

DEPRESSION IN RUPI KAUR'S SELECTED POEMS

THESIS

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2018

STATEMENT OF AUTHORSHIP

I stated that the thesis entitled **Depression in Rupi Kaur's Selected Poems** is my original work. I do not include any materials previously written or published by another person, except those ones that are cited as references and written in the bibliography. Hereby, if there is an objection or claim, I am the only person who is responsible for that.

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MOTTO

Be a strong wall in the hard times and be a smiling sun in the good times.



DEDICATION

I proudly *dedicate* this thesis to:

My Father, Siswanto, as my hero in my life.

My Mother, Sanah, as my angel in my life always support me and never stopped praying for my success.

My old Brother, Eko Priono, who support me and give advice.

My friends, who support me when I do my thesis.



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The Researcher

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ABSTRACT

Rahayu, Septi Dwi. 2018. *Depression in Rupi Kaur's Selected Poems*. Thesis, English Letters Department, Humaniora Faculty, Maulana Malik Ibrahim State Islamic University of Malang

Advisor : Muzakki Afifuddin, M.Pd.

Keywords : Depression, Psychology, Imagery

In this research, the researcher focuses on analyzing of the Causes and symptoms of Depression in Rupi Kaur's Selected Poems. The poems which are selected by the researcher are in Milk and Honey in chapter 1, 2, 3, and 4. The causes and symptoms of depression becoming important and interesting to be analyzed from psychological aspect because it can interpretation of causes and symptoms of depression and understand the meaning of causes and symptoms of depression in the whole content of the poems. Moreover, depression is a common problem in human life from the beginning to the present.

This research aims to answering the statement of the problem about the cause and symptom of depression in Rupi Kaur's selected poems. This study intended to describe what are the causes and symptom of depression are illustrated in Rupi Kaur's Selected Poems as the object of study. Than the theory use of the study are theory of depression by Namora Lumongga Lubis. The researcher uses the psychological approach as a research design in this study. The psychological approach is an approach to review of literature that emphasizes the psychological aspects contained in a work.

The result of this research shows that the Rupi Kaur's poems interpret the causes and symptom of depression through the nature as imagery. Based on the four chapters which are analyzed, the researcher finds the causes and symptom of depression through imagery used which illustrate the causes and symptoms of depression. In this research the researcher shows the evidence causes of depression and symptom of depression. The first is causes of depression, there are four causes of depression are illustrated in this research, Family Environment, Psychical Abuse, Sexual Abuse, and Psychological Factors. The last is symptom of depression, the symptom of depression can see from the Psychic Symptom.

مستخلص البحث

راهايو ، سبتي دوي. 2018. الاكتئاب في قصائد روبي كور (Rupi Kaur) المختارة. قسم اللغة الإنجليزية وأدبها، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.

المشرف : مزي عفيف الدين

الكلمة المفتاحية : الاكتئاب وعلم النفس والخيال

في هذه الدراسة ، ركز الباحثون على تحليل أسباب وأعراض الاكتئاب في الشعر المختار لروبي كور. وترد القصائد التي اختارها الباحثون في "الحليب والعسل" في الفصول 1 و 2 و 3 و 4. تعتبر أسباب وأعراض الاكتئاب مهمة ومثيرة للاهتمام للتحليل من الجانب النفسي لأنها يمكن أن تفسر أسباب وأعراض الاكتئاب. وفهم معنى أسباب وأعراض الاكتئاب في القصيدة بأكملها. علاوة على ذلك ، يعتبر الاكتئاب مشكلة شائعة في حياة الإنسان منذ البداية وحتى الآن. تهدف هذه الدراسة إلى الإجابة عن مشكلة صياغة أسباب وأعراض الاكتئاب في قصائد روبي كور المختارة. تهدف هذه الدراسة إلى وصف أسباب وأعراض الاكتئاب الموصوفة في الشعر المختار لروبي كور كموضوع للبحث. النظرية المستخدمة في هذا البحث هي نظرية الاكتئاب من قبل نامورا لومونجا لوبيس. استخدم الباحثون نهجًا نفسيًا لتصميم بحث في هذه الدراسة. النهج النفسي هو نهج لدراسة الأعمال الأدبية التي تؤكد على الجوانب النفسية التي يحتوي عليها العمل. وأظهرت النتائج أن شعر روبي كور يفسر أسباب وأعراض الاكتئاب من خلال الطبيعة كصورة. استنادًا إلى الفصول الأربعة التي تم تحليلها ، وجد الباحثون أسباب وأعراض الاكتئاب من خلال التصوير المستخدم لوصف أسباب وأعراض الاكتئاب. في هذه الدراسة أظهر الباحثون أدلة على أسباب الاكتئاب وأعراضه. الأول هو أسباب الاكتئاب ، وهناك أربعة أسباب للاكتئاب تم وصفها في هذه الدراسة وهي البيئة الأسرية ، والتحرش النفسي ، والتحرش الجنسي ، والعوامل النفسية. آخرها أعراض الاكتئاب ، ويمكن رؤية أعراض الاكتئاب من الأعراض النفسية.

ABSTRAK

Rahayu, Septi Dwi. 2018. *Depression in Rupi Kaur's Selected Poems*. Skripsi, Jurusan Sastra Inggris, Fakultas Humaniora, Maulana Malik Ibrahim State Islamic University of Malang

Advisor : Muzakki Afifuddin, M.Pd.

Keywords : Depresi, Psikologi, Pengkhayalan

Dalam penelitian ini, peneliti memfokuskan pada analisis Penyebab dan Gejala Depresi dalam Puisi Pilihan Rupi Kaur. Puisi-puisi yang dipilih peneliti terdapat dalam Susu dan Madu pada bab 1, 2, 3, dan 4. Penyebab dan gejala depresi menjadi penting dan menarik untuk dianalisis dari aspek psikologis karena dapat menafsirkan penyebab dan gejala depresi. dan memahami makna penyebab dan gejala depresi dalam seluruh isi puisi. Apalagi, depresi merupakan masalah umum dalam kehidupan manusia sejak awal hingga saat ini.

Penelitian ini bertujuan untuk menjawab rumusan masalah penyebab dan gejala depresi dalam puisi-puisi pilihan Rupi Kaur. Penelitian ini bertujuan untuk mendeskripsikan apa saja penyebab dan gejala depresi yang digambarkan dalam Puisi Pilihan Rupi Kaur sebagai objek penelitian. Adapun teori yang digunakan dalam penelitian ini adalah teori depresi oleh Namora Lumongga Lubis. Peneliti menggunakan pendekatan psikologis sebagai desain penelitian dalam penelitian ini. Pendekatan psikologis merupakan pendekatan kajian karya sastra yang menekankan pada aspek psikologis yang terkandung dalam sebuah karya.

Hasil penelitian menunjukkan bahwa puisi Rupi Kaur menginterpretasikan penyebab dan gejala depresi melalui alam sebagai pencitraan. Berdasarkan empat bab yang dianalisis, peneliti menemukan penyebab dan gejala depresi melalui pencitraan yang digunakan untuk menggambarkan penyebab dan gejala depresi. Dalam penelitian ini peneliti menunjukkan bukti penyebab depresi dan gejala depresi. Yang pertama adalah penyebab depresi, ada empat penyebab depresi yang digambarkan dalam penelitian ini yaitu Lingkungan Keluarga, Pelecehan Psikis, Pelecehan Seksual, dan Faktor Psikologis. Terakhir adalah gejala depresi, gejala depresi dapat dilihat dari gejala psikis.



CHAPTER I

INTRODUCTION

A. Background of the Study

Literary works are human creative activities in expressing appreciation by using the language as a medium. Literature is divided into three genres, namely poetry, prose, and drama. This research uses literary objects genre prose. The literary work is a personal expression of human formative experiences, thoughts, feelings, ideas, spirit, and beliefs poured into a language. Research on the literary genre continues to evolve over time, and often unsatisfactory because the ideas formulated are always shifting and changing, this is due to the change of literary concepts. However, despite the concept of literary works 2 always changing, but the object of literary studies can be said to remain the same, namely prose, drama, and poetry. Literature as one form of the language used in daily life, a language in literature has its own uniqueness. In addition, in a literary sense, literature can be divided into written literature or oral literature. Here literature has little to do with writing, but with a language that is used as a vehicle for expressing certain experiences or thoughts.

Poetry is a literary work of a tangible writing which contains rhythm, rhyme, rhythm, and lyrics in each stanza. Generally, the above elements of poetry also have meaning and can express the feelings of the poet who is packed with imaginative language and compiled using a solid language structure full of meaning.

Poetry is one of literary works that is more expressive uses figurative language, and connotative meaning uses un-literal meaning rather than other literary works like prose and drama. As a Pradopo (2000:61) says that, figurative language is a language to describe the comparison, an equation, and imagery. Figurative language makes poem interesting, and have a beautiful meaning. The poet using figurative language in their poem to express and interpret their experience in their life.

Poetry is one the oldest form of literature. The earliest work of literature ever known was in the form of poetry (Waluyo, 1995: 1). Poetry is the expression of ideas and feelings through a rhythmical composition of imaginative and beautiful words selected for their sonorous effects. Poetry is the most considered and concentrated forms of literature (Perrine in Siswantoro, 2010: 23). Moreover, poetry useless word than the other literary words, but by less word a poem can explain more cases. Poetry is as one of the pieces of literature that can be studied from various aspects.

According to (Aminuddin, 2011:134) poem is a branch of literature that uses words as a media for delivery to produce the illusion and imagination, it's like painting using line and color to draw the concept of the painter. In the poem, there are shaper elements of poems, the first physical structure of the poem and the second inner structure elements of the poem (Waluyo, 1995: 71).

In this research, the researcher wants to analyze the depression in Rupi Kaur's *Milk and Honey*. The researcher chose a poem which describes the depression experienced by a girl in this book. That is the book of poems written

by Rupi Kaur, in this book there is no title in every poem, in this book there are four chapters, the first chapter is *the hurting*, the second is *the loving*, the third is *the breaking*, and the last is *the healing*. All of the chapters has a different meaning, in the chapter 1 is about her pain, in the chapter 2 is about her love, in the chapter 3 is about her broken heart, and the last chapter is about her way to forget her memory in her past. This book is very unique because the collection of poems contained in this book is assembled in such a way as to form a continuous story of a girl. The researcher chose this object because the Rupi Kaur's poem is interesting and Rupi Kaur is a poet of feminist poetry and a Canadian writer. She is known as "Instapoet" because of the notoriety she gets from posting her poems online, with Instagram as the main container.

She was born on 5 October 1992 in Punjab, India. She moved with her parents to Toronto, Canada when she was 4 years old. At that time, she was inspired by her mother to draw and paint. Previously, she used to write poems for her friends in their birthday party or a message to someone who has she ever liked in junior high school. She studied at the Department of Rhetoric and Professional Writing at the University of Waterloo, Ontario. Currently, she lives in Brampton, Ontario with her parents and four siblings. Kaur and her family moved often, totally seven times before a stay in Brampton (El-Safty, 2016).

Kaur started her career in poetry by online in social media like Instagram and tumbler. Among essay-photos about menstruation, which is described as part of visual poetry intended to counter the taboos in menstruation. Other common themes found out in her works include abuse, femininity, love, and heartbreak. In

October 2015, Kaur publishes collective works in milk and honey. Rupri has been contracted to release two books with Andrews McMeel Publishing and Schuster Canada, the first to be released in the fall of 2017 (Kassam, 2016).

Rupri Kaur said that she was inspired by the stories of others and his experiences. She was inspired by writers such as Anais Nin, Virginia Woolf, and Warsan Shire and began writing poetry seriously in November 2013. She also gets inspiration from the scriptures in Sikhism in her writing and her life. Kaur started uploading her writings to Instagram in 2014 and started adding simple illustrations. Her writings are written in all small letters and the punctuation marked is only a dot. She said that she decided to write in this way to respect her culture because in Gurmukhi's writings there is only one letter model and only the point used as punctuation. She also said that she enjoys the equivalence of letters and styles that reflect her views (Charleston, 2015).

Her first and only book he ever published until now is an anthology called milk and honey, which is a collection of poetry, prose, and hand illustrations. The book is divided into four chapters, and each chapter deals with different themes. Besides Milk and Honey, Rupri Kaur also published other books such as, The Sun and Her Flowers, One Nri Girl, OTRAS Maneras De Usar La Boca, Modern Romance Coloring Book, Guess How Much I Love You Coloring Book, How Deep Is Your Love Coloring Book, The Colors of Love: An Inspirational Coloring Book. The significance of Milk and Honey is the best-selling book and more famous than any other book. This book has special features, because this book is divided into four chapters, deals with a different theme. Kaur originally

published his own poetry book on Amazon in 2014, but the book gained popularity to make publisher, Andrews McMeel Publishing decide to become the publisher of the second edition of the book in October 2015. The book is included in the best-selling list for Canadian literature in the Amazon, coupled with writers like Margaret Atwood. The book also ranks second in Amazon's best-selling list for the category of poetry. This anthology even makes it to the New York Times bestseller list and stays there for 25 weeks in a row. In October 2016, the book has sold over half a million copies. *milk and honey* focuses on themes such as love, loss, trauma, sexual violence, femininity, and healing (Kassam, 2016).

Kaur is an inspiration to many women, especially young Sikh girls. She's brought Sikh art, vulnerability, and beauty to the mainstream in a contemporary fashion. In a way, she has helped make authenticity "en vogue." So, what's advice to young Kaur's on how to be strong Sikh women?

In this research, the researcher has its own reasons in the selection of that topic because depression is a common problem in human life from the beginning to the present. Depression is a normal reaction to the event of loss, the obstacles in life, depression carries a high risk of suicide. Depression can be a symptom or set of symptoms (syndrome). In this life, we as human beings not only experience happiness or sadness but sometimes humans can experience depression. Depression is a mental disorder everyone is likely to experience it. Many of us are confused for distinguishing between depression, stress, and sadness. Depression is a mood bad and lasts for a certain period of time. When we are depressed will feel sad prolonged, hopeless, have no motivation to move, lose

interest in things that once entertained, and blame yourself. According to Lubis (2009), depression is a mental disorder that often occurs in the community. Moreover, it can simply be said that depression is a painful experience, a feeling of no hope.

The researcher uses the psychological approach in this study. The psychological approach is an approach to review of literature that emphasizes the psychological aspects contained in a work (Semi, 1989: 46). The psychology of literature is a discipline that looks at literary works as a work that contains the events of human life which is passed by the characters in it or may also be played by factual figures. Furthermore, psychology of literature is one of the interdisciplinary literary studies, because it understands and examines the literature by using various concepts and theoretical framework that exist in psychology.

To provide this study, the researcher uses three previous studies which have same theory or approach. The first is, Elisa Mariam Lengkong undergraduate from Universitas Samratulangi, the title is *Depresi Dalam Novel "Room" By Emma Donnoghue*. She discussed about describing the depression in "Room", she used psychological perspective from the theory of Wellek and Warren (1997). The second is Rafi Anas Hafifi (2015) undergraduate from UIN Malang, the title is *Psychological Analysis of Charley "chick" Benetto in Mitch albom for One More Day novel: Viewed from Maslow's theory*. He discussed about analysis of main character Charley "chick" benetto in Mitch Albom's novel for One More Day and used hierarchy of needs by Abraham Maslow theory. The last is, Nailul

Fauziyah (2008) undergraduate from UIN Malang, the title is *Physiological Analysis of the Main Character's Personality in Go Ask Alice*. She discussed about the main character's personality in Go Ask Alice and used physiological theory.

Based on the previous studies above, the researcher wants to explore and give the different object and interpretation in analyzing the depression in Rupi Kaur's *Milk and Honey*.

B. Problem of the Study

Based on the explanation above, the researcher formulates the problem of study as "What are the causes and symptoms of depression are illustrated in Rupi Kaur's Selected Poems.

C. Objective of the Study

Concerning the problem of the study above, this study intended to describe what are the causes and symptoms of depression are illustrated in Rupi Kaur's Selected Poems.

D. Scope and Limitation

In this part, the researcher emphasizes the scope and limitation to determine depression in Rupi Kaur's *Milk and Honey*. The researcher only focus on the causes and symptoms of depression which found in Rupi Kaur's selected poems using the psychology approach.

E. Significance of the Study

Though this analysis, this researcher wants to give the contribution to the development of literary studies, theoretically or practically. Theoretically, this research is expected to contribute to literary analysis and can provide understanding to the readers, especially for students of English Letters Department Faculty of Humanities about psychological analysis in a literary work, especially analyzing deep of depression in Rupī Kaur's *Milk and Honey*.

Practically, this research is expected to provide more understanding to the readers especially for students of English Letters Department Faculty of Humanities about depression and factors contained in Rupī Kaur's *Milk and Honey*. In addition, this research is expected to give a good lesson for readers and students of English Letters and Language Department Faculty of Humanities on how to survive in the midst of depression which is described in Rupī Kaur's *Milk and Honey*.

F. Research Method

The research method is conduct the detail description of research design, data source, data analysis, and data collection.

1. Research Design

This thesis is categorized into literary criticism, because in this research the researcher conduct discussion of literature, including description, analysis, and interpretation of a literary work. The term of literary criticism is applied to the

analysis, interpretation, and evaluation of a literary work (Peck and Coyle, 1984:149).

To be able to conduct a literary criticism, the researcher is using psychological approach as the research design, the researcher applies psychological approach to analyze the poem and conducting the research. The approach is to find out the depression in Rupī Kaur's *Milk and Honey*.

2. Data Source

The main data of this research is literary work itself. The poem of Rupī Kaur in *Milk and Honey*. The book contains of 219-pages, and four chapter. Published by Andrews McMeel of Andrews McMeel Universal 1130 Walnut Street, Kansas City, Missouri 64106 in 2015.

3. Data Collection

The researcher collects the data such as, reading to get idea, reading detail the book *Milk and Honey*. After she got the complete information, she collects the information which is related the topic, and evaluating the data that have been chosen. Then, continues analyzing the data using psychological approach.

4. Data Analysis

After collecting all data, the researcher takes the step classifying the data. The steps are classifying the data, identifying the data and making conclusion. The first step done by researcher is reads each poem carefully and tries to understanding the meaning of each poem. The second, classifying the data into

classes of depression which is described in the poem, classifying in line by line. And the last, identifying the data and making conclusion.

G. Definition of key Terms

To avoid a different perception between the readers and the researcher in understanding this study, it's important to give definition of key terms applied in this study:

1. Depression

According to Kusumanto (1981) Depression is a sad feeling psycho pathologically, accompanied by feelings of sadness, loss of interest and excitement, drain energy to increase in fatigue condition after do little activity, and reduce an activity. Therefore, depression can be interpreted as a condition of psychological disorder characterized by feelings of sadness or a deep vacuum. Depression is state of felling very sad and anxious (based on oxford dictionary).

2. Psychology

The scientific study of the mind and how it influences behavior (based on oxford dictionary). Walgito (2004:10) argued that psychology is a science that examines and learns about behaviors or activities viewed as manifestation of human psychic life.

3. Imagery

Imagery is use of figurative language to produce pictures in the mind (based on oxford dictionary). Imagery is a language that appeals to readers 5 senses (hearing, sight, taste, touch, and smell).

CHAPTER II

REVIEW OF RELATED LITERATURE

A. Psychology and Literature

Psychology and literature discuss the laws of psychology applied to literary work, for example, the characters in a literary work created by the author based on the psychological conditions built by the author. Psychology is a study of psychological explanation and researching the subconscious mind of the author. The relationship between psychology and literature is both of the same objects. Basically, psychology and literature is an analysis of texts involving consideration of relevance as well as the role of psychological studies. According to Wiyatmi (2011), psychology of literature was born as one type of literary study which used to read and interpret literary works, literary authors and readers using various concepts and frameworks theories that exist in psychology.

Additionally, there are three researches to understand the relationships of psychology and literature (Kutha Ratna, 2007:343). First is research on the author's psychological aspects. It relates to the author's creativity process. The second is research on the characters' psychological aspects. It is the basic of psychological approach to literature. Psychological approach will concern on the characters' psychological aspects which is usually to the major characters. The last is research on the readers' psychological aspects. It is to analyze the readers' psychological aspects after reading the literary works or while reading the literary works.

B. Imagery

According to Sayuti (2015), the aspect of images in poetry is essentially also related to figurative language, diction in general, and rhetorical means. The term imagery in poetry can and is often understood in two ways, the first understood receptively, from the reader side. In this case the imagery is a sense experience formed in the imaginary cavity of the reader, which is caused by a word or by a word sequence. The second is understood expressively, from the poet's side, when images are a form of language (word or sequence) used by poets to build aesthetic communication or to convey their sensual experiences.

In relation to understanding, in its receptive nature, imagery in poetry is a very important element. Through it, the reader discovers or is confronted with something that seems concrete, and therefore can help the process of interpretation and comprehension of the poem thoroughly and thoroughly. Moreover, in relation to the creative process, in its expressive nature, the imagery serves to build the integrity of poetry because through it the poet's poet's experience is communicated to the reader. Thus, it can simply be stated that imagery is an impression formed in the imaginary cavity through a word or sequence of words, often a description in the fanciful imagination (Sayuti, 2015).

Imagery are the images of the poetry inflected through words). Imagery is a language that appeals to readers 5 senses (hearing, sight, taste, touch, and smell). Furthermore, descriptions of people or objects stated in terms of our senses. According to Perrine (1978: 611), imagery can be defined as “the representation through language of sense experience”. In poetry, the author frequently employs

imagery to picture some things and some conditions. It is very effective to evoke readers' sense to feel what the author feels. There are several kinds of imagery, which are:

1. Visual imagery

Visual imagery is the image which can be seen in the mind's eye such as color and shape of something. One of the examples is a stanza from the poem by Robert Browning *Meeting at Night*. This poem is a poem about the happiness and the experience of having love. However, the writer of this poem does not directly tell about love and even not use the word "love". Browning prefers to compare the happiness of love to the view of the beautiful sea. He states:

*The gray sea and the long black land;
And the yellow half-moon large and low:
And the startled little waves that leap
In fiery ringlets from their sleep...*

It can help the reader to feel the gray of the sea, the yellow of half-moon, and the wave which have little splash. These things can be seen by eyes and can evoke the sense of the reader to feel what the writer have seen.

2. Auditory imagery

Auditory imagery is the image which is related to the sound and something which can be heard. It can be the sound of wave, sound of laugh, sound of crying, groan, sound of birds, and many more.

Silence was broken by the peal of piano keys as Shannon began practicing her concerto.

Here, auditory imagery breaks silence with the beautiful sound of piano keys.

3. Gustatory imagery

Gustatory imagery is imagery which is related to the sense of taste. It describes something which make the readers think of taste. For instance, *“The salty sweet flavor of salt water taffy was Carrie’s very favorite thing about going to the beach for summer vacation”*. The phrases “the salty sweet flavor of salt water” give the depiction about the taste of water in the beach.

4. Tactile imagery

Lastly, tactile imagery describes what we feel or touch. Tactile imagery includes: Temperature, such as *bitter cold, humidity, mildness, and stifling heat*. Texture, such as *rough, ragged, seamless, and smooth*. Touch, such as *hand-holding, one’s in the grass, or the feeling of starched fabric on one’s skin*. Movement, such as *burning muscles from exertion, swimming in cold water, or kicking a soccer ball*.

5. Organic imagery

Organic imagery is the image which arouses an internal sensation such as hunger, thirst, fatigue, or nausea. *'It's when I'm weary of considerations, And life is too much like a pathless wood.'* From Robert Frosts "Birches".

6. Kinesthetic imagery

Kinesthetic imagery is the image which pictures the sense of touch, feelings, and the movement or tension in the muscles or joints.

*“At this, through all his bulk an agony
Crept gradual, from the feet unto the crown,
Like a lithe serpent vast and muscular
Making slow way, with head and neck convulsed
From over-strained might...”
(Hyperion By John Keats)*

Here, kinesthetic imagery is used as an awareness of the movement and muscle tension. This excerpt is a perfect example of kinesthesia. Keats beautifully describes muscular agony, and feelings of exhaustion.

C. Depression

Depression is one of the main mental health problems of the day, which is getting serious attention. Depression is a mood disorder, the word mood describes a person's emotions, a series of feelings that describe comfort or emotional discomfort. Depression is a mental disorder that often occurs in the community. Depression as a mood disorder characterized by no hope and heartbreak, excessive helplessness, unable to make a decision to start an activity, unable to concentrate, do not have the spirit of life, always tense, and attempted suicide.

It simply means that depression is a painful experience, a feeling of no hope. Dr. Jonatan Trisna concluded that depression is a feeling of wistful or sadness that is usually accompanied by the slowing of body motion and function. Depression is a disorder of feelings (affects) characterized by dysphoric affects (loss of

excitement) accompanied by other symptoms, such as sleep disorders and decreased appetite.

D. Symptoms of Depression

Depressed individuals generally exhibit psychic symptoms, typical physical and social symptoms, such as depressed, sadness prolonged, sensitive, irritable and irritable, loss of morale, loss of confidence, loss of concentration, and decreased endurance. Symptoms of depression are a collection of behaviors and feelings that can be specifically classified as depressed. Symptoms of depression can be seen from three aspects, such as symptoms seen in terms of physical, psychological, and social (Lubis, 2009).

1. Physical symptoms

According to some experts, these visible symptoms of depression have a wide range and variation according to the severity of depression experienced. However, in general there are some common physical symptoms are relatively easy to detect, such as: sleep disorder, decreased activity level, decreased work efficiency, decreased work productivity, easy to feel tired and sick (Lubis, 2009).

2. Psychic Symptoms

There is the psychic symptom such as: lose confidence, sensitive, feel useless, guilt, and feelings of burden (Lubis, 2009). Loss of confidence, the cause of depressed people tends to look at everything from the negative side, including

self-assessing. They like to compare between themselves with others, others are judged to be more successful, clever, lucky, wealthy, more educated, more experienced, more attention by superiors, and other negative thoughts. Sensitive, depressed people like to associate everything with her. Feelings are very sensitive, consequently they are easily offended, irritable, sensitive, suspicious with the intentions of others, easily sad, moody, and prefer to be alone.

Feel useless, these useless feelings arise because they feel they are failing, especially in the field or environment they are supposed to master. Feelings of guilt, arise in the minds of people who are depressed. They see an event that affects themselves as a punishment or the consequence of their failure to carry out the responsibilities they ought to be doing. Feelings of burden, many people who blame others for the trouble they experienced. They feel overwhelmed by the feeling of being overwhelmed with heavy responsibility.

3. Social Symptoms

The environment will react to the behavior of people who are generally negative depression (irritability, offense, aloof, sensitive, easily tired, and easily hurt). Social problems that occur usually revolve around the problem of interaction with colleagues, superiors, or subordinates. This problem is not just a conflict, but other problems are also like feeling inferior, embarrassed, and anxious if you are in the group and feel uncomfortable to communicate normally (Lubis, 2009).

4. Emotional Symptoms

According to Beck (1967) emotional symptoms is a change of feeling or behavior that is a direct result of the emotional state. In his research, Beck mentions as an emotional manifestation that includes a decrease in mood, a negative view of self, no longer feel satisfaction, crying, and the loss of an encouraging response. Decreased mood appears when someone feels sad or dysphoria. Negative feelings about yourself example "I am worthless, I am helpless, I am weak". The disappearance of satisfaction begins with a decrease in activity, as the increase of depression. Crying, an increase in frequency, in addition to the loss of an encouraging response in the sense of loss of ability to capture information containing humor.

5. Cognitive Symptoms

Beck (1967) called its cognitive manifestations such as, low self-assessment, negative expectations, blaming and self-criticizing, unable to make a decision, and distortion "body image. Low self-assessment of the ability of intelligence, appearance, health, attractiveness, popularity, or income. Negative expectations include expecting the worst and rejecting the possibility of improvement and change for the better. This negative outlook is often a source of frustration for friends, family, and doctors who take care of it. Thoughts that worsen the state of the self or the problem so that it cannot recover, will be the basis of consideration for suicide as a reasonable step. Blaming and criticizing oneself with regard to the assumption that the unfortunate thing or the misfortune that occurred due to some deficiencies that exist in him.

6. Motivational Symptoms

Loss of motivation (paralysis of will) found 65 to 86% of people with depression. Motivational symptoms are the desire to deviate from the pattern of daily life. In addition, tend to delay activities that do not give immediate satisfaction, more often daydreaming than running something (Beck, 1967). Individuals are more interested in passive activities, like watching television, going to the movies, or just sleeping in the room. Suicidal ideation is also an emotional symptom, although the desire is also found in no depression individuals, but the frequency is more common in people with depression.

7. Physical Symptoms

According to (Beck, 1967) among the physical symptoms are loss of appetite, sleep disorders, fatigue and loss of libido. Regarding sleep disorders, experts have obtained strong evidence based on live observation and EEG records throughout the night that depressed sufferers are sleep deprived and found excessive movements. Loss of libidum is highly correlated with loss of appetite, as well as loss of interest in others. On the other hand, associated with loss of appetite, this condition for many clients is an early sign of depression.

E. Causes of Depression

Like any other disease, the true cause of depression cannot be known for certain, but has found a number of factors that can influence it. Several factors that cause depression or increase a person's risk of depression include:

1. Physical Factors

a. Genetic Factor

Someone who in their family is known to be suffering from major depression has a greater risk of suffering from depressive disorders than the general public. Genes have an effect on the occurrence of depression, but there are many genes in our body and there is no pound of researchers who know exactly how genes work (Lubis, 2009). A person will not suffer depression just because the mother, father, or siblings suffer from depression, but the risk of getting depressed increases. It is difficult to calculate each type of depression, the effect of genes is more important on major depression than mild and more important in younger individuals who suffer from depression than older individuals. Genes are more influential in people who have periods in which their mood is high and mood is low or bipolar disorder.

b. The Brain and Body Chemistry

Some chemicals in the brain and body play a great role in controlling our emotions. In people with depression there is a change in the amount of these chemicals. The hormone noradrenaline that plays a major role in controlling the brain and body activity, seems to be diminished in those who are depressed. Biologically, depression occurs in the brain. The human brain is the most complex and most sophisticated communication center (Lubis, 2009). 10 billion cells emit billions of messages per second, these biochemical communication messengers are known as neurotransmitters (neuro is the term for the brain and transmitter meaning the carrier and receiver of the message). Moreover, it is known that stress

can weaken the immune response or immune system. Emotional problems will stimulate the hypothalamus in the brain.

c. Age Factor

Various studies reveal that young people are teenagers and adults more affected by depression. The last community survey reported a high prevalence of symptoms of depressive symptoms in the young adult age group of 18-44 years (Lubis, 2009). In the Jorm study (2000), found evidence that in adulthood there is a decrease in the tendency of anxiety and depression with age. Factors suspected to affect a decrease in one's emotional response, increase emotional control and immunity to a stressful experience.

d. Gender

Women are twice as likely to be diagnosed with depression as men. Periods of increased risk of depression in women occur during middle age of puberty (Lubis, 2009). Does not mean women are more susceptible to depression, it could be because women more often recognize the depression than men and doctors are able to recognize depression in women. There is also a hormonal change in the cycle of menstruate associated with pregnancy and birth and also the menopause that makes women more vulnerable to depression or to the trigger of depression. The greater the number of women recorded depression can also be caused by the pattern of communication.

e. Lifestyle

Many unhealthy habits and lifestyles have an impact on illnesses such as heart disease can also trigger anxiety and depression. Research has shown that anxiety and depression are associated with an unhealthy lifestyle in patients at risk for heart disease (Lubis, 2009). High levels of stress and anxiety coupled with unhealthy foods and sleep habits and no exercise for long periods of time can be a factor for some people experiencing depression. Unhealthy lifestyles such as irregular sleep, irregular eating, fast food or foods that contain flavorings, artificial preservatives and dyes, lack of exercise, smoking, and drinking.

f. Physical Disease

The shock of knowing we have a serious illness can lead to a loss of self-confidence and self-esteem, and also depression. In elderly individuals' physical illness is the most common cause of depression. Depression often occurs after a heart attack, perhaps because a person feels they have just experienced an event that can cause death or because they suddenly become a helpless person. Some diseases cause depression because of their effect on the body. Depression may accompany Parkinson's disease and multiple sclerosis because of its effect on the brain (Lubis, 2009).

g. Drugs

Some medications for treatment can cause depression. But that does not mean the drug causes depression, and stopping the treatment can be more harm than good. According to McKenzie (1999) there are some drugs that cause depression,

namely: anti-epilepsy tablets, anti-hypertension drugs, anti-Parkinson drugs, chemotherapy drugs, and others.

h. Illegal Drugs

Illegal drugs have been shown to cause depression because they affect chemistry in the brain and cause dependence. According to Brees (2008) some drugs that cause depression that is: marijuana, heroin, cocaine, ecstasy, and meth.

2. Psychological Factors

a. Personality

Aspects of the personality aspect also affect the high depression experienced and the vulnerability to depression. There are individuals who are more susceptible to depression, which has self-concept and negative thinking, pessimism, and introverted personality types (Lubis, 2009). There is a relationship between certain characteristics and personality with depression. According to Gordon Parker of the Black Dog Institute, someone who points out the following things is at risk for depression: experiencing high levels of anxiety, a shy or inferior person, someone who likes to criticize himself or has low self-esteem, a hypersensitive person, someone who perfectionist, and someone with a self-focused centering style.

b. Mindset

According to (Beck, 1967) describes a common pattern of thinking in depression and is believed to make a person susceptible to depression. In short, he believes that a person who feels negative about himself is vulnerable to depression.

Most of us have an optimistic way of thinking that keeps us excited. For example, if someone spilled a drink in a crowded place then he would say his glass was too full or someone pushed it, it was not his fault.

c. Self-Esteem

Self-esteem is a widely used word in psychology. Self-esteem is an individual's view of his or her self-worth or how one values, recognizes, values, or likes himself /herself (Lubis, 2009). Self-esteem is one of the factors that greatly determine the behavior of individuals. Every person wants a positive appreciation of himself, so that someone will feel that he is useful or meaningful to others even though he has weakness both physically and mentally.

The fulfillment of the need for self-esteem will produce an attitude and confidence, a strong sense of pain, peace. But vice versa if self-esteem is not fulfilled, it will make an individual has a weak mentality and negative thinking. Self-estimates from positive to very negative among others: self-esteem is too high, someone who has an overly positive and unrealistic view of themselves feels they are the greatest, they become arrogant. Negative self-esteem, a person has a negative self- esteem believes that they are worthless. They do not value their own opinions and feel ashamed of themselves. Healthy self-esteem is between the two extremes, it meaning have a balanced and accurate view. Such as a person having a good opinion of himself but also acknowledging deficiencies.

d. Stress

The death of a loved one, job loss, moving house, or other severe stress is considered to cause depression. Reactions to stress are often suspended and depression can occur several months after the event occurs. Someone who are depressed can feel very negative and tend to remember and report negative things (Lubis, 2009). An increased incidence of depression following life's most stressful events. People who are depressed can feel very negative and tend to remember and report things that are more negative.

e. Family Environment

Losing a parent while still a child has a greater risk of developing depression. Psychologists have found that very demanding and critical parents, who value success and reject all failures make children more vulnerable to depression in the future. Physical or sexual abuse can also make a person at risk of severe depression during adulthood (Lubis, 2009).

f. Long-term Disease

Discomfort, disability, dependency, and insecurity can make a person prone to depression. Sick people become vulnerable to depression when they are forced into positions where they are powerless or because the energy they need to fight depression is over for long-term illness (Lubis, 2009).

F. Previous Studies

Before conducting this research, the researcher got an inspiration from some students who have already studied novels by using psychological analysis that is about psychological analysis of depression. The research has relationship to the previous research on the same field.

Elisa Mariam Lengkong (2016) entitled *Depresi dalam Novel "Room" by Emma Donnoghue*. The object of her research is psychological analysis, she focuses her analysis on the analyzing and describing the depression in "Room". And also the causes and effects of the depression which are described in this novel. The identification of the data is based on the theory about Literature. The data are taken from the novel. Furthermore, there will be an analyze using the psychological perspective from the theory of Wellek and Warren (1997). In analyzing the data, the writer uses intrinsic and extrinsic approaches. The result of this research shows that depression picture true Jack and Joy, they experienced some horrible event, where they have been lock up in a room, the cause of the lock up made Jack anti-social and Joy hurts her child, and try to kill herself.

Rafi Anas Hafifi (2015) entitled *Psychological Analysis of Charley "chick" Benetto in Mitch albom for One More Day novel: Viewed from Maslow's theory*. This thesis discusses about analysis of main character Charley "chick" Benetto in Mitch Albom's novel *for One More Day*. The writer chooses main character as an object of this study because the main character is very influential on the plot of this story and it also has a big influence to the readers. The researcher uses the hierarchy of needs by Abraham Maslow for discovering the causes of Charley's

frustration and finding the most important human needs for Charley to be fulfilled in the novel. The researcher found 5 (five) causes of Charley's frustration; Charley's Mother Death, The Relationship between Charley's Father and Baseball, A Letter from Charley's daughter, Charley's Wedding Collapsed, Charley's Mother and Father Divorcing. The type of conflict that Charlie concern is double-avoidance conflict because his actions have good and bad features which must be weighed in order, for a choice to be made. Charley response of his frustration is regression. Charley was so frustrated and unconsciously seeks to return to an earlier, most secure period in his life. Then, the most important human needs for Charley to be fulfilled are esteem needs. Esteem needs is a personal judgment of worthiness that is a personal attitude that is expressed in the individual holds toward him. He really frustrated when his mother passed away, he feel empty and realize that how his mother really love him more than his father.

Nailul Fauziyah (2008) entitled *Physiological Analysis of The Main Character's Personality in Go Ask Alice*. The researcher is interested in finding a psychological concern reflected in a novel. It becomes challenging for the researcher to know more about the history of psychology and psychological theory through a literary work. By a novel entitle *Go Ask Alice*, the researcher intends to present a psychology in literary research and would like to explore important problems related to psychology. From the result of the data analysis, it can be concluded that there are three-character personality of the main character, such as sensitive, unrealistic, and pessimistic. There are main character's personality needs viewed by Abraham Maslow's theory of motivation (hierarchy of needs):

Psychological needs, safety needs, the love and belonging needs, esteem needs, self-actualization needs.

These theses are similar to the writer's present study. Both of them focused of the main character's personality but they are different in the method which is used in these researches and the novel. This present research focuses on depression in Rupi Kaur's Selected Poems *Milk and Honey*.



CHAPTER III

ANALYSIS

This chapter presents the analyses. The researcher would like to answer the problem of the study which has been stated in the chapter on by presenting the data and analyzing them.

Analyzing each intrinsic element in a poem is called explication or close reading. Explication may be defined as an examination of a work of literature for knowledge of each part, for the relation of these parts to each other and for their relations to the whole (Perrine, 1992). Explication is detail clarification of a work, sometimes line by line or word by word, which is interested not only in what that work means but also in how it means and what it means.

From those explanations above, the explication can be applied in Rupi Kaur's selected poems to support or find out the contents of the poem. In analyzing Rupi Kaur's poems, the researcher analyzes the depression of selected poems in three chapter, the first chapter the hurting, the second the breaking.

A. The Causes of Depression

Based on the theory the causes of depression by Lubis (2009). There are physical factors including genetic factors, the brain and body chemistry, age factor, gender, lifestyle, physical disease, drug, and illegal drugs. On the other hand, the psychological factors including personality, mindset, self-esteem, stress, family environment, and long-term disease.

1. Family Environment

This part consists of 11 lines in one stanza, in the first stanza *every time you*, *you* are referring to the father of the girl. When the father who told his daughter about love by shouting and angry. A girl who feels confused between anger and kindness, and when she grows up she will trust the men who hurt her, because they are like you, here you are referring to the father of a girl. In this poem using the combination of imagery there are organic and kinesthetic imagery to show the cause of depression illustrated in this poem. In the line 5-6 *you teach her to confuse anger with kindness* it means that she will trust a man, because the man would be like her father. The combination imagery shows in the words *you teach her to confuse anger with kindness*.

2. Psychical Abuse

*you pinned
my legs to
the ground
with your feet
and demanded
i stand up*

5

This part consists of 6 lines in one stanza. In the first stanza the word *you* refer to someone who do violence to her and in the last stanza the word *i* rifer to the girl. This poem tells us between a girl with someone who do violence to her and also about a person who is experiencing violence, in this poem violence is depicted with someone who stepped on her feet until she knelt to the ground and he was forced to stand. In this part, the poet using the kinesthetic imagery. The kinesthetic imagery shows in the word *pinned*. This imagery shows the physical abuse.

3. Sexual Abuse

*the rape will
tear you
in half
but it
will not
end you*

5

This part consists of 6 lines in one stanza, in the second line the word *you* is refers to the girl. This poem tells us between the person who experience rape with her experience and about the rape that can make a person sad, stress and cause of depression.

This poem using combination of imagery, there are kinesthetic and visual imagery, the word *rape* is kinesthetic imagery and the word *tear* is visual imagery. The narrator said that the rape will tear you in half, it's illustrated that the rape will make someone sad and cause of depression, it is a bad experiences unwanted by someone. The combination of imagery shows the sexual abuse in this poem.

*i flinch when you touch me
i fear it is him*

This part consists of 2 lines in one stanza, in this poem the word *i* is refers to the girl and the word *you* are refers to the man. This poem tells us between a girl with someone who was make her trauma. On the other hand, about a girl who is afraid and traumatized by being touched by someone, that person had hurt her, made her traumatized. This poem using combination imagery, there are kinesthetic and organic imagery to make the readers feel and imagine how the cause of depression illustrated in this poem. The kinesthetic imagery shows in the words *i flinch when you touch me*. The organic imagery shows in the words *i fear it is him*. Those imageries illustrate that a girl fear and trauma when she is touched by the person who once hurt her.

4. Psychological Factors

*emptying out of my mother's belly
was my first act of disappearance
learning to shrink for a family
who likes their daughters invisible
was the second
the art of being empty
is simple*

believe them when they say
you are nothing
repeat it to yourself 10
like a wish
i am nothing
i am nothing
i am nothing
so often 15
the only reason you know
you're still alive is from the
heaving of your chest

This part consists of 18 lines in one stanza. In this poem the word *i* refers to the mother. This poem tells us between a mother with her family and about a mother being told to abort her baby girl, being forced by her family. Her family did not like and wanted girls. This poem is like an art that looks empty, when they say that you open anything and you are nothing. In this poem the auditory imagery can be found in the words *they say*. The narrator said that believe them when they say you are nothing, when they say you are nothing, it can make someone stress and sad, because she is considered nothing.

Besides that, here does not want girls, so women are regarded as nothing. This cause is called self-esteem, because self-esteem is a widely in psychological factors. When self-esteem is discredited, it will make an individual have a weak mentality and negative thinking. Self-esteem is an individual's view of his or her self-worth or how one values, recognize, values, or likes himself/herself (Lubis, 2009).

i always
get myself
into this mess
tell me i am beautiful
and half believe it 5

*i always jump thinking
he will catch me
at the fall
i am hopelessly
a lover and
a dreamer and
that will be the
death of me*

10

This part consists of 13 lines in one stanza, this poem tells us between a girl with someone which her want and about a girl who feels always alone in all the confusion that happens. She thinks there will be someone who comes to her, someone she hopes who loves her. She feels so desperate she can only dream, that desperation. This kinesthetic imagery will found in the words *he will catch me*. In this poem the imagery illustrates the girl expecting someone to catch her when she falls. She felt very desperate and hoped that someone would come to her as she had hopeless.

*when my mother says i deserve better
i snap to your defense out of habit
he still loves me i shout
she looks at me with defeated eyes
the way a parent looks at their child
when they know this is the type of pain
even they can not fix
and says
it means nothing to me if he loves you
if he can not do a single wretched thing about it*

5

10

This part consists of 10 lines in one stanza. This poem tells us between a mother and her daughter, a mother who advises her daughter out of love. Mother advises her daughter because her daughter has been abandoned by her boyfriend

and feel sad. The daughter still loves her boyfriend, then the mother said by looking into her daughter's eyes. The mother says that her boyfriend has hurt her and does not love her daughter anymore, and it cannot be repaired again.

The poet add auditory imagery, can found in the words *when my mother says i deserve better*. The narrator said that when her mother says she deserve better, it is implied how the mother calm and advice his daughter who was sad and stressed by her lover left behind. Furthermore, stress and sadness are the initial causes of depression.

*the next time you
have your coffee black
you'll taste the bitter
state he left you in
it will make you weep
but you'll never
stop drinking
you'd rather have the
darkest parts of him
than have nothing*

5
10

This part consists of 10 lines in one stanza, this poem tells us between a girl with her boyfriend and about when a girl is abandoned by her boyfriend, as like a bitter black coffee. It feels very sick when abandoned by a boyfriend and made her cry. Moreover, she still drank the bitter coffee, she ignored how sick it was left behind. Although her boyfriend has a dark side she still loves him.

In this poem the poet adds the several imageries there are visual and gustatory imagery. The visual imagery found in the words *coffee black* it is illustrating of the black coffee is illustrated like a girl's feelings when a lover left

behind and she experiences feelings of sadness, bitterness, and stress. Sadness and stress are categorized feeling the causes of depression. The gustatory imagery found in the words *taste the bitter*, it is illustrating the image feeling experienced by the girl when she left her boyfriend. And the visual imagery found in the word *darkest*, it is illustrating the bad side of her beloved boyfriend.

*when you are broken
and he has left you
do not question
whether you were
enough
the problem was
you were so enough
he was not able to carry it*

5

This part consists of 8 lines in one stanza, this poem tells us about a girl between her boyfriend, and a girl who has been broken and abandoned by her boyfriend, and she feels very sad. She was enough to be marred by her boyfriend.

The organic imagery found in the word *broken*, the narrator said that when you are broken and he has left you, it is illustrating the image when a girl who was broken, hurt and abandoned by her boyfriend, it made her very sad and devastated. The feeling caused by the event is a feeling the causes of depression that happens to her.

*i had to leave
i was tired of
allowing you to
make me feel
anything less
than whole*

5

This poem consists of 6 lines in one stanza, this poem tells us between a girl and her boyfriend, and about a girl who decides to leave because she is tired of having been hurt by her boyfriend. This poem using the organic imagery to illustrate how the image in this poem. The organic imagery found in the word *tired*, the narrator said that, I was tired of allowing you to. It can image the girl was tired and despair because she was broken by her boyfriend and allowing her boyfriend hurt her. It is feeling represent the causes of depression.

*i don't know what living a balanced life feels like
 when i am sad
 i don't cry i pour
 when i am happy
 i don't smile i glow 5
 when i am angry
 i don't yell i burn
 the good thing about feeling in extremes is
 when i love i give them wings
 but perhaps that isn't 10
 such a good thing cause
 they always tend to leave
 and you should see me
 when my heart is broken
 i don't grieve 15
 i shatter*

This part consists of 16 lines in one stanza, the word *i* is refers to the girl. This poem tells us about a girl who cannot feel a balanced life, when she is sad she cannot cry and when she is happy she cannot smile happily and when he is angry she cannot shout. Besides, she also wants the extraordinary feelings of falling in love and giving her whole life, but it cannot happen because they always leave her and only see when her heart breaks.

In this poem the poet adds the organic and kinesthetic imagery. The organic imagery found in the words *sad, pour, happy, and angry*. The kinesthetic imagery found in the words *cry, smile, and yell*. It can illustrate when the girls sad she cannot cry and when she angry she cannot scream. From the imageries above, everyone can imagine the feeling of confusion and she doesn't know what her feeling, it is a causes of depression.

*rivers fall from my mouth
tears my eyes can't carry*

This part consists of 2 lines in one stanza, this poem tells us about the sadness experienced very deep by girl, she kept crying until she could not control the tears that kept dripping from her eyes. The visual imagery is adding in this poem, the imagery found in the word *tears*. Tears my eyes can't carry, in this line the imagery illustrates the image from the sadness of a girl and she cannot control her tears.

*your voice
alone
drives me
to tears*

This part consists of 4 lines in one stanza, this poem tells us about fears a girl when she is in her own state she imagines to hear the voice of someone who has hurt her and made her cry and grieve. This poem uses the auditory imagery, the imagery found in the word *voice*, can imagine the fear of girl when she heard the voice from someone, she feels sad. Furthermore, that feeling can show a person experiencing the causes of depression that is sadness.

even after the hurt
the loss
the pain
the breaking
your body is still
the only one
i want to be
undressed under

5

This part consists of 8 lines in one stanza, the word *i* is refer to the girl. This poem tells us between a girl with her boyfriend, about that the girl was wounded, lost, and felt sick but she was still imagining when she made love to her boyfriend. This poem using organic imagery, the imagery found in the words *loss*, *pain*, and *breaking*. The imagery describe the girl was the hurt, the loss, the pain, and the breaking. Although, she still imagining about her boyfriend when they made love.

the night after you left
i woke up so broken
the only place to put the pieces
were the bags under my eyes

This part consists of 4 lines in one stanza, this poem tells us between a girl and her boyfriend, and about at night her boyfriend left her, right then she woke up and felt herself ruined and destroyed. In this poem the poet adds the organic imagery, the imagery found in the word *broken*. This words can imagine how the girl feel pain, broken when she left by her boyfriend. It is feeling can represent the causes of depression.

*i am losing parts of you like i lose eyelashes
unknowingly and everywhere*

This poem consists of 2 lines in one stanza, this poem tells us about when a girl loses her boyfriend, described as she loses her eyelashes unknowingly and everywhere. This poem uses the visual imagery, the imagery found in the word *eyelashes*. The narrator said that I am losing parts of you like I lose eyelash; it can imagine when a girl losing her boyfriend is like she losing her eyelash. This feeling describes the sad feeling when someone losing the someone who's love.

B. The Symptoms of Depression

Based on the theory by Lubis (2009), there are symptoms of depression: physical symptom, psychic symptom, social symptom, emotional symptom, cognitive symptom, motivational symptom, and physical symptoms. In Rupi Kaur Milk and Honey, the researcher only finds onesymptoms of depression this is psychic symptom.

1. Psychic Symptom

*perhaps
i don't deserve
nice things
cause i am paying
for sins i don't
remember*

5

This part consists of 6 lines in one stanza, the word *i* is refers to the girl. This poem tells us about a girl who feels she does not deserve something good, because she cannot pay for a sin she never remembers. This poem using organic

imagery, the imagery found in the word *i don't deserve nice things*. The narrator said that *perhaps i don't deserve nice things*, It means that a girl loss of confidence to get the good things. Loss of confidence is the psychic symptoms of depression.

loneliness is a sign you are in desperate need of your self

This part consists of one line in one stanza, this poem tells us about a girl who lost her confidence when she was in her own condition. This poem using organic imagery, the imagery found in the word *loneliness*. The narrator said that *loneliness is a sign you are in desperate need of yourself*, its means that loneliness make someone loss of confidence.

*how you love yourself is
how you teach others
to love you*

This part consists of 3 lines in one stanza, this poem tells us about self-appreciation, before you can love someone else, and you have to love yourself. Things we often ignore, respect ourselves so that we can appreciate the couple, appreciate all the shortcomings and strengths that she has. This poem using the organic imagery, the imagery found in the word *love*. Its means how someone who lost her self-confidence to respect herself.

CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter contains conclusion of this minor research and suggestion for other researchers to do further research related to this research.

A. Conclusion

The researcher concludes that those 4 chapter from poems by Rupi Kaur, in the chapter 1,2,3 and chapter 4 reflect the imaginative power on each poem. In this research the researcher shows the evidence causes of depression and symptom of depression. The first is causes of depression, there are four causes of depressions are illustrated in this research, Family Environment, Psychical Abuse, Sexual Abuse, and Psychological Factors. The last is symptom of depression, the symptom of depression can see from the Physic Symptom.

In chapter 1, 2, 3, and 4 the narrator uses kinds of imagery. They are visual, kinesthetic, auditory, gustatory and organic imagery. Then, the most widely used imagery in Rupi Kaur to illustrate the causes and symptom of depression is organic imagery. The organic imagery found in the words like *broken, loss, pain, breaking, loneliness, and others*.

B. Suggestion

Based on those conclusions above, the researcher hope this research can contribute supporting reference in analyzing work of literature and give the appreciation to literature itself.

The researcher suggests for those who are interested in studying about poetry. For students who are interested about the poem movement, it is expected that they have to improve and expand their knowledge about the poem. It is better if they look for another source about poem.

For other researcher, it is suggested that they have to study more about the figure of language in a poem because are many interesting aspects to analyze in a poem. It is because the poem is literature works which rich of an art and element of poem which interesting to analyze and it never changes for many years later since human being was still study and analyze the poem itself.

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APPENDIX

Summary of the Rupi Kaur Milk and Honey

The Hurting

In the first chapter consists of 36 pages and every page has a different poem. This chapter begin with the abuse experienced by a woman, ranging from verbal to physical. Various treatments received by the woman also formed his character. She even labeled herself as a person who could use her body to gain material and give pleasure to others. This chapter also tells the story of a girl who had trauma in her childhood. The girl is told as someone who is powerless against the people around her, even when she is raped by one of her family members. The girl also looks still innocent and can only pay attention and sympathize with the injustice that goes to the people around her, especially the mother. On the other hand, The Hurting, tells about issues related to family life, mostly telling parents. Something to do with romance, but still revolves around family life.

Focuses on the speaker's experience of being emotionally hurt within the context of male / female relationships. The overall tone and content of the poems suggests several things that the speaker is female, that she was sexually abused at a young age by males in her family, including her father, and that she comes from a history in which women are, in general, mistreated. That history, the poems in Part 1 also suggest, includes both the history of her family, and her family's ethno-cultural origins.

The Loving

In the second chapter consists of 37 pages with the different poems. This part focus continues to be on male / female relationships, but from a very different point of view. In this part, the speaker celebrates the positive values of being in a relationship with a loving, tender, sensitive male partner. There are echoes here of the past sexual and emotional suffering experienced in Part 1, echoes that give rise to explorations of confusion about various aspects of sexuality. Nevertheless, the overall sensibility of the poems in this section is celebratory, as the speaker realizes that it is possible for her to enjoy both sex and her body, and that there is reason and validity in that enjoyment.

The poet tells that the girl finally grows up and starts to know the feelings of love. Here, the love story of the girl with a man was exposed very clearly, ranging from feelings of mutual love, hate each other, their quarrel, their sexual life, the allegations of adultery of the man, and the beginning of the separation of both. This chapter tells about falling in love. How men and women can have a feeling called love, how to keep it, even about how to let it go. Also described in detail, how two lovebirds knit love. Making love to the sex scene he described in detail. Not only that, the turmoil in a relationship was summed up with a drama, like the reality that happens in everyday life experienced by lovers. Fighting to solve the problem is also very real. Kaur is like adapting his own life into the poems in this book. Then, when it turns out the relationship is not working properly, Kaur provides a solution that sometimes couples see but pretend not to know separate. Because if

relationships can only hurt one another, the best path sometimes becomes the most painful thing to let the lover go.

The Breaking

In the third chapter consists of 68 pages with different poems. This part focuses on the speaker's experiences in the aftermath of a relationship coming to an end. The collection never makes the point explicitly, but there is the clear implication that the relationship referred to in this part of the book is also the relationship referred to in Part 2. In this, the collection's longest section, the primary focus is on experiences of pain, grief, and questioning. The attitude of the speaker throughout this section is ambivalent, in that there are explorations of both loss and longing – that is, of trying to self-convince that the relationship is over while, at the same time, continuing to believe that the love and intimacy that both partners in the relationship experienced can bring them back together. This chapter tells about heartbreak. How the girl's efforts to forget her ex-boyfriend. The girl tells how difficult it is to forget the man especially with the various memories they have together.

The Healing

This chapter consists of 65 pages with different poems. This part which basically contents the motivations to love yourself before loving others. Furthermore, tells about the girl's awareness that she must move on and begin to respect herself as a woman. The recovery of the woman from the hurt that haunts

her for a long time is also shared in this chapter. Quite often this chapter was colored by poems-themed feminism that increasingly encourages readers to appreciate women, love yourself, ambition in life, and others. Kaur also encourages women to brave. Dare to take a stand, dare to stand with his own feet. Dare to be an independent woman who puts the best interests around, helps other women, and helps others. the emphasis is, as the section's title suggests, on the process of healing and recovery from all the different sorts of breaking explored in Part 3 and, by extension/implication, those experienced in Part 1. While there are still references to experiences of pain and self-doubt, the primary focus is on taking steps towards an experience of self-value and self-worth.

There is a certain shift in the language used by the poems in this section, with a strong sense of self-affirmation or self-nurturing about many of the poems, which at times seem to take on the form and style of slogans from self-help books. Also in this final section, there are clear references to the author self-identifying as the speaker: up to this point, there have been hints, or suggestions, but here there are clear and specific references to the autobiographical nature of the poetry. In this context, and looking at the other poems in the collection with hindsight, there emerges a very strong sense of a personal, lived experience of transformation, said transformation defining the collection's core thematic intention, and also the intentions of many of its secondary themes.

In every chapter and every pages have a different poem. Furthermore, each page of poems is different, even some are continuous. In this book also each

poem has an illustrated image to represent the meaning of the poem. Although sometimes the illustrations are difficult to understand by the readers.



CURRICULUM VITAE



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