

CHAPTER 1

INTRODUCTION

1.1 Reason for Choosing The Topic

Depression is not only known in medical terms or medical books, but also in the literary works. One of the literary works which represent depression is a novel entitled *The Way I Used to Be*. *The Way I Used to Be* is the bestseller in the *New York Times* and A Bank Street Best Book Of The Year at 2016 written by Amber Smith. A fourteen-year-old girl, Eden McCrorey or Edy, is raped by his brother's best friend, Kevin when she sleeps in her own bedroom. Her mother finds blood marks on her bed cover and thought that her little girl had first menstrual blood. Eden tries to speak but her mother keeps talking so she does not have a chance to say what truly happened. No one knows the rape and she is threatened by the rapist to not to tell what he did to her or she will be killed. Kevin just acts naturally as nothing happened. She tries to reveal what happened to everyone but she cannot do it because of the threat.

Beside of being raped, she is bullied by her friends at her school. Eden and her best friend, Mara, are pelted with peas by a group of boys and laughed at them at a school cafeteria. Everyone in the cafeteria laughed at them. Eden cries and runs from the cafeteria and hides in the library. The bully makes her hate herself very much. Eden wants to change her life in order not to be bullied again and to forget the rape she has ever experienced.

She tries to forget those experiences and starts to have a new life and leads her to negative things that she never did before. She still gets bully again through the

writing on the toilet wall that called her "Whore". Her life experiences lead her to be depressed in a long time and she does not realize that her experiences change the acts that she used to be. She becomes unstable and cannot control herself; she hates herself until she has ever thought to die.

The uniqueness of this novel is represented by how the author tells about Eden's character by unique delivery. It can be seen that the character traits differ from year to year in her schooling, as for the years described in the novels is freshman, sophomore, junior, and senior years. In those years describes how Eden's character changed and the author describes in detail the depression of the main character. Besides that, the uniqueness also found in the novel is the difference between other novels by Amber Smith. The novels are *The Last to Let Go* and *Something Like Gravity*. But, the writer has found fewer topics about depression than novel *The Way I Used to Be*. The novel also describes clearly a change in character traits due to the main character depression such as a scientific book.

In a literary study, the main character experience of depression is interesting to be analyzed in psychological analytic. The research will study the main character depression from a psychological perspective.

1.2 The Objective and The Scope of The Study

The object of this study is:

- 1) To discuss the symptoms of persistent depression showing on the main character in *The Way I Used to Be*.
- 2) To discuss the factors of persistent depression on the main character in *The Way I Used to Be*.

This research of this study is on depression. It will discuss symptoms and factors of depression which happen to the main character in *The Way I Used to Be*. This research is limited to main character depression on kinds of the main character's depression which is persistent depression based on the data that contains the symptoms and factors of persistent depression in *The Way I Used to Be*.

1.3 Formulation of The Problem

Based on the objective and the scope of the study, the writer finds three research questions for making an analysis of the data. There are:

- 1) How are the symptoms of persistent depression showing on the main character in *The Way I Used to Be*?
- 2) How are the factors of persistent depression showing on the main character in *The Way I Used to Be*?

1.4 Review of Related Literature

1.4.1 Previous Study

The discussion related to *The Way I Used to Be* has not yet been examined scientifically whether they are in the form of articles or scientific journals or other scientific papers. As for the existing reviews in the form of loose reviews that are not in the form of scientific works or journals that can be referred to as scientific research. These loose reviews can be found as comments or reviews in personal blogs and books criticism websites.

One of the books criticism websites is *Goodreads* which has many comments from the public regarding *The Way I Used to Be*. The comments criticize how the

novel's plot, characterization, development of the main character from the beginning to the end of the story, and criticism of the novel's author.

One of the personal blogs that review the novel is *LibrisNotes* which summarizes the contents of the story and then discusses their opinions about the plot and the development of the main character traits as well as their opinions on the author and moral values in the novel. Averie Clark on an online presentation site, *Prezi*, discusses plot, character, and the themes of *The Way I Used to Be* in a brief and general manner.

Thus, *The Way I Used to Be* has no previous research that can be referenced for this study. The research has never been done before, so the writer can do research using psychological theory as a form of research in *The Way I Used to Be*.

1.4.2 Theoretical Framework

1.4.2.1 Psychology of Literature

Literature and psychology are two interrelated sciences. According to Emir (2016), literature is the science that portrays human behavior through fiction while psychology is the study of human behavior and its causes. The basic building that makes it related is literary work. Furthermore, Wellek (1903-1995) and Warren (1899-1986) in Emir (2016) categorize psychological analysis in a literary work consisting of analyzing the author's personality which is the way a certain literary work was made, the psychological types which are present in the literary works and the characteristics of their behavior, and the effect of literature on its reader (Wellek and Warren, 1983, p.101).

Emir (2016) also mentions that Abrams mentioned psychological analysis in literary works based on four elements, namely studying the effect of social conditions on emotions, thoughts and behavior of characters in stories or novels, character personality analysis, the process of literary works and the psychology of creativity. Emir (2016) also tells that literature is an important source of inspiration for psychology to try to explain human emotions, behavior and mentality which are processes from a scientific perspective.

In this study, the writer conducts a study of the characters in *The Way I Used To Be*, which is the main character of the novel. The character of the novel experiences depression so the writer uses the theory of pure psychological depression.

1.4.2.2 Depression

Sometimes people do not realize that they have depression in their lives. They just ignore it and feel that everything will be alright. But, if it left too long, depression will mess up their lives and every activity they live. According to the American Psychiatric Association, depression is commonly and seriously mental illness that affects the way people act, what people feel, and the way people think negatively. It causes feeling sadness and loss of interest in every activity that once enjoyed. Also, it can affect people emotional and physical and decrease someone's ability at home and work. Marcus, et. al. (2012) claims that depression is common mental health that marked by a feeling of depression, loss of interest or pleasure, decreased energy, feelings of guilt or disturbed sleep or appetite, and poor concentration.

Although depression and anxiety are interrelated each other, those also have differences. According to Shaikh (2018), the differences can be seen from the symptoms. Someone who suffers from anxiety will feel worried what will occur and what will happen in the future, worried thoughts, or a belief that something could go wrong, and feeling like they need to run away or avoid things that could cause further anxiety. Then, someone who suffers from depression will have a feeling of sadness about the future, as though it's hopeless, listlessness, and a lack of belief that positive things will occur, also feel a little worry, but instead a certainty of future negative emotions that can lead to suicidal thoughts. Those with anxiety often find themselves feeling like something bad might happen and they are worried it will. Those with depression often assume a bad future and do not expect anything else or think there is anything worth preventing.

Stress also can trigger someone to become depressed. But, stress and depression have a comparison between them. According to Olivo (2016), stress can quickly turn into a problem when it builds up and starts causing wear and tear on the body and overall mental state. If this is allowed, stress cannot be managed can trigger depression. Chronic stress can change someone's body and brain, the way people thinking and behaving. Stressed people tend to engage in unhelpful and unhealthy behaviors such as overeating, smoking, drinking, and out of important activities such as exercising and socializing. But, when a person cannot manage stress effectively, it can turn into a chronic feeling that is more severe and longer. That is when stress turns into depression.

1.4.2.3 Kinds of Depression

According to Legg (2018), there are nine types of depression, which are: major depression, persistent depression, manic depression, depressive psychosis, perinatal depression, premenstrual dysphoric disorder (PMDD), seasonal depression, situational depression, and atypical depression.

1.4.2.2.1 Major Depression

Major depression is known as a major depressive disorder, classic or unipolar depression. Gohil and Shah (2015) claim that major depressive disorder serious condition where it can affect someone's ability to sleep, work, eat and live their lives, also this extremely complex disease is poor and undermined, also is both affected by a genetic and environmental factor. According to Legg (2018), one of the biggest differences between the two conditions is their relationship to time. People with major depression have a normal mood baseline when they are not experiencing depression, but people with persistent depression experience depression all the time and do not remember or know what it feels like not to be depressed. For a diagnosis of major depression, symptoms must last at least two weeks.

There are some symptoms of major depression, which are: feeling sad or irritable most of the day nearly every day, less interested in most activities someone once enjoyed, lose or gain weight or have a change in appetite, trouble falling asleep or want to sleep more than usual, feelings of restlessness, unusually tired and have a lack of energy, feel worthless or guilty, difficulty concentrating, thinking, or making decisions, and think about harming self or committing suicide.

There are several factors that can increase the risk of depression. A combination of genes and stress can affect brain chemistry so that it can affect moods. Changes in the balance of hormones might also contribute to the development of major depression. Major depression may also be triggered by alcohol or drug abuse, certain medical conditions, such as cancer or hypothyroidism, and particular types of medications including steroids. According to Goldberg (2018), there are some common factors that trigger major depression, which are: loss of a loved one through death, divorce, or separation, social isolation or feelings of loss, major changes in life such as moving, graduating, changes in work, retirement, personal conflicts in relationships, and physical, emotional, and sexual abuse.

1.4.2.2.2 Persistent Depression

Persistent depression is also known as dysthymia or chronic depression. Although not as big as major depression, but this depression can make a relationship tense and daily tasks must be difficult. It is a relatively new diagnosis that combines the two earlier diagnoses dysthymia and chronic major depressive disorder. PDD causes feelings of sadness and hopelessness constantly. These feelings can affect mood and behavior as well as physical functions, including appetite and sleep. According to Goldberg (2017), the symptoms of dysthymia can last longer, often two years or more. For a diagnosis of persistent depression, symptoms must have been present for at least two years.

The symptoms of persistent depression are similar to those of depression. However, the key difference is that persistent depression is chronic, with symptoms occurring on most days for at least two years. These symptoms include

persistent feelings of sadness and hopelessness, sleep problems, low energy, a change in appetite, difficulty concentrating, indecisiveness, a lack of interest in daily activities, decreased productivity, poor self-esteem, a negative attitude, and avoidance of social activities.

The cause of PDD is not known. Certain factors may contribute to the development of the condition. These include a chemical imbalance in the brain, a family history of the condition, a history of other mental health conditions, stressful or traumatic life events, chronic physical illness, and physical brain trauma.

1. A chemical imbalance in the brain. According to Han (2018), a chemical imbalance in the brain is said to occur when there is either too much or too little of certain chemicals, called neurotransmitters, in the brain. Neurotransmitters are natural chemicals that help facilitate communication between your nerve cells. Examples include norepinephrine and serotonin. There are likely millions of different chemical reactions occurring in people brains at any given time. This is responsible for the mood and feeling of the whole person.
2. A family history of the condition. Legg (2016) says that research shows that people living with depressed parents or siblings are three times more likely to experience depression. This can be heredity or an environment that has a strong influence. Someone who lives with depressed people may become more susceptible to depression. A child who sees a parent or sibling who is depressed can also imitate their behavior in these conditions.

3. A history of other mental health conditions, for instance, anxiety or bipolar disorder.
4. Stressful or traumatic life events. According to American Psychological Association (2008), a traumatic event is an event that can cause injury, death, or physical integrity of a person or others also causing horror, terror, or helplessness at the time it occurs. It includes sexual abuse, physical abuse, community and school violence, domestic violence, medical trauma, motor vehicle accident, terrorism, natural and man-made disaster, war experience, suicide, and others.
5. Chronic physical illness, for instance, heart disease or diabetes. Goldberg (2017) says that chronic medical illness often worsens a person's condition which causing depression, especially if the source of the disease is fatigue, or limiting someone to do something.
6. Physical brain trauma, for instance, a concussion.

1.4.2.2.3 Manic depression

Manic depression or bipolar disorder consists of periods of mania or hypomania which hypomania is a less severe form of mania. Someone can feel so happy then replaced with episodes of depression or can also experience mixed episodes which have both mania and depression symptoms. In severe cases, episodes can include hallucinations and delusions. The depression episodes have the same symptoms as major depression. The mania episodes have several symptoms, which are high energy, reduced sleep, irritability, racing thoughts and speech, grandiose thinking, increased self-esteem and confidence, unusual, risky, and self-destructive behaviour and feeling elated, “high,” or euphoric.

1.4.2.2.4 Depressive Psychosis

Depressive psychosis is major depression where someone experiencing losing touch of reality which can involve hallucinations and delusion or known as psychosis. Hallucinations are when someone sees, hears, smells feels, or feels something that does not exist. For example, hearing voices or feeling someone who is not present. Delusion is a tightly held belief that is clearly wrong or unreasonable, but for someone who experiences with psychosis depression, all these things are very real or true.

1.4.2.2.5 Perinatal Depression

Perinatal depression is the depression also called postpartum depression that happens during the pregnancy or in four weeks after giving birth. Hormonal changes that occur during pregnancy and childbirth can trigger the changes in the brain that are causing a change in mood. Lacking of sleep and physical discomfort that often accompany the pregnancy and the birth of the baby is also not helpful. There are several symptoms of this depression, which are sadness, anxiety, anger or rage, exhaustion, extreme worry about the baby's health and safety, difficulty caring for oneself or the new baby, and thoughts of self-harm or harming the baby.

1.4.2.2.6 Premenstrual Dysphoric Disorder (PMDD)

Premenstrual dysphoric disorder (PMDD) is a severe form of premenstrual syndrome (PMS) where the symptoms can be physical and psychological, whereas PMDD tends to be mostly psychological and more severe. It is believed to be related to hormonal changes. Its symptoms often begin just after ovulation and start to ease up once they get the period. For instance, some women may feel

more emotional in the days leading up to menstrual periods, but someone with PMDD may experience levels of depression and sadness that interfere with daily activities. There are possible symptoms of PMDD, which are cramps, bloating, and breast tenderness, headaches, joint and muscle pain, sadness and despair, irritability and anger, extreme mood swings, food cravings or binge eating, panic attacks or anxiety, lack of energy, trouble focusing, and sleep problems.

1.4.2.2.7 Seasonal Depression

Seasonal depression or seasonal affective disorder is a major depressive disorder with seasonal patterns or connected with certain seasons. Most people tend to happen during the winter months. This symptom often occurs in the autumn, when the day starts shortly then continues until the winter comes. This can get worse as the season continues and trigger suicidal thoughts. The symptoms are social withdrawal, increased need for sleep, weight gain and daily feelings of sadness, hopelessness or unworthiness.

1.4.2.2.8 Situational depression

Situational depression is depressed mood adjustment disorder and in many cases look like major depression that is caused by on specific events, such as a loved one's death, other life-threatening events or serious illness, having divorce or child custody problems, being in a relationship that is emotionally or physically abusive, become unemployed or facing serious financial troubles, and facing extensive legal issues. This symptoms tend to start within three months of the early event, which are: frequent crying, sadness and hopelessness, anxiety, appetite changes, difficulty sleeping, aches and pains, low of energy and fatigue, inability to concentrate, and social withdrawal.

1.4.2.2.9 Atypical depression

Atypical depression is missing events in reaction to the positive occurrence. It can refer to as major depression with atypical features. Having atypical depression can be very challenging because it may not always "appear" depressed to others or yourself. But it can also occur during major depression's episodes. This can occur with persistent depression too. But it can also occur during major depression's episodes and can also occur with persistent depression. The symptoms are increased weight gain and appetite, disordered eating, poor body image, sleep much more than usual, insomnia, weight on someone's legs or arms that last an hour or more a day, feeling of refusal and sensitivity to criticism, and various kinds of aches and pains.

From the types of depression that have been stated, the writer found that the type of depression that fits the main character based on the data that has been read is persistent depression. From the symptoms of persistent depression, the main character experiences the symptoms, namely persistent feeling of sadness and hopelessness, a lack of interest daily activities, poor self-esteem, and a negative attitude. From the factors of persistent depression, the main character experiences the factors, namely stressful or traumatic life events that consists of sexual abuse, physical abuse, and verbal abuse.

1.5 Method of The Research

This research is using qualitative method. According to Pathak et. al. (2013), qualitative research focuses on understanding research demand as a humanistic or idealistic approach. Three broad categories of interesting qualitative research exist in clinical research, which are observation studies, interview studies and

documentary/textual analysis of various written records. This research is on the depression of the main character which studies the symptoms and factors of persistent depression. The research is conducted on the novel of *The Way I Used to Be* in close reading technique based on psychoanalytic. According to Jacobus (2002, p.4), close reading is a significant exploration where the significant is clearly seen at the first reading in a work. Literature is not a self-proven work but must be interpreted carefully. Even though a work is clearly visible at the first time when reading, reading deeper can provide benefits because it can have subtle implications that are more revealed only after further reflection. The details of close reading must include interpretation as evidence to support reading. Close reading examines details and interpretations aims to establish the overall meaning of a work (Jacobus, 2002, p.7).

In doing observation, the writer collects the data by reading the novel carefully, intensively and repeatedly. Then, the writer interprets it as prove to support the reading and relate it to the theory used. In conducting the analysis, the writer analyzes the main character of *The Way I Used To Be*. Jacobus (2002, p.21) also said that the meaning of works can be found implicitly and explicitly. In this study, the writer also analyzes the meaning of the data found implied and explicit.

Jacobus (2002, p.29) says that close-reading fiction usually involves taking note of details that may be of significance to an interpretation, such as underlining and making an important list of important details that helps to interpretation the story. In doing close reading, the writer underlines and makes an important list of the data that is significant to the interpretation. In conducting close reading, the

things that must be taken into account are the settings, characters, themes, plots, styles, actions, and other important elements (Jacobus, 2002, p.37).

In this study, the writer conducted an analysis and focus on the main character. As for what is analyzed in the main character is the psychology of the character. Jacobus (2002, p.80) tells that there are some psychologically developed (round), undeveloped (flat), unchanged (static), and changed (dynamic) characters.

In conducting this research, the writer analyzes the symptoms and factors of persistent depression using the theory of Legg (2018). In collecting data, the writer reads the novel carefully, intensively and repeatedly. The writer makes interpretations to support the reading and relate it to the theory used. The writer analyzes the meaning of the data found implied and explicit. Also, the writer underlines and makes an important list of the data that is significant to the interpretation.