CHAPTER I

INTRODUCTION

1.1 Background of The Problem

I Was Here written by Gayle Forman and published in 2016. She was born on June 5, 1978, in Los Angeles. She is an American young adult fiction author. I Was Here is her first novel which tells about suicide. When Forman was a journalist in Cosmopolitan magazine, she was appointed to write an article about teenager and suicide. She wrote about Suzy Gonzales, who killed herself. Inspired by Suzy Gonzales's story, she adapted her article into a novel entitled I Was Here. The fictions character was named Megan Luisa Garcia.

The plot of the story is a flashback. The story began when Cody (Meg's friend) received the delayed e-mail from Meg. Megan chooses to kill herself by drinking poison. Cody was sad and mourned. After the memorial service of Meg has done, Meg's parent asked Cody to collect Meg stuff in Tacoma (Meg's college place). Cody met Meg's roommates there. They also tell about Meg, who had slept a lot when she did not go to Seattle. Cody also finds Meg's computer and some of the syllabus to do suicide there. She found a file about the poison that Meg use to commit suicide.

A person is easy to get depressed in life. Depression is the mental health disorders which can make people lose their mood to do daily activities and can make their life changed. Usually, people who get depression will have different causes. The causes of depression such as have many problems in life, inherited from a family, and trauma. In I Was Here, the main character shows some symptoms and causes of her depression.

In this novel, the main character who has depression is a teenager. It is interesting because teenagers are people who easy to get depressed in their life, especially woman. Meg already gets the anti-depression medicine to make her in a stable condition. She can do her normal activity, and she can handle her depression well before she found a depression forum.

The story also tells about Meg who has depression which is inherited from her mother. Based on the story, the writer is interested in the analysis of the symptoms of the main character's depression. Then the writer also analyzes about the causing of the depression that the writer gets in this novel by the narration, the main character's speeches and acts and from other characters who describe about Meg's depression. Because of that the writer entitled this analysis "The Depression of The Main Character in *I Was Here* by Gayle Forman.

1.2 The Objective and The Scope of The Study

The object of this analysis is a novel entitled *I Was Here* by Gayle Forman. The objective of this study is to analyze the symptoms of depression and the causing factors which make the main character get depression. The scope of this research is limited on psychological approach of the main character's depression.

1.3 Formulation of The Problem

In analyzing *I Was Here,* the writer finds that there are things can be analyzed. The writer will identify the problems of this research into:

1. What are the symptoms of depression of the main character?

2. What are the causing factors of the main character's depression?

1.4 Review of Related Study

1.4.1   Previous Study

I Was Here actually has been analyzed and discussed in some different perspectives from researches and reviewers. The first research is done by Aldeana Roefmelinda from Diponegoro University (2016). Her research is entitled "Book Review of Gayle Forman's *I Was Here*". In her review, she also analyzes about the strengths of the novel in major and minor theme, the strong character, the cover, and natural sex scene. Then she also analyzes about the weaknesses of this novel in flashback plot, and the ending of this novel.

The other review is written by Alex Townsend in *Disability in Kidlit* web, *I Was Here* by Gayle Forman is a complicated book. It's also one that should be completely plastered with trigger warnings for suicide, encouragement of suicide, and romanticizing of suicide. She thinks that I Was Here is a book with a lot of potentials that fall flat in the worst ways.

Germ Magazine also said that *I Was Here* does a good job of incorporating problems into the storyline today. There is talk of online chats in forum and confronting the demons of both a friend and themselves. Technology plays an important role in the story, and, more importantly, shows how technology can be used to influence people, for good and bad. *I Was Here* is a great book that admirably handles the topics of death, suicide, and how today world of technology is plays its own part in them.

In this research, the writer will analyze the same novel with a different theory. She uses Psychological theory to analyze the symptoms and the causes of depression pictured in this novel.

1.4.2 Theoretical Framework

In this study, the writer use Psychological approach as a theory to find the depression symptoms of the main characters and also the causing factors of the main character's depression in literary work. According to National Institute Of Mental Health in *Depression.*

> Depression is everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a person has a depressive disorder, it interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. Depression is a common but serious illness, and most who experience it need treatment to get better. (2)

Usually, people who get depression will show signs or symptoms if they get depression. According to *National Institute Of Mental Health* in *Depression*, the depression symptoms can include:

1. Anxious or "empty" feelings

2. Feelings of hopelessness and/or pessimism

3. Feelings of guilt, worthlessness and/or helplessness Irritability, restlessness

4. Loss of interest in activities or hobbies once pleasurable, including sex

5. Fatigue and decreased energy

6. Difficulty concentrating, remembering details and making decisions

7. Insomnia, early-morning wakefulness, or oversleeping

8. Overeating, or appetite loss

9. Thoughts of suicide, suicide attempts

10. Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment. (4)

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms while others may experience many. Like in this novel, the writer find four symptoms of depression which the main character has, such as feeling hopelessness, decreased energy, oversleeping, and thoughts of death or suicide, or suicide attempts.

In addition to symptoms, depression must have a cause that makes the symptoms come. According to Gabbey in Health line article " Causes of Depression " that have the similar definition of depression with National Institute Of Mental Health , the causes of depression can include:

1. Genetic

    Depression may be an inherited condition. Someone may have a higher likelihood of experiencing a depressive disorder at some point in their life if someone have a family member with depression. The exact genes involved are not known. It's believed that many genes may play a factor in causing depression.

2. Biochemical

    Some people have noticeable changes in their brains with depression. Even though this potential cause is not understood, it does suggest

depression starts with brain function. Some psychiatrists look at brain chemistry with cases of depression.

Neurotransmitters in the brain – specifically serotonin, dopamine, or neorephinephrine – affect feelings of happiness and pleasure and may be out of balance in people with depression. Antidepressants work to balance these neurotransmitters, mainly serotonin. How and why these neurotransmitters get out of balance and what role they play in depressive states is not fully understood.

3. Hormonal

   Changes in hormone production or functioning could lead to the onset of depressive states. Any changes in hormone states – including menopause, childbirth, thyroid problems, or other disorders – could cause depression. With postpartum depression, mothers develop symptoms of depression after giving birth. It is normal to be emotional because of the changing hormones, but postpartum depression is a serious condition.

4. Seasonal

   As daylight hours get shorter in the winter, many people develop feelings of lethargy, tiredness, and a loss of interest in everyday activities. This condition was called seasonal affective disorder (SAD). Now it is known as major depressive disorder with seasonal pattern. Their doctor may prescribe medication or a light box to help treat this condition. The condition also usually goes away once the days get longer.

5. Situational

    Trauma, a big change, or struggle in life can trigger a case of depression. Losing a loved one, being fired, having financial troubles, or undergoing a serious change can have a big impact on people.

Depression is not a simple condition with a known cause. Some people are more susceptible to depressive episodes while others are not. In this novel, the writer also found the causes of depression on the main character, such as Genetic causes that inherited by her mom, and then the Situational causes in the form of trauma.

1.5 Method of Research

In analyzed this study, the writer uses the close reading technique. "Close reading technique is form of writing, discussion or silent observation. It should be based on questioning the text. Close reading requires that you take the text seriously enough to study it, to read and read it. Search for detail that might otherwise go unobserved, examine the text special words and term refer to the dictionary to be sure of the meaning necessary" (Jacobus : 6). According to Jacobus, the method is that the researcher notes the elements specific uses of language, such imaginary, symbols, repeated terms, patterns of expression, the tone of the speaker, and the main ideas the writer introduces.

The writer collects the information by reading the novel carefully and intensively to get a good understanding about the story. While reading the novel, the writer mark the data related about the symptoms and the causes of depression of the main character. The writer also support the analysis with reading and searching the sources, some articles or anything that makes the writer be

understands about the story. The writer collected the data and make important point to make research question. Then the writer analysis the data that related to the theory. In the end, the writer makes the conclusion as the result of the analysis.