

**MAIN CHARACTERS'S DEPRESSION DESCRIBED IN *ROOM*
BY EMMA DONOGHUE**

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG
2022**

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BY EMMA DONOGHUE**

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
2022**

STATEMENT OF AUTHORSHIP

I state this thesis entitled “**Main Characters’s Depression Described in Room by Emma Donoghue**” Is my original work. I do not include any previously written materials published by another person, except those cited as references and written in the bibliography. At this moment, if there is any objection or claim, I am the only person who is responsible for that.

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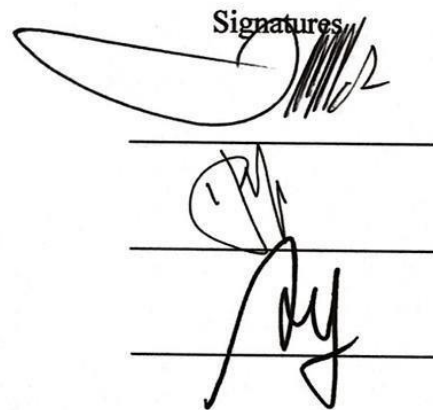
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MOTTO

“Don't rush the process. good things take time.”

DEDICATION

This thesis is proudly dedicated to:

My parents, My big family and also My boyfriend.

ACKNOWLEDGEMENT

Praised be to Allah SWT who has given blessings in the form of health, strength, and peace to the writer so that she can finish writing the thesis entitled "Main Characters's Depression described in *Room* by Emma Donoghue" as the requirement of the degree of Bachelor of Sastra (S.S). His mercy and peace be upon the prophet Muhammad SAW, who has pulled us all from the darkness to the light of life.

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To my boyfriend Amarulah Maulana, thank you for the support, who always takes the time to accompany me to work on my thesis, guide me to the lecturers, and thank you for the prayers.

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The last but not least, I want to thank me. I want to thank me for believing in me, I want to thank me for doing this hardwork, I want to thank me for having no days off, I want to thank me for never quit, I want to thank me for always being a giver and try to give more than I receive, I want to thank me for trying more right than wrong, I want to thank me for just being me all the time.

Malang, November 4th 2022

The Researcher

A handwritten signature in black ink, appearing to be 'Laili Eka Mazida', written over a horizontal line. The signature is stylized and somewhat cursive.

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ABSTRACT

Mazida, Laili Eka (2022) Main Characters's Depression described in *Room* by Emma Donoghue. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Hafidhun Annas, M. Hum

Key word: Novel, Literature, Depression, Symptom

This study aims to describe and explain the symptoms of depression experienced by the main character in Emma Donoghue's novel *Room* and the causes of depression experienced by the main character and the impact of depression in the main character development in Emma Donoghue's novel *Room*. This research is essential because it will open up new insights about the theory of depression through the main character in Emma Donoghue's novel *Room*. The theory used in this research is Beck and Alford's theory of depression (2009). Depression is one of the causes of human suffering. Depression is a state of negative self-prejudice, often characterized by feelings of guilt, worthlessness, and self-blame. The approach in this study is psychoanalytic approach. The researcher focuses on the depression experienced by the main character of Emma Donoghue's novel *Room* in terms of the scope of psychoanalysis. The data used in this study are dialogue excerpts from Emma Donoghue's novel *Room*. Based on the results of the study, researchers found two things. The first is that the main character experiences four symptoms of depression, namely emotional symptoms, cognitive symptoms, motivational symptoms, as well as vegetative and physical symptoms. While in the room, the main character feels a gloomy mood, negative feelings towards himself, and emotional symptoms. Second, the data found in this novel is the cause of the main character's depression. The first cause is kidnapping and imprisonment, the second cause is sexual abuse, and the last is pressure from Old Nick, and the impact depression of the main character is helplessness, anger, became an anti social child.

مستخلص البحث

مازيدا ، ليلي إيكّا (2022) تحليل لاكتئاب شخصية ما وجاك في "غرفة" إيما دونوغو. فرضية. قسم الأدب الإنجليزي ، كلية العلوم الإنسانية ، جامعة الدولة
Hafidhun Annas, M. Hum الإسلامية مولانا مالك إبراهيم مالانج. المستشار

الكلمات المفتاحية: الرواية ، الأدب ، الاكتئاب ، الأعراض

وأسباب الاكتئاب التي تعاني منها Emma Donoghue تهدف هذه الدراسة إلى وصف وشرح أعراض الاكتئاب التي تعاني منها الشخصية الرئيسية في رواية غرفة هذا البحث ضروري لأنه سيفتح رؤى جديدة حول نظرية الاكتئاب من خلال الشخصية الرئيسية في رواية غرفة Emma Donoghue الشخصية الرئيسية في رواية النظرية المستخدمة في هذا البحث هي نظرية بيك وألفورد للاكتئاب (2009). الاكتئاب هو أحد أسباب معاناة الإنسان. الاكتئاب هو حالة من التحيز الذاتي السلبي ، وغالبًا ما يتسم بمشاعر الذنب وانعدام القيمة ولوم الذات. النهج في هذه الدراسة هو النقد الأدبي. تركز الباحثة على الاكتئاب الذي من حيث نطاق التحليل النفسي. البيانات المستخدمة في هذه الدراسة هي مقتطفات حوار من رواية Emma Donoghue عانت منه الشخصية الرئيسية في رواية غرفة إيما دونوجو. بناءً على نتائج الدراسة ، وجد الباحثون شيئًا. الأول هو أن الشخصية الرئيسية تعاني من أربعة أعراض للاكتئاب ، وهي الأعراض العاطفية ، والأعراض المعرفية ، والأعراض التحفيزية ، وكذلك الأعراض الحضرية والجسدية. أثناء وجوده في الغرفة ، تشعر الشخصية الرئيسية بمزاج كئيب ومشاعر سلبية تجاه نفسها وأعراض عاطفية. ثانيًا ، البيانات الموجودة في هذه الرواية هي سبب اكتئاب الشخصية الرئيسية. السبب الأول هو الاختطاف والسجن ، والسبب الثاني هو الاعتداء الجنسي ، والأخير هو الضغط من أولد نيك.

ABSTRAK

Mazida, Laili Eka (2022) Depresi dalam Karakter Utama yang di jelaskan dalam Novel *Room* karya Emma Donoghue. Skripsi. Jurusan Sastra Inggris, Fakultas Ilmu Budaya, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Hafidhun Annas, M. Hum.

Kata Kunci: *Novel, Sastra, Depresi, Gejala*

Penelitian ini bertujuan untuk mendeskripsikan dan menjelaskan gejala deresi yang dialami oleh karakter utama dalam novel *Room* karya Emma Donoghue, menjelaskan dan mendeskripsikan penyebab depresi yang dialami karakter utama dan dampak yang terjadi terhadap kehidupan karakter utama pada novel *Room* karya Emma. Penelitian ini penting dilakukan, karena akan membuka wawasan baru tentang teori depresi melalui tokoh utama pada novel *Room* karya Emma Donoghue. Teori yang di gunakan dalam penelitian ini adalah teori depresi Beck dan Alford (2009). Depresi adalah salah satu penyebab penderitaan manusia. Depresi adalah keadaan berprasangka negatif terhadap diri sendiri, sering di tandai dengan adanya perasaan bersalah, tidak berarti, dan terus menyalahkan diri sendiri. Pendekatan dalam penelitian ini adalah psikoanalitik, peneliti memfokuskan pada depresi yang di alami karakter utama novel *Room* karya Emma Donoghue ditinjau dari ruang lingkup psikoanalisis. Data yang digunakan dalam penelitian ini adalah kutipan dialog dari novel *Room* karya Emma Donoghue. Berdasarkan hasil penelitian, peneliti menemukan dua hal. Yang pertama adalah karakter utama mengalami gejala empat gejala depresi, yaitu gejala emosional, gejala kognitif, gejala motivasi, serta gejala vegetatif dan fisik. Selama berada di dalam ruangan, tokoh utama merasakan suasana hati yang murung, perasaan negatif terhadap diri sendiri, dalam gejala-gejala emosional. Yang kedua, data yang di temukan pada novel ini adalah penyebab terjadinya depresi yang di alami tokoh utama. penyebab pertama adalah penculikan dan penyekapan, penyebab kedua adalah sexual abuse, dan yang terakhir adalah tekanan dari Old Nick. Dan dampak depresi yang dialami karakter utama adalah ketidakberdayaan, kemarahan, dan anti sosial.

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CHAPTER I

INTRODUCTION

This chapter will discuss the background of the study, problems of the study, the significant of the study, scope and limitations, and definition of the key terms.

A. Background of The Study

Depression is a psychological condition that commonly affects the teenager. Feelings of great grief are a symptom of the illness, which can lead to social interaction issues (Dianovinina, 2018). Physical problems, such as sleeplessness and a loss of appetite, are usually associated with depression symptoms, because depression is often misdiagnosed among the teenager, it is assumed to be a product of the aging process and chronic conditions that they suffer from. Early detection and treatment of depression, on the other hand, can improve the teenager's quality of life (Dianovinina, 2018). For example, when humans do not eat or drink, the human body will experience headaches, nausea, and others. When human psychological needs are not met, there will be a psychological disorder. For example, she loses love because the person she loves leaving her. Feelings of loneliness due to the loss of a loved one can allow a person to experience depression.

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). So, depression can attack people of all ages regardless of age itself.

In addition, the behavior of teenagers who are depressed has also changed. If previously, teenagers liked to play with their friends, but now teenagers prefer to be alone or cannot socialize with their environment (Haryanto, Hartati, and Siti, 2015). Therefore, parents should pay more attention to the changes in adolescents because the effects of depression on adolescents are easy to despair, low self-esteem, social isolation, and if depression is not appropriately handled. Sustainably, it will cause negative thoughts. One of the negative thoughts is suicidal ideation. Factors that influence suicidal thoughts include loss of love, environmental influences, feelings of helplessness, academic problems, and family problems such as divorce or death (Pramana, 2014).

Symptoms of depression can act as a barrier to increasing physical activity. Adolescents who experience depression tend to be alone or do not want to be active in social interactions in their environment. The impact of this is the emergence of a sense of easy despair, having low self-esteem, withdrawing from social and sustainable will cause negative thoughts (Mandasari & Tobing, 2020). In contrast, anxiety is when negative emotions arise due to worries due to unexpected dangers that can occur in the future (Annisa & Ifdil, 2016). Anxiety is a normal feeling

possessed by humans. When there is anxiety, it shows humans are given information that there will be dangers that threaten them (Suwandi & Malinti, 2020). Mental health is one of the most important things to support a person's life. Depression in adolescents can lead to increased cigarette consumption, the incidence of suicide, cases of drug abuse, decreased social function and decreased academic achievement. (Jm, 2008). Meanwhile, the impact of excessive anxiety can interfere with the learning process because of feelings of fear and worry about something. Anxiety that occurs in adolescents can have an impact on insomnia, difficulty focusing or concentrating, forgetful, tend to have feelings of frustration and irritability (Fitria & Ifdil, 2021).

Not all teenagers have managed to go through the changes during the transition well. Even some of them begin to experience unpleasant events. The unpreparedness of adolescents in facing various life problems can be one of the factors that cause the potential risk of adolescents experiencing depression to be higher. Depression is usually not detected early on and is only discovered after several problems, including suicide, which is the third leading cause of adolescent death. Symptoms of depression are behavioral and emotional symptoms that can be classified explicitly as depression. It is necessary to know that everyone has fundamental differences in the possibility of an event or behavior being faced differently, giving rise to different reactions from one person to another (Lumangga, 2009).

In this study, the researcher has the reasons for choosing topic because depression has been a common problem in human life from the beginning until now, and the researcher choose this novel because this novel has never been analyzed using depression theory. Depression is a normal reaction to loss, events, and obstacles in life, and depression carries a high risk of suicide. Depression can be a symptom or a set of symptoms (a syndrome). By studying literature such as novels, especially the novel *"Room"* by Emma Donoughe, people not only receive entertainment, but also are some good messages that are to get what they want, must try and not just dream, and stay grateful for what they have experienced so far.

Based on the story in the novel, the researcher wants to research using depression in prespective of psychoanalysis, especially of the theory Aaron T. Beck and A. Alford (2009) to analyze the problems in the novel. There are several previous studies that researcher used for this research.

There have been some previous studies related to the research. First, from the Education Journal (2021). Research conducted by Siti Maemunah entitled *"Gejala Depresi Tokoh Utama dalam Novel Represi karya Fakhrisna Amalia"* This study aims to describe characters with depressive symptoms in Fakhrisna Amalia's *Represi* novel. According to Aaron Beck, the difficulty in this study is mainly centered on the main character's depression symptoms, who examines his depressive symptoms through 4 depressive symptoms. The approach employed in this research is qualitative. The reason for employing this strategy is that the data presentation and data analysis in this study are offered in sentences and

descriptions. The data used in this study are fragments from dialogues from original data sources, particularly the novel *Represi* by Fakhrisna Amalia.

The second previous study is a thesis Wijaya Putra University by Fera Astuti Bergita (2020), “*An Analysis of Depression in the Secret of Heart*”. This study aims to describe the depression in the novel *Secret of Hearts*. Fascinating tale about a juvenile aroma expert who utilizes her heightened sense of smell to create perfumes that help others fall in love, while guarding her own heart at all costs. Sometimes, love is right in front of you. As one of just two aromateurs left on Earth, sixteen-year-old Mimosa is aware of her bleak future: a lifetime of gardening, crafting love elixirs, and matching, all while remaining hopelessly alone. Depression is a type of mental disorder that occurs in someone with certain reason or problem. According to Atkinson (1991) depression as a mood disorder characterized by no there is hope and heartbreak, excessive helplessness, unable to make the decision to start something activity, unable to concentrate, lacking the spirit of life, always tense, and attempting suicide. The objectives of this researcher, aim: To find out the causes of depression experienced by Karina Anastasia, and how to overcame them by using descriptive qualitative methods depression is classified into theories the causes of depression, how to combine depression. The writer uses a qualitative approach to collect data with search for the title of the novel, Downloading the novel, then save it as a soft copy, Redding the Secret of The Hear novel by Reny Saden, then understand the contents of the novel. The result of this study are as follow. There are 10 data on causes of depression include in personality and 6 data include in stress. While physical depression is explain in terms of gender and age

theories. There is 1 data on how Karina Anastasia overcome her depression which was include in interpersonal therapy and 1 data included in praying.

The third previous study from is from journal research conducted by Lina Suprpto (2020) entitled "*Kajian Psikoanalogi sastra dan Nilai karakter novel 9 dari Nadira karya Leila S. Chudori*". The purpose of this study is to describe the inner conflicts experienced by the characters, the values of character education, and the relevance of Leila S. Chudori's novel 9 from Nadira to teaching literature. This research is descriptive qualitative research using content analysis. Sources of data are used in the form of documents and informants. The sampling technique used was purposive sampling. Data collection techniques used, document analysis, and interviews. Based on the results of data analysis, it can be concluded as follows: The inner conflict experienced by the character in Nadira's novel 9 is based on Sigmund Freud's psychoanalytic personality theory, which obtained an overview of the personality structure of the character which is influenced by the three personality systems, namely the id, ego, and superego, Nadira's novel 9 contains 16 character values, novel 9 of Nadira by Leila S. Chudori is relevant or can be used as teaching material in literary learning.

The next is from the the journal entitled "*The Depression of The Main Character as Reflected in "Every Day"*" by David Levithan (2020). This research was conducted by Ikke Sulistyana and Tri Rini. Following that, this study uses a psychological approach. The focus of this study is to describe the characterization of the main character, to describe the symptoms of depression experienced by the main character in the novel, and to describe the moral values in the novel. The

study's findings are as follows: the researchers discovered that the protagonist of the novel "*Every Day*" has some unusual daily habits. Every day at 24:00 hours, his soul can enter another person's body. Additionally, the main character's depressed mood, loss of interest and enjoyment, self-criticism and guilt, lack of energy, pessimism, changes in sleep patterns, and thoughts of death are all symptoms of depression. The following discovery made by researchers was the existence of moral values. The novel "*Every Day*" by David Levithan contains several moral values. First, we must be kind to others, then consider our actions carefully, and finally, we must be honest with others.

The next previous study from thesis Mulawarman University by Ruspika Margiana, Singgih Daru Kuncara, and Indah Sari Lubis published (2020) entitled "*The Depression Symptoms of Virginia Woolf as The Author Portrayed in Mrs. Dalloway*". They analyze the main character's despair using the novel by Virginia Woolf as the author and Clarissa as the central object. Beck's cognitive theory of depression is employed to complete the study's theoretical framework. This research indicates both Clarissa and Virginia Woolf exhibit depressive symptoms. It explains Virginia Woolf's depression symptoms, which include negative expectancy, self-blame and self-criticism, paralysis of the will, avoidance, escapist, and withdrawal wishes, suicidal wishes, lack of appetite, sleep disturbance, loss of libido, and hallucinations. Clarissa's symptoms included a depressed mood, bad feelings about herself, a low self-evaluation, delusions of worthlessness, and suicide thoughts

The seventh previous study is from from thesis Kamariah (2020) entitled "*Woman's Struggle in Novel "Room" By Emma Donoghue: A Feminist Approach.*" This study focuses on three types of violence direct violence, institutional violence, and cultural violence that contribute to women fighting. To combat these circumstances, women have started a campaign against violence that focuses on three aspects of their life as women: their intelligence, their ability to be authentically themselves, and their freedom to achieve their potential. The descriptive qualitative approach was employed in this investigation. Data gathering for this study was done through documentation. The data is collected in the form of sentences, actions and narratives that are closely related to the factors that cause women to fight forms of violence in the efforts of the women's feminist movement against violence. In this study, researchers found two points that made women oppose patriarchy.

The eight previous study is from Buddhi Dharma University by Dafit (2019) "*The Analysis of The Main Character's Mental Depression as Seen in The Novel My Heart and Other Black Holes Written by Jasmine Warga*". The purpose of his study is to explain how id, ego, and superego influenced the main character's mental depression in the 2015 novel *My Heart and Other Black Holes* by Jasmine Warga. The author used a qualitative approach to descriptively analyze the data. He extracted the information from the novel's narrations and dialogues. The author read the novel in order to comprehend it. In addition, he searched the Internet for pertinent supplementary information. The author evaluated the novel's main character, Aysel, who suffered from mental depression. Since he investigated the

primary character's personality, he utilized Sigmund Freud's id, ego, and superego theory of psychoanalysis. The theory has assisted him in data analysis. The research indicates that the novel's primary character, Aysel, was depressed. She had a strong desire to commit suicide due to her depression. Aysel, however, was afraid to do so alone, so she recruited a companion with the same goal via the Internet.

The sixth previous study is from the Rokania Education Journal (2019). Research conducted by Misra Nofrita and M. Hendri entitled "*Depresi Dalam novel Pria Terakhir Karya Gusnaldi*" This study aims to describe the personality of the main character in the id aspect, the main character's personality from the ego aspect, the main character's personality from the aspect of the superego. This research is qualitative research using the descriptive method. The id aspect is seen when the character prioritizes the feelings of liking the same sex, and there is no desire from the character to fight these actions, so the id aspect is very influential. The main character does not highlight the ego aspect. In this novel, the ego and superego aspects are not raised so that the main character puts forward the feelings. There is no desire to break away from a same-sex relationship does.

The ninth previous study from thesis "*Depression in Rupi Kaur's*" by Septi Dwi Rahayu (2018). This study employs a psychological method to provide a more concentrated and comprehensive explanation of the investigated issue. Then, this research focuses on how Rupi Kaur's selected poems reflect the causes and symptoms of depression. In addition, the findings of Septi Dwi Rahayu's research indicate that these four chapters from poems by Rupi Kaur, chapters 1, 2, 3, and 4, demonstrate the creative power of each poem. In this study, the researcher identifies

four reasons of depression: familial environment, psychological abuse, sexual abuse, and psychological issues. Depression is the last stage, evidenced by bodily symptoms approach and descriptive analysis. The analysis results show that the inner conflict experienced by the main character is caused by their internal conflict between characters faced in certain psychological conditions, namely the struggle to live with unseen situations.

The last previous study from thesis entitled “*Ma’s Trauma: A Psychoanalytic Study on Emma Donoghue’s Novel Room*” by Ardi Ridho Nughroho (2018). This study aims to determine the factors that cause trauma in Ma, who is one of the main characters in the novel *Room* and the characteristics that occur after the trauma. In analyzing the trauma that exists in the character Ma in the novel *Room*, the researcher uses a qualitative descriptive method. The research uses Sigmund Freud’s psychoanalytic theory. Based on data analysis, the results of this study indicate that there are factors that influence the occurrence of trauma in Ma, where these factors are, the existence of human rights abuses, the existence of verbal and physical violence against the victim, and the loss of something very meaningful in her life. In addition, there are also things that affect the sufferer after the trauma occurs such as disturbed memory, disturbed sleep patterns, feeling guilty and avoiding crowds. These things happened to Ma when she was traumatized and afterwards caused by the violence done by Old Nick which ended in an escape with the help of Ma's son, Jack and the capture of Old Nick.

From the several studies that have been mentioned, the similarity between this research and the studies above is that they both use psychoanalytic reviews as

the object of their theory. The difference between this study and the researchers above is in the material object. The object of this research is the novel “*Room*” by Emma Donoghue, until now researchers have not found a study that discusses the novel, especially with theory Aaron T. Beck and A. Alford (2009).

B. Research Question

From the explanation of the background of the study above, the researcher formulates several problems of studies, including:

1. What are the symptoms of depression depicted of the main characters?
2. What are the causes of the main characters’s depression?
3. How is the impact of depression on the main character development?

C. Scope and Limitation

This study analyzes the characters Ma and Jack in the novel *Room*. The researcher are only interested in two aspects of Ma and Jack's lives: the symptoms of depression they encounter, the causes of depression experienced by the main characters and impact depression in the main character life. The researcher employs Aaron T. Beck's theory of psychoanalysis and depression and A. Alford's theory (2009). Specifically, the novel is characterized by the notion of depressed symptoms and the influence of depression. Limit the analysis of the main characters in *Room* by Emma Donoghue to Ma and Jack.

D. Significance of The Study

The benefits of research in this study are as follows:

1. Theoretical Benefits

This research is expected to contribute to literary analysis, and can provide understanding to readers, especially students faculty of humanities on psychological analysis in a literary work, analyze the content of depression, especially in the novel "*Room*" by Emma Donnoque.

2. Practical Benefits

The research is expected to provide a better understanding explore humanities faculty students about depression and its causal factors in the novel "*Room*" by Emma Donnoque

This research is expected to provide suitable lessons for humanities faculty readers and students on how to survive living during depression described by Ma and Jack in the novel "*Room*" by Emma Donnoque.

E. Definition of Key Terms

The researcher provides a definition of terms to assist readers in understanding the content of this study and avoiding misunderstandings between terms.

Depression : According to Beck and Alford (2009), is a psychological disorder characterized by deviations in feelings, cognition, and individual behavior.

Symptoms : According to Garber (1998), symptoms are a return of the repressed, a means for people to express what they cannot or do not consciously wish to express.

CHAPTER II

REVIEW OF RELATED LITERATURE

In this chapter, the author wants to describe the approach used to carry out the whole research, as well the theory.

A. Literature and Psychology

One way to enjoy literary works is through the study of literary psychology. Literary psychology was born as a literary study used to read or interpret literary works, authors of literary works, and their readers using various concepts and theoretical frameworks in psychology (Wiyatmi, 2011: 6). According to Minderop (2013: 55), literary psychology studies literary works that reflect the psychological activity. In examining a psychological work, the important thing that must be understood is the extent to which the author's psychological involvement and the author's ability to present characters involved with mental problems are. Several things influence psychology. First, literary works result from a psychological process, and the author's thoughts are in a semi-conscious situation that is then poured into a conscious form. Wellek and Warren (1993: 90) suggest that the psychology of literature has four meanings, namely the first, the study of the psychology of the author as a type or as a person, second, the study of the creative process, third, the study of types and psychological laws applied to literary works, and the fourth examines the impact of literature on readers. Endraswara (2011: 96),

literary psychology is a literary study that views work as a psychological activity. Literary works that are viewed psychologically will display psychological aspects through characters if the text is drama or prose. That for, it can be concluded that literary psychology is a literary study that understands and examines literature by using various concepts in psychology related to the psychological activity.

Psychological analysis of literary works, especially in analyzing fiction, whether drama, romance or novel, is undoubted because these forms of fiction talk about human life. The difference is that literature talks about humans created by an author, while psychology talks about humans created by God who live in the real world. Literary psychology aims to know and understand the psychological aspects contained in a literary work as it is known that the characters created in a literary work are the results of the author's observations from humans who are in the real world.

In analyzing the characters and dispositions in a literary work, a literary reviewer must also base on psychological theories and laws that explain human behavior and character. Psychological research literature can be done in two ways: (1) understanding psychological theories. Then an analysis is carried out on literary works and (2) By first determining a literary work as the object of research, then determining the psychological theories that are considered relevant. To carry out the analysis of literary works (Ratna, 2004: 244). With the explanation of the two methods, the researcher focuses the research using the second method, namely determining a literary work as the object of research that is studied using the theories contained in literary psychology.

Psychology was born as a science that seeks to understand the whole person, which can only be done by understanding personality. In an Introduction to General Psychology, Walgito (2004: 10) suggests that psychology is a science that examines and studies behavior or activities that are seen as manifestations of human psychological life. In psychology, behavior or activities in individuals or organisms are considered not to arise by themselves but as a result of stimuli that affect the individual or organism. Walton also distinguishes psychology into general psychology and special psychology in the book. General psychology researches and studies human activities or activities reflected in general, adult, normal, and cultured behavior. Meanwhile, special psychology examines and studies the specific aspects of the activities of the human soul. Then, special psychology is divided into several subtypes namely developmental psychology, social psychology, educational psychology, personality psychology, pathological psychology, and criminal psychology. Dividing specific psychology into seven subtypes, researchers focus on this research on personality psychology. The theory of personality psychology gave birth to new concepts in it, such as the dynamics of behavioral regulation, behavior patterns, behavioral models, and behavioral development to unravel the complexities of human behavior. The theory of personality psychology carries out descriptive and predictive functions.

Personality psychology theory is descriptive in describing behavior in a systematic and easy-to-understand manner. No behavior happens without reason. There must be factors, causes, drivers, motivators, goals, and background. While the predictive nature of personality psychology theory, on the other hand, is proof

that these factors are verified. Personality is the realm of psychological study; understanding human behavior thoughts feelings activities, using systematic, psychological methods and rationale. Personality psychology studies the individual specifically; who he is, what he has, and what he does. It can be concluded that personality psychology analyzes human personality by focusing the object on human behavior. The first target, personality psychology, is to obtain information about human behavior. The second target, personality psychology, encourages individuals to live fully and satisfactorily, and thirdly, the goal is for individuals to be able to develop all their abilities optimally through changes in the psychological environment (Minderop, 2013: 8).

B. Psychological Approach

Psychological approach is literature criticism approach which stresses on psychological aspects that exist in a literature work (Atar Semi, 2013:45). These psychological aspects got attention in literature criticism and research due to emergence of consciousness for the author and also for the critic. The society development and advancement in this modern age are not solely be measured from material aspect, but also from spiritual or psychology aspect. Utilization of this theory in literature that is did by many authors is by taking useful parts and pure for their consideration in researching characteristic and personality of someone. Psychology doesn't learn about soul or mental directly because its characteristic that is abstract, but psychology bounding on manifestation and expression from soul or mental that is a behavior and process or its activity, until psychology be able to be definition as knowledge that learn about behavior and mental process. However,

according to Gerungan (2004), understanding between soul's knowledge and psychology are totally different. Scope of soul's knowledge is wide, including imagination and speculation about soul itself. In the other hand, psychology's knowledge is knowledge about soul that is acquired with systematic by scientific method.

According to Sigmund Freud (Radha Chandrapedia, 2013:15), psychology is a system which contains of three elements, they are Id, Ego, and Superego that each of them has origin, Aspect, function, operation principle, and own equipment.

According to Alfred Adler (Radha Chandrapedia, 2013:17), psychology structure of human is social beings and individual beings. The main theory of Adler is individuality as main problem. In his theory, it has two main encouragement, they are social encouragement and egoist encouragement, humble sense and compensation as improvement in human's life. Life style is principle that is used as a base to understand behavior's person. The creativity of our self is the main activator, philosophy grip, and the first cause for all behavior.

According to Carl Gustav Jung (Radha Chandrapedia, 2013:15), the concept of psychology has three types, they are personality function, emotional and spiritual's person, and self. Psyche is composite or amount of totality from mental content. Self is total personality of awareness and unconscious. He saw human as something that really unique because they has so many personalities that are various between one individual to other individuals. Jung discriminated term between subconscious and unconscious.

C. Depression by Aaron T. Beck and A. Alford

Depression, according to Beck and Alford (2009), is a psychological disorder characterized by deviations in feelings, cognition, and individual behavior. Depression is a prevalent mental condition characterized by sad mood, lack of interest or pleasure, less energy, feelings of guilt or low self-worth, interrupted sleep or food, and impaired attention (Kumar et al., 2012). It also represents the fluctuating moods or range of moods that can interfere with a person's existence. Depression affects the feeling of being overwhelmed and unable to cope. Depression is a prevalent mental disease in the modern world.

According to Alford and Beck's (2009) book *Depression Cause and Treatment*, depression is characterized by four symptoms, including emotional, cognitive, motivational, vegetative and physical. The following will be delivered for these categories:

1. Emotional Manifestations

These emotional Manifestations describe the changes in habitual activity or behaviour and mood caused by the emotional state. An increase in emotionality accompanies the shifting of perspective. It alters the depressed mood, a wrong view of oneself, constant feelings of satisfaction, crying, and happiness response (Lubis, 2009). A decrease in mood occurs when a depressive individual feels more unhappiness, unease, dissatisfaction, or dysphoria. Emotional symptoms are split into six categories, including depressed mood, negative sentiments about oneself, a

reduction in gratification, a loss of emotional attachment, sobbing spells, and a loss of the ability to laugh (Beck & Alford, 2009).

a. Dejected Mood

People who are depressed show that they feel restless. It is evident when individuals describe their emotions using sad, unhappy, lonely, or bored terms. One example is "I'm so miserable that I can't endure another minute" (Beck & Alford, 2009).

b. Negative Feelings Toward Self

Due to their dissatisfaction with their lives, many sad people have negative thoughts about themselves. Self-dislike and self-hatred may lead to the occurrence of negative emotions (Beck and Alford, 2009)

c. Reduction in Gratification

According to Alford and Beck (2009), the loss of satisfaction is considered the central sickness among depressed individuals. This example may represent a sensation of boredom, dissatisfaction, or lack of interest in any activity, but actually, it is delightful (Margiana, Kuncara, & Lubis, 2020).

d. Loss of Emotional Attachment

Loss of enjoyment is also accompanied by a loss of emotional attachment to engaging in activities or interacting with others. One of the reasons is the absence of familial affection, which is responsible for the decline in interest in interaction (Beck and Alford, 2009)

e. Crying Spells

Someone who is depressed will always begin by crying excessively. An increase in crying frequency often accompanies depression. In this instance, women were more frequently affected than men (Beck and Alford, 2009).

f. Loss of Mirth Response

Depressed individuals lose their sense of humor, as indicated by the loss of mirth reaction. Even though they are smiling or laughing, it does not necessarily indicate that they are pleased. Depressed people tend to take everything seriously, so their smiles and laughter are phony (Beck and Alford, 2009).

2. Cognitive Manifestation

Cognitive is all about selflessnesses, such as low self-evaluation, negative thoughts, self-blame and criticism, inability to make decisions, and body image distortion (Lubis, 2009). These types of negative altruism would be the source of someone's anger. All opinions agree that social, physical, and economic conditions are inadequate. In addition, cognitive symptoms characterize the lowest awareness of attractiveness, health, popularity, self-assurance, money, salary, and the appeal of personality branding. Alford and Beck (2009) classify cognitive manifestations

into five groups: low self-evaluations, negative expectations, self-blame and self-criticism, indecisiveness, and body image distortion.

a. Low Self-Evaluations

Low self-evaluation suggests that sad individuals tend to lack confidence in their talents. Low self-esteem is a defining symptom of depression (Beck & Alford, 2009). They have a low opinion of IQ, education, health, strength, popularity, finances, and other aspects of life. Occasionally, individuals lack confidence in their social status. People with low self-evaluations use phrases like "I am inferior" or "I am insufficient".

b. Negative Expectations

Negative expectancy implies that depressed individuals are always pessimistic. It represents the viewpoint of depressed individuals, which is a pessimistic appearance. They believe that nothing improves and that there is no future. One example is when sad people are supposed to take antidepressant pills but do not, and the pills are discarded because they believe they are ineffective (Beck & Alford, 2009).

c. Self-Blame and Self-Criticism

Self-blame and self-criticism are symptoms of a depressive state. It occurs when depressed people can't keep up with the overall achievement around them; for

example, if they can't graduate in the fourth year, everyone else can graduate in the fourth year, leading to blaming and criticism (Beck & Alford, 2009).

d. Indecisiveness

Most depressed individuals feel hesitant to venture outside. This situation is an indication of depression. They are constantly worried about what she or they will do wrong. Beck and Alford (2009) state that depressed features include difficulties making or constantly changing decisions.

e. Distortion of Body Image

When depressed individuals gaze in the mirror, they frequently experience feelings of physical self-blame. In this scenario, women are more susceptible to body image distortion than males (Beck & Alford, 2009).

3. Motivational Manifestations.

Motivational manifestation refers to a person who has lost their motivation. It is also known as willpower paralysis. Motivational manifestations are the primary obstacles to engaging in fundamental behaviors, such as eating, drinking, and defecating (Lubis, 2009). The core issue is the individual's lack of responsiveness to their tasks, despite their awareness that they are delaying them. Therefore, depressed individuals will have more time to daydream than to perform necessary

tasks. According to Alford and Beck's book *Depression Cause and Treatment*, motivational manifestations are categorized into four categories: willpower paralysis, avoidance, escapist, Withdrawal Wishes, suicidal thoughts, and increased dependence (Beck & Alford, 2009). It will describe the subsequent;

a. Paralysis of the Will

Paralysis of the will indicates that nothing, not even basic tasks such as eating, drinking, or taking medication to alleviate their disease, brings them any pleasure. It is pretty unlikely that they will complete it. This they will lose all motivation to do anything (Margiana, Kuncara, & Lubis, 2020). Depression is distinguished by the loss of positive motivation (Beck & Alford, 2009).

b. Avoidance, Escapist, and Withdrawal Wishes

People with depression are more likely to be alone than to socialize. Activities. Some depressed individuals prefer to live exclusively in their rooms and shun people who wish to interact with them (Margiana, Kuncara, & Lubis, 2020). People who have experienced trauma will no longer attempt to persuade others that the event was terrible (Satriawan & Rahayu. 2020). According to Beck and Alford, depressed individuals desire a break from their everyday activities. One example is a manager who desires to leave an excellent job in years because he or she views the position as monotonous and oppressive, so he or she wishes to flee the position (Beck & Alford, 2009).

c. Suicidal Wishes

The most important desire of depressed individuals is to die by other means, such as by knife or hanging. Historically, it has been linked to a depressed state. Suicidal desires include both active and passive forms, such as "I want to die" and "I wish I were dead" (Beck & Alford, 2009).

d. Increased Dependency

Dependence is prevalent among depressed individuals because of their designation of assistance when they can perform tasks independently. Consequently, depressed individuals rely more on assistance, direction, or advice than on their initiative (Beck & Alford, 2009).

4. Vegetative and Physical Manifestations.

According to Beck and Alford (2009), physical manifestations include four symptoms: hunger loss, sleep problems, loss of libido, and fatigue. The following will discuss these four symptoms:

a. The loss of appetite

Appetite loss is the first sign of depression in the case of physical symptoms. Beck supports this in her book titled *Depression: Causes and Treatment*, which states that 72% of patients are profoundly depressed while 21% are not (Beck & Alford, 2009). Therefore, anorexia is the initial symptom of depression in humans.

b. Sleep disturbance

The inability to sleep is one of the most acute physical symptoms that people with depression experience. Lubis (2009) states that depressives experience sleep loss and excessive activity. Insomnia is one of the most prominent symptoms of depression among young, middle-aged, and elderly adults.

c. Loss of Libido

Depression causes libido loss, adverse effects on lust and orgasm, emotional withdrawal from a romantic partner, and consequent sexual performance anxiety (Manohar et al., 2017). This condition is also referred to as sexual dysfunction. Sexual dysfunction is also likely a result of antidepressant medication. Then, loss of interest in desiring sex would decrease significantly for both men and women and would be awoken only by intense stimulation (Beck & Alford, 2009).

d. Fatigability

Fatigue is commonly used to describe the state of being weary quickly. Fatigue is a somatic symptom of depression, the most common manifestation of depression in primary care (Demyttenaere, 2015). People who are depressed will be weary of any action, even the smallest amount of movement.

D. Causes of Depression

According to the National Institute of Mental Health book, depression has no single cause. It is more likely to be caused by genetic, physiological, environmental, and psychological variables. According to research, depressive diseases are brain disorders. Brain-imaging technologies, such as magnetic resonance imaging (MRI),

have revealed that the brains of persons with depression differ from those who are not depressed. The brain regions controlling emotion, thinking, sleep, food, and behavior appear to malfunction. Furthermore, essential neurotransmitters—chemicals brain cells use to communicate—appear out of balance. However, these scans do not show the cause of the depression. Some types of depression run in families, implying a genetic link. Depression can, nevertheless, arise in people who have no familial history of depression. ⁹ According to genetic research, depression risk is caused by the interaction of several genes with environmental or other factors.

E. Impact of Depression

According to Seligman (1976) Some of the most common psychological disorders in children and adolescents are internalizing disorders such as depression and anxiety. Research on the development of depression and anxiety suggests that internalizing disorders can be reduced, even prevented, by promoting more accurate cognitive styles, problem-solving skills, and supportive family relationships. One of the effects of depression is helplessness (Seligman, 1976). The main problem with the original helplessness model, applied both to human helplessness in the laboratory and to natural human depression, is its failure to account for boundary conditions. Sometimes laboratory helplessness is general (Hiroto & Seligman), and sometimes it is circumscribed (Cole & Coyne, 1977). Sometimes bad events precipitate depressive reactions (occasionally transient, occasionally long lasting), and sometimes they do not (Brown & Harris, 1978).

To address these shortcomings, Abramson, Seligman, and Teasdale (1978) revised helplessness theory to include the individual's causal explanations

of the original bad events. According to this revision, when people face uncontrollable bad events, they ask why. Their answer affects how they react to the events. According to Abramson (1978) that three explanatory dimensions are relevant. First, the cause may be something about the person (internal explanation), or it may be something about the situation or circumstances (external explanation). Second, the cause may be a factor that persists across time (stable explanation), or it may be transient (unstable explanation). Third, the cause may affect a variety of outcomes (global explanation), or it may be limited just to the event of concern (specific explanation).

F. Character and Characterization

In this part, the researcher presents the theory of character and characterization.

a. Character

Someone who is reading a literary work understands what is in the literature. Generally, a literary writer tries to pique the reader's interest in the literary work. In general, there is a character in literature that the author uses to demonstrate the worth of literary works in the story while also making the reader curious so that the reader wants to know the true meaning of a character created by the author of the literary work. A literary author usually communicates the story's contents through a character when telling the true substance of a work of literature. The definition of character indicates the description of a genuine person who appears in the story (Nurgiantoro,165).

In general, the reader's understanding represents the definition of character. Dealing with character definition as expressed by reader understanding. Literary readers would undoubtedly recognize that the character represents the readers of literary works and cannot be isolated from moral facts. The study of intellectual and emotional traits is derived from what is conveyed in a dialogue about an activity contained in a literary work (Abrams 32-33).

b. Characterization

The researcher employed aspects in their literary work which may be intrinsic or extrinsic. Of course, they employed a method to create flawless literary work. When it comes to literary writing, characterization is one of the methods used to show the character in the researcher's works. When readers read a literary work, they can adopt and comprehend the character's personality (Kusumo,15). Characterization is also a message the researcher provides through the description, conduct, speeches, and dialogue on the material in the story (Kusumo,16). Seymour Chatman states in the debate that characterization is depicted in writing to create a clear image of a person in his actions and life (Kusumo,107).

Characterization can be done in two ways: showing and telling (Abrams 33). When the author presents the character's expression and then leaves the reader's disposition, this is referred to as showing (Abrams, 34). Telling is when the author describes and usually evaluates the quality of disposition (Abrams, 34).

CHAPTER III

RESEARCH METHODS

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

A. Research Design

The researcher interprets and analyses a literary work and then qualifies it as literary criticism. Literary criticism develops the reader's critical thinking and reading skills with literary works. Applying psychological approach the researcher focuses on the main character Ma dan Jack. The author tries to analyze the symptoms of depression experienced by Ma and Jack, and the researcher applies the theory of depression symptoms by Aaron Beck and A. Alford. With the addition of the depression impact on Ma and Jack in the novel *Room*.

B. Data Source

The data taken by the researcher is in the form of written data, sentences or expressions, the researcher reads this novel through an e-book. The data in this study is in the form of a text that describes the symptoms of depression in the novel "*Room*" by Emma Donoghue. This novel has 288 pages. Published by Picador 2010.

C. Data Collection

Researchers collect data such as reading to get ideas, reading details *Room*. After he got the complete information, the researcher collected information related to the topic and evaluated the data that had been selected. Then proceed with analyzing the data using a psychological approach.

D. Data Analysis

After collecting all the data, the researcher starts classifying the relevant data. First, the authors focused on data on depression symptoms. For classification data, researcher used theory from Aaron Beck and A. Alford. After that, the researcher analyzes the causes of the main character's life, and the researcher analyzes the impact of the main character's development. The conclusion from the data that has been found and its analysis.

CHAPTER IV

FINDING AND DISCUSSION

This chapter part will offer the response of the research question regarding experiencing characters symptoms of depression and impact depression of the main characters. The study is based on the theory of depressive symptoms proposed by Aaron Temkin Beck and Brad A. Alford.

A. Main Characters's Symptoms of Depression

According to Beck and Alford's 2009 book *Depression Causes and Symptoms*, the categories of depression symptoms consist of six symptoms: Emotional Manifestations, Cognitive Manifestations, Motivational Manifestations, Vegetative and Physical Manifestations, Delusions, and Hallucinations, whereas each symptom has its category.

1. Emotional Manifestations.

According to Beck and Alford (2009), emotional symptom refers to a person's shifting emotional state or the character's behavior in relation to their emotional condition. Beck identified six categories of emotional symptoms: Dejected Mood, Negative Feelings Toward Self, Reduction in Gratification, Loss of Emotional Attachment, Crying Spells, And Loss of Mirth Responses. These categories will contain the following:

a. Dejected Mood

In this novel, Ma as the main character has a problem with her emotions. Ma felt sad because she made a mistake when she gave birth to Jack. So much blood came out of Ma's womb and filled the carpet with blood.

"I look down at Rug with her red and brown and black all zigging around each other. There's the stain I spilled by mistake getting born." (p.6)

The data above shows that Ma is experiencing sadness. It can be seen from the sentence, "*There's the stain I spilled by mistake getting born*", which shows that Ma experienced a dejected mood by feeling that she had made a mistake when giving birth to her child.

"I often feel sad, heavy feeling in my chest." (p.44)

From the data above, Ma experienced sadness when she experienced this kidnapping. Ma tells Jack she didn't think she was in this room. The sentence "heavy feeling in my chest" explains that Ma experienced deep sadness, so he felt a heavy feeling in his chest. This event is included in the symptoms of depression, namely a dejected mood.

"Listen, Jack, I need to tell you another story."

"A true one?"

"Totally true. You know how I used to be all sad?"

I like this one. "Then I came down from Heaven and grew in your tummy."

"Yeah, but see, why I was sad—it was because of Room," says Ma. "Old Nick—I didn't even know him, I was nineteen. He stole me." (p.83)

The data above tells that Ma was very sad when she was pregnant. she said it was painful to be in this room. Ma also said that she did not know Old Nick, and he kidnapped her at the age of 19. The sentence "you know how I used to be all

sad?" explained that Ma was experiencing sadness. This incident could be classified as a depressive symptom of a dejected mood.

b. Negative Felling Toward Self

Negative feelings towards self, when a person thinks all negative feelings will come continuously, is one of the symptoms of depression. In this case, Ma experiences negative feelings towards herself. He expressed feelings of disappointment or regret in the data below:

*"I hated myself ever since you were in my tummy."
"Why?"
"Sorry I woke you," she says. (p.27)*

In the data above, when Jack was sleeping, Ma said that she hated herself when pregnant with his child. It turns out that when Ma talks like that, Jack isn't asleep yet. The words "I hated my self" describes that Ma hates himself. This incident is included in the negative feeling towards others.

*"I'm worried about my family. I will let them down when I get out of this room,"
Ma does a small smile. (p. 63)*

When they were talking about the Ma family, Ma was worried about her family and was afraid that when she got out of the room, her family would not accept her anymore. Because he already has a child from rape. This incident can be classified as a symptom of depression, namely negative feelings towards others.

*"Ma twists her mouth.
"I can't speak for anyone else. Like, I had an abortion when I was eighteen, and I regretted that."
"The regrets which were on permanent repeat in my mind." (p.205)*

From the data above, Ma thinks of his daily disappointment with himself. Because he had an abortion at the age of 18 years, the regret can be seen in the sentence, "The regrets which were on permanent repeat in my mind", showing that Ma feels negative feelings towards herself.

c. Reduction in Gratification.

Reduction in gratification in pleasurable things is a symptom of depression. Like what happened to Ma when Jack tried to get Ma to play a game, but Ma didn't do it.

"Let's play Beanstalk. We put my chair here on top of Table ..."
She helps me do that.
"Then Trash on top of my chair," I tell her.
"Then I climb all the way up"
"I don't want to do anything"
"Yeah it is if you stand on Table holding Trash so I don't wobble."
"Hmm," says Ma, which is nearly no. (p. 76)

From the data above, Mata seems uninterested in Jack's invitation to play games. Because she doesn't want to do anything. can be seen from the sentence "*I don't want to do anything*" shows that Ma feels symptoms of depression reduction in gratification.

"No," says Ma, "she's so happy it's making her cry."
That's weird. "Is she happysad, like you get when there's lovely music on TV?"
"I used to be happy when I watched TV while eating, but now I don't feel it anymore." (p.39)

In the data above, they are watching tv, but Ma says that watching tv is not as fun as it used to be because he used to watch tv at his house, but now he watches tv in this room. This incident is included in the reduction in gratification because Ma experienced an incident that used to be fun but is not anymore.

d. Crying Spells

Someone who is depressed tends to start with excessive crying. Ma experienced this incident when Old Nick just locked her up. Ma cries all the time.

*"I shut my eyes just in time, then open one a crack, then both.
"I cried till I didn't have any tears left," she tells me.
"I just lay here counting the seconds." (p.6)*

In the above data, Ma said, "I cried till I didn't have any tears left," this sentence indicates that she cried too long until there were no tears left. From this incident, this case can be concluded that Ma experienced crying spells. Jack experienced the same thing as Ma, starting with fear and crying.

*"I cry but no noise. I nibble my finger, Ma can't tell me to stop.
I wonder how much of my brain is gooey yet and how much is still OK." (p. 55)*

The incident above began when Ma fought with Old Nick until Ma's neck was bruised. Jack was scared and kept crying because Ma hadn't slept for days. It can be seen from the sentence, "I cry but no noise". This sentence indicates that Jack was crying too long, so there was no sound. This incident can be concluded that Jack experienced crying spells.

*"I'm crying. Ma dries her hands and comes to hold me.
"It's OK."
"It might—"
"I can't hear you. Take a big breath." "It might—" (p.35)*

From this data, Jack was terrified when he first understood Old Nick through the crack in the wardrobe door, the man who had locked them up. Jack cried in fear, as can be seen in the sentence, "Take a big breath," which indicates that Jack cried until he was short of breath. This symptom is also portrayed as crying spells in Jack.

“Ma scrunches up the picture. There’s wet on Table, it makes her white all shiny.”
“Don’t be crying,” I say.
“I can’t help it.” She rubs the tears over her face.
“Why you can’t help it?” “I wish I could describe it better. I miss it.” (p.75)

From data above, Mata is looking at pictures of her family. She is crying because she misses her family. She hasn't met her family for several years, and Jack is trying to calm Ma in this state.

2. Cognitive Manifestation

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 three symptoms of Main Characters’s depression that show in the Room novel.

a. Low Self - Evaluations

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, Ma experienced in which she does not confidence toward herself.

“Ma didn’t know. She’d been petrified of motherhood. She couldn’t look after herself, let alone anyone else.” (p. 58)

From this data, Ma is worried about becoming a mother while it indicates that Ma 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 Ma.

“I wasn't made for this life. Every move had been a mistake, every decision a disaster” (p. 89)

Ma 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 Ma in indicates her depression.

b. 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 Ma was blaming herself.

“I am so sorry. I made you live for seventh years in that small room, this is all my fault” she keeps saying that.” (p.258)

Ma apologizes to Jack for giving birth to him and for 7 years keeping Jack in the room. She feels guilty for everything that happened. In the sentence "this is all my fault," Ma blames himself and is included in the symptoms of self-blame depression.

“I'm not useful to anyone.”
“I have disappointed everyone.” (p. 260)

Ma's statement shows that if he always makes mistakes, he feels useless and disappoints everyone. Everything was her fault. Even when the Ma family wouldn't

accept Jack, Ma blamed herself. Therefore, Ma blaming himself is categorized as a symptom of self-blame depression.

c. Distortion of Body Image

When depressed individuals gaze in the mirror, they frequently experience feelings of physical self-blame. In this scenario, women are more susceptible to body image distortion than males (Beck & Alford, 2009). As experienced by Ma said that she was no longer beautiful.

*"you're beautiful."
Ma laughs.
"No, I'm prettier when I'm not in this room, Jack."
"Trust me" (p.51)*

In the data above, Ma denies Jack's statement that she is beautiful. She says that it is not as beautiful as when she was not in the room. In this incident, can be concluded that Ma experienced symptoms of depression, distortion of body image.

3. Motivational Manifestations.

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 Ma'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. t seems like Ma was lost of her positive desire.

"she hadn't the will or energy to do anything" (p.53)

In the above data, Ma is described as a person experiencing depressive symptoms. she lost her positive will to do anything because she believed everything was meaningless.

*"At 05:57 I say, "Ma, it's nearly six,"
 "so she gets up to make dinner but she doesn't eat any.
 Jeep and Remote wait in Bath because it's dry now, it's their secret cave. "Actually, Jeep died and went to Heaven,"
 "I say, eating my chicken slices really fast." (p.41)*

In this data, Ma experienced a loss of appetite with Jack's statement: "so she gets up to make dinner but she doesn't eat any." From Jack's account, Ma lost her positive will to do anything, so she didn't even eat. This data shows that Ma lost the symptoms of motivation, 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 Jack experiences, she tends to be comfortable being alone.

"I want to play in the playground, but I became seen and I didn't want to be seen" (p.240)

From this data, Jack described avoiding his friends in the park. After a long time, he realized that he did not want to be seen by anyone. This can be seen directly from Jack's sentence, "I don't want to be seen," which means this sentence shows avoidance because Jack has these symptoms.

c. Suicidal Whises

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 Ma and Jack's case, she had experienced dealing with suicidal wishes.

"I never cared, whether to die or stay alive" she says. (p. 96)

In the data above, Ma told Jack that she never cared about his life. Whether he wanted to die or live, Ma didn't care about that. This incident is included in the suicidal wishes.

"we'd better die than keep thinking of a way to get out of here"

"are we going to heaven?" I say.

"Maybe" (p.137)

In the data above, Ma seems tired of thinking of ways to get out of the room. in the words "better die" Ma makes it clear it's better to die. this incident is included in the suicidal whises.

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 Ma and Jack's life in increased dependency.

*"And when we scream, nobody hears us," she says.
"I was flashing the light on and off half the night last night, then I thought, nobody's looking."*

*"But—"
"Nobody's going to rescue us."
"I don't say anything. And then I say,
"You don't know everything there is."
"Her face is the strangest I ever saw." (p. 92)*

In the data above, Ma seems to have high hopes for people to help him out of the room. They planned to scream, but he knew no one would hear him. They experience increasing dependency symptoms because they need someone to save them. This case indicates Ma and Jack's increased dependence.

4. Vegetative and Physical Manifestations

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 three symptoms of Ma and Jack's depression these are loss of appetite, sleep disturbance, and fatigability.

a. Loss of Appetite.

Loss of appetite is the first sign of depression in the case of physical symptoms. Beck supports this in her book titled *Depression: Causes and Treatment*, which states that 72% of patients are profoundly depressed while 21% are not (Beck & Alford, 2009). As experienced by Ma, sometimes she does not need to eat.

"Your farts are much stinkier than mine. You're just trying to trick me and you better stop right this minute."

"OK," she says, all her breath hisses out like a balloon.

"Let's have a sandwich."

"Why?" "You said you were hungry."

"No I'm not." (p.75)

In the above data, Ma initially told Jack that he was hungry, but after informing him about the chronology of his kidnapping of Jack, he lost his appetite. In this incident, it can be indicated that Ma is experiencing depressive symptoms, namely loss of appetite.

"At 05:57 I say, "Ma, it's nearly six,"

"so she gets up to make dinner but she doesn't eat any." (p. 41)

In this data, Ma experienced a loss of appetite with Jack's statement: "so she gets up to make dinner but she doesn't eat any." From Jack's account, Ma lost her positive will to do anything, so she didn't even eat. This data shows that Ma lost the symptoms of depression, loss of appetite.

"In the morning I eating oatmeal and I see marks".

"You're dirty on your neck."

"Ma just drinks some water, the skin moves when she swallows." (p. 47)

In the data above, Jack mentioned that when he eats oatmeal, Ma wakes up only to drink water and not eat. This incident can be categorized as a symptom of loss of appetite depression because Ma has lost her appetite to eat.

b. 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.

"In Wardrobe, I always try to squeeze my eyes tight and switch off fast so I don't hear Old Nick come" (p.26)

Based on the data, Jack experienced sleep disturbances because of Jack's sentence ", I always try to squeeze my eyes." Jack always tries to close his eyes when he hears Od Nick coming. This sentence shows that jack experienced sleep disturbance.

*"I used to be scared to go to sleep, in case he came back," says Ma,
"but when I was asleep was the only time I wasn't crying, so I slept about sixteen hours a day."
(p. 33)*

The data above tells about Ma, who is always afraid to sleep. Every night she had trouble sleeping for fear of Old Nick's arrival. The sentence "I used to be scared to go to sleep" explains that Ma has difficulty sleeping. This incident can be categorized as a symptom of sleep disturbance.

c. 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 Ma.

*"Ma stops, she puffs out a long breath"
"I need to hit something," she says,
"but I don't want to break anything."
"Why not?"*

“Actually, I’d love to break something. I’d love to break everything.” (p. 79)

When Ma is confused about how he got out of the room, he is tired of the words "I'd love to break everything." these words have a negative connotation and signify that Ma is tired. This incident can be indicated as fatigability.

B. The Causes of Depression on The Main Characters.

In this study, the researchers found some of the causes of depression experienced by the main characters in the novel Room by Emma Donoghue.

This analysis focuses on Ma, one of the novel's main characters. The researcher selected Ma for the study since she was kidnapped at age 19 and held captive for over seven years. Her life is drastically altered. She resides in a room, and her existence is filled with misery for an extended time. The only person she communicates with daily is the man who abducted her and entered the room at a specified hour. Simultaneously, Ma's psychology alters, causing her to experience severe depression, fear, and hostility. The man assumes responsibility for Ma's life.

a. Kidnapping and Captivity

Psychological violence includes mental, emotional, and verbal abuse. It is said in Emma Donoghue's Room that Ma confronted new conditions that she had never imagined before. Ma was nineteen when she was kidnapped, and like any innocent girl oblivious to a stranger's main intention, Ma easily believes what Old

Nick says and rushes to examine the dog's status. The man used the dog as an object to capture Ma's attention and feelings.

"Anyway--this man ran up asking for help, his dog was having a fit and he thought it might be dying."

"What's he called?"

"The man?"

I shake my head. "The dog."

"No, the dog was just a trick to get me into his pickup truck, Old Nick's truck" (p.33)"

The conversation shows Ma explaining to her son why she was trapped in the room. It is clear that Ma wants to help the dog, but trusting a man she has never met makes her life miserable. Ma believes anyone, whether they are telling the truth or not. Unfortunately, Ma falls into a trap and is locked in a room for nearly two years with no one to care for her. The man comes to give her food, vitamins, and clothes.

Ma cannot reject the man in this state since despair, and tension cloud her thoughts. She tries not to whine about what has happened to her. A year has passed, and Ma still refuses to see the man's face or communicate with him. In her heart, her only desire is to get out of the room. Nightmares and anxiety torture Ma for a few months until she can accept her new condition, even though she desperately wants to escape it deep down. Staying in the room denies her the freedom other people enjoy, which diminishes her wonderful days.

"Yeah, but see, why I was sad--it was because of Room," says Ma.

"Old Nick--I didn't even know him, I was nineteen. He stole me.

"I'm trying to understand. (p. 33)"

Ma is nineteen years old when an unknown person takes her. She tries to flee before the stranger drags her away to an unknown location, but nothing she

does help. The room is fortified with a security system code, and only the man who knows the password may supply Ma with food and vitamins. Even though Ma has all her daily needs met, she is nonetheless depressed because she has no one to talk to, and this is the first time she has been kidnapped.

Ma was kidnapped for seven years, which left her emotionally and mentally traumatized for a long time. She must deal with the situation and study the man's pattern to discover a way out of the room until one day, she has Jack in the room with her, and she swears to keep Jack safe from Old Nick since the day he was born.

*"Get away, get away from him!"
"I can be quiet," she says, she's nearly whispering, I hear her breath all scratchy. "You know how quiet I can be, so long as you leave him alone. It's all I've ever asked." (p. 27)*

Ma was emotionally affected one night when Jack was curious about Old Nick's face, and Old Nick unexpectedly greeted him with "Hey, Sonny!" This fills Ma with dread since she does not want Old Nick to see or even touch Jack. Ma yelled, infuriating Old Nick. Old Nick punished Ma the next day by turning off the electricity.

Ma and her kid have been in the chamber for nearly seven years without seeing the outside world. Ma only teaches her kid the basics, recalling recollections from television and books provided to her by Old Nick. Ma sees Old Nick as a kidnapper and a source of hope and escapes from the room. Old Nick always gives Ma and her son Sunday Treats, a circumstance in which Ma and Jack can ask Old Nick for whatever they require daily, and Old Nick will deliver it.

We could ask for it, for Sunday treat.'

*"I've got a long list of things to ask for already.
"Where?"
"Just in my head," she says. She pulls out a worm of spaghetti and bites it. "I think they like fish." (p. 11)*

Although Old Nick is the kidnapper, he always gives Ma and Jack options for the required items. He has a list of Ma and Jack's belongings and will bring them by the list. However, Ma believes that being a victim is not always a terrible thing but rather an opportunity to improve one's patience and understand the pattern of Old Nick.

b. Sexual Abuse

In this novel, the character is subjected to psychological and sexual abuse. Ma had to have sex with Old Nick practically every day when he got into the room at 9.00 p.m. She cannot fight the man until she has a son. Despite having one, she is still forced to do it.

"I don't think he came last night after nine, the air's always different if he came. I don't ask because she doesn't like saying about him." (p. 6)

*"Let's just go to bed." Ma's voice is strange.
Old Nick does a kind of laugh. "I know what you need, missy."
"What Ma needs? Is it something on the list? "Come on," she says again.
"Didn't your mother ever teach you manners?"
Lamp goes out. But Ma doesn't have a mother. Bed's loud, that's him getting in. I put Blanket over my head and press my ears so not to hear. I don't want to count the creaks but I do." (p. 65)*

Ma is in a completely different scenario. She must fulfil the man's wishes because survival is the only way. Every night at 9:00 p.m., the man enters the chamber, and the two have sex until they have a son. Jack is the name of Ma's child. He is the reason Ma is still alive. Despite having a partner to converse with, Ma's

psychological health did not improve. She cannot defend herself while also complying with the man's demands.

“When Old Nick creaks Bed, I listen and count fives on my fingers, tonight it's 217 creaks. Talways have to count till he makes that gaspy sound and stops. I don't know what would happen if I didn't count, because I always do.” (p. 15)

Every night around 9.00 p.m., Old Nick visits Ma. When he comes, Jack sleeps in a wardrobe and occasionally hears a creaking sound. Ma and Old Nick are having sex, and Ma cannot decline Old Nick's request because it has become a habit. This demonstrates that Ma always obeys and submits to the man rather than placing herself in danger.

“Ma and him only talk for a bit tonight. Lamp goes off click and Old Nick creaks the bed. “I count in ones sometimes instead of fives just for different. But I start losing count so I switch to fives that go faster, I count to 378” (p. 26)

c. Pressure from Old Nick

The next causes pressure from Old Nick, where Ma and Jack have to survive under the pressure of the person who kidnapped them. Ma and Jack must follow every word said by Old Nick, must not come out from the inside of the room, and can only hope for what Old Nick will provide, be it food, clothes, or their needs in a while. They must not do anything wrong. If they make a mistake, they will get a reward and will not be given food, as happened when Ma screamed and pushed Old Nick away from Jack by pushing Old Nick and hitting him, as described in the following incident:

“The first time he opened the door, I screamed for help and he knocked me down, I never tried that again.” My tummy's all knotted.” (p. 84)

Ma explains that when he screamed for help, Old Nick pushed Ma's body and kicked him in the stomach. This incident happens a few times when Ma tries to scream. This case became one of the pressures from Old Nick. One night, Ma also experienced emotional violence. When Ma and Old Nick were fighting, Jack, who was listening to their fight, felt scared because he heard the sound when Ma slammed Old Nic onto the bed

"Ma and him only talk for a bit tonight. Lamp goes off click and Old Nick creaks the bed."
"I go up very close, half her face is showing and her neck. The marks are purple now" (p. 43)

Jack explained that he saw Ma thrown on the bed; in the morning, he saw her mother's neck had a purple streak. This incident was the emotional abuse committed by Old Nick against Ma. He tried to strangle Ma until Ma's neck became bruised.

At that time, Old Nick was furious and did not give them food for a week and cut off the electricity in the room. At that time, they were terrified. The room is cold because the temperature controller in the room is off, as described in the following incident:

"Ma's staring at the thermos."
"Powercuts."
"What's that?"
"There's no power in anything just now."
"It's a strange kind of day. We have our cereal, brush our teeth, get dressed, and water the plant. We try and fill the bath, but after the first bit, the water comes out all ice cold, so we just wash our clothes." (p. 67)

C. Impact Depression on The Main Characters Development.

In this study, the researchers found some of the impacts of depression experienced by the main characters in the novel *Room* by Emma Donoghue.

a. Impact of depression expected Ma.

This analysis focuses on Ma, one of the novel's main characters. The researcher selected Ma for the study since she was kidnapped at age 19 and held captive for over seven years. Her life is drastically altered. She resides in a room, and her existence is filled with misery for an extended time. The only person she communicates with daily is the man who abducted her and entered the room at a specified hour. Simultaneously, Ma's psychology alters, causing her to experience severe depression, fear, and hostility. The man assumes responsibility for Ma's life.

Such a deep feeling of fear is one of the effects of depression experienced by Ma. Ma is nineteen years old when an unknown man kidnaps her. She attempts to escape before the man brings her to an unknown location, but her efforts are ineffective. Ma's food and vitamins are only supplied by the man who knows the password to the room's security system, which is protected by a security system code. Even though Ma receives all of her daily necessities, she is still miserable because she has no one to talk to, and this is the first time she has been kidnapped.

"I used to be scared to go to sleep, in case he came back," says Ma, "but when I was asleep was the only time I wasn't crying, so I slept about sixteen hours a day." (p. 33)

Ma's mind and body react swiftly to the predicament that has befallen her. She slept almost sixteen hours per day out of fear that the person who kidnapped

her would return and do something unpleasant to her. As we all know, sleep is a time for people to unwind and refresh their minds from the stresses of daily life. Ma does the same thing because she cannot see the man who kidnapped her and feels protected when she is asleep. She does this for several months after she arrives in the chamber.

Ma becomes helpless and angry. Ma's resentment toward her condition increases, and she tries to find a solution to escape the room and all she does due to her panic disorder, which she never really desired. She once attempts to hurl the toilet lid on the man's head but fails, leading her to feel that nothing she can do will allow her to escape the room.

"What I did was, I took the lid off the toilet, and I had the smooth knife as well, and just before nine one evening, I stood against the wall beside the door- She puffs her breath. "He said some numbers, and I went to tap them in." "Which numbers?" "I don't think they were the real ones. He jumped up and twisted my wrist and got the knife." (p. 34)

She encourages herself to take the toilet lid and bash Old Nick's head to force Old Nick to give her the password. Ma believes Old Nick gave her the correct password, and she then tapes the code to the security system on the door. After she tapes the password, it turns out to be a bogus code that he supplied to Ma, and Old Nick leaps at her and grabs the knife.

Ma tries to leave the room not once but several times. When she tries to flee, she falls into a state of powerlessness and belief that all she attempts are futile. That there is no way out of this situation, including herself.

"She shakes her head. "When he was at work I tried to get out, I tried everything. I stood on tiptoe on the table for days scraping around the skylight, I broke all my nails. I threw everything I could think of at it but the mesh is so strong I never even managed to crack the glass." (p. 34)

Ma reaches a level of helplessness as a result of several strange processes that occur to her. She is in a situation that will radically alter her life. She tries to escape by digging a hole, but Old Nick discovers what Ma has done and rushes to build fences around all the walls, so there is no way out. Ma is fed up with everything that has occurred to her.

"When he was turning the shed into Room," says Ma, "he hid a layer of fence under the floor joists. and in all the walls and even the roof. so could never ever cut through."We've wriggled out now. We're sitting with our backs against Bed. I'm all out of breath."When he found the hole," says Ma, "he howled." (p. 34)

On the other hand, she wishes everything that has occurred to her would be over quickly. But what happens to her cannot fulfill her dream because reality has a different meaning than what she desires and cannot be resolved. Everything she has done will be for naught if she does not find a way out. She begins to accept her new situation to survive, and she does not complain or fight back against her kidnapper.

b. Impact depression of Jack

This study focuses on Jack, one of the main characters in this novel. After Ma, Jack is the child who was kidnapped for almost seven years. He is Ma's son. Jack was born when his mother was kidnapped. For nearly seven years, he lived in a room, and his life made him a child who did not know the outside world. The only person he spoke to was his mother, nothing else. It makes Jack grow into a child who has a limited mind. In the room, Jack can only watch TV. He always thinks

that what he sees on TV shows is not outside the room. Until he thinks dogs are only TV, and humans are both, but humans on TV are only made from pictures.

“She has nine left, they’re the wide of my hand with furriness all over, like Ma says dogs are. But dogs are only TV. I don’t like nine. I find a tiny leaf coming, that counts as ten” (p. 10)

I’ll get bigger and bigger and bigger till I turn into a human.” “Actually, you’re human already,” says Ma. “Human’s what we both are.” I thought the word for us was real. The persons in TV are made just of colors” (p. 15)

After they left the room, Ma and Jack went to the clinic for a psychiatrist's treatment. However, Jack looks confused to see the actual state of the world. He thinks that humans other than himself and his mother are zombies.

“Suddenly we’re stopped. The car opens and a person with no face looks in. I’m screaming.

“Jack, Jack,” says Ma “It’s a zombie.” I keep my face on her tummy. “I’m Dr. Clay, welcome to the Cumberland,” (p. 144)

“Ma, Ma, Ma.”

She’s a zombie, I think.

“Noreen?” I shout, I run at the door. I’m not meant to disturb the persons.” (p.220)

Subsequently, not just be a kid who's confused about the real world. After Jack underwent treatment at the clinic, he separated from his mother because his mother still needed treatment from a doctor. His grandmother accompanied Jack. One day he and his grandmother went to the playground where many children were playing. But Jack was afraid to approach them. He felt that they were not people he recognized.

“I can’t go to the playground because there are kids there who aren’t friends of mine.” (p. 229)

“I want to play in the playground, but I became seen and I didn’t want to be seen” (p.240)

From this data, Jack explains how to avoid his friends in the park. After a long time, he realized that he didn't want anyone to see him. This is seen right from Jack's line, "I don't want to be seen,". the impact of depression experienced by Jack was to become an anti-social child.

The impact of depression experienced by Ma and Jack did not stop there. The act of leaving the room does not bring them happiness. Ma must confront her environment, including herself, her family, and society. Ma and Jack were put to public rehabilitation after their escape. Ma believes that neither she nor Jack need therapy since she has always ensured Jack's safety in the room.

"Jack doesn't need therapy, he needs some sleep." Ma is speaking with her mouth open. He has never been out of my sight, and nothing like to what you imply has occurred. (p. 56)

Ma feels that Jack does not need medical care. After fleeing the chamber, he needs just repose to calm his mind and body. Ma does not want for anybody to touch Jack or even remove him from her side. The situation resembled the first time Ma gave birth to Jack and Old Nick never saw his face. She usually concealed Jack whenever Old Nick visited her. Jack's sole safe haven is with his mother, and vice versa. Ma and Jack are often questioned by society about how they survive and how they live in the room. Ma has been repeatedly sought for an interview, but she has declined because she does not want to recall what transpired in the room. One day, she convinces herself to share her life tale with others who are already waiting. She glances back at her mother and performs the unique voice.

"And we're thrilled that you've selected our program to tell it. Now, without necessarily referring to it as Stockholm syndrome, many of our viewers are intrigued, if not worried, as to whether you become emotionally reliant on your captor." (p. 67)

This is the first time Ma has been interviewed by a television station interested in what happened to her. The reporter inquires as to how she spent her time in the chamber and whether or not she despised her captor. Some individuals find it difficult to forgive the person who abducted us in an instant. We need time to process in order to forgive them, and Ma experienced this. Ma and the reporter engage in a lengthy chat until Ma yells at the reporter to stop asking such questions since they are not the only ones who have survived that situation. Ma is terrified by the reporter since she asks some questionable questions and goes too far.

"All of this reverence? I'm no saint "Again, Ma's voice is becoming louder. We wish that people would stop treating us as if we are the only individuals who have ever experienced anything horrific. I've been discovering things on the Internet you wouldn't believe." (p. 74)

On occasion, Ma does not want her life to be too exposed on television. Ma is not entirely recovered from the horrible incident that occurred to her for nearly seven years. The greater the number of inquiries regarding her illness, the more stressed she gets. Ma exits the room before the interview concludes and requests her parents to halt the television because it irritates her. Ma relaxes after the interview and enters the living room while the rest of the family is conversing. Ma's response to her father's question concerning Jack's true identity causes him to reject that Jack is his grandchild.

"What exactly do you mean by 'no offense'? Ma's speech is approaching a yell. "I cannot share the same space. It makes me shiver." "There is nothing. He is a male. He is 5 years old "She bellows. "I'm saying it incorrectly, Im-the it's jet lag. I will contact you later from the

hotel." Grandpa's grandson has just passed me without looking; he's almost at the door. Ma has struck the table with her palm, causing an audible impact. It's not acceptable." (p. 77)

Ma's father cannot accept Jack's presence in the family since he knows his daughter did not have a son when she was abducted, and in today's culture, a child born to unwed parents or an unknown father is not accepted by the family. Jack is her biological son, even though she received him from the guy who abducted her, according to Ma. Ma thinks that her father would one day accept Jack as his grandchild, and everything will return to normal in the future. The most irritating circumstance was the media's incessant coverage of Jack and Ma.

Ma is subject to several demands from society, her physician, and her family. This occurred for a long time until Ma committed herself to end her agony and ensure her safety. Ma gives up and believes that suicide is the only way out.

"I have no idea what— Then I see open pill bottles on the table that appear to be largely empty. Never more than two, according to the norm; how could they be largely empty? Noreen is pushing on the side of Ma's neck and calling her by a different name "Are you hearing me?" (p. 81)

Suicide is the only option to terminate a person's suffering when they are under extreme strain and stress. The environment in which Ma lived had an effect on her. They continue to blame the manner in which Ma educated Jack and believe that everything Ma did was incorrect. Ma is transferred to public rehabilitation in order to heal from her condition. She needs time to accept, and to do so, she must put her family and Jack at a distance. Following the accident, Ma is admitted to a rehabilitation facility. This is the last phase to a person's recovery from a traumatic condition. Jack lives with Ma's parents and must

adjust to his new condition; nevertheless, Ma is skeptical that he will be able to overcome it. Surprisingly, he is able to adjust to the situation in which Ma is not there, and he convinces Ma that he is alright. Jack wants Ma to trust that they would be able to endure this terrible period, just as they did when they escaped the chamber. Ma continues to practice her thoughts by writing in the notebook and following the doctor's instructions to the letter.

"You are no longer poisoned by the terrible medicine? I ask "No, no, I'm getting better. You're not in Heaven?" "I was exhausted," she admits. "I made an error." You're not exhausted anymore?" She does not make any comments. Then she utters, "I am. However, it's okay." (p. 88)

Ma commits herself after the accident; she is hospitalized, and Jack inquires about her status. Ma responds that she is better than before, knows that she has made a mistake, and vows not to make it again. She wants to alter her life like any regular person would and to return to the normal life she had before. She attempts to let go of her horrible experience and all that transpired.

"As soon as she is able," he states. Would you feel more at ease staying at the clinic rather than at your grandmother's house? "With Mother in Room Seven?" He gives a head shake. "She is on the other wing because she needs some time alone. "I disagree; if I were unwell, I would need my mother's presence much more." But she's trying so hard to recover," he says. (p. 88)

In the chat, Jack expresses his belief that Ma would recover from her illness if she is able to overcome her painful experience and heal from it. Jack saves Ma's life with his utmost support, and everything seems to be going well with Ma's development. She takes the prescribed medicine and adheres to the doctor's instructions. It restores Ma to the person they know her to be. One day, the doctor announces that Ma may come home, and she brings Jack something. Ma chooses to move into an apartment with Jack. Ma feels secure in Jack's

presence. Ma's family members do not think that she wants to live apart from them. In the end, they provide Ma the opportunity to enjoy her life.

Steppa inquires, "What time are they expecting you at the clinic?" She gives a head shake. "I'm through with it." She removes an object from her pocket and rattles it, revealing a key on a ring. "Guess what, Jack? You and I each got an own apartment." Grandma calls her by a different name. "Do you really think that's a good idea?" (p. 97)

Ma no longer need therapy from the clinic; she is no longer in need of treatment of this kind. She wants to concentrate on her new life. She wants to teach her kid using situations and techniques that have never been used in the room before. They can do all of this in their apartment, where they will not be interrupted. Jack requests to view the room, but Ma refuses since it is no longer significant. Ma eventually showed Jack the room that had served as their residence for over seven years after Jack's repeated inquiries.

Officer Oh's comment

"Here we are" is the sole indication that we have arrived at our destination. I cannot recall from which home Ma emerged the night of our Great Escape, since all of the houses had garages. None of them seems very secret." (p. 102)

Jack and Ma return to his room, where he wishes to bid farewell to all the objects that have become his friends. Ma forces herself to re-enter her depression, despite the fact that it takes a significant amount of time to properly heal from this state. Ma is able to reconcile with herself due to her family's support, particularly Jack

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter discusses the conclusions from the findings and discussions that have been discussed in the previous chapter. This section discusses in accordance with the research question that the researcher formulated in the previous chapter.

A. Conclusion

This research is conducted to analysis the main characters in *Room* from the psychoanalysis perspective of A. Alford and A. Temkin Beck about depression symptoms, the causes of depression of the main character and the impact of depression in the main characters. The data found from the novel shows that the main characters experiences four symptoms of depression, namely emotional symptoms, this symptom occurs when the main character feels sad because she made a mistake when giving birth to her child, main character hated herself when pregnant with his child, and the main character worried about her family and was afraid that when she got out of the room, her family would not accept her anymore. Cognitive symptoms, this symptom occurs when the main character does not feel confident with her ability, and feels guilty for everything that happened. Motivational symptoms, this symptom occurs when the main character lost her positive will to do anything because she believed everything was meaningless, and never cared about his life whether he wanted to die or live. And vegetative and physical symptoms this symptom occurs when the main character gets up to make dinner but doesn't eat any, and main character having sleep disturbances.

Furthermore, the researcher found in this novel is the causes of the depression experienced by the main character. The first cause is kidnapping and captivity, the second cause is sexual abuse, and the last is pressure from Old Nick. And the data found from the novel shows that the impact of main character Ma is experiencing the effects of depression, namely, fear and helplessness. Meanwhile, the impact of depression experienced by Jack is that he becomes an anti-social child. It doesn't stop here. The last impact of depression for them is that they need special treatment by going to a rehabilitation hospital.

B. Suggestion

The suggestion on this research, will be useful theoretically as a scientific development of English literature, especially in the study of novels with a psychoanalytic approach. In addition to theoretically, this research is expected to be used as a reference for further research related to literary psychology with a different point of view. Can be used as a reference the psychological aspects of literature for literary enthusiasts. And it can be used as an insight for researchers themselves in debriefing themselves both in academics and in the wider community about mental disorders.

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