



THE STUDY OF THE MAIN CHARACTER'S DEPRESSION

IN ME BEFORE YOU BY JOJO MOYES

THESIS

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BY:

CICI ANNISA OKTARINA

1310014211015

ENGLISH DEPARTMENT
FACULTY OF HUMANITIES
BUNG HATTA UNIVERSITY

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CiciAnnisaOktarina¹, FemmyDahlan², VilliaYusraini²

¹ Student of English Department, Faculty of Humanities, Bung Hatta University

E-mail : Ciciannsasa@gmail.com

² Lecturer of English Department, Faculty of Humanites, Bung Hatta University

Abstract

In this research, the writer analyzes the depression of the main character in *Me Before You* by JojoMoyes. The novel depicts an adventurous male character whose life changed after a fatal accident. The research uses psychological approach. The method applied is close reading which is helping the writer in selecting and analyzing the data. The result of the research is there are causing factors of the main character's depression that characterized by two main aspects. There is life event;quadriplegia, loss job, and losing adventure of life. The second causing factors is ongoing stress. The main character creates the tension to his girlfriend and his family, and feeling trapped in medical treatment. The symptoms which is shown are losing interest in many aspects of life, trouble sleeping, feeling irritable, feeling worthless, thought of death and suicide attempt andthe last is isolated himself from people around him. In conclusion, the are several factors that trigger the main character's depression. Yet, the main cause is his condition as quadriplegic patient whose previous life is totally in contrast to the current condition.

Keywords: the main character, depression, life events, ongoing stress, quadriplegia

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CHAPTER 1

INTRODUCTION

1.1 Reason for Choosing the Topic

Human faces many things in life that sometimes cannot be accepted and it makes them feel unhappy. It can be worst thing that bring a negative mood for their life. There are many of psychological problems such as mood disorder, behavior, psychopath and depression. The definition of psychology here is the emotional and behavioral characteristic of an individual, group or activity. In live several problems that often make psychological problem. There are kinds of psychological problem which occur in human is caused by several factors.

One of the common psychological problem experienced by human is depression. Depression is psychology condition which is influence the psychology of a person (feel, think, behavior). People who have depression can be seen from the symptoms that appear from people such as loss of interest in doing something that favorite to be done, feeling empty, feeling hopeless of the life and the worst is the desire of suicide.

There are many factors of causing depression such as having problem in career, broken relationship, family problem, health problem and undesirable life event. People who cannot accept and manage it risks to get depression in their life. Someone with depression cannot behave normally like normal people because of their mental process got disturbance. Depression is one of the psychology case that represented in literary work by the character.

One of the novel that represented about depression is *Me Before You* by Jojo Moyes or Pauline Sara Jo Moyes. She was born on August 4, 1969 in London, England. She is a British journalist and novelist. She becomes a full-time novelist in 2002. Her first book was *Sheltering Rain* and after that she is going to write many novels till now. Moyes known as a romantic author from the novel that written. She also honored by the Association Romantic Novel as the romantic novelist of the year twice in 2004 and 2011. She already writes many books like *Foreign Fruit* (2003), *The Last Letter From Your Lover* (2010), *Me Before You* (2012) and *After You* (2015).

The novel *Me Before You* is a story about a young man who is called Will Traynor who has a perfect living. He is educated, rich, handsome and having a best life ever. He has a good family and romantic lover. But one day a tragic event happens to him, a motorbike hit him on the road and it causes him defective. He cannot walk or move his hand. It makes him depress because of the impact of accident that makes him not being allowed to move as normal person. This physical defect known as Quadriplegia. Quadriplegia defined as the inability to move. The primary caused is a spinal cord injury. A patient with complete quadriplegia has no ability to move any part of the body below neck.

The old life of Will Traynor which is perfect suddenly changes into a worst life ever he has never imagined. Will was an energetic young man who really love his life turns into a man who useless because of his physical condition. He must stop to work, he cannot go to anywhere without an electric wheel chair. He needs help from

other people to take care of his life, he cannot eat by his self and do everything without help. The only thing left is his mind and his feeling.

After the tragic events that happened, Will changes his behavior and become the saddest man. Will who known by the people as a confident man change into hopeless person who is isolating himself from people and his lover. He also makes a tension with his family and avoid any contact from his friends and colleagues at work. He chooses to spend day by day alone in his room and it seems like he is hiding from anyone and tries to make everyone forgot about his existence. He rejects to going out the house and he also acts like a careless person who does not care anymore about the life that seen like careless about his appearance, careless about what he eats, careless about the circumstance around him.

Because of the decision that he made, the others problem come. His ex-girlfriend Alicia come to see him one day. Unexpectedly in that day Alicia announce that she will marry Rupert (best friend of Will). It makes will become more irritable for everything that happen to him. He losses everything, his freedom of body, his relationship, and his adventure of life. Will Traynor becomes depress man with all the problem that comes to him. There is nothing that he can do.

All the things he does is just sit all day and nobody know what he is actually think about the life he has now. The worst thing that ever happens when Will try to kill himself every time he has possibility to do it. Will's parents get more worry about what happening so they try to find a person who can take care of him and wish to

make him feel better. And they found Louisa Clark who is going to be a friend of Will.

Louisa Clark is a working girl who just lost her job. She is employed by Will's mother who ask Louisa to be a good friend for Will because she thinks that Will need a friend who can cheering up his life. At the first time, she gets ignored by Will, but day by day everything is seems going better, slowly will is going to accept Louisa. Will Threat Louisa nicely and it makes they Falling in love each other. But one day Louisa found that Will registered himself to a suicidal organization in Switzerland.

Louisa realize that Will does not get any better of living quality and his mental still cannot accept his current condition. Louisa realizes that Will just tries to make Louisa happy but Will still the old man before she came. Will still tries to kill himself but in different way. Louisa try so hard to stop Will killing himself but Will unstoppable because he couldn't agree anymore to live any longer with his physical condition that makes Will feels fail for his living. And because of it he feels so down and he feels he cannot live like that anymore because this is not the life that he wants. Even Louisa cannot stop him. The pain kills him slowly and he has no desires in living anymore.

One of very interesting thing that the writer catch from the Novel *Me Before You* by Jojo Moyes is when she writes many romantic Novel but *Me Before You* novel is not only romantic novel because the writer found that there are several values of living that inserted. The story exposes how mental disorders can affect someone quality of life and even makes someone does not want the life anymore. *Me Before*

You is novel that shows about how human minds has limitation to accept all the perceptions and it becomes negative when the people cannot accept it when human think that his life is useless without any basic capabilities or defective.

After reads the whole story, the writer chooses this story as the topic because the writer found the main character gets depression. the depression symptom seen from the act and speech of the main character. The depression is the main character problem that found. From all of the reasons the writer believe that this topic will be very interesting to be discussed.

1.2 The Objective and The Scope of The Study

The object of the study is a novel entitled *Me Before You* by JojoMoyes. The objective of the study is to analyze the causing factors of depression and symptoms that become the signs of depression of the main character. The scope of this research is limited on psychological approach of main character's depression.

1.3 Formulation of The Problem

In studying *Me Before You* written by JojoMoyes. The writer finds that there are many things can be analyzed. In order to create a good analysis, the writer will identify the problem of this research into:

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

1.4 Review of Related Study

1.4.1 Previous Study

There is no actual research that writer found about main character depression in novel *Me Before You* by JojoMoyes. But the writer has found several reviews of *Me Before You* by JojoMoyes. According to *People Magazine*, *Me Before you* is a funny, surprising, hearth breaking and all the character who are affecting and amusing. This novel full of thought-provoking but also entertaining with the complexity of love.

The New York Times Best Selling Author of *The Shoemaker's wife*, Adriana Trigiani state that JojoMoyes has written the perfect modern love story that will make the reader be astonished at what the people feel and what the hope for when people are forced to face the possibility of the dream.

1.4.2 Theoretical Framework

In this study, the writer is going to use psychological approach as a theory in order to find the depression symptoms of main character and the life events as causing factors of depression in literary work. In book *Depression*, The National Institute of Mental Illness asserts

Major depressive disorder, also called major depression is characterized by a combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities. Major depression is disabling and prevents a person from functioning normally. (28).

According to the other psychologist, Lewinsohn "depressed people are precisely those people who do not know how to cope with the fact that they are no longer receiving positive reinforcements like they were".

The National Institute of Mental Illness asserts in a book *Depression* that there are several symptoms of depression:

1. Persistent sad, anxious or “empty” feelings
2. Feelings of hopelessness and/or pessimism
3. Feelings of guilt, worthlessness and/or helplessness
4. Irritability, restlessness
5. Loss of interest in activities or hobbies once pleasurable, including sex
6. Fatigue and decreased energy
7. Difficulty concentrating, remembering details and making decisions
8. Insomnia, early-morning wakefulness, or excessive sleeping
9. Overeating, or appetite loss
10. Thoughts of suicide, suicide attempts Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment (4).

From the several symptoms above that mentioned there are common symptoms that mentioned like losing interest, having trouble sleeping, more irritable, feeling worthless, thought of death and trying to do suicide.

According to book *Coping with Depression* written by several psychiatrists such as Lee Brosan, Jo Cope, Rachael Martin and others. There are number of causes of depression, some to do with what happens physically and some to do with what happens in your life. Very often when people get depressed a combination of things comes into play. The main ones are listed below

1. Genetics. People may inherit genes that make them more likely to develop depression. If a lot of people in your family have had difficulties with

depression, then this may be the case for you. However, keep in mind that a high rate of depression in a family may also be because of the way people in the family behave towards each other, and thus not due to the direct effect of genes.

2. Brains and Biology. When people are depressed, there are changes in the brain, both in levels of special brain chemicals and in electrical activity. These changes are more marked in people who suffer a lot of physical symptoms of depression (e.g., difficult sleeping, change in appetite, lethargy). When people recover from depression, these changes disappear and brain activity goes back to normal. It is not known whether brain changes cause depression or are a side effect of depression. Other aspects of physiology may also contribute to depression. For example, disturbed sleep can lead to fatigue, irritability and poor problem solving. This can set the stage for depression to develop. When people are depressed, they often develop significant problems with sleep, which can help to keep the depression going.
3. Early Experience. For some people, life may have been difficult from very early on. There may have been practical difficulties, or they may have been abused or neglected. Their parents may have separated or died. Or they may have had a tough time at school; perhaps they were bullied. In these cases, people are more vulnerable to developing depression, particularly if their early experiences taught them to think negatively.
4. Life Events. For some people, things were going along reasonably well until something awful happened – perhaps their marriage broke down, they lost

their job, or a loved one died. Such events can sometimes trigger depression, particularly if they involve major losses.

5. Ongoing Stress. For some people, there is not a single or major event that gets depression started. Sometimes depression is caused by problems that seem to go on and on, with no solution in sight. These problems can be much more ordinary things, such as ongoing problems with work, accommodation, ongoing tension in relationships, or loneliness. The list is pretty long. These stresses are more likely to cause depression if they make people feel trapped or humiliated(5-6).

1.5 METHOD OF RESEARCH

In conducting this study, the writer uses the textual analysis. Robert states that Textual analysis or content analysis is a research method that uses a set of procedures to make valid inferences from text, these inferences are about the sender of a message, the message itself or the audience of the message (5). From what Robert states can be known that the textual analysis is more concerning in only text and the message of the conflict can be found in the text (short story, novel, poem, etc).

The research is held to study of the main character depression by applying the psychological theory. Method which is used in doing the research is close- reading. close reading method based on Jacobus (1978). According to Jacobus, the method is that the researcher notes specific use of language, such as imagery, symbol, repeated term, pattern of expression, the tone of speaker, and the main idea of the writer introduces.

In this research, the notes of the elements is based on Psychological theory, with the focus on the main character depression the symptoms that happen to the main character in *Me before You*. The elements are examined in detail to catch the meaning and to find various symptoms and the way of depressive people thinkof the character's depression. Depression symptoms are represented by the character's in the literary work itself.