BUDDHI DHARMA UNIVERSITY

AN ANALYSIS OF DEPRESSION IN THE NOVEL OF THIRTEEN REASONS WHY WRITTEN BY JAY ASHER THROUGH PSYCHOANALYTIC THEORY

Present as a partial fulfillment of the requirement for the Undergraduate Program

LYZA ANNISYA

20160600014

FACULTY OF SOCIAL SCIENCES AND HUMANITIES

ENGLISH DEPARTMENT

TANGERANG

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FINAL PROJECT PROPOSAL

Name	:	Lyza Annisya
Student Number	:	20160600014
Faculty	:	Faculty of Social Science and Humanities
Study Program	:	English Literature
Final Project Title	:	**An Analysis of Depression in the Novel of Thirteen Reasons Why Written by Jay Asher Through Psychoanalytic Theory**

The Final Project Proposal has been approved.

Tangerang, March 9, 2020

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Tangerang, July 7, 2020

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Student Number	:	20160600014
Faculty	:	Faculty of Social and Humanities
Study Program	:	English Literature
Title of Final Project	:	**An Analysis of Depression in the Novel of Thirteen Reasons Why Written by Jay Asher Through Psychoanalytic Theory**

It has been eligible to take the final project examination.

Tangerang, July 7, 2020

Approved by,
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Faculty	:	Faculty of Social and Humanities
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Title of Final Project	:	**An Analysis of Depression in the Novel of Thirteen Reasons Why Written by Jay Asher Through Psychoanalytic Theory**

This thesis has been examined by the board of examiners on August 6th, 2020

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STATEMENT OF AUTHENTICITY

I honestly declare that this final project is my own writing. It is true and correct that I do not take any scholarly ideas or work from others. That all citied works were quoted in accordance with the ethical code academic writing.

Tangerang, July 7, 2020

Lyza Annisya
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Tangerang, July 7, 2020

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ABSTRACT

This research discusses about the depression in the novel *Thirteen Reasons Why* was written by Jay Asher and published in 2007. The purpose of this study was to analyze depression, depression symptoms, and the causes of depression that occurred in the character in the novel, namely Hannah Baker. The novel tells the story of Hannah Baker who chooses to end her own life, because of the bad experiences she had at school. But before she died she made 13 voice recordings explaining why she ended her life and told everyone who heard what happened to Hannah in her school life, in 13 sound recordings there were 13 names involved in Hannah's death. And she also gave 13 voice recordings made for the 13 people involved in Hannah's death, Hana made notes because in her entire life no one or friend could tell her about what happened to her. In analyzing this research the writer uses qualitative method, the writer also uses the theory made by Aaron Beck to find out the definition of depression, depression symptoms, and the causes of depression in Hannah Baker's character. As a result, the writer can analyze depression in the novel *Thirteen Reasons Why* and make it easy to understand for the reader.

Key word: Aaron Beck's, depression, psychoanalytic, depression causes and symptoms

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CHAPTER I

INTRODUCTION

1.1 Background of Study

Literary work is a person's creativity towards an idea, though, and feeling that it has. Literary works are the result of human imagination that takes human life as a source of inspiration, and imagination in literature is an imagination based on reality. Imagination can be imagined by others, even though in essence literary work is an invention, literary work is constructed on the basis of reality, even though literary works are the result of imagination, literary works are very beneficial for life.

Literature is a piece of writing which expresses and communicates through feeling and human attitude in literary works. We find many kinds of work that may contain anything which can be found in our life. It is in accordance with what Wellek and Warren (1993) said that some literary critics see literature as a product of human creativity in the form of written or oral work. When we talk about literature, we consider that it is an endless topic of discussion. We can find many lessons about life. Literature is a speech act or textual event that elicits certain kinds of extension, also as the product of conventions and certain kinds of extension (Culler, 1997) A literary work can be portraying of the author's life. Through their

work, they can express his or her imagination through the idea. Literature can be classified into short stories, novels, poetry, drama, and movie.

One form of literary work as the pouring of the author's creative ideas is a novel, a novel is a fictional prose story in a certain length that depicts characters, movements, and real-life scenes that are represented in a groove or a somewhat chaotic state. The novel can also be considered a work of totality, with an overall art form. Novel can attend the development of one character, complete social situation, a relationship that involves many or little characters, and various events that happened a few years in blue. The novel typical characteristics are in the ability to create a complete universe that is always complex (Stanton, 2007). A novel can be used to understand human characters in the real world because the stories and characters in the novel are written both based on experience gained by the writer and from the writer's imagination. The experience itself is obtained both and indirectly in the reality of life that occur in society.

Literary psychology is the study of literature that views work as a psychiatric activity. The writer will also involve the psychiatric problems that occur in the novel's story using psychoanalytic theory according to experts, especially from Aaron Beck's. The writer will explain the problem of depression experienced by the main character as a victim of bullying in the novel Thirteen Reasons Why. According to Kaplan, depression is a mood disorder characterized by the experience of severe suffering. The atmosphere is the internal emotion that permeates a person (Kaplan, 2010). Depression is a mood disorder that has characteristics such as hopelessness and heartbreak, feeling extremely helpless, unable to make a decision for an activity, unable to concentrate, lacking zest for life, feeling insecure, extreme

sadness, has meaningless and guilty feelings, withdraws from others, cannot sleep, loses appetite, loses pleasure in the usual activities, and tries to commit suicide.

The writer would express the story of Hannah Baker, a middle school student when she despaired of betrayal and intimidation that culminated in suicide. She made a voice recording of thirteen reasons why she ended her life with suicide, and involved twelve friends as the cause of her suicide.

The reason of the writer chose Thirteen Reasons Why Novel because the novel tells about the problem of teenagers that we find, for example, such as intimidation or bullying which results in the victim preferring suicide that makes the victim feel calmer and resolved from the problem at hand.

1.2 Statement of the Research Problem

In this research, the writer wants to analyze on a character of Hannah Baker. The main character who committed suicide because of the natural despair, the reasons why she committed suicide is still a mystery, to involve 13 of her friends. But one of the main problems that cause her to commit suicide is depression. The writer will analyze depression problems through psychoanalytic theory.

1.3 Research Question

Based on the background above, this research can be formulated into:

"How does depression disorders reveal in Hannah Baker's character?"

1.4 Goal and Function

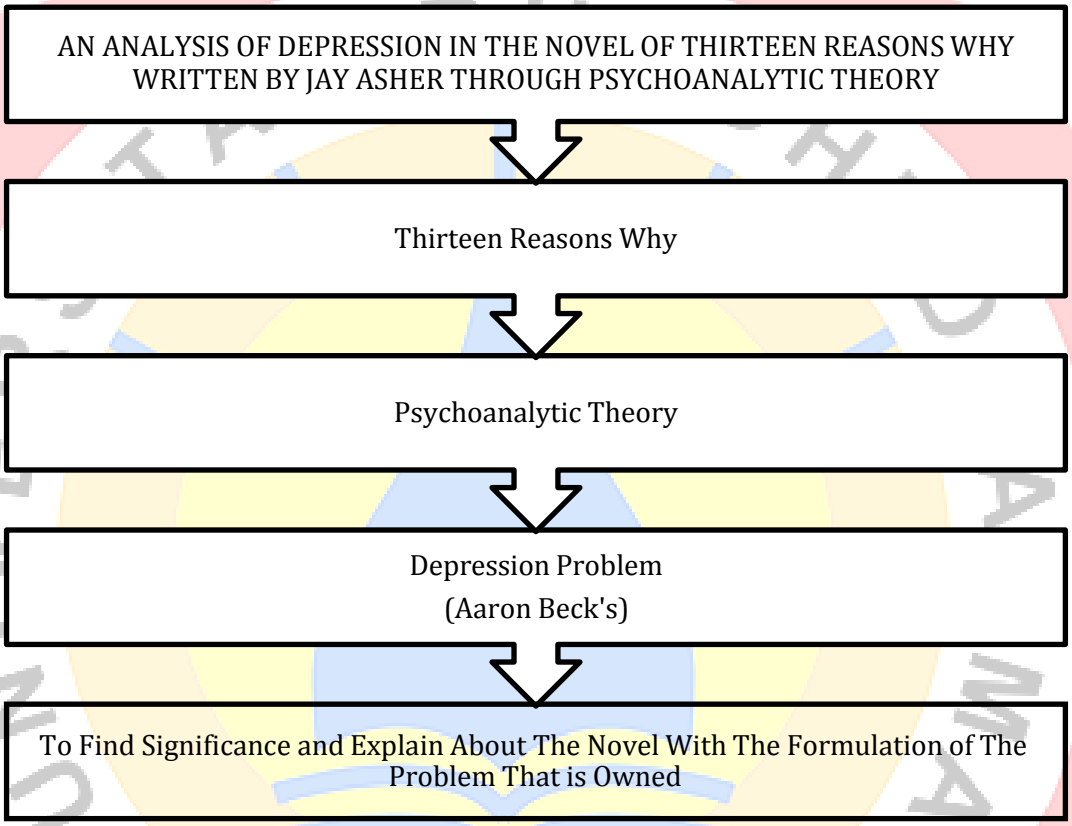
The goal of this research is to explain how to analyze depression experienced by the characters of a novel through psychoanalytic theory, one of which is the problem of depression shown by Hannah Baker's character in the novel Thirteen Reasons Why. The function of this research is so that readers know about definition of depression, symptoms of depression, causes of depression, and how to handle the depression problem in a novel character. and can also be a reference for future researchers who want to analyze about depression.

1.5 Scope and Limitation of the Research

In this research, the writer will focus on depression due to despair which causes Hannah Baker to become depressed, in this research. The writer uses the novel Thirteen Reasons Why published in 2007 as the main material of research. The writer uses a psychoanalytic approach in this research, the scope of this research is about depression. The writer limits this research by analyzing the main character of Thirteen Reasons Why novel.

1.6 Conceptual Framework

The concept will explain briefly and whey until the result discussion as follows.



1.6.1 Conceptual Framework

The Conceptual Framework of this thesis is as follows :

1. The writer began analyzing a novel written in 2007 by Jay Asher entitled Thirteen Reasons Why.
2. The writer begins to research with one of the characters in the novel Thirteen Reasons Why to use Psychoanalytic theory.

3. To find out the true significance, the writer connects the novel with psychiatric problems due to depression experienced by humans.

CHAPTER II

THEORETICAL BACKGROUND

2.1 Review of Previous Studies

The previous study became one of the writer references in conducting research, so that the writer can enrich the theories used in studying the research conducted. From the previous study, the writer did not find research with the same title as the writer's research title. But the writer raised some research as a reference in enriching the study material in the writer's research.

The following is a previous study's in the form of several theses related to the research conducted by the writer. First, research conducted by Muhammad Harry Kurniawan (2017), from the Department of English Education, Muhammadiyah University of Surakarta. His thesis entitled "MALEFICENT'S DEPRESSION IN CHANGE OF PERSONALITY A PSYCHOANALYTIC STUDY ON THE CURSE OF MALEFICENT NOVEL", in his thesis he analyzed the problem of depression experienced by Maleficent because of losing precious thing in herself and Maleficent became an evil faire when she betrayed about depression with her self and change personality, by using psychoanalytic studies. This research focuses on indicators and causes of Maleficent depression, the effect of depression on Maleficent's personality, and how depression no longer exists in

Maleficent's personality, this study also identifies and classifies Maleficent's personality by applying Freud's theory.

The second is, research conducted by Elisa Mariam Lengkong (2016), a student of the Faculty of Cultural Sciences, Sam Ratulangi University, her thesis entitled "DEPRESSION IN NOVEL “ROOM””, in her thesis she focused on analyzing the discussion of depression in the characters in the story the novel "ROOM". her analysis contains Identify, analyze, and explain the causes of depression that Joy and Jack experienced in the Room novel and analyzing the causes and effect of depression which are depicted in the Room novel. But in this thesis, the writer will discuss depression according to the perspective of the novel 13 Reasons Why, the two novels from 13 Reasons Why and Room have the same core story, namely about teenage girls who experience depression, but both novels have different causes from depression experienced by each of the main characters.

The last is a study conducted by Trimurti Dhian Pratiwi (2015), a student of the Faculty of Language and Art, Yogyakarta State University. Her thesis is entitled, ANDREAS 'MAIN PSYCHOLOGICAL PROBLEM IN "ERZÄHLUNG DER ZUG WAR PÜNKTLICH" HEINRICH BÖLL'S WORKS: FREUD PSYCHOLOGICAL ANALYSIS. In her thesis, she analyzed the problem of the main figure in Erzählung who had mental problems. It can be seen from Andreas as the main character experience a kind of psychological pressure and trauma from the start of the story to the rapid change of emotions at the end of the story. The phenomenon of psychosis is very precisely analyzed by psychological approaches. This study uses psychoanalytic concepts pioneered by Sigmund Freud. The writer

will use his thesis as a reference in finding Sigmund Freud's approach to novel characters who have psychiatric problems due to depression.

2.2 Novel

Novel from French *Nouvelle*, Italian *Novella*, which means "new" it is called new since whenever compared to drama or poetry which comes later. It is an extended, generally fictional narrative, typically in prose. Until the eighteenth century, the word referred specifically to short fictions of love and intrigue as opposed to romances, which were epic-length work about love and adventure. Novels are characterized by 60,000-200,00 words in length, or 300-1,300 pages, in length. During the 18th century, the novel adopted features of the old romance and became one of the major literary genres. It is today defined mostly by its ability to become the object of literary criticism demanding artistic merit and a specific 'literary' style or specific literary style (Nurgiyantoro, 1988:10).

Novel is the modern version of the long narrative. This form resembles the epic in the length and in emphasis on the narrative, but it will differ if it is in the form of prose. The difference is in its choice and treatment of subject matter. In addition, is a free story without an integrated plot ?. Due to its length, the novel is particularly suited to deal with the effect or character of the passage of time. One aspect of the passage of time is the development of character. Novels present a documentary picture of life. They are long works with a great amount of detail on every page. They thus present all the complicating facts that need to be taken into account before we can reach any sort of judgment (Peek & Coyle, 1984: 103)

As fiction, the novel is distinguished from history, which undertakes to be a narrative of facts, and from the essay, which often presents characters and incidents, but only as a brief illustration of a concept or a point of view. As an extended narrative covering a wide range of characters and experience, the novels are different from the short story and as prose, it is different from the long verse narrative (Abrams, 1957: 14).

2.3 Character

The writers sometimes use background names, events and character figures such as their presence in the real world in their work. There is the achievement of character creation by fiction story writers who use the truth of human existence for certain purposes. Endrawara (2003: 185), ordinary figures found in prose and drama; they appear to construct an object and are psychologically representative of writers. The writer's message appears through the figures.

The writer describes the events and characters of the characters in the story that can be carriers of the mandate as a result of a replica or criticism of a life of social beings. Sayuti (2000: 67) states that if the structure of a story or plot is a fundamental element of fiction that is often referred to as the soul of fiction, the aspect of characters in fiction is basically the aspect that attracts more attention. In reading or analyzing a work of fiction, we often do not need to question what happened next, but we often question "Who happened next?". According to Abrams (1981) to assess the character's character can be seen from what was said and what was done. The identification is based on consistency, in terms of the consistency of

attitude, morality, behavior, and thought in solving, looking at, and acting in the face of each event (via Fananie, 2000: 87).

According to Minderop (2005: 2) characterization, means characterization, character depiction. The method of characterization in the study of literary works is a method of describing the character of the characters contained in a work of fiction. How to determine the character (character) in this case the imaginative character and determine the character or character is very different. Based on character or character, fictional characters have two categories, simple characters and complex characters. A simple or flat figure is a character who does not adequately represent the integrity of human personality, and is only highlighted on one side. Complex figures or round figures are figures that can be seen on all sides of his life (Sayuti, 2000: 77-78).

Characters in fiction have the same character possibilities as real humans. Describing the character of fictional characters can be done in two ways, namely by the discursive and dramatic methods. Discursive method is a method that only describes the quality of the characters of fictional characters directly by the writer, while the dramatic method is a method that describes the character's character through several ways, namely: (1) naming, (2) conversations, (3) depictions of the character's thoughts, (4) steam of consciousness, (5) the character's senses, (6) character's actions, (7) the attitude of the character, (8) the view of one or many figures towards a particular character, (9) physical painting, and (10) setting the background (Sayuti, 2000).

Fictional characters can also be manifested in three dimensions, including a) physiological dimensions, i.e. physical or physical characteristics, such as name, age, sex, body condition, facial features, and other physical features. b) The psychological dimension, which is spiritual or spiritual characteristics, such as mentality, temperament, creativity, taste, intention, IQ, personal attitude and behavior. c) The sociological dimension, i.e. characteristics social life, such as social status, work, position, education level, personal life, personal outlook, attitude to life, community behavior, religion, ideology, belief system, social activities, social action, personal hobbies, social organization, ethnicity, lineage and social origins (Wiyatmi, 2006: 51).

2. 4 Psychoanalytic Theory

There are several depression theories that have been tested and applied to psychotherapy from the causes of mood disorders such as interpersonal and cognitive behavioral formulations. Among them are psychoanalytic theories created by Freud, the theory of evolution, existentialism, neurological and neuropsychological perspectives, biochemical theories, and animal models. Theory of depression have conceptual commonalities, including emphasis on continuity of normal and abnormal mechanism (Aaron Beck, 2009: 213)

2.4.1 Theory of Depression

According to Freud (1917-1950) the potential for depression arises in early childhood. in the oral phase the child may be less or too fulfilled his needs, so he focused on this phase needed dependent individuals, low self-esteem. the symptoms are that after losing a loved one, over time he feels angry with himself, feels guilty.

This theory is the basis of a widely accepted psychodynamic view of accepting depression as a hidden self-attacking (Davison, 2006) but the authors use the cognitive theory that underlies the theory of psychoanalysis, because according to the authors this theory is related to the concepts that influence depression.

This cognitive theory is based on Aaron Beck's theory, and in measuring the level of depression the writer will use Aaron Beck's perspective namely BDI (Beck Depression Inventory), therefore cognitive theory is chosen by the author. Beck's central thought is that depressed people have inappropriate feelings because their thoughts are distorted in the form of negative things. One of the most influential cognitive theories, psychiatrist Aaron Beck, links the development of depression with the adoption of negative and ordinary thinking in early life (Aaron Beck, 2009: 215). Beck argues that the presence of depressive disorders is the result of the way a person thinks about himself. Depressed individuals tend to blame themselves. This is caused by cognitive distortions of themselves, the world, their future, so in evaluating themselves with the things that happen to them, they tend to draw conclusions with negative views. Cognitive triads are a series of cognitive patterns that make individuals see themselves, their experiences and their future in a special way, that is, to see themselves negatively, disturbances in depression can be seen as activating these three main cognitive patterns. Cognitive models assume that the signs and other symptoms of depression are active consequences of cognitive patterns. For example, if someone thinks that he is ostracized by his friends, then he will feel lonely.

2.5 Definition of Depression

According to Aaron Beck (Depression Causes and Treatment, 2009: 3) Depression as a mood disorder that has characteristics such as hopelessness and heartbreak, feeling extremely helpless, unable to make a decision for an activity, unable to concentrate, lacking zest for life, feeling insecure, extreme sadness , has meaningless and guilty feelings, withdraws from others, cannot sleep, loses appetite, loses pleasure in the usual activities, and tries to commit suicide. For people who are depressed, they cannot easily understand what they are thinking and what someone is saying to them. each time becomes very heavy and their minds are always filled with thoughts of self-blame, someone who suffers from depression can also ignore the cleanliness and appearance. they always feel discouraged and they feel really hopeless, they always feel worried, anxious, and pessimistic almost all the time..

2.6 Symptoms of Depression

According to Aaron Beck in his book *Depression Causes and Treatment Second Edition (2009: 14)* states the category of depressive symptoms into four

parts, namely Emotional Manifestations, Cognitive Manifestations, Motivational Manifestations, and Physical Manifestations.

a. Emotional Manifestations

The term emotional manifestations refers to the change in the someone feelings or overt behavior directly attributable to their feeling states. In assessing emotional manifestations, it is important to take into account the individual premorbid mood level and behavior, as well as what the examiner might consider the normal range in the someone particular age. Sex, and social group. The occurrence of frequent crying spells in a someone who rarely or never cried before becoming depressed might indicate a greater level of depression than it would in someone who habitually cried whether depressed out. In his book Beck mentions emotional symptoms that include *Dejected Mood, Negative Feelings Toward Self, Reduction in Gratification, Loss of motional Attachments, Crying Spells, Loss of Mirth Response*

b. Cognitive Manifestations

The cognitive manifestations of depression include a number of diverse phenomena, one group is composed of the someone's distorted attitudes towars self , personal experience, and the future. This group include low self evaluations, distortions of body image, and negative expectations. Another symptom, self-blame, expresses someone's notion of causality. They are prone to hold themselves responsible for any difficulties or problems they encounter. There are other symptoms that include cognitive manifestations, namely *Low Self-Evaluation*. Low self-esteem is a characteristic feature of depression. Self-devaluation is apparently part of depressed someone's pattern of viewing

themselves as deficient in those attributes that are specifically important to them: ability, performance, intelligence, health, strength, personal attractiveness, popularity, or financial resources. Often the sense of deficiency is expressed in term such as "I am inferior" or "I am inadequate". *Negative Expectations* a gloomy outlook and pessimism are closely related to the feelings of hopelessness mentioned previously. *Self-Blame and Self-Criticism* appear to be related to their egocentric notions of causality and penchant for criticizing themselves for their alleged deficiencies. *Indecisiveness* difficulty in making decisions. *Distortion of Body Image* someone's distorted picture of their physical appearance is often quite marked in depression.

c. Motivational Manifestations

Motivational manifestations include consciously experienced strivings, desires, and impulses that are prominent in depression. Characteristics of these symptoms include *Paralysis of The Will* the loss of positive motivation is often a striking feature of depression. *Avoidance, Escapist, and Withdrawal Wishes* the wish to break out of the usual pattern or routine of life is a common manifestations of depression. *Suicidal Wishes* have historically been associated with a depressed state, while suicidal wishes may occur in undepressed individuals, they occur substantially more frequently in depressed someone's. *Increased Dependency* the term dependency is used here to designate the desire to receive help, guidance, or direction rather than the actual process of relying on someone else.

d. Physical Manifestations

The physical manifestations are considered by some writers to be evidence for a basic autonomic or hypothalamic disturbance that is responsible for depressive state. These symptoms contrary to expectation have a relatively low correlation with each other and with clinical ratings of the depth of depression. Symptoms of physical manifestations of depression are *loss of appetite*, *sleep disturbance*, *fatigability*, and *loss of libido*.

2.7 Causes of Depression

Depression according to Beck focuses on the role of negative thinking or depression, someone who is prone to depression holds negative beliefs about himself, the environment, and the future of this depression produces certain errors in thinking or cognitive distortion, in response to negative events, which in turn will causes depression. The factors that cause depression, which are stated by *Depression Causes and Treatment Second Edition (2009)* are:

1. Physical Factors

   a. Genetic Factors

   Someone whose family is known to suffer from depression has a greater risk of suffering from depression disorders

   b. Age factor

   According to researchers young people namely adolescents and adults more affected by depression.

   c. Gender

Women are twice as often diagnosed with depression than men. This does not mean that women are more susceptible to depression, because women more often acknowledge depression than men.

d. Lifestyle

Someone who has unhealthy habits and lifestyles has an impact on disease. For example, heart disease can also trigger anxiety and depression, high levels of stress experienced, unhealthy eating patterns, irregular sleep patterns, not exercising. it's all a factor in some people who experience depression.

2. Psychological Factors

a. Personality

Personality factors affect the high and low depression experienced by someone. For example, someone who has a negative mindset, is pessimistic, also has an introverted personality.

b. Mindset

Aaron Beck describes the mindset of a depressed individual as believing that those who feel negative about themselves are vulnerable to depression. Those who focus on failure and don't recognize their success, they also don't have a sense of optimism while some of us have an optimistic mindset that makes us feel excited

c. Self-Esteem

Those who feel or always think that they have low self-esteem will negatively affect a person concerned and cause the person to become stressed and depressed.

d. Stress

Caused by the death of a loved one, loss of work, moving house, or caused by negative events that can cause change, trauma in life. Reaction stress is often deferred and depression can occur several times month after the event happened.

e. Family Environment

There are three things a person becomes depressed in a family environment that is due to losing parents when still a child, kind care-less care as a child and as a teenager, and physical and sexual abuse as a child.

2.8 Treatments of Depression

Someone who is depressed should get treatment immediately. If left further that person will commit suicide. one of the treatments for depression is through counseling, counseling is a process of problem relief, with face to face by professional calm like a psychiatrist. One approach to counseling is a cognitive behavioral approach focusing on mental processes and their effects on mental health, this approach determines how patients feel and how patients will behave, Aaron Beck (2009: 298)

There are four therapies that work to help resolve depression disorders, namely two biological therapies and two psychological therapies. Biological therapy provides quite effective relief, but has serious side effects, biological therapy cannot solve the problem as a whole so that depression is likely to return, unless the depressed sufferer continues to take medication.

Psychological therapy consists of cognitive therapy and interpersonal therapy. Cognitive therapy seeks to change the way people think depressed about failure, defeat, loss, and helplessness. Cognitive therapy works well because it is able to provide enough help for about 70% of people who have depression sufferers.

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CHAPTER III

RESEARCH METHODOLOGY

In this chapter the writer discusses the subject matter, the material, the approach and the procedure that the writer uses for his research.

3.1 Subject Matter

The writer analyzes depression in the novel "Thirteen Reasons Why" by Jay Asher in 2007 which tells a teenage girl experiencing symptoms of depression due to school life that has been in nature, until in the end she decided to end her life with suicide, because according to her suicide is the best way to solve her problem. The writer draws depression closer to the psychology of literature, which is relevant to the writer's research topic

3.2 Material

The material used by the writer for this research is a novel titled Thirteen Reasons Why by Jay Asher in 2007, in addition the authors use material from the internet, e-books, and other references relevant to this analysis.

3.3 Approach

The research applies the theory of psychoanalytic by Aaron Beck that tells about depression, which is relevant to the topic of discussion of his study and uses the qualitative approach to analyze the data. The aim of using qualitative research referred to research studies is help to investigate activities, situation or material.

Acording to Patton (2002), qualitative research attempts to understand the unique interaction in particular situation. Afterward, the writer took relevant information from the novel as evident of psychology theory used in analyzing the research.

3.4 Procedure

There are three steps taken to complete this research. First, the writer needs to really read the novel for 5 times and take notes for important stories. The writer also identifies and selects which parts of the story or problem in the novel are relevant and need to be analyzed. Second, the writer begins to make a draft and framework or outline of what will be discussed in this thesis. Third, the writer began to collect some of references and books related to the topic of depression through internet and library searches.