

**THE DEPRESSION OF NORA SEED AS REFLECTED IN  
MATT HAIG'S *THE MIDNIGHT LIBRARY***

**THESIS**

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**DEPARTMENT OF ENGLISH LITERATURE  
FACULTY OF HUMANITIES  
UNIVERSITAS ISLAM NEGERI MAULANA MALIK  
IBRAHIM MALANG  
2021**

**THE DEPRESSION OF NORA SEED AS REFLECTED IN MATT  
HAIG'S *THE MIDNIGHT LIBRARY***

**THESIS**

Presented to  
Universitas Islam Negeri Maulana Malik Ibrahim Malang in Partial Fulfillment of  
the Requirements for the Degree of Sarjana Sastra (S.S.)

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MALANG  
2021**

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I state that the thesis entitled “**The Depression of Nora Seed as Reflected in Matt Haig’s *The Midnight Library***” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, 31<sup>st</sup> November 2021

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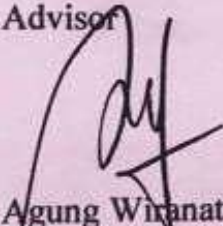
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This to certify that Ulfah Drifiliani Kusumaningrum's thesis entitled **The Depression of Nora Seed as Reflected in Matt Haig's *The Midnight Library*** has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

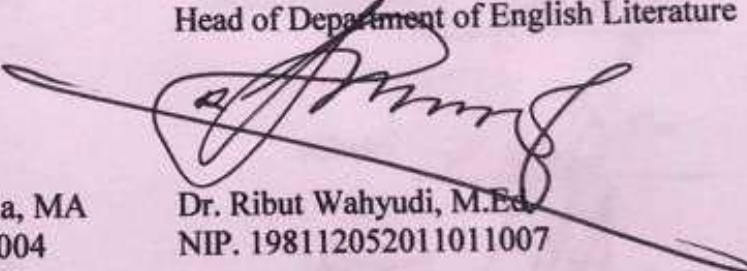
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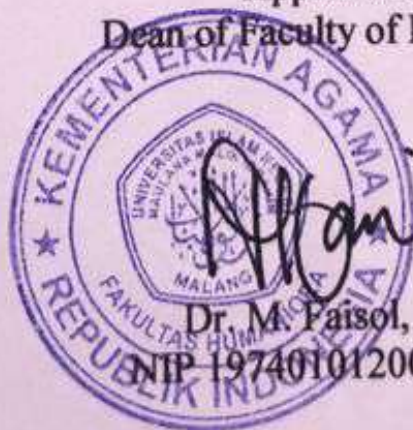
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## **MOTTO**

Whether your life changed,  
always find a way to connect with Allah, your loved one  
and certainly, be stronger than your feeling

## **DEDICATION**

This thesis is dedicated to four people in my life: me, dad, mom, and older sister.  
The entire universe helps me a lot in my journey, but four of them are the highlights.

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### *Bismillaahirrohmaanirrohiim*

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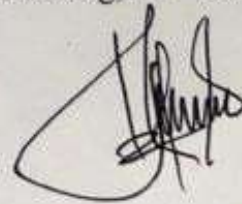
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I do realize as an imperfect human. This thesis might have weaknesses in some ways. Therefore, I am happy and welcome any feedback, criticism, and suggestions. Hopefully, this thesis provides new insight for future researchers.

Malang, 31<sup>st</sup> November 2021



Ulfah Drifiliani Kusumaningrum



## ABSTRACT

**Kusumaningrum, Ulfah Drifiliani** (2021) *The Depression of Nora Seed as Reflected in Matt Haig's The Midnight Library*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Agung Wiranata Kusuma, M.A

Key Words: Psychoanalysis, Depression, and Symptoms

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According to Beck and Alford (2009), depression is one of the causes of human suffering more other diseases. Depression is a negative self-perspective. It often characterized by feeling guilt, meaningless, and self – blame. People who experience depression will end up their lives due to lack of knowledge to encounter either independently or accompanied by a psychiatrist. The phenomenon of depression and how to deal with this can be found in a literary work. This is a literary criticism study. For this research, the researcher focuses on the depression suffered by Nora Seed in Matt Haig *The Midnight Library* viewed from the scope of psychoanalysis.

This study aims to examine and identify the problems (1) What are Nora Seed's symptoms of depression reflected in Matt Haig's *The Midnight Library* (2) How does Nora Seed encounter the depression reflected in Matt Haig's *The Midnight Library*. Researcher used a psychological approach as a research design in this study. The data is obtained from the novel entitled *The Midnight Library* in the forms of sentences, conversation, and statements. The theory use in this analysis is the theory of depression symptoms from Aaron Temkin Beck and Brad A. Alford.

The results of this study shows that Nora Seed experienced symptoms of depression such as dejected mood, negative feelings towards self, loss of mirth responses, low self – evaluation, negative expectations, self – blame and self – criticism, indecisiveness, paralysis of will, avoidance, suicidal wishes, increased dependency, sleep disturbances, fatigability, delusion of worthlessness, delusion of crime and punishment, delusion of poverty, and hallucination. Furthermore, the data found from the novel shows Nora has encounter her depression by thinking of music, receiving someone's argue, forgiving her parents, realizing that impressing people was erroneous, deleting her negative social media posts, requiring connection to humans. Then, Nora considers herself as a volcano in which every failure or regret there will be success and happiness for the future. Nora finally knew her potential ability and realized that deciding to die was the wrong thing.

## ABSTRAK

**Kusumaningrum, Ulfah Drifiliani** (2021) *The Depression of Nora Seed as Reflected in Matt Haig's The Midnight Library*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Agung Wiranata Kusuma, M.A

Kata Kunci: Psikoanalisa, Depresi, dan Gejala

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Menurut Beck dan Alford (2009), depresi merupakan salah satu penyebab manusia menderita lebih banyak dari penyakit lainnya. Depresi adalah perasangka negatif pada diri sendiri. Ini sering ditandai dengan perasaan bersalah, tidak berarti, dan menyalahkan diri sendiri. Orang yang mengalami depresi akan mengakhiri hidupnya karena kurangnya pengetahuan untuk menghadapi depresi baik secara mandiri maupun didampingi oleh psikiater. Fenomena depresi dan cara mengatasinya dapat ditemukan dalam sebuah karya sastra. Penelitian ini adalah kajian kritik sastra. Untuk penelitian ini, peneliti memfokuskan pada depresi yang dialami oleh Nora Seed dalam Matt Haig *The Midnight Library* ditinjau dari ruang lingkup psikoanalisis.

Penelitian ini bertujuan untuk mengidentifikasi dan menganalisis permasalahan (1) Apa gejala depresi Nora Seed yang dialami dalam *The Midnight Library* karya Matt Haig (2) Bagaimana Nora Seed menghadapi depresi yang tercermin dalam *The Midnight Library* karya Matt Haig. Peneliti menggunakan pendekatan psikologis sebagai desain penelitian dalam penelitian ini. Data yang diperoleh dari Novel yang berjudul *The Midnight Library* berupa kalimat, percakapan, dan pernyataan. Teori yang digunakan untuk menganalisis adalah teori gejala depresi dari Aaron Temkin Beck and Brad A. Alford.

Hasil penelitian menunjukkan bahwa Nora Seed mengalami gejala depresi seperti suasana hati yang sedih, perasaan negatif terhadap diri sendiri, hilangnya respons kegembiraan, evaluasi diri rendah, harapan negatif, menyalahkan diri sendiri dan kritik diri, keragu-raguan, kelumpuhan kemauan, penghindaran, keinginan bunuh diri, peningkatan ketergantungan, gangguan tidur, kelelahan, khayalan ketidakberhargaan, khayalan kejahatan dan hukuman, khayalan kemiskinan, dan halusinasi. Selanjutnya, data yang ditemukan dari novel menunjukkan Nora dapat menghadapi depresinya dengan cara memikirkan musik, menerima argumen seseorang, memaafkan orang tuanya, mengesankan orang itu salah, menghapus posting media sosial negatifnya, membutuhkan koneksi terhadap manusia. Kemudian, Nora menganggap dirinya adalah gunung berapi di mana setiap kegagalan atau penyesalan akan ada kesuksesan dan kebahagiaan di masa yang akan datang. Nora mengetahui potensi kemampuannya dan menyadari bahwa mengakhiri hidupnya adalah salah.

## مستخلص البحث

كوسوما نيغروم، ألفة درفيلاني. (٢٠٢١) اكتئاب الشخصية الرئيسية كما تم انعكاسه في مات هيج بمكتبة منتصف الليل. البحث الجامعي. قسم أداب الإنجليزية، كلية الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: أكوغ ويراناتا كوسوما الماجستير.

الكلمات الرئيسية: التحليل النفسي، كابة، علامة المرض، التغلب.

وفقاً لبيك وألفورد (٢٠٠٩)، فإن الاكتئاب هو أحد أسباب معاناة الإنسان أكثر من الأمراض الأخرى. الاكتئاب هو تحيز سلبي للذات. غالباً ما يتسم بمشاعر الذنب وعدم المعنى ولوم الذات. سينتهي الأشخاص المصابون بالاكتئاب حياتهم بسبب نقص المعرفة للتعامل مع الاكتئاب إما بشكل مستقل أو برفقة طبيب نفسي. يمكن العثور على ظاهرة الاكتئاب وكيفية التغلب عليها في عمل أدبي. هذا البحث عبارة عن دراسة للنقد الأدبي. في هذه الدراسة، ركز الباحثة على الاكتئاب الذي عانت منه نورا سيد في مكتبة منتصف الليل لمات هايج من حيث نطاق التحليل النفسي.

تهدف هذه الدراسة إلى تحديد المشكلات وتحليلها (١) ما هي أعراض الاكتئاب التي واجهتها نورا سيد في مكتبة منتصف الليل لمات هيج (٢) كيف واجهت نورا سيد الاكتئاب الذي حدث في "مكتبة منتصف الليل" لمات هيج. استخدم الباحثة نهجاً نفسياً كتصميم بحث في هذه الدراسة. تم الحصول على البيانات من الرواية بعنوان "مكتبة منتصف الليل" في شكل جمل ومحادثات وتصريحات. النظرية المستخدمة للتحليل هي نظرية أعراض الاكتئاب من آرون تيمكين بيك وبراد إيه ألفورد.

أظهرت النتائج أن نورا سيد عانت من أعراض الاكتئاب مثل المزاج الحزين، والمشاعر السلبية تجاه الذات، وفقدان الفرح، والتقييم الذاتي المنخفض، والتوقعات السلبية، واللوم الذاتي والنقد الذاتي، والتردد، وشلل الإرادة، والتجنب، والانتحار. التفكي، احترام الذات، التبعة المتزايدة، اضطرابات النوم، الإرهاق، أوهام عدم القيمة، أوهام الجريمة والعقاب، أوهام الفق، والهلوسة. علاوة على ذلك، تُظهر البيانات التي تم العثور عليها من الرواية أن نورا يمكنها التعامل مع اكتئابها من خلال التفكير في الموسيقى، وقبول حجة شخص ما، ومسامحة والديها، وإثارة إعجاب هذا الشخص بالخطأ، وحذف منشوراتها السلبية على وسائل التواصل الاجتماعي، مما يتطلب التواصل مع البشر. ثم تعتبر نورا نفسها بركائلاً حيث كل فشل أو ندم سيكون هناك نجاح وسعادة في المستقبل. أدركت نورا إمكانات قدراتها وأدركت أن إنهاء حياتها كان خطأ.

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## **CHAPTER I**

### **INTRODUCTION**

This chapter presents the research background, research questions, research objectives, research significance, scope and limitation, the definition of key term, and research method conducted in this study.

#### **A. Background of The Study**

Every age of human being such as; adult, parent, teenager, child, older or younger should be experienced depression in life. Despite this, the level of depression is definitely different in one another of human being. Depression is a mood changing or it known as mental disorders. Mental disorders are referred to behavioural, psychological, or biological dysfunction of individual typically with a painful symptom (Telles-Correia, Saraiva, & Gonçalves, 2018). Lubis states depression means a state of sadness and unhappiness (Lubis, 2009). So, depression can attack people of all ages regardless of age itself. According to Widdowson, Diagnostic and Statistical Manual of Mental Disorder (DSM-IV) estimate that between 10% and 25% of women and between 5% and 10% of men will experience major depressive disorder (MDD) during this lifetime (Widdowson, 2011). It means depression does not look gender of human beings both women and men could be got this

depression as a mental disease. But, a woman in this world would easier and larger get depressed than a man.

Likewise, depression exists not only in real life but also exists in literary work including poem, short story, novel, and drama. In a novel by Matt Haig entitled *Midnight Library*, an adult fiction literary work was written for the human condition, exactly the depression. In the synopsis of this novel, Neil Gaiman, one of the reviewers of this book, has praised that “*Matt Haig has an empathy for the human condition, the light and the dark of it, and he uses the full palette to build his excellent stories*” (Haig, 2020). Matt Haig, the author of this novel, raised depression as the dominant point in this book for adults feeling depressed. He is an empathetic novelist who shows the light and dark of real life to looking for happiness (self-actualization). This novel has a terrific story and is worth reading for all ages because it teaches many meaningful of lives. Then, this novel also gives the other point of view for adult mental health especially when it happens and closes to university people who have fright about their future lives.

Matt Haig builds a nifty story by inspecting the foundation of character. Character is the vulnerable element of the story and an appealing story can be seen in the character in the story. So, an important aspect in making a story is the character because a literary work more easily influences the reader if it is worth reading. The authors would spend a lot of time brainstorming to build the character in their stories in to enchant the reader’s

attention. Moreover, the researcher of this study analyses the character of the story by using psychoanalysis that deals with the character due to has a connection to individual behaviour, human thought, expression, feeling, motivation, and so on.

Matt Haig presents the portrayal of a depressed adolescent who was so related to real life. *The Midnight Library* is the newest novel just published a year before. This novel is a fiction novel with have some portrayal depression, hopelessness, loneliness, romance and many twists happened. The novel won Goodreads Choice Award for fiction in 2020. A dazzling novel describes Nora Seed as the main character who is an independent woman in which she experiences her life into she fright to undertake her real life. *The Midnight Library* tells about an adolescent woman named Nora Seed who lived in small – town Bedford, Bedfordshire, England, within her anxiety life. All day long, she got the worse accident thus she felt depressed. Her depression, starting with her mother who was constantly correcting Nora's movement and her mother treated her like a mistake because she had been so worried about Nora. Then, her father pushed Nora always to exercise swimming which is uninterested at all. After all the accidents happened, she decided to end up her life. Before she already died, she was in a place called Midnight Library. There is a library between life and death, and within the library, the shelves go on forever. So, Nora stays in the Midnight Library with a person who guided Nora in it.

This novel mostly delineates Nora Seed's mental diseases since Nora was the main character and had many plot stories. Nora's mental disease was needful in the plot storyline because she had to do her possibility of changing her life for a new one in how the story goes. As well as Matt Haig, the author wants to show and tell how depression symptoms are described and how to encounter the depression. Since depression is the current mental diseases occurred in adolescent who fright to the future life or still carry out into happiness future such as realizing her dreams in a good carrier, life partner, deleting her regret and so on. Considering Nora, who is struggling to embody her dreams life as she wants, the researcher intends to analyse Nora's depression in perspective of psychoanalysis, specifically the theory of Aaron Temkin Beck and Bad A. Alford (2009) about symptoms of depression and encounter the depression.

Beck presented this idea that each of us has an essential negative thought. This negative thought will lead to depression, in which the symptoms are increased. Furthermore, depression is a mental health problem that important as a condition of psychological disorder. Depression can express in any symptoms such as; emotional manifestations, cognitive manifestations, motivational manifestations, vegetative and physical manifestations, delusions, and hallucination. Then, each of those symptoms also has its classifications (Beck & Alford, 2009).

Therefore, analysing Nora's depression experiences as well as she encounter her depressed in *The Midnight Library* by Matt Haig is prominent to broaden perspective of reader about self – awareness about depression in how the main character could encounter and solve her depression. Moreover, it conceives Nora's journey to catch her potential dream fully. By actualising her potential possibilities, Nora Seed finally can reach her good dream life, which is her own present life.

There are several previous studies conducted using similar theories. The first study is conducted by Septi Dwi Rahayu (2018) entitled *Depression In Rupi Kaur's Selected Poems*. Her research objectives describe the causes and symptoms of depression illustrated in *Rupi Kaur's Selected Poems*. The study analyses the causes and symptoms of depression using Psychological aspect and imagery. There are four causes of depression; family environment, psychical abuse, sexual abuse, and psychological factors. Then, it found physic symptoms of depression presented in this Rupi Kaur's selected poems. Moreover, the causes and symptoms of depression are illustrated in organic imagery by the words *broken, loss, breaking, loneliness, and others* (Rahayu, 2018).

The second previous study is from the journal conducted by Ruspika Margiana, Singgih Daru Kuncara, and Indah Sari Lubis in 2020. The research is under the titled *The Depression Symptoms of Virginia Woolf as The Author Portrayed in Mrs. Dalloway Novel* with one objective to find the symptoms of



both the main character of depression and the author's depression of the novel. This study uses Psychology theory in analyzing the symptoms of depression. Therefore, this study found the kinds of symptoms portrayed in Virginia Woolf as the author such as negative expectation, self – blame and self – criticism, paralysis of the will, avoidance, escapist, and withdrawal wishes, suicidal wishes, loss of appetite, sleep disturbance, loss of libido, and hallucination and Clarissa as the main character which such as dejected mood, negative feeling toward self, low self – evaluation, a delusion of worthlessness, and suicidal wishes (Margiana, Kuncara, & Lubis, 2020).

Third, Eva Ririn Nur Hamidah (2015) conducted research entitled *A Study of Linda's Depression in Doing Unlawful Affair in Paulo Coelho's Adultery*. The objectives of the study are to describe the personality of Linda and find out the factors that cause the illicit affair of Linda. It analyses the novel based on the theory of personality according to Sigmund Freud and depression. The outcome of this study shows the personality of Linda through Id, Ego, and Superego. Moreover, it found unlawful affair and depression symptoms faced by Linda (Hamidah, 2015).

Adristi Fika Septiawan conducts the last study (2019) entitled *Craig's Depressive Cognition in Ned Vizzini's It's Kind A Funny Story*. The objectives of this study are to find the depressive cognition mechanism of Craig as the main character and to describe the way Craig in coping depressive cognition. The depressive cognition theory of Aaron Beck is used as the theory in

analyzing this study. Therefore, this study found cognitive bias, negative schema from his experiences, and the symptoms of depression (Septiawan, 2019).

By these four previous studies, the researcher of this thesis wants to conduct depression symptoms portrayed in Matt Haig's *Library*. The first previous study only focuses on the causes and symptoms of depression in the poem. The second previous study focuses on the symptoms of depression. Then, the following previous study focuses on the main character's personality and the causes of depression. The last previous study focuses on depressive cognition. Therefore, the researcher wants to explore Matt Haig's novel entitled *The Midnight Library* by analysing the depression symptoms and how she encounter the depression by Aaron Temkin Beck and Brad A. Alford. It gives another interpretation of depression entitled of this research "The Depression of Nora Seed as Reflected in Matt Haig's *Midnight Library*".

## **B. Questions of The Study**

Based on the exposure of the research background above, the researcher raises the problem research into two questions as follows;

1. What are Nora Seed's symptoms of depression reflected in Matt Haig's *The Midnight Library*?
2. How does Nora Seed encounter the depression reflected in Matt Haig's *The Midnight Library*?

### **C. Objectives of The Study**

Based on the research questions above, the research formulates the purpose of this research into two points. Then, it will discuss below;

1. To describe the depression symptoms experienced by Nora Seed as the main character in Matt Haig's *The Midnight Library*.
2. To find out the way Nora Seed encounters depression as the main character in Matt Haig's *The Midnight Library*.

### **D. Significance of The Study**

This study aims to provide insight for the reader or literary practitioner in both theoretical and practical as described as follow:

#### **1. Theoretically**

The result of this research is expected to contribute to literary study, especially in the psychoanalysis field. Hopefully, it provides a lot of information about the theory of depression or related novels.

#### **2. Practically**

In addition, the research will inspire the next researcher who studies literary works using similar approaches or the same novel.

It gives new perspectives for the reader about psychoanalysis of depression. Hopefully, it is also expected that humans who feel depressed gain knowledge about mental awareness.

#### **E. Scope And Limitation**

This study analyses the main character named Nora Seed in Matt Haig's *The Midnight Library*. The researcher only focuses on two parts about the depression faced by Nora Seed as the main character and how Nora Seed encounter her depression to become confident again with her present life. It uses the psychoanalysis and depression Theory proposed by Aaron Temkin Beck and Brad A Alford's theory (2009). Specifically, the theory of depression symptoms and encounter the depression to describe the novel and limit the analysis of the main character only Nora Seed in Matt Haig's *The Midnight Library*.

#### **F. Definition of Key Terms**

The researcher provides the key terms to help the reader understand and avoid misunderstanding one term to another term about the content of this study.

##### **1. Psychoanalysis**

Psychoanalysis is a generic term for both a set of psychological theories and a group of techniques, each of which emphasizes the

unconscious as an essential factor in human adaptation and behavior (Lipner et al., 2017). Thus, psychoanalysis is the psychological method that has various theories on it.

## 2. Depression

According to Gilbert states depression is about feeling fed up and low mood while the imagery of depression is always darkness (Gilbert, 2009). Therefore, Beck states depression is one of the causes of human suffering than other diseases that affect humans due to depression is a negative self-perspective (Beck & Alford, 2009). Thus, depression is a state of feeling extremely sad and anxious.

## 3. Symptoms

Armstrong stated that symptom is a change in the functions of the parts affected (Armstrong, 2003). As broadly and generally employed, the word symptom is used to name any manifestation of disease (Cox et al., 2014). Meanwhile Garber states that symptoms is a return of the repressed a way of saying what the people cannot or does not consciously wish to say (Garber, 1998). Therefore, symptom is the changing of body caused by the illness. Symptoms goes to indicated something felt by people that can lead to detect a disease.

## **G. Previous Studies**



The previous studies, both from the thesis and journal, considered the researcher in conducting a new finding topic. So, these previous studies, an essential element, were used in this research study. It concerned the psychological analysis of depression theory.

The first previous study was taken from the English Letter Department Faculty of Humanities in State Islamic University Maulana Malik Ibrahim Malang, Septi Dwi Rahayu published in 2018 under the title *Depression in Rupi Kaur's Selected Poems*. She is concern with analyzing poems as the object study. She uses Rupi Kaur's selected poem to scope and limit the research and only focus on depression using psychoanalysis. She describes and explained they causes and symptoms and depression are depicted in Rupi Kaur's selected poem. The result of this thesis shows the causes and the symptoms of the depression in the poem. It is illustrated of four depression causes, family environment, psychical abuse, sexual abuse, and psychological factors. Then, the symptom of depression can be seen from the psychic symptom (Rahayu, 2018).

The second previous study entitled The Depression Symptoms of Virginia Woolf as The Author Portrayed in Mrs. Dalloway Novel by Ruspika Margiana, Singgih Daru Kuncara, and Indah Sari Lubis published in 2020. They are from Mulawarman University, English Literature Department Faculty of Cultural Sciences. They use the novel of Virginia Woolf as the author and Clarissa as the main object analysis and discuss the depression of

the main character. The theory used to finish the study uses the Psychological theory of Beck's cognitive theory of depression. The result of this research shows Clarissa and Virginia Woolf have the symptoms of depression.

It describes that Virginia Woolf has depression symptoms such as negative expectation, self – blame and self – criticism, paralysis of the will, avoidance, escapist, and withdrawal wishes, suicidal wishes, loss of appetite, sleep disturbance, loss of libido, and hallucination. While Clarissa such as dejected mood, negative feeling toward self, low self – evaluation, delusion of worthlessness, and suicidal wishes (Margiana, Kuncara, & Lubis, 2020).

Furthermore, Eva Ririn Nur Hamidah is the following previous study. It was published in 2015 under the tilted *A Study of Linda's Depression in Doing Unlawful Affair in Paulo Coelho's Adultery*. She is from the University Sunan Ampel Surabaya, English Department, Faculty of Letter and Humanities. The object of study used novel, to analysis her study used psychological theory by Sigmund Freud they are the theory of personality and theory of depression. She focuses on analyzing the main character. Then, analyzing the personality of Linda reflected through Sigmund Freud's theory in Id, Ego, and Superego. It also analyses and describes the causes and symptoms of depression Linda faces as the main character. To analysing the data, Nur Hamidah as the researcher of this study used the descriptive qualitative method. The result of this study showed the depression's causes and symptoms of Linda's unlawful affair in the novel. Then, it showed Linda's

personality that did the uncommon sex with other men, and she realizes it is a mistake (Hamidah, 2015).

The fourth previous study was taken from Adristi Fika Septiawan published in 2015 under the titled *Craig's Depressive Cognition In Ned Vizzini's It's Kind of A Funny Story*. The researcher of this study is interested in analysis and finds a psychological concern. By *It's Kind of A Story's* Ned Vizzini Novel, the researcher intends to explore the depressive cognitive in literary work. To discover depressive cognitive faced by Craig as the main character of the story used Aaron Beck Theory of depressive cognition. Then, the researcher is also used the theory of depressive cognitive by Paul Gilbert to cope with the depression of Craig. The result of the data analysis concluded, cognitive bias that Craig shows the self, world, and future in negative perspective and the depression symptoms of Craig in the novel (Septiawan, 2019).

## **H. Research Method**

This research method section describes the research design, data sources, data collection, and data analysis were discussed by the researcher.

### **1. Research Design**

In this thesis, the researcher interprets and analyses a literary work and classifies it to literary criticism. Literary

criticism develops the thinking and reading skills of the reader to literary work in a descriptive way. The researcher focuses on the main character named Nora Seed by applying psychology theory. It tries to analyse the conflict of Nora Seed in dealing with depression and it relates to psychology. The researcher of this thesis applies the psychological theory of depression symptoms Aaron Temkin Beck and Brad A. Alford with the addition of the encounter depression of Nora Seed in the novel.

## 2. Data Source

In this study, the primary data source is the novel itself, *The Midnight Library* by Matt Haig. The novel was published on September, 29<sup>th</sup> 2020 by Canongate Books publisher and had 304 pages. This novel consists of the form of words, sentences, and phrases relevant to answer the objectives study of this research. Then, the secondary data sources consist of the related study sources that gave the same information. Some related studies are taken from the students' thesis, journal, and theoretical book, which support this study's issues, problems, and theory.

## 3. Data Collection

The researcher uses several steps to analyze this novel. First, the researcher is reading to deep understand Matt Haig's

novel *The Midnight Library* and find out the character in the novel. In the second step, the researcher tries to find out the relevant topic of this novel to analyze the main character. In this case, the researcher uses the psychological theory. In the following step, the researcher reread the novel comprehensively and highlighted relevant data such as the words, sentences, conversations, and statements. Last step, the researcher classifies the data found and divides into two parts, each of which answers the objectives of the study.

#### 4. Data analysis

After collecting the data for this study, the researcher starts by classifying the relevant data. First, the researcher begins to focus on data about the classification of depression symptoms, which is explained incoherence separately. After that, the researcher analyses the encounter depression of Nora Seed. Then, using Aaron Temkin Beck and Brad A. Alford's theory of depression to analyze the novel. Last, the researcher concludes from the data found and the analysis.

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

This chapter section presents the review of literature containing some general topics and specific things underlying theories to support the analysis. There are Psychology of Literature and Depression Symptoms.

#### **A. Psychology and Literature**

Psychology and literature have a close relation in reality. Psychology is defined as the scientific study of behavior and mental processes. According to Aras (2015), psychology is only preparatory to the act of creation; and in the work itself. So, both psychology and literature related to human behaviour, thought, and expression in literary work. Therefore, the relation between literature and psychology is that literature insight in psychology while psychology helps the reader classify some literary problems. There are many various psychological approaches that have been explained from several existing studies to gain a deeper understanding of the literature.

Psychoanalysis goes hand in hand with the literary thing from the very beginning, in an even more obvious way than one normally admits (Felman & Evans, 2003). Psychoanalysis desperately needs controlled research to find out the truth about its subject domain (Rudnytsky, 2002). According to Kartikasari and Suprpto (2018), psychoanalysis is the branch of study to

review literature that is still young. The beginning psychology was part of the philosophy of human behaviour and mental illness. It leads that psychoanalysis primarily finds the meaning of literary work. So, before the characters have been already created in literary work, the author has the imagination experienced such as; emotional problems, social factors, personal experiences, and so on as the human being. In some cases, psychoanalysis drives to help the author create the optimal characters in the story as impeccable as the flow of the story.

Additionally, there are relationships between both literature and psychology. There are several categories of literary psychology in understanding the relation of both literature and psychology, such as; the psychology of the writer, the psychology of the creative process, the study of behavior, and the responses to literature (Santos, Santos, & Silva, 2018).

### 1. The Psychology of The Writer

The psychology of the writer is all about the author's aspect. It includes the biography and autobiography of the author to make it easier to understand the author.

### 2. The Psychology of The Creative Process

The psychological of the creative process focuses more on the personality of the character and the author. Both aspects go through a literary work as a film, poem, or novel.

### 3. The Study of Behavior

The study of behavior usually portrays the main character described in literary work. It explicitly shows in attitude character or would be in the character's daily routine in literary work.

### 4. The Responses to Literature

The responses to literature make the effect of the reader after seeing or reading the literary work. It can be the readers' own way of thinking and changing daily life.

Based on the fourth definition above, psychoanalysis contains methods and theories studied for research in deeply understanding and studying the unconscious mind of the character of the literary work.

## **B. Depression Symptoms**

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self – worth, disturbed sleep or appetite, and poor concentration (Kumar et al., 2012). It also describes the changing moods or the range of moods for the low spirits to interfere the life. Depression affects the difficulty overwhelming feeling to cope.

Depression is a mental disorder that generally occurs in this world. According to Widdowson (2011) Diagnostic and Statistical Manual of Mental



Disorder (DSM-IV) estimate that between 10% and 25% of women and between 5% and 10% of men will experience major depressive disorder (MDD) during this life time. Depression influences the formation of a person's feelings. Someone who suffers from depression will have a bad feeling in doing any activities in their daily life. Life seems meaningless, and it is only about fright, the fright of facing life. It is a serious problem of the day due to can lead to suicide and madness. Commonly depression is a mental disorder characterized by no trust in anyone, incapable of choosing to begin an activity, having low concentrate, and hopelessness of life.

According to Alford and Beck' (2009), in their book entitled *Depression Cause and Treatment* categories six symptoms of depression such as; emotional, cognitive, motivational, vegetative and physical, delusions, and hallucinations. Those categories will be delivered as follows;

### **1. Emotional Symptoms**

This emotional symptom describes the changing of the habitual action or behaviour and feeling that is the result of the emotional state. Emotional is a close with the mood changing. It is changing the decreased mood, negative view of self personally, always feels satisfaction, crying, and the response of happiness is gone (Lubis, 2009). Decrease of mood happens when the sufferer of depression feels more unhappy, uneasy, and dissatisfied or *dysphoria*. Emotional symptoms are divided into six

categories such as; dejected mood, negative feelings toward self, reduction in gratification, loss of emotional attachment, crying spells, loss of mirth response (Beck & Alford, 2009).

a. Dejected mood

Depressed people indicate they are feeling agitated. It shows when they express their feelings with the words as follows; sad, unhappy, lonely, or bored. One of the examples is “I feel miserable I can’t stand it another minutes” (Beck & Alford, 2009).

b. Negative Feelings Toward Self

Some depressed people usually have negative feelings toward themselves due to disappointment in their lives. The negative feeling may appear when they find themselves as they dislike themselves and also self – hatred (Beck & Alford, 2009).

c. Reduction in Gratification

Based on Alford and Beck (2009), the loss of gratification is a process among depressed people that they regard as the central illness. This case may indicates with the feeling of bored, feeling of unsatisfied from anything, feeling of doesn’t enjoy in any activities but actually in reality, it is such a full of pleasure before (Margiana, Kuncara, & Lubis, 2020).

d. Loss of Emotional Attachment

The loss of emotional attachment to doing activities or interacting with other people also accompanies the loss of satisfaction. One of the reasons is the lack of family love, so that it is the cause of the decline in interest to interaction (Beck & Alford, 2009).

e. Crying Spells

Someone who is feeling depressed will always start with cry a lot. The increase of crying is frequently among depressed people. In this case, the most commonly happened among women rather than men (Beck & Alford, 2009).

f. Loss of Mirth Response

Loss of mirth response means that depressed people lose their sense of humor. Even though they are smiling or laughing does not mean they are truly happy. It is only fake smiles and laughs because depressed people tend to be serious about everything (Beck & Alford, 2009).

## **2. Cognitive Symptoms**

Cognitive is all about the selfless such as; lowest of self – assessment, negative beliefs, blaming and criticizing of self, unable to get the decision, and distortion of body image (Lubis, 2009). Those kinds of

negative selfless would be the root of frustration on someone. All the perspectives believe that social conditions, physical, and financial are insufficient. Moreover, cognitive symptoms also describe the lowest awareness of appearance, health, popularity, confidence, income salary, and appeal of personality branding. According to Alford and Beck (2009), cognitive manifestations are categorized into five groups there are; low self-evaluations, negative expectations, self-blame and self-criticism, indecisiveness, and distortion of body image.

a. Low Self-Evaluations

Low self – evaluation means that depressed people seem to tend not confident with all the abilities which they have. Low self-esteem is a characteristic feature of depression (Beck & Alford, 2009). They view as low of intelligence, education, health, strength, popularity, financial, social, and all things so on. Sometimes, people also has unconfident in social class. According to Rahayu states that social class refers to education that they had where the rich will have high possibility to have access in higher education meanwhile the poor will have not (Rahayu, 2021). People who feel low self – evaluation follows the expression such as “I am inferior” or “I am inadequate”.

b. Negative Expectations

Negative expectation means that depressed people always believe in pessimism. It indicates the outlook of depressed people, which is a gloomy look. They assume that nothing gets better and will be no future ahead. One of the examples is when depressed people must consume pills of antidepressants, but in fact, they are not consuming antidepressants, and it is just thrown away because they believe it does not work well (Beck & Alford, 2009).

c. Self-Blame and Self-Criticism

Self – blame and self – criticism indicates that they are getting depressed. It happens when depressed people can't catch the general achievement around, for example, if she or he can't graduate in the 4th year, everybody can graduate in the 4th year so that it will bring up the blaming and criticizing of him or her (Beck & Alford, 2009).

d. Indecisiveness

Depressed people mostly feel indecisiveness to step out. This case is one of the symptoms of depression. They are always being scared of what does she or he chooses wrong. Based on Beck & Alford (2009), difficulty making decisions or always changing decisions are the depressive characteristics.

e. Distortion of Body Image

Depressed people often feel physical self – blaming when they are looking at their body in front of the mirror. In this case, body image distortion is more frequent among women than among men (Beck & Alford, 2009). Depressed people will express as follows; “why am I getting fat?”, “I feel my cheeks are chubbier than yesterday.”, “I am so ugly”, and so on (Margiana, Kuncara, & Lubis, 2020).

### 3. Motivational Symptoms

A person that loses her or his motivation is categorized as Motivational symptom. It is also known as *the paralysis of will*. Motivational symptom is the major problems in mobilizing himself to carry out the most basic activities such as eating, drinking, and defecating (Lubis, 2009). The core problem is the individual unresponsive to their activities even though they know that they delay those activities. Thus, the sufferers of depression will have more time to daydreaming than doing activities that exactly should be done. Based on Alford and Beck in a book entitled Depression Cause and Treatment, motivational symptoms are divided into four groups those are; paralysis of the will, avoidance, escapist, and Withdrawal Wishes, suicidal wishes, and increased dependency (Beck & Alford, 2009). It will describe as follow;

a. Paralysis of the Will

Paralysis of the will means that all things do not bring any gratification for them to do the activities, even the vital activities such as eating, drinking, consume medication to decrease their illness. It most will not be done by them so they will totally lose their desire to do anything (Margiana, Kuncara, & Lubis, 2020). Losses of positive motivation is a striking feature of depression (Beck & Alford, 2009).

b. Avoidance, Escapist, and Withdrawal Wishes

Depressed people tend to be alone than go out from their activities. Some depressed people prefer only to live in their rooms and avoid people who want to see them (Margiana, Kuncara, & Lubis, 2020). It just because people who have undergone trauma will stop trying to convince other people of the traumatic event (Satriawan & Rahayu, 2020). While according to Beck and Alford, depressed people wish to break out from their routine activities life. One example is a manager who wishes to resign from their good job in years because he or she regards the job as dull and burdensome that is how she or he wants to escape from their job (Beck & Alford, 2009).

c. Suicidal Wishes

The most crucial wish from depressed people is hoping dead in any other ways such as suicide with a knife or hanging and so on. It has historically been associated with a depressed state. Suicidal wishes come into both active wishes as like “I want to dead” and passive wishes as like “I wish I were dead” (Beck & Alford, 2009).

d. Increased Dependency

Dependent is close to depressed people due to designating any help while they can actually do it themselves. So that, depressed people have increased dependency to receive help, direction, or guidance rather than actual process (Beck & Alford, 2009). According to Kuncara, Lubis, and Margiana (2020) states depressed people want to the other people to do their job due to solve the problems.

#### **4. Vegetative and Physical Symptoms**

According to Beck & Alford (2009), physical symptoms are grouped into four symptoms such as; loss of appetite, sleep disorder, loss of libido, and fatigability. Those four symptoms will describe as follows:

a. The loss of appetite



The loss of appetite is the beginning of depression in case of physical symptoms. Beck strengthens it in her book entitled *Depression: Causes and Treatment*, who reported that 72% of patients are severely depressed while 21% of patients are non-depressed (Beck & Alford, 2009). So, all humans who feel depressed start with a lack of appetite.

b. Sleep disturbance

The difficulty of sleeping is one of the important physical symptoms, and it is occurring to people in facing their depression. According to Lubis (2009), sufferers of depression lack sleep and find excessive movements. Among young, middle age, and older adults would experience insomnia as one of the important symptoms in depression.

c. Loss of Libido

Depression causes loss of libido, negatively affects lust, orgasm, causes emotional withdrawal from a love interest and causes subsequent performance anxiety about having sex (Manohar et al., 2017). This case is also known as sexual dysfunction. Sexual dysfunction is also probably due to medication in anti-depressed. Then, Loss of interest in libido sex both man and woman would markedly reduce, aroused only with high stimulation (Beck & Alford, 2009).

d. Fatigability

Easily getting tired is well known as fatigue. Fatigue is a somatic symptom of depression, and it's the main presentation of depressions in primary care medicine (Demyttenaere, 2015). People who feel depressed will be exhausted in every single activity, even only a piece of movement.

**5. Delusions**

Delusion is a person's belief in something clearly false, indicating an abnormal person (Kiran & Chaudhury, 2009). According to Beck and Alford (2009), delusions in depression may be grouped into five, and it will describe as follow;

a. Delusion of Worthlessness

Depressed people always thought that they were unworthy to be live in this world. They believe that all things are useless and also always feel regret. According to Beck & Alford (2009), depressed people expressed their delusions such as; "I have failed, I can't live, I must be died, I should be better if I had not been born, I am totally useless, and I can't do anything worthwhile".

b. Crime and Punishment

Depressed people believe that they have to be punished either in jail or hospital if they have done a crime. They believe all negative things will come to them. Some people also expressed their words as follows; “why God never give up?”, “why must I be punished?”, “can’t he let me alone here?” (Beck & Alford, 2009).

c. Nihilistic Delusions

Nihilistic delusions have traditionally been associated with depression (Beck & Alford, 2009). As like the name, nihilistic means nothing so that some depressed people feel that some of their body or maybe anything is gone. For example, “my heart is gone.”, “I am nothing, I just an empty shell.”, “all is lost, the world is empty, everybody are gone, they died.”.

d. Somatic Delusions

Somatic delusions mean that some depressed people believe their whole bodies are deteriorating and can't be cured. They also believe that they had a fatal illness and their bodies are decaying. It follows the depressed people's expression; “I can’t eat and drink, the taste in my mouth is plain terrible, I haven’t sleep at all in a year, my brain is blocked up, etc.” (Beck & Alford, 2009).

e. Poverty

Delusions of poverty are all about treasure, which can be money, property, things, and so on. So, depressed people feel poverty

seems to be an outgrowth of the over concern with finances manifested. All the rich depressed people felt it was bitterly, such as; “all my money is gone, what place will I live on?, how to do my child life?”, and so on (Beck & Alford, 2009).

## **6. Hallucinations**

Some people who are feeling depressed, experienced hallucinations in life as long as she or he believes it (Margiana, Kuncara, & Lubis, 2020). It seems really real, but their mind only creates it. There are some examples of the hallucinations form, such as visual hallucinations, which are seeing things that probably are not there, and auditory hallucinations. For instance, someone found that no matter how fastidiously she or he cleaned a drawer or closet, the thought that it was still dirty. It made her or his feel discouraged until she began to counter the thought with the following rebuttal: “I’m a good housekeeper—which I know, and other people have told me. There’s absolutely no sign of dirt. It’s just as clean as it ever is when I’m not depressed. There may be a few specks of dust but that’s not dirt.” On another occasion, when she started to prepare a roast, she had the thought, “I won’t be able to do it.” She reasoned the problem through and verbalized to herself, “I’ve done this many times before. I may be a little slower than usual because I’m depressed but I know what to do and if I think it out step-by-step, there’s

no reason why I can't do it." She felt heartened after this and finished preparing the meal on experienced by depressed people in hearing any voices as like someone walking in the stairs or maybe hearing someone voice (Beck & Alford, 2009). Hallucinations people will express as follow; "I saw something in that room, the voice told me to cut my hand with knife, I heard people talking through my stomach, I heard my brother dead's voice, and so on.". the basic premises of their thought. For example, a depressed woman of 40 had strong suicidal wishes because she implements the premise "when she is older would start stoke and ugly." This premise is corroborated by his mother because her mother also experienced this. In fact, her mother probably has diabetes and of course she was being ill and died meanwhile, her daughter does not have this illness. So, she was wrong in applying this premise.

## **CHAPTER III**

### **FINDING AND DISCUSSION**

This chapter section will present the answer of the research question about experiencing Nora Seed's symptoms of depression and encountering the depression. The analysis is based on Aaron Temkin Beck and Brad A. Alford's theory of depression symptoms.

#### **A. Nora's Symptoms of Depression**

Based on Beck and Alford's book entitled *Depression Causes and Symptom*, published in 2009, describes the categories of depression symptoms consist of six symptoms are Emotional Symptom, Cognitive Symptom, Motivational Symptom, Vegetative and Physical Symptom, Delusions, and Hallucination meanwhile in each of the symptoms has its own categories. Furthermore, in finding Nora's depression symptoms, the researcher found all these symptoms of depression.

##### **1. Emotional symptoms**

According to Beck and Alford (2009), emotional symptom refers to the changing' feeling of depression people themselves or also the behaviour character in relating their feeling state. Beck formulated six categories of emotional symptoms, and there are Dejected Mood, Negative Feelings Toward Self, Reduction In Gratification, Loss Of Emotional

Attachment, Crying Spells, And Loss Of Mirth Responses. Those categories will deliver as follows;

**a. Dejected mood**

In this novel, Nora Seed, as the main character, has a problem with her emotions. She is an orphan and has one older brother, but she only lives alone in Bedford. She feels dejected mood even though Nora has already studied and extremely understood about loneliness philosophy.

*But she'd been feeling lonely. And though she'd studied enough existential philosophy to believe loneliness was a fundamental part of being a human in an essentially meaningless universe. (p.4)*

The data above shows that Nora was a worried person who still has felt lonely. She decided to study in looking for the meaning of loneliness. Hopefully, she was not worried again. In fact, she still did not realize the meaning of loneliness. It shows from the words “feeling lonely” indicated that Nora experienced a dejected mood by feeling lonely. Since she lived alone without her brother in her home, she lived with her lovely cat named Volts. Accidently, her cat has died.

*She was so scared of her sudden switch in emotions right then that she kept smiling, as if the smile could keep her in the world she had just been in. (p.5)*

*But the moment she touched his cold body she knew, and she was flooded with sadness and confusion (p.59)*

Here are Nora's experiences of dejected mood. It showed when Nora's response behaviour was attributable to her cat died. The words "so scared of her sudden switch" mean Nora's unhappy feeling. Moreover, when she was touching Volts body, her dejected mood signified by feeling sadness and confusion, indicated Nora was being totally alone in her home. Furthermore, Nora's dejected mood is also portrayed when Izzy dies.

*I am totally devastated,' Nora said. 'We travelled to Australia together only a month ago and Izzy had planned to stay here for as long as possible. She was such a force of life that it feels impossible to imagine the world without her in it. She was so excited about her new job. It is so unbearably sad and hard to comprehend.'*(p.72)

From the data above, Nora also experienced a dejected mood signified by the feeling sad and loneliness. The direct word "I am totally devastated" indicated that Nora felt sad about her best friend named Izzy, who left her forever, and Nora was being alone due to Izzy died.

*She was numb for about half an hour, and had stared blankly at the unfinished game of chess. The reality was simply too big to absorb at first, but then it had hit her hard and sideways, taking her off the track she'd known. (p.25)*

Based on the data above, hopelessness is portrayed by Nora. When she was really sad about her life, she released her real life so complicated. The word "She was numb" indicated Nora ever experienced a dejected mood by feeling hopeless.



### **b. Negative Feeling Toward Self**

When someone thinks all negative feelings will come to them continuously is one of the symptoms of depression. In case, Nora also experienced negative feelings toward herself. She expressed their negative feelings by self – hated, self – dislike, and disappointment with her as a terrible person who can't do anything.

*Nora was only able to think of herself in terms of the things she wasn't. The things she hadn't been able to become. And there really were quite a lot of things she hadn't become. The regrets which were on permanent repeat in her mind.(p.27-28).*

From the data above, Nora only thinks about all the self – disappointment toward herself all day long. She could not be a swimmer, glaciologist, Dan's wife, singer, mother, and truly happy person. It shows with the words "The regrets which were on permanent repeat in her mind" indicated Nora feels negative feelings toward herself.

### **c. Los of Mirth Responses**

Depressed people tend to be more serious than normal people. They often give others a fake smile due to loss of mirth responses. Nora ever experienced this case when she was talking to her boss.

*I'm happy here.'*  
*'Except you aren't.'*  
*He was right. A soul-sickness festered within her. Her mind was throwing itself up. She widened her smile. (p.9)*

Before Neil decided to fire Nora directly, Nora was aware that Neil would reach out to Nora. Then, Nora explained that she was happy in String Theory, but Neil disagreed by saying, “except you aren’t.”. From the sentence of Neil, she realized Neil’s words are true. By giving her wide smile to Neil, it means that Nora tends to give a fake smile. It is indicated Nora experienced a loss of mirth responses by giving a fake smile.

## **2. Cognitive symptoms**

According to Beck and Alford (2009), Cognitive Symptom consists of five categories there are Low Self – Evaluation, Negative Expectation, Self – Blame and Self – Criticism, Indecisiveness, and Distortion of Body Image. Meanwhile, in this research, the researcher found only four symptoms of Nora’s depression that show in *the Midnight Library* novel.

### **a. Low self – evaluation**

Depressed people tend not to be confident toward their ability, performance, health, intelligence, popularity, personal attractiveness, or financial resources (Margiana, Kuncara, & Lubis, 2020). All these worries, known as low self–evaluation, lead depressed people to have low – esteem. In this case, Nora experienced in which she does not confidence toward herself.

*Dan had wanted kids. Nora didn't know. She'd been petrified of motherhood. The fear of a deeper depression. She couldn't look after herself, let alone anyone else. (p.15)*

From this data, Nora is worried about becoming a mother while it indicates that Nora does not feel confident with her ability. She was low evaluation in believing that she can't take care of herself meanwhile, let alone take care of her children. This symptom is also portrayed as the low self – evaluation in Nora.

*As if it had colonised every part of her. It reminded her that everyone was better off without her. You get near a black hole and the gravitational pull drags you into its bleak, dark reality.( p.19)*

Based on the data above, Nora Seed seems to describe herself as a black hole when everyone will sink into and get bleak and dark reality if they near surround Nora. Nora states, “everyone was better off without her” indicating that she was deficient about their popularity, performance, and intelligence. Therefore, Nora experienced low self – evaluation as a portrayed the emotional symptoms of Nora's depression.

*She wasn't made for this life. Every move had been a mistake, every decision a disaster, every day a retreat from who she'd imagined she'd be. Swimmer. Musician. Philosopher. Spouse. Traveller. Glaciologist . Happy. Loved. Nothing (p.20)*

Nora experienced low self – evaluation by viewing herself as low intelligence. She seems to lack confidence in her ability and always believes all her decisions are a retreat way. By the words “She wasn't made for this life” indicated desperation and not being

confident in her intelligence. Therefore, it is the low self – evaluation of Nora in indicates her depression

#### **b. Negative expectation**

According to Beck and Alford (2009), depressed people will always feel negative expectations toward themselves and it is also known as pessimism. They also believe their future is nothing seems all the depressed people are always being nothing good future. In this case, Nora believed no future. She was negative expectation even though her boss named Neil was being pulled.

*'It's never too late to pursue a dream.'*

*'Pretty sure it's too late to pursue that one.'*

*'You're a very well qualified person, Nora. Degree in Philosophy . . .'*

*Nora stared down at the small mole on her left hand. That mole had been through everything she'd been through. And it just stayed there, not caring. Just being a mole.*

*'Not a massive demand for philosophers in Bedford, if I'm honest, Neil.'*

*'You went to uni, had a year in London, then came back.'*

*'I didn't have much of a choice.'* (p.8-9)

From the data above, Nora tends to be pessimistic about her future. The words “pretty sure it's too late to pursue that one” and “I didn't have much of a choice” indicated Nora ever experienced negative expectations toward herself. Even though Neil was strengthening her, she didn't believe herself and was still pessimistic. The negative expectation is also portrayed as follow;

*She headed towards the shelter of a newsagent's, with the deep – and, as it happened, correct – sense that things were about to get worse. (p.11)*

When she got the sack from her work at String Theory, she had an opinion which is a strong feeling that all the things were getting worse. It indicates the negative word and Nora highly believes this negative opinion toward her expectation in her real life ahead. Nora also experienced negative expectations in her life when before she wrote a letter of suicide.

*And she got carried away with his enthusiasm. Got engaged. But suddenly she had realised she didn't want to marry him. Deep down, she was scared of becoming her mother. She didn't want to replicate her parents' marriage. (p.34)*

From the data above, Nora had a negative opinion in dealing with her love future as described “she was scared of becoming her mother”. When she had already engaged with her boyfriend named Dan, she suddenly canceled her marriage because she expected that she couldn't be a good mother soon. It indicated Nora felt negative expectations of becoming a mother and showed Nora's depression symptoms.

#### **c. Self - blame and self – criticism**

Sometimes, depressed people usually blame and criticize themselves due to experiencing their fault. Most of the fault is a general achievement that they failed to catch. As seems as Nora was blaming and criticizing herself.

*Nora went through her social media. No messages, no comments, no new followers, no friend requests. She was antimatter, with added self-pity. She*

*went on Instagram and saw everyone had worked out how to live, except her. (hp.19)*

Nora is more curious to look for her friend's successful life by searching her friend's social media and seeing their life. It indicates that Nora thinks of a successful life as her friend's life. Moreover, Nora blamed and criticized her life with the words "except her". From that, Nora decided to write down her letter as self – blame and self – criticism.

*Dear Whoever,  
I had all the chances to make something of my life, and I blew every one of them. Through my own carelessness and misfortune, the world has retreated from me, and so now it makes perfect sense that I should retreat from the world.  
If I felt it was possible to stay, I would. But I don't. And so I can't. I make life worse for people.  
I have nothing to give. I'm sorry.  
Be kind to each other.  
Bye, Nora (p.21)*

This is Nora's letter in response that her life is not as good as her friend's successful life. She believes that success is the same as her friend's success. Moreover, this letter also responds to her fault when living for as long. Nora blamed herself as follow;

*I'm not useful to anyone. I was bad at work. I have disappointed everyone. I am a waste of a carbon footprint, to be honest. I hurt people. I have no one left. Not even poor old Volts, who died because I couldn't look after a cat properly. (p.56)*

These statements of Nora indicated if Nora is obsessed, she has always done something wrong. She felt bad, not being useful, hurting people, and being disappointed in everyone. All things were her faults

even when Volts died, and she blamed himself for not looking after her cat properly. Therefore, Nora blamed herself is categorized as a depressed person with cognitive symptoms.

#### **d. Indecisiveness**

Indecisiveness is one of the depression symptoms by difficulty in making decisions, confusion toward alternatives, and also the changing decisions toward mind. As long as Nora's life, she was experiencing her indecisiveness.

*"What does that mean to you?"*

*"Money?"*

*"No. Well, maybe. But that wouldn't be the defining feature."*

*'Well, then, what is success?' Nora had no idea what success was. She had felt like a failure for so long (p.75)*

When Nora experienced dealing with her success, she totally had no idea yet about her success expectation. The words "No Well, maybe." mean indecisiveness of Nora's future and it seems to describe that Nora is difficult in making a decision toward success. It was also highlighted by the words "Nora had no idea what success was" which indicated that this case showed Nora experienced difficulty changing decisions in facing her indecisiveness.

### **3. Motivational symptoms**

Based on Beck and Alford (2009), the motivational symptom has four categories symptoms there are Paralysis of will, Avoidance, escapist,

and withdrawal wishes, Suicidal wishes, and Increased dependency. As long as finding Nora's depression symptoms, the researcher found all the categories of motivational symptoms and it will describe as follows;

**a. Paralysis of will**

Paralysis of will means that people often experience the loss of positive desire to do anything, even the primer thing such as; eating and drinking. It is also the one factor of people be depression. In this case, depressed people should be pushed by other people to do depressed people's activities. It seems like Nora was lost of her positive desire.

*That she had hurt Dan and that a life of drizzle and depression in her hometown was her punishment, and she hadn't the will or clarity or, hell, the energy to do anything. (p.47)*

In this case, Nora is described as a depressed person by the following sentence: "she hadn't the will or clarity or, hell, the energy to do anything". She lost her positive desire to do anything because she believed that all things were meaningless. Furthermore, Mrs. Elm, as the Librarian, had strengthened Nora in starting life again but Nora still loss her paralysis of will.

*'But you lived. You had hope.'*  
*'Yeah, well, I was losing it by the day.'* (p.171)



Nora also ever experienced paralysis of will by the direct sentence as follows “I was losing it by the day”. From Nora's direct sentence, she was losing her positive desire to do any activities and she won't continue her life. This indicated that Nora lost motivational symptoms of paralysis of will.

**b. Avoidance, escapist, and withdrawal wishes**

Depressed people often tend to be alone in doing any activities of their life. Sometimes, they also avoid people who they consider disturbing their lives. They feel more comfortable if they are alone. As long as Nora experiences, she tends to be comfortable being alone.

*As soon as I started winning swimming races, I became seen and I didn't want to be seen (p.76)*

From the data above, Nora described that she avoided anyone in her swimming race stage. Long by long, she realized that she didn't want to be seen by anyone. It is shown from the direct sentence of Nora as follows “I didn't want to be seen” which means that this sentence indicated avoidance due to Nora experiencing this symptom.

**c. Suicidal wishes**

Suicidal wishes are the most symptoms of depression in people dealing with pathetic conditions. They tend to have a lot of desire to die. In Nora's case, she had experienced dealing with suicidal wishes.

*She knew only one thing with absolute certainty: she didn't want to reach tomorrow. She stood up. She found a pen and a piece of paper. It was, she decided, a very good time to die (p.20)*

Nora is convinced to die when the time is twenty – two minutes past eleven. Nora thought that time was the best choice to end up her life because she didn't want to face real life again. This case is Nora's symptoms of depression in suicidal wishes.

*'Death is outside.'*  
*'Well, I should go there. Because I want to die.'* Nora began walking (p.27)

When she died, the problem was still due to 'between life and death there is a library' (Matt Haig, 2020). Nora was in the midnight library. She looked around but there was no door at all. Then, she met Mrs. Elm as the librarian and explained to Nora that the death was outside. Furthermore, Nora still wanted to die by the direct sentence "I should go there. Because I want to die.". It also shows Nora ever experienced suicidal wishes.

*'So why am I not dead? Why has death not come to me? I gave it an open invitation. I'd wanted to die. But here I am, still existing. I am still aware of things.'* (p.27)

Nora was still upset due to still alive in the midnight library's place. She expected that she would die and everything has done. In the midnight library, she hoped and invited death to pick her up. The utterance "I wanted die" indicated the suicidal wishes of Nora.

*'That's what I want. I want to be dead. I would be dead because I want to be. That's why I took the overdose. I want to die.'* (p.37)

Based on the data above, Nora was explained the chronology of her death by the utterance “That’s why I took the overdose.”. it follows the sentence “I want to die” which means she was highly want to die by consuming medicine a lot. It indicated Nora had ever experienced suicidal wishes.

*‘Like I still want to die. I have wanted to die for quite a while. I have carefully calculated that the pain of me living as the bloody disaster that is myself is greater than the pain anyone else will feel if I were to die. (p.56)*

When Nora had tried another life, she wanted to choose to live with her boyfriend named Dan, but in that life, she betrayed. Dan was getting sex with another girl. Nora felt pain and didn’t want that life. She still wanted to die by the utterance “Like I still want to die”. It indicated that Nora experienced suicidal wishes.

*I want to die. My life is a disaster. And I want it to end. I am not cut out for living. And there is no point going through all this. Because I am clearly destined to be unhappy in other lives too. That is just me. I add nothing. I am wallowing in self-pity. I want to die.’ (p.56)*

Nora felt unworthy to be alive, and she thought her life was a disaster. All her achievement was meaningless. She experienced suicidal wishes by the direct utterance “I want to die” and it signified as the depression symptom of Nora.

#### **d. Increased dependency**

Depressed people are close to a dependency on someone else who is doing their life. Their dependence increased due to a desire to

help someone else a lot. This case was found in Nora's life in increased dependency.

*Seven hours before she decided to die, Nora was in free fall and she had no one to talk to. Her last hope was her former best friend Izzy, who was over ten thousand miles away in Australia. And things had dried up between them too. (p.16)*

Nora hopes a lot with her best friend because she can't live alone. She planned to go to Australia and live together with Izzy. From the data above, Nora experienced the symptom of increased dependency because she needs Izzy to be her life partner, indicating Nora's increased dependence.

#### **4. Vegetative and Physical Symptoms**

Based on Beck's theory, Vegetative and Physical Symptoms consist of four symptoms those are The Loss of Appetite, Sleep Disturbance, Loss of Libido, and Fatigability. In this case, the researcher only found two symptoms of Nora's depression these are sleep disturbance and fatigability.

##### **a. Sleep disturbance**

Depressed people often experience difficulty in sleeping. Sometimes, depressed people sleep less than normal people because depressed people are continuously overthinking than normal people. They also experienced can't sleep all night till morning.

*But then I was left alone in my flat and I couldn't sleep and forgot to set the alarm and didn't wake up till midday and then had to rush.' (p.7)*

Based on the data, Nora was getting sleep disturbance as the direct sentence “I couldn’t sleep and forgot to set the alarm and didn’t wake up till midday”. She came late to work in String Theory and explained to her boss named Neil. She wakes up late due to forgetting to set the alarm. She felt hurry and guilty. It indicated Nora experienced sleep disturbance as the motivational symptom of depression.

**b. Fatigability**

Fatigability is also known as easily got tired. Depressed people often experience the fatigability of her body. They always feel fatigability in any activities, and even the action is only a tiny movement. This symptom is also experienced by Nora when she is entering the newsagent to take shelter.

*Eight hours before she decided to die, Nora entered the newsagent's.  
'Sheltering from the rain?' the woman behind the counter asked.  
'Yes.' Nora kept her head down. Her despair growing like a weight she  
couldn't carry. (p.12)*

When Nora was confused after she got the sack, suddenly the weather was raining. Then, Nora came to the newsagent to take shelter. She felt fatigability by the words, “Her despair growing like a weight she couldn’t carry”. These words mean negative, which indicated Nora got tired.

*'Exactly. But you also have to know what you like. What to type into the metaphorical search box. And sometimes you have to try a few things before that becomes clear.'*  
*I haven't got the stamina. I don't think I can do this.'* (p.75)

The data above is also expressing Nora's fatigability from the direct sentence. The sentence "I haven't got the stamina" means Nora was got tired and didn't can do any activity again because she has no stamina. Nora also feels fatigability when she is missing her cat Volts.

*The Last Update That Nora Had Posted Before She Found Herself Between Life and Death*  
*I miss my cat. I'm tired.* (p.79)

When Nora decided to die, she had already posted some status on her social media and she wrote, "I miss my cat. I'm tired". From the status' Nora in her social media means that she was tired all her life, especially she was missing her cat a lot. It is the symptom of fatigability of Nora who indicated her as the depression symptom.

## **5. Delusions**

A delusion is a person who believes in all the totally wrong things and indicates an abnormal person. Delusion is one of the symptoms of depression and it also has five categories such as; Delusion of Worthlessness, Crime and Punishment, Nihilistic Delusion, Somatic Delusion, and Poverty. In finding Nora's delusion symptoms, the researcher found three delusion symptoms there are Delusion of Worthlessness, Crime and Punishment, and Poverty.

**a. Delusion of worthlessness**

Depressed people often feel regret for being living this life. They are also feeling useless. As same as the name worthlessness, depressed people believe that all the things they have done are worthless. In Nora's case, she has experienced a delusion of worthlessness.

*Nine hours before she decided to die, Nora wandered around Bedford aimlessly. The town was a conveyor belt of despair. (p.11)*

From the data above, Nora was getting fired from String Theory and she was walking around the Bedford. Nora seems to believe her wrong assumption, which is the Bedford city by the word "the town was a conveyor belt of despair". It indicated a delusion of worthlessness. Nora thought is not only her life was worthlessness but also the city was worthlessness.

**b. Crime and punishment**

Crime and punishment is one of the delusion symptoms of depressed people. It is indicated that depressed people believe all the things that depressed people have done have to be punished. They think like criminals and get punishment even though in jail or hospital.

*A National Geographic was on display. As she stared now at the magazine cover – an image of a black hole – she realised that's what she was. A black hole. A dying star, collapsing in on itself. (p.12)*

When Nora entered the newsagent, she looked at a wall display called *A National Geographic*. It showed a black hole in the cover and she imagined it as she is right now. A black hole is indicated delusion while crime and punishment are portrayed in which the sentence described “A dying star, collapsing in on itself” that Nora believes as collapse as a black hole.

*The wedding seemed such a symptom of this chaotic feeling, that she felt tied to a train track, and the only way she could loosen the ropes and free herself was to pull out of the wedding. (p. 35)*

From the data above, Nora described her thinking of marriage that it was such a snafu thing and she felt tied to a train track. It means the delusion of worthlessness that Nora had ever experienced. It is the depression symptoms of Nora in imaging the marriage.

*The power of all the regrets simultaneously emanating from the book was becoming agony. (p.35)*

Nora felt regret toward herself and anyone after reading the book of regret. The word “the book was becoming agony” indicated that Nora imagined the book become agony. It can be classified that Nora was experiencing a delusion of worthlessness.

*That she had hurt Dan and that a life of drizzle and depression in her hometown was her punishment (p.47)*

Nora believed in hurting Dan due to canceling her marriage with Dan. She also tends to connect her depression is the punishment



of hurting Dan by the words “her punishment”. It indicated Nora experienced the delusion of worthlessness.

*She had come to imagine mediocrity and disappointment were her destiny. Indeed, Nora had always had the sense that she came from a long line of regrets and crushed hopes that seemed to echo in every generation (p.120)*

As long as Nora experienced, she always imagined all the negative sides of her related in which her destiny was to be punished. It showed by the words, “She had come to imagine mediocrity and disappointment were her destiny”. It is indicated Nora’s delusion of worthlessness.

*There was an invisible baton of failure her mother had passed down, and Nora had held it for a long time. Maybe that was why she had given up on so many things. Because she had it written in her DNA that she had to fail. (p.121)*

Nora described her failure as written in her DNA by her mother. So, all the things that Nora would do seemed always a failure at her end. This Nora thought indicated Nora’s delusion of worthlessness. It is the symptoms of depression of Nora's worthlessness delusion.

### **c. Poverty**

Delusion of poverty expresses the depressed people in the anxiety of the treasure, including money, property, gold, and so on. As long as Nora lives, she tends to feel anxious about her property.

*They evidently had money worries – the nervous appointment with the bank (p.48)*

When Nora chose the life living with Dan, Her wealth was abundant. Their room was expensively furnished, bright window, a wide bed, a blanket clean, and so on. Deep down, they felt worried about the bank. It is indicated that Nora also ever experienced delusion poverty symptoms of depression when Nora chooses another life in living with Izzy.

*The living room looked small and depressing. The sofa tatty and old. The place smelt slightly mouldy. (p.69)*

Nora was living in an apartment but Nora was puzzled. The apartment's living room looked depressing because it was tiny while the sofa was old. The smell of the apartment was terrible. The data above describes Nora's anxiety toward her apartment that indicated poverty delusion by the word “the living room looked depressing”. This showed Nora experienced symptoms of depression.

*But the truth is that success is a delusion. It's all a delusion. I mean, yes, there are things we can overcome. (p.99)*

Based on the data above, poverty delusion is a direct utterance of Nora as described “success is a delusion”. This data explained all the thing about success is delusion due to success can't be measured. Nora wanted to transfer the value of life to the audience when she was a presenter.

## 6. Hallucinations

Some depressed people are often experiencing hallucinations. The hallucination can be formed as the voice or something that could be seen of depressed people. It is also shown in Nora's life.

*'I think he's depressed.' Nora's mind grew heavier at the idea her brother might feel like she did. (p.13)*

Nora was getting a guest named Ravi, her brother's friend. When Nora was talking to Ravi, she imagined that her brother Joe was in a low position which is depressed as she was. It is indicated that Nora experienced hallucinations by believing her imagined that her brother was depressed. This is the depression symptoms of Nora's hallucination symptoms.

### B. Nora's Way to Encounter The Depression

People who have experienced depression will never forget her tragic trauma events, it will always be remembered in every situation and conversation that related to traumatic events (Satriawan & Rahayu, 2020). As the conversation between Nora and Mrs. Elm, Mrs. Elm was trying to recall Nora's memory of the tragedy of Volts death to encounter Nora depression.

*You see, cats know. They understand when their time is up. He went outside because he was going to die, and he knew it.'*  
*Nora tried to take this in. Now she thought about it, there hadn't been any external signs of damage on her cat's body. She had just jumped to the same conclusion that Ash had jumped to. That a dead cat on the road was probably dead because of the road. And if a surgeon could think that, a mere layperson would think that too. Two plus two equals car accident.*  
*'Poor Volts,' Nora muttered, mournfully (p.60)*

From the quote above, Nora was distraught when her lovely cat has died. She knows everything that lives will die, including Volts. Nora realized to encounter her depression by trying to receive all Mrs. Elm's arguments by the sentence "*Poor Volts*". Then, she realized that her cat was die because of sickness not just because Nora didn't incompetent to take care of her cat. Nora also lets her cat dead.

*'Would you like to consult again with The Book of Regrets? Would you like to think about those bad decisions that turned you away from whatever you feel success is?' Nora shook her head quickly, like a dog shaking off water. She didn't want to be confronted with that long interminable list of mistakes and wrong turns again. She was depressed enough. And besides, she knew her regrets. Regrets don't leave. They weren't mosquito bites. They itch forever. (p.76)*

The data above takes place in the midnight library when Nora was feeling depressed with her live. She meet Mrs.Elm as the librarian who help Nora in guiding to reach out what Nora wants. Mrs. Elm offered the book of regret to Nora. Moreover, Nora have tried *The Book of Regrets* which gift point of view of all bad decisions of Nora. Then, Nora was very scared after tried that book and she didn't want to look at that book anymore. It indicates that Nora encounter her depression by the sentence "she didn't want to be confronted with that long interminable lift of mistakes and wrong turns again". From that, she was realized that the regret will not leave from her. Regret will always stay and itch forever all along.

*'I don't know if I can do this. I've gone blank.'*  
*'You're overthinking it.'*  
*'I have anxiety. I have no other type of thinking available.'*  
*'Come on. Don't let us down.'*  
*Don't let us down.*  
*'But—'*  
*She tried to think of music.*  
*Thinking of music had always calmed her down. (p.96)*

The data above indicated the way of Nora encounter her depression in dealing with her anxiety in front of the stage. Anxiety is one of the psychological problems and it indicates when danger is coming (Rayes, 2019). Nora have anxiety and got blank in facing the millions of gazer. Then, she could neutralize her anxiety of millions of gazer as the automatic thought by thinking of music. When Nora tried to think of the music indicated her way of encounter her depression, it could made her calm. Then, Nora's event was getting very well.

*As she switched to freestyle she realized it wasn't her fault that her parents had never been able to love her the way parents were meant to: without condition. It wasn't her fault her mother focused on her every flaw, starting with the asymmetry of her ears (p.113)*

When Nora was a child, she hate her mother due to her mother was very overprotective person that she ever had. She only have small space to interact with. Long by long, Nora was realizing the miracle of love of her mother. When Nora was swimming at that time, then she moved to freestyle of swimming she thought her mother's treatment before was highly care of her. Her mother was not overprotective anymore. Nora's mother gave all the best things to Nora because of Nora is one and only daughter. It strengthened by the quotation below.

*But on that boat she realised something. She had loved her parents more than she ever knew, and right then, she forgave them completely (p.123)*

This quotation indicated Nora way to encounter her situational depression of her overprotective parents by forgiving her parents completely. She realized the special or unique thing in her life was feeling loved by her parents so much. She had never known her big loved to her parents before.

*'Have you ever tried anything like this before?' the nurse asked.  
'Not in this life.'  
'And how do you feel right now?'  
'I don't know. A bit strange. But I don't want to die any more.'  
that solitude was the problem. But that was because it hadn't been true solitude. The lonely mind in the busy city yearns for connection because it thinks human-to-human connection is the point of everything. But amid pure nature (or the 'tonic of wildness' as Thoreau called it) solitude took on a different character. It became in itself a kind of connection. A connection between herself and the world. And between her and herself. (p.113)*

When the nurse at the hospital interrogated Nora, she realized that she needed connection toward humans. This is indicated that Nora's mind has much growth better than before by critical thinking. Critical thinking is a process of learn and think in generating idea use problem – solving process (Indah & Kusuma, 2016). Nora has solved her negative lonely mind at the flat before by applying her critical thinking in which she should go out and find out people to interact with. Nora was not only just staying and dying inside alone in her flat. Thus, Nora's way to encounter the depression by realizing connection to people. Nora should reconnect

between herself and the world to avoid her negative thinking in which bring her to get depressed.

*'I was so stupid, doing that swim, just trying to impress people. I always thought Joe was better than me. I wanted him to like me.'*  
*'Why did you think he was better than you? Because your parents did?'*  
*Nora felt angry at Mrs Elm's directness. But maybe she had a point. 'I always had to do what they wanted me to do in order to impress them. (p.171)*

In Nora's life, she impressed people to affirm that Nora was good at swimming. Nora wanted her dad, mom and brother notice her as a good swimmer as she is and she deserved to be the champion. Meanwhile, Nora had a point that her way was wrong. The sentence "I was stupid, doing that swim, just trying to impress people" indicated that Nora encounter her depression. She realized that all the way of impressing people is a stupid thing.

*Nora saw the notice looked old. She remembered what Neil had said to her. I can't pay you to put off customers with your face looking like a wet weekend. Well, Neil, maybe it wasn't my face after all. (p.180)*

From the data above, Nora worked at String theory, but suddenly Neil as String Theory's boss, fires Nora. She was very depressed at that time for losing her job. Then, day by day, Nora showed the announcement in front of String Theory. She was realized that she was getting fired due to the String Theory bankrupt. It indicated that Nora was encounter her depression by realizing she was getting fired due to String Theory bankrupt instead of incompetent skills of her.

*She realised that she hadn't tried to end her life because she was miserable, but because she had managed to convince herself that there was no way out of her*

*misery. That, she supposed, was the basis of depression as well as the difference between fear and despair (p.192)*

Nora realized that her depression couldn't distinguish between fear and despair. Meanwhile, the data above indicated Nora had already encounter her depression by realizing her way of end up her life. She end up her life due to of despair. She didn't think that there was no way out of her misery. Then she was getting despair then decided to end up her life.

The quotation below reveal Nora's concern about her encounter of the depression that caused Nora extremely wants to alive.

*'And how do you feel right now?'*  
*'I don't know. A bit strange. But I don't want to die any more.'*  
*And the nurse scribbled on the form.*

*A little later she deleted her suicidal social media posts, and – in a moment of sincere sentimentality – she wrote something else instead. She titled it 'A Thing I Have Learned (Written By A Nobody Who Has Been Everybody)'. (p.246)*

Nora already encounter her depression as the direct sentence "I don't want to die any more" when she was been interviewing by the nurse. She has seen a lot of desire to live until she removed suicidal social media posts. This situation means a lot of powerful energy for moving forward and continuing her life. She changed all the negative atmosphere into positive atmosphere by rewriting her social media post entitled *A Thing I Have Learned*.

In Nora's social media post entitled *A Thing I Have Learned* described Nora's full of sincerity to encounter her depression. It began when Nora notice the regret.



*But it is not the lives we regret not living that are the real problem. It is the regret itself. It's the regret that makes us shrivel and wither and feel like our own and other people's worst enemy.(p.248)*

This quotation of Nora's social media post shows the meaning of regret itself depends on Nora's point of view of life. Regret is easy to be adopt of Nora to lives she is not living. Nora is easy to be mourn the regret of her higher education either not becoming master in philosophy or as a glaciologist. The successful education level indicators should be seen not only from formal education (Rahayu, 2020). Meanwhile, it should be as a professional work, for example as pianist as Nora's ability. Thus, Nora encounter her depression of regretting live she was not living by realizing the regret itself in which hypnotizes and wither her potential skills. Moreover, to strengthen her hope in living is showed as quotation below

*We just have to close our eyes and savour the taste of the drink in front of us and listen to the song as it plays. We are as completely and utterly alive as we are in any other life and have access to the same emotional spectrum.  
We only need to be one person.  
We only need to feel one existence.  
We don't have to do everything in order to be everything, because we are already infinite. While we are alive we always contain a future of multifarious possibility.(p.248)*

From this social media line of Nora, she has a powerful of proceed her journey to be more confident and fortune. It showed when she typewrite "we always contain a future of multifarious possibility". It indicates that Nora encounter her depression and she doesn't want to other people lacks of hope to live. She tries to empower her online social media's friends by giving her incident of depression she had.

*Yesterday I knew I had no future, and that it was impossible for me to accept my life as it is now. And yet today, that same messy life seems full of hope. Potential.*

*The impossible, I suppose, happens via living.*

*Will my life be miraculously free from pain, despair, grief, heartbreak, hardship, loneliness, depression? No.*

*But do I want to live? Yes. Yes .*

*A thousand times, yes" (p.248)*

When Nora has experienced all the pain of life such as was abandoned by her parents and cat, left by her brother, got fire from String Theory, and all kinds of failure things she had. She was feeling depressed and had no future ahead. She couldn't expect any possible chance of her life. She only thought the best choice for her was dead. Then, Nora finally cope her negative thought by struggling in the midnight library. She passed the entire life that she had in midnight library there such as becoming an excellent swimmer, a glaciologist, a wife, and so on. Finally, she encounter her depression by the sentence "and yet today, that same messy life seems full of hope. Potential." Indicates Nora's full of positive mind and mentally in which to accepting all the kinds of pain in her life. In accepting pain, despair, grief, heartbreak, hardship, loneliness, and depression of her life are part of life to be enjoyed. That why she wants to live.

*"There was more to her than a flat line of mild to moderate depression, spiced up with occasional flourishes of despair. And that gave her hope, and even the sheer sentimental gratitude of being able to be here, knowing she had the potential to enjoy watching radiant skies and mediocre Ryan Bailey comedies and be happy listening to music and conversation and the beat of her own heart." (p.255-256)*

In the quotation above describes during Nora experienced mild to moderate depression. She was extremely despair to continue her life however Nora could encounter the depression by knowing her potential ability. She realized how much pleasure she could enjoy watching radiant skies, mediocre Ryan Bailey comedies, listening to music, and the beat of her own heart instead of dying. So that, it makes Nora even more full of gratitude and hope for life.

*“She wasn’t a black hole, she decided. She was a volcano. And like a volcano she couldn’t run away from herself. She’d have to stay there and tend to that wasteland. She could plant a forest inside herself.” (p.257)*

When Nora highly wants to end up her life, she imagines a volcano where volcanoes are the source of life. The lava slows and cools, it will solidify and become fertile soil for life. Nora tries to ignore the thought that volcanoes are the source of destruction however it is a life. Nora encounter her depression by considering herself as a volcano. Nora bear up and plant a lot of positive hope in hers.

## **BAB IV**

### **CONCLUSSION AND SUGGESTION**

This chapter four provides the conclusion of the discussion in the previous chapter, particularly about the elaboration of Nora's depression symptoms and the identification of Nora's ways to encounter the depression in Matt Haig's *The Midnight Library*. In addition, this chapter also includes a suggestion for relevant future research.

#### **A. Conclusion**

This research is conducted to analyze Nora's characterization from the perspective of Brad A. Alford and Aaron Temkin Beck's psychoanalysis theory of depression symptoms and the encounter of depression experienced in Matt Haig's *The Midnight Library*. The novel portrayed Nora experiencing many depression symptoms and her effort to encounter with the depression.

The data found from the novel show Nora experienced six symptoms of depression there are emotional symptoms, cognitive symptoms, motivational symptoms, vegetative and physical symptoms, delusion, and hallucination. During Nora's life, she felt dejected mood, negative feeling toward self, and loss of mirth responses in emotional symptoms from Nora. Nora has low self – evaluation, negative expectations, self – blame and self – criticism, and indecisiveness of her experienced in which not confident toward herself in doing any activities as a form of

the cognitive symptom of depression. Then, Nora who is an unresponsive person toward her small daily activities and her future, experienced paralysis of will, avoidance, escapist withdrawal wishes, suicidal wishes, and increased dependency due to loss of her motivation as classified in motivational symptom depression. Nora also feels sleep disturbance and fatigability as vegetative and physical depression symptoms. Nora reasonably believes of her delusion in which worthlessness delusion and crime and punishment delusion. In last, Nora also has to experience hallucinations.

Furthermore, the data found from the novel shows Nora has encounter her depression by thinking of the music, receiving someone's argue, forgiving her parents in fact her parents are full of love to her, realizing to impress people was erroneous, deleting negative social media post, and needing connection to humans. Then, Nora considers herself as a volcano in which every failure or regret there will be success and happiness for the future. Thus, finally knew her potential ability and realized that deciding to die was the wrong thing.

## **B. Suggestion**

This research focuses the analysis on the characterization of Nora as the main character in Matt Haig's *The Midnight Library* in the perspective of depression symptoms from Aaron Temkin Beck and Brad A. Alford theory and also to encounter her depression. During this analysis, the researcher found the kinds of depression

symptoms of Nora as the main character. Meanwhile, Matt Haig's *The Midnight Library* has other interesting issues to discuss using another theory or perspective.

A suggestion is addressed to future research who might be interested to analysis the personal growth of the main character using hierarchy of needs theory from Abraham Maslow. Moreover, using the different perspective may be consider the another way in finding Nora's fulfillment of five hierarchy of needs experienced in this novel. Another suggestion can also be conducted in perspective of anxiety of Nora to found the kinds of anxiety and the self defense mechanism.

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## CURRICULUM VITAE



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