tarigan (2011) states that a novel is a story with a long enough flow to fill one or more books that work imaginative male and female life. On other hand, novel is a story that reveal the lives of the characters in a plot or event that is quite long in scope, which at least consists of 100 pages. A novel has a long storyline which forced readers to continue reading from beginning to end to be able to get a meaning of a story that presented from a novel. Basically a story that presented in a novel usually narrative which novelist improved her or his imagination ideas to a novel. When compared to other literary works, the novel is a literary work that is made with takes quite a long time because the pages presented are quite a lot.
Novel is also narrative and continuous, which in the novel there are actions between characters. The characters in the novel are related to each other to make the storyline more alive. Semi (1998: 36) states that novel is a type of literary work that is narrative and continuous in shape with the existence of actions and reactions between characters in the story, especially between antagonists and protagonists. From explanation above, the novel can be said to rely on actors who play the storyline so that a story presented in the novel becomes interesting. Without interaction between characters in a novel, it will be an unattractive thing, because the characters in a novel are the drivers of a storyline.

The presence of a novel is inseparable from the writer who saw the surrounding life. Every event experienced by the novelist can be said to be a separate inspiration for the novelist to pour his/her ideas into a form of writing called a novel. Nursito (2003: 168) "Novel is a media to express the thoughts, ideas, and feelings of writers to respond to life around them". As a media to express the thought, most novels are created from the author's personal experience that they share into a written called novel. An event that occurs in the life of novelist becomes something that can be developed in building a story. The need for inspiration that is a necessary of a novelist can be found in everyday his or her lives. By recording every event in her or his lives, the novelist will be easier to get the idea for writing a story.

Besides having life elements in a novel story, novels also have other elements such as religion, social values that we often relate to in a story in a novel. Aminudin (2002: 38) states that novels are the literary works that have
elements of life, thoughts or views, and reflections on various issues of life, philosophy, and religion. There are so many things that can develop in making a story of a novel. Lots of elements that can be used as basic ideas in making a novel. Of course, this becomes important thing, with various elements that exist in a novel can be used as material for novelist to make a story because it will be basic of inspiration for novelist.

2.3 Character and Characterization

In a fictional story character and characterization are important elements. Which the character and the characterization in story have a function as a conflict maker. Of course the message or the essence of a fiction would be greatly affected from character and characterization. But regardless of character and characterization, plot is an equally important element with character and characterization, because clarity about character and characterization depend on the plot. Nurgiyantoro (2013: 246) states that the discussion of character and characterization with various images of their identity, in many cases is indeed more interesting than dealing with plot. However, it does not mean that plot can be ignored because the clarity of the character and characterization in many ways depend on the plot. In other words, plot becomes the direction for the character and characterization in a fiction story.

Character and Characterization are inseparable unit of story, although both character and characterization is a synonym. Character is someone who plays in a story with certain tendency and also the character has a role in convincing the
reader. Abrams (1999: 32-33) states that character is person or player which is displayed in a narrative or drama, which the reader interpreted has certain moral qualities and contempt as expressed in speech and what is done by action. There are also two differences in understanding the use of term character. The character as the character of the story displayed and as an attitude of interest, desire, emotion and moral principles possessed by the character (Stanton, 1965:17). Hence, the character could be said someone or figure with the moral qualities possessed in a story.

Characterization is not very different from character, characterization also has role to invite readers to interpret through words and actions. Abrams, Baldic (2001: 37) states that character is a person who become performer in fiction or drama, while characterization is the presence of characters in fiction or drama stories in direct or indirect way and invites readers to interpret their qualities through words and actions. Characterization has a broader understanding than character because characterization includes the character of the story, the official, so readers could receive a clear picture of a story. Nurgiyantoro (2013: 248) states that characterization is broader understanding than character because it includes the problem of who the character of a story, how the character and how the placement in a story, so as to provide a clear picture to the readers. The most important thing that readers could understand of a story through the characterization described.
The Character in a fiction could be divided into several types or naming. Nurgiyantoro (2013: 258-278) explains:

1. The main character and Additional Character

   The main character is a character that has main action in a story of a novel. The main character is the most told figure in a story both as main actor and as a subject. Even in certain novels, the main character is always present in every event and can be found on every page of story book.

   Since the main character is the most told in a story and always relate to other characters, the main character is very determined for story plot development overall. The appearance of additional character is usually ignored, or at least lacks attention. It happens because the main character is the one who made synopsis, or involved in making the synopsis, while the additional character is usually ignored because the synopsis only contains the essence of the story.

2. Protagonist and Antagonist

   The protagonist is a character people admire in one of the popular figure types called hero, the protagonist also is an embodiment of norms and values that are ideal for us. The protagonist shows something that fits with our view of something. While the character that caused conflict is called antagonist. An antagonist is a character who opposes with the protagonist, directly or indirectly, physically or mentally.
3. Simple Character and Complex Character

The simple character is a character who only have one particular personal quality or one particular trait. The attitude, character and behavior of a simple character is flat, monotonous, only reflects one particular character. Complex character is character who possess and reveal various possible aspects of their lives, personality, and identity.

4. Static Character and Developing Character

Static character is character of a story that changes and the development of the character is in line with the development of the events and the plot being told. Static character actively interacted with environment, in social environment, nature, or other environment. In static character known that are black character which is interpreted as evil and white character as good character. A black character is a character known for his or her evil character, attitude and the black character has never revealed an element of goodness. On the contrary, the white character is known as a character who never do something bad even though he or she once did. Developing character instead, will tend to be round characters. It is caused by various changes and the development of attitudes, temperaments, and behaviors that could be expressed in various psychological aspects.

5. Typical Character and Neutral Character

Typical Character is character who only display individuality a little and highlight the quality of their work or nationality, or something else that is representative. Typical character are depictions, reflections, or
appointments of people, or groups of people involved in an institution, or an individual as part of an institution, which exist in the real world.

Neutral Character is character who exist for a story itself. Neutral character really imaginative character who only live and exist in a fictional world. Neutral character is present solely only for story, or even in fact it is the person who owns the story, the perpetrator of the story, and what is told. Its presence does not pretend to represent or describe something outside itself, someone who comes from the real world. Or at least, reader has difficulty interpreting it as a representative character because there is less evidence of the reflection of reality in the real world.

2.4 Depression

Depression is mental problem that has become a common disease throughout the world. The depression has been developed as time goes by and also depression often connected with social problem. WHO (2017) stated that "The total number of people living with depression in the world is 322 Pacific Region, reflecting the relatively larger populations of those two Regions (which include India and China, for example)". Many people who suffer from depression in various regions of the world become the main focus, which relevant institutions must struggle to reduce the number of sufferers of depression. The increasing number of sufferers of depression is usually caused by problems in life in and social problem in society.
Depression is caused by emotions that are constantly unstable, feeling unable to do anything and feeling useless. Harrington (1993: 2) state that depression has been characterized by “emotional emptiness” and a “feeling of flatness”, obscuring all perception of oneself and the exterior like a black cloud (Hamilton, 1982). Sufferers think that their lives are dark and not useful, so often depressed people think of suicide. Thought of suicide can be happened to the sufferers if the sufferers are not get handling as early as possible from people around their. Openness to all problems experienced by people with depression is very necessary to make the sufferers rise from adversity, in condition where the sufferers feel there is no hope for life, people around the sufferers must play an active role in interacting and communicating to depressed sufferers, so the sufferers are not feel lonely and desperate.

The worst thing from depression is suicide attempt, which is mostly is young people. The young people more often think of committing suicide when they are depressed because they consider it as a solution. Brent (1993; Brent, Perper, Moritz, Baugher, Schweers, & Roth, 1994; Laederach, Fischer, Bowen, &Ladame, 1999; Seroczynski et al., 2003) "Depression is considered one of the major risk factors for suicide in adolescence with recent studies showing a significant higher rate of depression in suicide attempters when compared to non suicidal adolescents". So, the depression is now a dangerous mental problem that must be handled properly. In addition, suicide attempts that often happened in depression sufferers especially adolescents are matter that needs to be considered
remembered that adolescents are still vulnerable in emotional situation. Diekstra (1995) states that suicidal behavior is divided on three categories as follow:

1. Suicidal ideation, referring to cognitions ranging from the thought that life is not worth living through concrete plans for killing oneself to an intense delusional preoccupation with self-destruction.

2. Parasuicide (attempted suicide), referring to any deliberate, non habitual act with nonfatal outcome that (without the intervention from others) might cause or actually causes self-harm.

3. Suicide, referring to any death that is the direct or indirect result of an act accomplished by an individual, knowing or believing that the act will lead to one’s death.

**2.5 Psychology in Literature**

Every human being can certainly think and feel everything that happens in every second of their lives. Every thought will determine for every action, this is closely related to the psychology that is in every human being. Martha Lally and Suzanne Valentine-French (Revised July 2018, 2017, 2016, 2015, 2014) in their book *Introduction to Psychology: Psychology is the scientific study of mind (mental processes) and behavior. Psychology is closely related to everyday life. These insights are part of everyday social life. In fact, much research in psychology involves the scientific study of everyday behavior* (Heider, 1958; Kelley, 1967).
Psychology plays a role in determining positive and negative behavior or way of thinking of a person. Every human being behaves well or bad depends on their belief of something. East (1990) explains that most people hold both positive and negative beliefs about an object (e.g. person, action) and attitude is viewed as corresponding to the total affect associated with their beliefs. Therefore, the concept of attitude can be observed as a series of beliefs, each belief can be considered as a separate attribute, and the overall attitude of a person towards the object is a function of its evaluation of the attribute.

A person’s behavior is also determined by childhood and unconscious mind. Freud (1915) stated the unconscious mind is the primary source of human behavior. The unconscious mind greatly influences someone in thinking. Actions that are carried out on the basis of the unconscious are often not realized indirectly. Therefore, psychology becomes an important thing in human's life to control human’s behaviour.

Psychology and literature are two interconnected things, where both of them branches of science that study human soul. According to Academic Ismet Emre (2006: 3) "Beside literature and psychology there is no other branch of science which is engaged so much in the study of the relationship between human body and soul with its contradictions and dilemmas, making efforts to define the relationship in terms of certain rules, to know the mysterious aspects of the human soul and its subconscious areas by means of long and detailed journeys: at the same time both branches have been struggling in their existence between arts
and science for about a century”. It confirms that both of them have important bonds in a process.

Psychological elements will be present in literary works as long as humans are still play a role in a text. This will be interesting because literature is a product of mind. Mind has a function to develop ideas in making literary works. Freud, Jung and Adler (1981: 53), it is obvious that since psychology explores mental processes it will also provide insights into literature; because the human mind is the source of all science and arts. Human's mind requires to make a literary works, it will produce imagination that is very useful in making literary works.

Psychology is an important platform in literature. An author will greatly influence the results of his/her writing, it means from the psychological side of the writer will be directly reflected in the results of his/her writing. Omer Solak (2014: 104) “From the literature stand point, analyzing psychology based on the writer, poet and literary work is to look at it from a new perspective by providing practical data for it”. Hence, to analyze psychological side in literary works, the writer's psychological side will affect in a literary work.

Literature and psychology are related each other. In describing a character in a novel, for instance, theories of psychology can be employed to tell the personality of the main character in the novel. In addition, quite many novels whose stories derive from someone’s personal life experience or the author’s one. In the novel "My Heart and Other Black Holes", Jasmine Warga, the author of the novel, wrote the story of her novel based on her life experience. In the past, she
had her best friend who committed suicide due to depression. She made the bitterest moment in her life by writing the novel which tells about her best friend who ended her life by committing suicide.

2.6 Mental Problem

Mental problem or called mental illness is related with someone’s psychological condition. Someone who has mental problem or mental illness in his or her life affected to their brain system and way of thinking. American Psychological Association (1992) Mental Illness are ultimately brain illness; mental illness are best explored through neuroscience. The way of thinking and behaviour for those of them who has mental disorder will be look clearly if we compare with a normal person because of significant distress and also personal functioning. Medline Plus. U.S. National Library of Medicine (15 September 2014) says that “Mental Disorder (or mental illness) are conditions that affect your thinking, feeling, mood, and behaviour, they may be occasional or long-lasting (chronic), they can affect your ability to relate to others and function each day”. From the statement, the sufferers usually have difficulty communication in social life and also difficult to control their emotions to communicate with others.

The causes of mental problem or mental illness is caused by human inability to overcome every conflict within their self, they cannot fulfil the needs of life, feeling less attention, a feeling of inferiority so that feeling of losing someone. There are several causes to diagnose the sufferers, because mental illness present in a human’s life with combination of how their behaviour,
perceives, feels, and thought. World Health Organization (29 March 2016) “Mental Disorders comprise a broad range of problems, with different symptoms. They are generally characterized by some combination of abnormal thoughts, emotion, behaviour and relationship with others. Example are schizophrenia, depression, intellectual disabilities and disorders due to drug abuse. Most of these disorders can be successfully treated”. So there are so many caused of mental illness or mental problem. A person can have more than one factor that caused mental illness.

Mental problem or mental illness affects a person’s life. Mental problem can interfere person activities such as working, studying in school or campus, and interact with other people. There are several types of mental disorders such as depression, anxiety disorder, multiple personalities, mental retardation. The major one will be analysed in this research is depression side from the main character in the novel "My Heart And Other Black Holes".

Depression is a dangerous mental problem which can cause someone to have suicidal intentions. It is related to the main character in the novel "My Heart and Other Black Holes" where Aysel had mental depression that pressed her to commit suicide. Depression is a mental problem that needs proper treatments from other people or experts so that sufferers of the mental depression can be helped to solve their mental problem.
2.7 Psychoanalysis

Psychoanalysis is a science of psychology that studies about mental and neurological diseases. Sigmund Freud was a pioneer for psychoanalysis theory. As knowledge of psychology developed, psychoanalysis has developed into a theory of personality. Psychoanalysis approach departs from the concept of psychology, namely psychoanalysis theorized by Sigmund Freud. At first this theory was related to the method of psychotherapy for healing mental and neurological disease, but later developed into personality theory. Thus, psychoanalysis could be employed extensively to analyse personality, which there are so many character in a story that could be analysed by psychoanalysis theory.

In psychoanalysis theory, Freud said that consciousness into two realms, they are the conscious and the subconscious. Freud (In Burhan Nurgiyantoro, 2013:100) says that “about that awareness, Freud said that consciousness consist of two realms, namely the conscious and the subconscious. Consciousness experienced by human is only a small part because the balance between the conscious and the subconscious is like an iceberg. The small tip of the iceberg is realm of consciousness, while the base of the iceberg that is under the sea that is much larger is the unconscious world. The realm of unconsciousness is the basic of the theory of psychoanalysis”. Thus, the subconscious greatly influences for human’s life, which means they are controlled by the subconscious.

Humans are thinking beings. All forms of actions that occur will be influenced by the mind. Conscious or not, humans are very dependent on the
power of the mind. Sometimes people are not realize a good or bad behaviour, sometimes human just following their desire without think about the risk of it, but also human thinking about cultural values or moral before do something good or bad.

Psychoanalysis is based on the concept that individuals are unaware of the many factor that cause their behaviour and emotion. These unconscious factors have the potential to produce unhappiness, which in turn is express through a score of distinguishable symptom, including disturbing personality traits, difficulty in relating to others, or disturbances in self-esteem or general disposition. There are three basic structures of the human mind that work together with each other to make a balanced personality on human, American Psychoanalytic Association (1998).

Sigmund Freud is a pioneer and also psychoanalyst of unconscious mental activity. He explained about the three elements for psychoanalysis theory. The id has the quality of being unconscious and contains everything that is present at birth, and the instinct (Freud 1949: 14). The ego has the quality of being conscious and is responsible for controlling the demands of the id and of the instinct becoming aware of stimulate, and serving as a link between the id and the external world (Freud 1949: 14-15). The superego, whose demands are managed by the id, is responsible for limitation of satisfactions and represents the influence of others, such as parent, teachers, and role models, as well as the impact of racial, society and cultural tradition (Freud 1949: 15).
The third human's system element of personality id, ego, and superego could not separate because they related to each other in human's conscience and mind. Lasswell, (1935:63) “The terms id, superego, and ego are roughly equivalent to impulse, conscience, and reason. The three main personality structures are not to be thought of as rigidly separated from one another; the superego and the ego are not categorically cut off from the impulses of the id. The id and superego aspects of reaction go on without conscious awareness on the part of the person”. Thus, these three elements become important part of human life. In real life a human must be able to control all three elements to be balanced.

As explanation above, the writer wants to analyse psychological problem from the main character of the novel. Psychological problem in the novel become the main problem, which the main character of the novel suffer from depression. Psychoanalysis theory is the right theory to examine the personality of the main characters in the novel by the three elements of personality. Freud separated structure of human’s personality into three categories which related to each other, they are id, ego, superego. In this research the writer would to analyze psychological problem from the main character in the novel "My Heart And Other Black Holes" on three kinds of psychological system id, ego, and superego.

2.7.1 The Id

The id is a part of human that has presented since birth. The id is the first part of three structure of the human's mind. The id operates following a system of pleasure in which pleasure must be fulfilled. Freud (1920) the id operates on the
pleasure principle which is the idea that every wishful impulse should be satisfied immediately, regardless of the consequences. When the id achieves its demands, we experience pleasure when it is denied we experience ‘unpleasure’ or tension. In other words, id exists as the basis of every human desire. The id doesn't care about right or wrong things because the id is only concerned with desires. If the id does not fulfill there will be anxiety in someone. The id works in unconscious mind and influenced human’s mind to do something who is liked.

The id always want to satisfy human’s desire through the unconscious mind that is the basic instinct of human. The id is in the unconscious mind, thus the id influences the whole basic human mind before it is finally limited by the ego and superego. The id will tend to be pushed out usually when someone is less than five years. A toddler usually cannot control every desire, or in other words every desire in a toddler that has to be fulfilled.

The id never compromises with good or bad a thing, the id only knows the principle of pleasure that must fulfilled. Sometimes the id on human is like an aggression on animal. Freud (1979: 25) states that "the id is our animal nature, sometimes finding pleasure in releasing pure animal aggression, rage, and destruction". The id is uncontrollable and unorganized which it can be evil side of human if only a human cannot control his or her id with limitation ego and superego.

The id is not too visible because the id in the subconscious, but the role of id is very important in the formation of every human desire or need. The id often
forces someone to do something that is not supposed to be done. As a result of this impulse it is necessary to have a barrier that will hold the id or realize it in the conscious realm through understanding the ego and the superego.

The example of id in the novel "My Heart and Other Black Holes" is the main character's desire to committed suicide. She claimed that suicide is the best way to end all problems in her lives. The id brought her to believe what she thought without considering the negative impact of her lives.

2.7.2 The Ego

The ego is an action part from id. The ego realizes all forms of desire which first formed by the id through the mind. Freud (1923: 25) the ego is “that part of the id which has been modified by the direct influence of the external world”. The ego will transform into a real part of the id. The ego will do what the id wants to do because basically attaches importance to all forms of pleasure with action but which is not harmful. The ego must also be able to control every desire of the id before it is executed in the form of action. Freud (1923: 15) the ego is 'like a man on horseback, who has to hold in check the superior strength of the horse. So that it can be said that the id is a horse that must be controlled by a horse rider so that the horse remains in line. The ego becomes the director of every desire raised by the id.

The ego has a function to limit the id desire so the id is not too push out. The ego will work based on reality in society and rational thought in managing a
thought so that it can be accepted in the society. The ego will also filter out all desires based on the id so that there is harmony between desire and reality.

Between id and superego, the ego is in the middle of both. The ego which acts as the executor determines what will be done in the conscious world, of course with various considerations that will be accepted by the real world. The ego must be balanced by consistently distinguishing between the natural mind of the unconscious and the reality.

The example of ego in novel My Heart and Other Black Holes is when the main character in the novel start to think about how to satisfy or fulfil her id, or suicidal desire. With an ego acting as an executor who upholds rational values, of course not just accepting the id, there are various considerations from the superego that accepted by the ego before suicidal intentions peak.

2.7.3 The Superego

The *superego* is human’s behaviour based on moral and social values in society. Which is the *superego* has a role and function as a limitation for a human to do something. Freud in his book *The Future Of An Illusion* (in Stolorow & Lachmann, 1985c: 190-191) States that "It is in keeping with the course of human development that external coercion gradually becomes internalized; for a special mental agency, man’s *super-ego* takes it over and includes it among its commandments. This is also true of what are known as the moral demands of civilization, which likewise apply to everyone". An influence and culture that
comes from outside will affect humans to balance the values that exist in society or culture with behaviour.

The superego is a most important element in human, the superego influenced human to do some things in accordance with the society. As times evolves, strengthening of superego is needed in psychological science. Freud in his book *The Future of An Illusion* (in Stolorow & Lachmann, 1985: 190) states that a strengthening of the super-ego is a most precious cultural asset in the psychological field. Those in whom it takes place are turned from being opponents of civilization into being its vehicles. The superego is in the subconscious that is in charge of controlling the id with the social values, religion values, culture values that exists in the society. So that id will feel guilty or embarrassed if it does something without seeing values that exist in society or religion.

The superego is basic of inner self. With superego, someone will feel guilty to do something bad or wrong. Based on superego, the ego will take action in the real world in accordance with the values that already exist in the society, thus the superego avoids acts that are not commendable or should not be done. Freud (1984: xl-xl) "the superego activity manifests its self in problem whit the ego such as feel guilty, regret. Mental outlooks like self observation, critical itself, and inhibition are from the superego". The superego will tend to give criticism on every desire that is contrary to the norms that apply in the society or contrary to religious values. Superego develops from patterns of experience, appreciation and
punishment internalized from childhood by adults. In other words, the Superego depends on the values taught by its parents.

In example of superego in the novel *My Heart and Other Black Holes* is how the main character in the novel realized that suicide intention is a wrong way. The *superego* on the main character in the novel is think back about her plan to suicide because she loves someone who became her suicide partner. In this case she is afraid to lost or leave someone that she loves. This matter is her consideration in cancel her plan.
CHAPTER III

RESEARCH METHODOLOGY

3.1 Subject Matter

"My Heart and Other Black Holes" is a novel that tells about psychological problem experienced by the main character. The novel was published in 2015 and released by Harper Collins in the same year. The novel tells about depression that was experienced by Aysel. Depression brought a negative impact on her life. Even, the depression has made her obsessed to suicide since she felt that suicide was the right way to end all of life problems. Therefore, the writer is interested in analyzing Aysel's depression as a teenager who had depression that made her feel desirous to committing of suicide.

3.2 Material

The research material is "My Heart and Other Black Holes" novel written by Jasmine Warga. The genre of the novel is a psychological drama based on depression as a main topic in the novel. The writer has used e-books, articles, journal, thesis, and internet. The writer also used the novel original script in the research to find out statements, conversations, dialogues that support her argument.
The novel as main material in which dialogue and narration from the main character will be the subject of discussion. In accordance with the material obtained from the novel, the discussion will focus on the mental problem of the main character in the novel. The novel was chosen by the writer because the story was interesting to examine, that is about depression in the main character who was a teenager.

3.3 Approach

In this research, the writer employed qualitative method to analyze novel "My Heart And Other Black Holes". Fraenkel and Wallen (1993) says that the qualitative is referred to research studies that investigate the quality of relationship, activities, situation, or materials. All data which used is descriptive data to provide the research. Therefore, the writer will describe thoroughly to get maximum result in this research. Nawawi (1995: 63) descriptive method can be interpreted as problem solving procedures investigated by describing or painting the state of the subject or object of research (novels, dramas, short stories, poems) at present based on facts that appear or as they are. By revealing the facts and describing based on data in the novel since the information source becomes an important part in analyzing, so the writer employed the qualitative method in this research.

The writer also employed Freud's Psychoanalysis Approach to analyze the research data. According to Nisbett & Ross (1980, "It has been argued that people
are everyday scientists who conduct research projects to answer questions about behavior". The behavior and psychology side on the main character in the novel "My Heart and Other Black Holes" is interested to be analyzed. The writer is sure that Freud’s psychoanalysis theory of personality is the right approach to this research.

3.4 Procedure

The writer began to conduct this research by choosing several novels that were considered interesting and in accordance with the psychological approach. "My Heart and Other Black Holes" is a novel that are considered appropriate in this study. The writer reads the novel and looks for an outline from the novel's story. After that, the writer reads carefully to get a deeper understanding of the story in the novel.

To find out more information, the writer sought information about the novel's story through the internet to find relevant sources that could provide additional information. The writer find information and support the analysis with use dialogue and narration in the novel. Finally, the writer analyzed the main character in the novel named Aysel. The writer applied psychological theories to analyze the main character who had depression.
CHAPTER IV
DATA ANALYSIS

This chapter is divided into three parts. The first part discusses depression effects on Aysel, the main character in Jasmine Warga’s novel "My Heart And Other Black Holes", which made her desirous of committing suicide. The second one talks about the main character’s struggle against her depression, how she finally got rid of the suicide intentions due to depression. The third one discusses the solutions to her depression which eventually resulted in Aysel’s intention to cease to commit suicide.

All the three parts were analyzed by employing the Freudian psychoanalytic theory id, ego, superego since the main character in the novel has tragic psychological process: depression, it makes her arrange a suicide attempt. The beginning of the problem came from her father who was a murderer. It made Aysel feel depressed because everyone in the city where she lived knew her father’s bad deed. Depression that was experienced by Aysel was increasing when her father was in prison, as a child of course Aysel felt a loss of a father figure. Until finally she met a man named Roman who was able to cure her depression. Hence, the writer took the data from the novel to support his analysis.
4.1 The Depression Effects of Aysel Seen from Her Id

Aysel is a teenager who had depression. The depression was caused by a tragedy that happened in her life in the past. Negative thoughts brought Aysel to complicated life choices. Depression made Aysel feel that she had no hope of life anymore and she lost interest in socialization. A big crime that her father committed for made her feel guilty and shame to interact with others. Depression made Aysel get worse and blame herself. Depression also made her despair and frustrated. In the lowest point, she thought how to end of all her problems by intending to commit suicide.

Depression has become a serious psychological problem which every sufferer which can have an intention to commit suicide. Suicide is considered as a solution to end of all life problems. Shneidman (2006) states that suicide as a conscious effort to find a solution to a problem that has caused deep suffering. Below is the id that refers to Aysel’s intention to commit suicide due to her depression. The id influenced her unconsciousness to keep thinking how to escape her life discomfort which made her have the desire to commit suicide.

Depression causes Aysel to lose appetite for social activities. It is characterized by a lack of enthusiasm for life, always thinking negatively, and always thinking of suicide. Atkinson (Lubis, 2009: 13) depression as a mood idea characterized by no hope and heartbreak, excessive helplessness, unable to make decisions to start an activity, lack of enthusiasm for life, always tense, and trying to commit suicide.
The id as is the most original system in itself someone because id born and not obtain outside interference. In this research, the writer combined the id or rationale for depressed sufferers who intend to commit suicide, which the main character in the novel "My Heart and Other Black Holes" (MHOBH) named Aysel had depression, and the depression really made her life hopeless so that in her mind she just had a way to end all her problems by intending to commit suicide. The writer described how Aysel was when she found herself in depression seen from id.

Aysel was a teenager who had a dark memory in the past. She became depressed after her father was involved in a murder case that killed famous basketball players and all residents in the city where he lived to know that. From there Aysel felt depressed because of her father's mistake. She felt embarrassed and useless, even to communicate she felt embarrassed. Then, she had to lose his father who was imprisoned for the case. Of course, the event made Aysel felt depression. Depression had influenced Aysel to commit suicide, it related with her unconscious mind. Her unconscious mind had brought her in a condition which convinced her to end all existing problems by intending to commit suicide. Her unconscious mind always leads her to think how to suicide without realizing that it is contrary to the moral values or cultural values that exist in society.

Freud (1979: 35) states that the id is the part you may consider that little devil sitting on your shoulder trying to get you to do all those things that felt good, even if they are wrong. In this case Aysel felt that suicide is the right way for her to satisfy all her desire to escape from all her problems. The suicide intention gets
stronger when Aysel got supported from someone who also had a dark past. In the novel, there are several proves that refer to id, Aysel’s unconscious mind which dominated her thought to do something which was prohibited. She always felt that her life was wrong because of all the problems of her life. She could not control her mind when her problem made her worst.

…“Huh?” he grunts.

“You have nice hair, “I repeat. Have you ever considered wearing it in a different style?”

“You know, I took a risk hiring you.” He waves his wrinkled finger close to my face. “Everyone in this town told me you were in trouble. Because of your …” He trails off and looks away.

*Because of your father.* I complete his sentence in my head. The inside of my mouth fills with the sour, metallic, taste I’ve come to know as humiliation. My life can be neatly divided into two sections: before my father made the nightly news and after. For a moment, I allow myself to imagine what this conversation would sound like if my father weren’t my father. (MHOBH, p. 4)

The above narration of the novel reveals that the id drove Aysel’s unconscious mind for which her father’s past crime was the reason for her depression. Her unconscious mind led her to think further with her own perception. A person is depressed because there is a cause in her or his life. It could be the problems experienced by Aysel. Aysel got depressed because the crime which her father committed in the past time, and it made everyone in town know about her father’s criminal action. It was the reason why Aysel wished to commit suicide. All the things about her dad made her felt more depressed, and
the day by day it worst influenced her mind. She also felt that she had no friends anymore, and it made her more depressed.

“After what happened with my dad, I lost all my friends. Some of them distance themselves immediately, but some of them I pushed away. It was too scary to let anyone be close to me”. (MHOBH, p.183)

Her unconscious mind had influenced her, and she had got worse. The depression has caused deep sadness which results in the thought of ending life. Depression made Aysel feel frustrated and desperate. The depression made her lose the spirit to establish communication with her friends. In addition, the depression brought negative impacts to her life. She always thought about the way to end her problems in an illogical way. The intention to commit suicide was Aysel’s choice to break away from the feeling of depression that had been getting increased day by day and also the depression disturbed her soul, mind, and daily activities. The narration as below:

“Depression is like a heaviness that you can’t ever escape. It crushes down on you, making even the smallest things like tying your shoes or chewing on toast seem like a twenty-mile hike uphill. Depression is a part of you; it’s on your bones and your blood. If I know anything about it, this is what I know: it’s impossible to escape”. (MHOBH, p. 14)

Aysel’s mind was increasingly focused on the problems of depression she faced. Her Id increasingly encouraged her to satisfy her desire to commit suicide regardless of the moral values that exist in society. Aysel assumed that depression had become a part of her at that time.
Her unconscious mind brought her to the further way. Aysel searched for information regarding her desire to suicide. However, she herself could not do it so that she needed a partner to commit suicide together with her. Aysel had planned her death. Hence, she found information about suicide websites because she would not die alone. She thought that suicide with a partner would be easy and interesting. Besides, she was afraid of failure if she did it herself, and the shadow seemed to be a scary thing for her. That was what convinced her to find a partner to make a plan to suicide.

“Nothing scares me more than a failed attempt. The last thing I want is to end up in a wheelchair, eating pulverized food and being watched around the clock by some sassy nurse who has a not-so-secret obsession with cheesy reality TV.”

“And that’s why lately I’ve been eyeing the suicide partners section. I guess the way it works is you find some other sad excuse for a person who lives pretty nearby and you make you final plans with them. It’s like peer pressure suicide, and from what I gather, it's pretty damn effective. Sign me up”. (MHOBH, p. 8)

The narration above reveals that the id was in Aysel’s unconscious mind that had the principle of pleasure and avoiding pain. She was afraid of failure if she committed suicide without a partner. It was a dark moment for Aysel since her unconscious mind continued to force her to commit suicide. In a normal condition, suicide was a horrible thing to do. But the id of Aysel pushed her to keep having the death desire even though she knew that she could not do it alone. Therefore, she looked for other ways so that her death wish could still be fulfilled. She felt that it would work if she did it with a partner. Depression had totally changed her mind to do something that endangered her.
Depression is very disturbing to human’s mind and activity. When depression presents in a person’s mind, the person will act negatively. The longer negative effects of depression to someone will get worse until it makes him or her finally have an intention to commit suicide. As seen in the novel MHOBH, Aysel planned her suicide with her partner. As a result of worsening depression, the last way she chose was to end her life. The feeling of depression that had peaked forced her to have no choice to feel herself better.

The id of Aysel got stronger over suicidal thoughts caused by her depression. The id controlled Aysel to do things which she should not do but the id needs to be satisfied with all the reality of the query. This is related to the ego that would drove Aysel to a structured suicide plan. On one hand, she felt that she had lost his father. Aysel felt she had lost the person she loves. As a teenager, of course she really needed a father figure in her life. This was proven by his recollection of what his father had and did in the past.

"And then I see it, my dad's old convenience store. The shabby grey cement building doesn't look any different now that's abandoned, which say more about its past state than its current one. The town keeps talking about tearing it down. Apparently some developer bought it and plans to turn it into one of those fancy gas stations where you can treat yourself to a slushie of any color,. buy a hot pizza, and fill up your tank. All you could get at Dad's old store was a candy bar, a cup of coffee, and the newspaper". (MHOBH, p. 10)

Aysel recalled the past when her father was with her. This of course made the feeling of Aysel getting worse because her unconscious mind indirectly brought her into an atmosphere of grief because of the loss of her father who was
imprisoned to be responsible for his criminal actions. After what she had been thinking all of time about suicide, she finally began to plan with actions to fulfil her desires. By meeting with her partners, they started making a plan to suicide. But she began to doubt the original plan that had been compiled. In the novel, Aysel made plan to commit suicide with her partner suicide named Roman.

Even though what Aysel intended to commit suicide was a mistake, she tried to get out of the discomfort that made her feel depressed. Aysel tried to realize her wish that was only in her mind all the time, so she tried to make it happen with an action in order to satisfy the id. The id of Aysel had been increasingly out of control. Aysel’s id did not care about any reality that exists and tried to fulfil her desire. Aysel planned to committed suicide although actually, she was afraid of her choice. However, she found a way to be able to satisfy the id. Hence, she started to plan her suicide intention from suicide partner website.

“Recently, I’ve become really interested in this one section called suicide partners.” (MHOBH, p.7)

The narration above explained that the id had brought Aysel to react against her mind to commit suicide. Her unconscious mind had brought her to take a real action to fulfil the wish of the id. The website was a platform where there were so many people who wanted to end their lives together with partners. Aysel was very excited when her efforts succeeded in finding a way to commit suicide with a partner. She got a replied message on a suicide partner website from her suicide partner that had the same intention or will. Her suicide partner’s name was FrozenRobot as a pseudonym.
“I'll admit I used to think was stupid. The whole point of killing myself is so I can be alone forever so I never understood why I'd want to do it with someone else. But that's changed now. I'm nervous I'm chicken out at the last minute or something. There are other things, too, but I'd rather not get into that here”.

“I only have a few requirements. One, I don't want to do it with anyone who has kids. That shit is too heavy for me. Two, you can't live more than an hour away from me. I know this might be hard since I live in the middle of nowhere but for now I'm sticking to that. **And three, we have to do it on April 7th.** That date isn't negotiable. Message me for more information. (MHOBH, p.10)

--FrozenRobot

She got a reply message from a suicide partner. This matter in fact increasingly supported her desire to commit suicide. FrozenRobot explained that he also had the same intention to commit suicide. Actually, he had the same fear as Aysel did, so he wanted to invite Aysel to do it with him on April 7th.

FrozenRobot sent messages to Aysel again to set a date when they would meet to talk about the suicidal plan.

"**If you're really serious about this, we should arrange a time and place to meet.** But you have to be serious. I don't want a flake". (MHOBH, p.29)

Finally, Aysel's *id* pressed on making a decision to meet her suicide partner. From the quote above, FrozenRobot asked Aysel to meet and they would arrange time to meet. Depression had made Aysel intend to do things she should not do, but the depression made her sure that suicide was the best way, so she assured her suicide partner that she really intended to commit suicide.

"I type back to him, sans Shakespearean jeers: **I'm as serious as a heart attack. No, but seriously, I'm not a flake.** Like I said, I'm from Langston. Where should we meet? (MHOBH, p.29)
The meeting brought Aysel into a deeper sense of depression since her suicide partner also had a mental problem that made him desirous to commit suicide too. In this case her id has been fulfilled by action from her unconscious mind. Aysel wanted a meeting with her partner as a first step to start the suicidal plan. They set the fix time to meet.

"How about tomorrow night at 5:30? We can meet at the root beer stand off route 36. Do you know where that is? It should be pretty close to you. I'll wear a red hat so you know who I am". (MHOBH, p.30)

--Roman

Roman was the original name of FrozenRobot. Depression had made Aysel feel desperate, her unconscious mind keep convincing her that depression had become part of her life. She felt that she could not do anything, other than doing something that she had been thinking all the time that was the suicide intention. Aysel thought that there was no way to escape from depression. Depression was as if it had become a part of her body and fused. This made Aysel unable to go out of her depression that tied her.

Depression will be a deadly mental problem if it continues for a long time without intensive handling, particularly, in teenagers because they are very emotionally vulnerable in facing all problems in their lives. The teenagers tend not to think clearly about the problems they have. Therefore, sufferers of depression must be aware of avoiding suicide caused by depression. Depression had become a very dangerous psychological problem to Aysel.
Aysel with her partner to commit suicide went to hills Crestville Pointe, which they assumed that the hills was a perfect place to die.

“Roman asks me to drive up to crestville Pointe. Crestville Pointe is a park that sits on these huge hills above the Ohio river. The edge of the park is made up of rocky cliffs, and Roman has it in his head that it's the perfect place to die”. (MHOBH, p. 94)

Aysel's *id* had taken her one step further to achieve what she wanted. This is of course a satisfaction for the aysel's ideas Aysel with her suicide partner found a place to suicide. This is in line with expectations with the wished of those who have determined suicide on 7th April.

When Aysel was in Roman's home, Roman's mom asked to her about their planning to went out. This is of course a dilemma for Aysel. It was impossible to tell the truth that their interest in finding a place to committed suicide. The quote as follows:

"Aysel," She says, her voice tight, I'm so glad you're here." It doesn't sound like it. I nod at her because I'm not sure what I'm supposed to say to that. "Roman didn't get out of bed yesterday and refused to go to school. But he just told me that he's planning to go out with you. Is that right? "She squints at me like she's trying to determine what my allure is. Poor woman. She has no idea that it's not me that holds the appeal: it's death. I nod again. "Yeah, we're going to hang out." I try to keep my voice neutral, afraid that even the slightest shake in my voice will give our true plan away, the real reason for our hangout. "Where?" she puts her hands on her lips. I sink farther into my car's seat. I hadn't prepared for an interrogation. "We are going to the playground". (MHOBH, p. 83)

For the sake of achieving desire on the basis of *id*, Aysel's *id* took an action by saying things that were not real, when Aysel and Roman actually
wanted to go to find a suitable place to commit suicide. She lied by saying she would go to the playground to Roman's mom.

4.2 Aysel's Struggle to Against Her Depression through Her Ego

In this part, the writer described and explained the ego of Aysel that appeared in the story and influenced her attitude to face depression. Previously, the writer explained Aysel’s id which controlled her to act everything to satisfy her desire. Day by day Aysel began to realize that the intention of suicide peaked. She struggled against her depression with consideration. She felt that her mind changed when she met Roman. She could be more open and their togetherness made Aysel able to think more rationally and wisely in making decisions rooted in her unconscious mind.

The ego controlled Aysel to fulfil her desire with a rational mind and real action. Freud (in Burhan Nurgiyantoro, 2013: 100) stated ego is the controller so that humans act and relate to the right way according to real conditions so that the id is not too leaning out. Freud, S (1923) the functional importance of the ego is manifested in the fact that normally control over the approaches to motility upon it. Thus in its relation to the id it is like a man on horseback, who has to hold in check the superior strength of the horse; with this difference, that the rider tries to do so with his own strength while the ego uses borrowed forces. The ego is conscious and rational, the ego will control irrational behavior and thoughts to be rational. In this case Aysel tried to hold up her desire to commit suicide with a
rational thought that was she wanted to meet her father for one last time, as the narration below reveals:

“…As I think about this, something inside me shifts. I don’t know if it’s the black slug sliding around in the base of my stomach or something new, something I didn’t even know was there, but I feel it crackle and burst, like a tiny sparkler inside of me.

“I should go visit him, “ I blurt out before I remember that I shouldn’t keep talking about my dad with Roman. That Roman knows Brian Jackson. That Roman would hate me if he knew the truth.

Roman clears his throat. “What?”

I bounce up from the bench. “I’ve decided I want to see my dad one last time before I die.” (MHOBH, p. 151)

Aysel’s ego brought her to think rationally. Before she died, there was a last request that she wanted to do. She wanted to meet her father for one last time. Even though her father became a factor that caused for her depression but she realized that she needed to meet her father as her last request. She insisted that Roman fulfill her wish to meet her father.

“Then what is it?”

“I just need to see him, Roman. I think if I see him, I’ll be able to jump from that cliff. Nothing will be holding me back.” (MHOBH, p. 152)

She was able to jump from the cliff after she met her father. The ego has influenced Aysel to make a rational reason. As a teen she still needed a father figure, and of course she missed her father who had been jailed for a murder case. Her ego has been fulfilled by an action where Aysel and Roman made a plan to meet Aysel’s father on Saturday.
“What’s going on with you?” Roman frowns.

“Nothing,” I say, and I wish that were the case. “So can you go with me this Saturday?”

“To visit your dad?”

“Yeah.”

“Sure, I guess,” he says. I’ll have to come up with something to tell my mom so I can get away.”

“Okay, I’ll pick you up Saturday morning. Probably pretty early. Does that work?”

He shrugs. “Just text me.”

“Okay.” (MHOBH, p.152)

As stated before, Aysel has a request to meet her father for one last time before she died. The ego of Aysel pressed her to meet her father with the aim of knowing the condition of her father before she died. In other situations, Aysel was afraid if she told Roman about what her father did in the past that made her father jailed. But, finally she had to tell him about her father’s crime.

“Maybe it would be better if I told him, if he heard it from me instead of from someone else. The words from in the base of my throat and I’m about to tell him everything when he stretches his hand out and grabs mine. He squeezes it, massaging my fingers with his. “It’s seriously okay, Aysel. I’m sorry I’m yelled before. We’ll go see your dad together, okay?” (P. 154)

Aysel could not hide everything that happened to her father and the reason she became depressed. Her ego had encouraged her to tell the truth to Roman even though this would certainly be risky because Roman would know the victim killed by Aysel’s father. However, Aysel felt that as a partner she had to tell the story about it to Roman.
“He shrugs. “Sometimes it helps to talk. It helped me to tell you about Maddie.”

My insides jolt with hope. “It did?”

“You gave me something no one else has given me.”

“What?”

“You looked at me the same way before and after the story. I want to do that for you.”

“Fine.”

“I’ll tell you what I know.”

He lets go out my hand and moves to put this arm around me. I rest my head on this shoulder. (MHOBH, p. 252)

Finally, she told Roman about what happened to her father. She knew that Roman was closer with the victim that her father killed. The victim was Roman’s friend. He was Timothy Jackson who was a basketball player. Roman and Timothy Jackson knew each other because Roman was also a basketball player. Although Aysel felt hesitant to tell everything, but she felt that she must have said so there was no more secret between Roman and herself.

Her ego has brought Aysel to do something rational action although she was afraid that Roman could not accepted it but she told Roman everything about her father.

“I don’t look at him, but I swear I can feel him nod. And I can definitely feel his eyes on my face, soft and gentle, like the first snow of the year. We’re silent for a while, sitting side by side, shoulder to shoulder. I press my gray sneaker against his dirty white one, and I wish we could stay like this forever. But deep down, I know that we can’t, and so finally I tell him the story, the complete story, the whole story”. (MHOBH, p. 255)
After telling everything about her father to Roman, Aysel surrendered to the response that would Roman gave to her.

“Well, because you used to be really close to Brian Jackson.” (P. 253)

This consideration that made Aysel all the time hide what actually happened and what her father did in the past to Roman. However, on the basis of togetherness as a suicide partner, she felt it would be better if she said the truth. However, unexpectedly, Roman’s response was very wise, and he did hate not Aysel.

“I promise I don’t hate you, Aysel. I could never hate you. And I definitely wouldn’t hate you because of this. You didn’t do anything to Timothy Jackson. You didn’t kill him.” (MHOBH, p. 253)

Aysel was very calm when she heard that Roman did not hate her. Aysel's ego has made Aysel do the things she should did to maintain the relationship and trust between her and her suicide partner. Without realizing it, the words of Roman made her doubtful about her decision to commit suicide.

“His sentence replays in my head. You didn’t do anything to Timothy Jackson. You didn’t kill him. As I digest his words, my eyes become blurrier and blurrier. A tear rolls down my cheek and then the flood happens. My body trembles and I heave. I don’t understand why I’m sobbing now, why now of all times, why now when I finally don’t want to die”. (MHOBH, p. 253)

Aysel's ego played an important role in struggle her against depression. Without realizing it, openness has made her thought better that the reason why she
was depressed all this time was because her father had become a murderer, but after she told the truth honestly to Roman, she got answer to what he had not gotten, she should not be responsible for what her father did.

Openness that happened between Aysel and Roman made Aysel aware and rethought why she wanted committed suicide. She thought rationally and tried to limit her desire so her subconscious did not come out too much. Aysel began to realize that her unconscious mind played an active role in the formation of her depression. Before she committed suicide, there were things that had always been shadowing her mind. Aysel wanted to meet his father because she really missed his father. As a child of course she really missed her father's figure even though her father was a reason for him to become depressed, but she still wanted to see his father for the last time.

“But then why do I miss him so much?” My nose is inches from Roman’s and I want to look away from his eyes, but I can’t.

He pulls me closer to him, wrapping his arms around me. “Because you’re human. No person is all bad or all good. I’m sure you had good times with your dad. It makes sense that you miss him.”

“That’s why I wanted to see him one last time, you know? Not only to try and figure out if I’m like him, but also to let him know I miss him. That I’m sorry for leaving him alone. As messed up as it is, I want his forgiveness”. (MHOBH, p. 259)

From explanation above Aysel’s ego, Aysel has acted in accordance with reality where she did not want to leave his father without seeing her father for the last time. Togetherness in the past with her father made Aysel miss her father very much. This of course would be very fair and orderly before she committed suicide with her suicide partner.
Openness and togetherness with Roman made Aysel think clearly of the action she will take. As time went on she began found a way to not be too concerned with her id. She began to be able to control her unconscious mind because the openness for all her father’s past he made her think rationally.

“And maybe the black slug will always live inside of me. Maybe I’ll always have bad days where the heaviness seems unbearable. But as cheesy as it sounds, maybe the good days will make it worth getting through the bad ones.

For too long, I’ve made my past my future, afraid to imagine anything else. And I acted like that—static—afraid of my own kinetic energy. Maybe it’s time to start imagining, maybe it’s time to be in motion. Maybe it’s time for me to fight back against the sadness inside of me. (MHOBH, p. 272)

From narration above, the writer would like to describe that Aysel started realizing that she had to fight back of her depression. Her ego was a positive effect where he realized the suicidal intentions that he had planned so far into consideration. She acted by considering between the unconscious mind and reality of life.

The ego made Aysel desirous of telling the truth to her suicide partner, Roman. Aysel felt that she had realized that suicide was not the right way to do as the narration below states:

“I grip the steering wheel and remind myself that I don’t need anyone to tell me Roman’s secrets. That I’m going to make him talk to me. Because I’m going to be honest about everything. I take my eyes off the road for a second and glance at the passenger seat, where I tossed a book I bought called Exploring North Carolina’s Beaches. I figure I’ll start by selling him on the road trip to the ocean and hope the rest will come naturally”. (MHOBH, p. 279-280)
Confidently, Aysel wanted to tell the truth that she no longer intended to committed suicide. Aysel’s ego was related with her superego, which she finally realized that suicide was a wrong way in faced a problem in life. She acted to go to Roman’s house to tell about her desire to stop the suicidal plan.

4.3 Aysel Finds Solution to Her Depression through Her Superego

After it was mentioned earlier that depression caused her to commit suicide, now Aysel found a solution to the depression she had. Aysel felt that her subconsciousness had been so strong that she encouraged her to commit suicide. The outside world had saved her from the suicidal intentions. Love had made Aysel have to endure and fight for her depression. The writer described how Aysel could avoid the suicidal intentions that had been haunting her all the time.

The Superego is the basic of inner self. It is also a limitation of desire based on moral values and culture that applies in the society. Superego formation comes from external factors, where it serves as a barrier that provides moral values as a comparison with any uncontrolled desires. Freud, S (1923) the superego has function to control the id’s impulses, especially those which society forbids, such as sex and aggression. It also has the function of persuading the ego to turn to moralistic goals rather than simply realistic ones and to strive for perfection.

In the MHOBH novel, Aysel felt in love with Roman and she would not lose Roman because of love. In social life in society, love is considered as something that can make someone do anything for the good of his or her partner.
This caused Aysel to cancel her suicidal plan with Roman because she was scared of losing Roman. When her desire peaked to commit suicide, first she had to defeat her *id* for the good of her partner, and of course Aysel in this case became wise in making decisions to cancel her suicide intentions for the sake of the person whom she loved. In this regard, Jasmine Warga describes the character of Aysel in the story as a teenager with depression that caused her to have suicide intentions. The case of a complicated story began when Aysel made a choice to stop her suicide intention because she felt in love with Roman, and she also missed her father which was the reason she had to survive from her depression.

Aysel did not realize directly that togetherness with Roman had made her open to the problems she had. It made the depression that had been in her mind slowly began to disappear because she realized that she was starting to fear losing Roman. It turned out that openness could heal her depression. Aysel began to think about how to cancel the suicide plan which she had arranged with his suicide partner.

Aysel did not really want something bad to happen to Roman because he started falling in love with him. Aysel’s best wishes to Roman constantly kept in her mind until she really wanted to end the suicidal plan because she was scared of losing Roman.

“I clench my teeth and resist the urge to tell him that I don’t want to die anymore. That everything has changed. But I don’t think this is exactly the moment to make that big proclamation, not when he’s so angry with me. I pat the table beside me, urging him to sit back down”. (P. 249)
The explanation above reveals how the superego of Aysel took the places in the form of her reason. Of course, her *id* and *ego* could not be separated due to the *id* and *ego* as the impulse and medium of her. Aysel’s *id* wanted to suicide with him, and the *ego* made it happen with an action to achieve it all, but in the end the *superego* kept her from rethinking after what they had passed along with openness making her believe that suicide was a wrong thing. In addition, she also thought of her father. The thing made her think again that there was still hope for her regardless of the depression she had at the time, and of course this was a consideration for her to stop suicidal intentions that she had planned so far.

“What my dad did was wrong, awful, inexcusable, but maybe there’s still hope for him. Maybe if he can get the help he needs, they’ll be able to resurrect the man who taught me about Bach’s toccata and slept in the chair in my room when I was afraid of the dark.

*And if there’s still hope for my dad, there has to still be hope for me.* Maybe it’s true that he and I have the same black slug inside of us, but it’s up to me to conquer it. I owe that to my dad. I owe that to myself. (MHOBH, p. 266)

From the above narration of the novel, Aysel’s *superego* had given her hope to stay alive. She thought clearly that hope was there and she tried to make it happen. From the sense of depression and guilt that she had had so far, Aysel's *superego* made Aysel take a decision that were in accordance with the moral values that were applicable in the society by considering her suicidal intention.

In another case, she tried to realize what her father had done was not her fault even though every day she always felt guilty and that feeling made her depressed. As explained in the narration below.
“For as long as I can remember, I’ve been terrified of telling anyone about my sadness because I thought for sure they’d see it as proof that I had inherited my father’s insanity. But now, I realize that I’ll never be able to change what my dad did or the fact I wasn’t there that afternoon to try to stop him”.

(MHOBH, p. 272)

From the above narration of the novel, Aysel wanted to escape from the guilt she had felt so far, thinking that she could not change what had happened to her father. The superego of Aysel changed Aysel’s mind in which she thought oppositely to her id. Aysel’s id influenced her to satisfy her desire, but with all the considerations she began to stop her intention to commit suicide. She also began to think of convincing her suicide partner, Roman, to fight against the depression which they had.

“I wonder if it’s possible to make Roman understand that. Make him see that my change of heart isn’t about flaking out; it’s about fighting back. I’m going to have to find the courage to finally be honest with him”. (MHOBH, p. 272)

This psychological decision emerges as a superego act in the place of any consideration that has been taken from thought and from many impulses that come from unconscious world in her mind. This psychological process happened when Aysel felt that she did want to lose Roman, her suicide partner.

Aysel tried to convince Roman that they must fought for the depression they had. Although there were still doubts in Aysel's mind to tell the truth, but she had come to realize that this suicidal intention they had planed was a mistake.

“I wonder if guilt has a scent—a stinking, foul odor that Roman’s parent can detect. I’m sitting between the two of them and they haven’t said anything to me, except to periodically
The above narration of the novel reveals that Aysel imagined if Roman’s parent knew with her plan, she was sure that Roman’s mom would hate her. In this case, Aysel’s superego realized that her decision to plan the suicidal intention was contrary to the existing norm of the society. It made Aysel feel very sorry for making such a suicidal plan.

The superego of Aysel had awakened her that suicide was an action that it should not do. The openness between Aysel and Roman, her suicide partner, was a solution to Aysel to think clearly about what she had thought through her subconsciousness to take a shortcut to the depression she had was really a mistake. Love also had made the Aysel feel meaningful and find her true identity when she was with Roman. Due to their togetherness that had been established between them, Aysel’s heart was not empty anymore and could slowly forget the sadness in her life.

“I’m not asking you to live for me. Even though that would be nice because I’m in love with you. And yeah, you can tell me I’m misusing that word, but I don’t care. That’s how I feel. But this isn’t even about me, or how I feel about you. I want you to live for you because I know there’s so much more waiting for you. There’s so much more for you to discover and experience. And you deserve it, you might not think you do, but you do. I’m here to tell you that you deserve it. And I know I sound cheesy as hell. Believe me, six weeks ago, I would have slapped myself for saying shit like this, but knowing you...” I trail off for a moment. See myself differently. And all I want is for you to see yourself the way that I do”. (MHOBH, p. 293)
From the above narration of the novel, Aysel’s mind had changed due to the influence of the outside world on her. Roman had made her fall in love with him. In the end, Aysel’s *superego* brought her to the existing social values that suicide was an unreasonable thing to do. Psychologically, Aysel had succeeded in conquering her *Id* and following her *superego* as a basis for acting in the right way. Aysel’s *superego* that was very strong had influenced her unconscious mind to do things that were in accordance with the norms that apply in society by not committing suicide. Love had really blinded Aysel’s eyes. However, she had a positive impact on her life, so she could slowly heal her depression.

“After I say all that, I feel drained, deflated. I know most people use “deflated” in a negative way, but today, I feel deflated in a positive way. Like I’ve kept all these secrets inside of me for so long, and now, I’ve let them all go. I feel lighter. I feel free. I told Roman I loved him; I put that positive charge out into the universe. And now I’m just waiting to see if it sparks—if it puts us in motion. (MHOBH, p. 293)

The above narration of the novel reveals finally Aysel realized that she was fully aware that she had become a positive thinking person by forgetting her intentions to kill herself. Psychologically, it is not an easy thing to eliminate an intention that has been embedded in someone. However, meeting with Roman had changed everything to Aysel. She knew that depression might still be inside her, but now someone had filled her heart so she had hope that depression could disappear from her with the help of someone who she loved.

“He puts his hand out and I grab it. His grip is weak and loose, unlike when he squeezed my hand at the carnival. And this time, I can feel my hand. I can feel everything. And I want to keep feeling everything. Even the painful, awful, terrible things.
Because feelings is what lets us know that we’re alive. And I want to be alive.

“I can’t lose you,” I finally manage to say.

“Don’t say that,” he whispers,

“No, it’s true, I can’t lose you, Roman, you have to decide to live. I know that nothing can ever what happened to Maddie, but you can’t give up. (MHOBH, p. 292)

From the above narration of the novel, Aysel had found a way for her life. From the psychological point of view, Aysel’s superego got an important role of her decision. The decision to stay alive had made Aysel win over her depression. She felt happy when she was with Roman, and she did not want to lose Roman. Love had made Aysel think realistically and wisely in dealing with her life problems, in particular psychological problems.

At the end of the story, finally Aysel decided to stay with Roman by forgetting the suicide plan they had planned before. Aysel was aware that openness to the problems she had had changed her mind to end her life. Depression had made Aysel live in the darkness for long time. Everything she thought was a negative mind that leads to a suicidal plan that she should not do. With the theory of personality id, ego, and superego in depressed sufferers the writer can examine the very strong desires of Aysel to commit suicide which in the end a very strong desire to commit suicide can be overcome by consideration generated by the interaction and the influence from outside world.
CHAPTER V

CONCLUSION AND SUGGESTION

In this chapter, the writer presents his conclusion and suggestions following the findings of the research. The first is the conclusion based on the research findings and the second one is the suggestions for readers and next researchers with regard to mental depression and its negative effects to the main character of My Heart and Other Black Holes (MHOBH) written by Jasmine Warga.

5.1 Conclusion

The paper focuses on the analysis of the mental depression experienced by the main character, Aysel in the MHOBH novel. In the analysis of the data, the writer employed Sigmund Freud’ psychoanalysis approach id, ego, and superego. Freud divides human's personality system into three parts, id, ego, and superego. The system becomes an important part of human because the system controls human's thought which finally determine in action. Hence, the writer would like to conclude that they (id, ego and superego) have influenced the main character, Aysel, in dealing with her mental depression in which she was desirous of committing suicide.

1. The Id, Suicide intention pictures in Aysel's id which the id pushed Aysel to not stop thinking about suicide. Aysel’s unconscious mind continuously influenced her to commit suicide without caring about morality or social norms. The Aysel’s id brought her to dark situations. She did not care about good or bad, right or wrong deeds. She felt that suicide was the best way to end her life problems. The
*Id* is in Aysel's subconscious mind that worked based on the principles of pleasure. In this regard, Aysel thought committing suicide could become a pleasure for her to end her depression since she had felt that she was unable to solve her mental problem. In addition, she thought that by committing suicide, her problem would be quickly over.

2. The *Ego*, the *ego* is in the conscious mind that controlled Aysel to do everything rationally so that it could be accepted in society. In the story, the *ego* is the executive part of Aysel in struggle for her depression. She tried to fulfill her desire to commit suicide in rational ways and the real action that can be accepted in society. There were several real actions done by Aysel, and the actions made her *superego* play a more active role. She considered her plan to suicide after she found reasons to stop her suicide plan. The ego brought Aysel to a condition she had to tell about everything to her suicide partner and do everything as a request before she died.

3. The *Superego*, after what she thought about suicide, the superego gives Aysel considering materials. She felt that she had to stay alive for her beloved person that was her suicide partner, Roman. Love made Aysel think again to continue her intention to commit suicide. In addition, openness and togetherness with Roman made Aysel able to fight their mental problem. The *superego* of Aysel had given her awareness that what she thought about killing herself was wrong, and it was also against the norms of the society. Aysel’s *superego* succeeded in making her able to defeat her *id* and finally she found positive ways to end her depression.
5.2 Suggestion

With regard to his research on the analysis of the main character of the MHOBH novel, the writer would like to give his suggestions as follows.

1. Readers understand depression, a dangerous mental problem and its negative effects to sufferers, as showed in the analysis of Aysel’s depression, using Sigmund Freud’s psychoanalysis, id, ego, and superego as human's element to build personality. In addition, the analysis of personality is also expected to be further developed because there are still many aspects that can be investigated in literature psychology research.

2. Readers, in particular lecturers of literature, use this research to teach their students the analysis of character, as one of the important elements of a novel, Aysel of MHOBH novel, for instance. In this regard, with the use of Freud’s psychoanalysis, it is important that the students understand the causes of Aysel’s depression which led her to have desire to commit suicide to end her life, how she managed to fight for her depression and find a solution.

3. Next researchers conduct further research on the other elements of the above novel by employing relevant theories of literature and psychology as the novel is worth reading and investigating further.

4. Readers or anyone give their advice, suggestion, and constructive criticism to the writer for the betterment of his paper in the future since he fully realizes that his paper is far from being perfect.
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My Heart and Other Black Holes is a novel written by jasmine Warga, published in 2015. The novel told about a young girl named Aysel who has mental depression that influenced her lives. In the beginning of the story, Aysel felt that her father was a reason for her depression. Her father did criminal act that killed someone popular in the city she lived in. The victim was Timothy Jackson, he was an Olympic-bound athlete. People of the city knew that Timothy Jackson died caused by Aysel's father that made Aysel depressed. Day by day Aysel still felt depression even worst until one day appeared suicidal intention. The suicidal intention was increasingly high along with her depression. She found a website that provided partner for suicide. The website named Suicide Partner. She started to found someone who has the same desire with her that was committed suicide. After a few days using the website, finally she found suicide partner named Roman. They arranged time for committed suicide on April 7th, the date was taken by Roman and Aysel was willing to committed suicide on the date. During wait for their death, they made several plan for suicide. They visited many places for survey which the right place and the right way to do suicide. Both Aysel and Roman spent the time together to found a way and a place to suicide. Aysel also open to Roman about what made her depressed. She told about many things to Roman. She told Roman that her father was a factor for her depressed and Roman gave her advice that she did not kill Timothy Jackson, so she needn't to has a
responsibility for the death of Timothy Jackson. Day by day they through together.
Without realizing, because of togetherness with Roman, Aysel slowly started
struggle to against her depression because she knew that she was wrong and also
she did not want to missed her partner. Togetherness and openness has made
Aysel fell in love with Roman. At that time Aysel realized that she must saved
Roman from suicide intention. She did anything to give some proof to Roman that
she has changed, she did not want to committed suicide anymore. And, finally she
can found solution and reason to convince Roman why she did not wanted to died.
She told Roman honestly that she did not want to lose him, that's why she did not
want to died anymore. Love has changed everything on Aysel, now she tries to
delete all of her depression.
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