

# THE DEPRESSION OF THE MAIN CHARACTER AS REFLECTED IN *EVERY DAY* BY DAVID LEVITHAN

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The journal entitled “The Depression of the Main Character as Reflected in *Every Day* by David Levithan: A Psychological Approach”. The objectives of the research are: 1) to describe the characterization of the main character of the novel, 2) to describe the depression experienced of the main character in the novel and, 3) to describe the moral value of the novel. The subject of the research is the novel *Every Day* by David Levithan and the object of research is focused on the depression of the main character. This research is categorized as a library research. The data analyzing method on this research is descriptive qualitative method. The data are analyzed using theory namely (1) character characterizations theory by Subhan (2003), (2) the symptom theory by *Improving Access to Psychological Therapies* (IAPT), (3) a psychology approach theory by Wellek and Warren (1956), (4) the theory of moral value by Nurgiyantoro, and Subhan (2015). The research findings of the research are: first, the characterization of the main character “kind-hearted, ambitious, optimistic, generous, responsible, and brave”. second, the symptoms of depression of the main character are: (1) depressed mood, (2) losing interest and enjoyment, (3) self criticism and guilt, (4) loss energy, (5) pessimism, (6) changes in sleep patterns, (7) thoughts of death. third, the moral values can be taken from the novel are positive value: (1) we must do good to others, (2) we must think carefully when doing somethingA think before doing something, and (3) we must be honest to others.

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*Keyword : depression, the symptoms of depression, psychological approach*

## 1. INTRODUCTION

Life is not as easy as it looks. Sometimes it is something that just happens for no reason. People do not do anything or even prepared for it. Many people have a certain problem in their lives. There are many problems faced. In this study, the researcher will analyze the depression experienced by a man whose soul can move to the body of another person. From the data above, the reseacher able to ask questions of the novel about the nature of anxiety responses to the depression.

It is stated in,"the original model of depression as developed by Aaron T. Beck (A.T.Beck,Rush, Shaw, and Emery, 1979) saw it as characterized by a negative view of the self (e.g. "I am a loser"), the world (e.g. people will hurt me if I give them a chance"), and the future (e.g. things will never get better, only worse"). Beck was careful not to say that these dysfunctional thinking patterns necessarily caused depression (though they might in some circumstances) but that they were associated with depression. A complex mixture of biological variables, social factors, and psychological aspects likely causes depression but there appears to be a cycle of cognition, affect or emotion, and behavior resulting in what has been called the downward spiral of depression".

Dowd (2003) states "Depression is undoubtedly the most common mental health problem, especially when its milder form dysphoria is also included". Historically, diagnosing and tracking depressive symptoms has been accomplished through periodic assessment with structured or unstructured clinical interviews using standardized symptom rating scales. This approach, which was invented in the 1960, is based largely on subjective self-report, and has limited utility in fully characterizing clinically meaningful subtypes of depression. Also, this current "descriptive" way of diagnosing depression is limited in its ability to predict the course of illness or to capture variations of the disease over days.

## **2. RESEARCH METHOD**

This research is categorized as library research. According to Elmer E. Ramuson library web on *Library Research Process*, library research is a kind of research which conducts step by step process to collect sources in order to write paper or complete a project. On library research the researcher collecting the sources by reading books and articles. There are two kinds of sources of information in library research. Those are primary sources and secondary sorces (<https://library.uaf.edu/Is101-research-process>. 2018)

### **A. Type of Research**

In this chapter, the researcher discusses the research findings and discussions of the novel. The researcher focuses on the analysis of A, the main character in the novel *Every Day* by David Levithan and the researcher presents: haracterization of the main character in the novel *Every Day*, symptom of depression in the *very Day* and the last is moral values of the story.

## **B. Data Collecting Method**

Arikunto (2010) states that (Collecting is the most important job in the research so that in collecting the data is required the method and instrumentation for data collecting such as interview, observation, questionnaire and documentation). In collecting data for this research the researcher uses the library research with taking some steps.

## **C. Analizing Method**

The data analyzing method used by the researcher on this research is descriptive qualitative methods. The collected data are analyzed under psychological approach and it will be described by using descriptive qualitative method. Descriptive method is the interpretation to the content and arranges systematically to describe the main data related to the topic. The qualitative research is categorized data into patterns as the primary data for organization and reporting research. In this qualitative method the description of the contents or documents will be obtained the point of qualitative is the novel entitled *Every Day* by David Levithan.

# **3. THEORETICAL FRAMEWORK**

## **A. Theory of Psychological Approach**

Subhan (2012:74) states in, “psychological approach or psychology of literature is used to explain the psychology of the author and have the impact to the creation of the novel in her book said that “Psychology comes from the Greek psyche, meaning soul, and logos which means science. So psychology means psychology or science that investigates and studies human behavior.”

According to James D. Page in his book said that “Psychology is concerned with the study of the mental process and behavior of all human beings, with emphasis on the normal. Another expert, Dennis Coon in his book said that “Psychology is memory, stress, therapy, love, persuasion, hypnosis, perception, death, conformity, creativity, learning, personality, aging, intelligence, sexuality, emotion, and many, many more topics.” (Dennis, 1986:3)

## **B. Theory Depression**

Dowd (2003) states that “Depression is undoubtedly the most common mental health problem, especially when its milder form – dysphoria is also included”. Historically, diagnosing and tracking depressive symptoms has been accomplished through periodic assessment with structured or unstructured clinical interviews using standardized symptom rating scales.

## **C. The Characterization of the Main Character**

Characterization is the clear delineation of character in the story. Klarer, (2002: 165) defines characteristic and attitudes of the character life what is interpreted by the characterization denotes quantity. Characterization is a literary device that is used step by step in literature to highlight and explain the details about a character in a story. It is the method in performing characters in a story. In fiction it is depicting of clear images of a person.

## **D. Symptoms of Depression**

In *Improving Access to Psychological Therapies* (IAPT) (2010) depression has many different symptoms. It is very often characterised by feeling sad, “blue”, and miserable it effects how you feel, act, and think. Some of the most common symptoms of depression are listed below:

- a. losing interest and enjoyment in previously enjoyed activities. Nothing seems like fun anymore. Things that used to be enjoyable feel like a chore. Motivation to do almost anything is very low. The thing used to be fun feels like a task. The motivation to do almost anything is very low. Everything seemed to be very unsuitable.
- b. pessimism. Very negative interpretations of the things that are happening around you. For example, thinking that nothing will work out right. What the success rate does is very low and think that all his negatives are not true.
- c. loss of energy. Feeling tired all the time and easy emotions if what is done wrong, has no sense of optimism and loss of excitement. A sense of interest to speak to someone very low prefers to be alone.
- d. withdrawal from social activities. You may stop returning phone calls and begin avoiding occasions that involve socialising with other people.
- e. memory difficulties. For example, you may forget where you put something, or forget your keys. There are other, more specific, memory changes as well. For example, it becomes easier to

remember bad things that have happened to you and more difficult to remember good things.

f. changes in sleep patterns. Some people have a lot of difficulty sleeping, while others feel as though they could sleep endlessly.

g. thoughts of death. These range from thoughts that it wouldn't be so bad to be killed accidentally to actively making plans for suicide.

## **E. Moral Value**

Subhan (2015: 9) states that moral values are usually connected with the characters of the novel. As in the didactic novel or in the novel in which there is an element of moral teaching, the antagonist character is usually immoral or evil because the protagonist is usually good and true.

According to Nurgiyantoro (1995: 30) moral value is something which the author wants to carry on the message to the reader by the meaning which implied in a work indirectly or by giving the suggested through the story. Nurgiyantoro (1998: 321) said that moral of the literary work usually reflects the author's way of life his view about rightness values, and those are what the author wants to carry on the readers.

## **4. RESEARCH FINDINGS AND DISCUSSION.**

The researcher focuses on the analysis of A, the main character in the novel *Every Day* by David Levithan and the researcher presents: characterization of the main character in the novel *Every Day*, symptom of depression in the *very Day* and the last is moral values of the story.

### **A. Characterization of the Main Character**

#### **1. Kind-hearted**

Justin is a man who loves to play basketball, and he has a less good manners towards his girlfriend, Rhiannon. When A is in the Justin's body he wants to change the nature of Justin, A is a kind-hearted man. A is a kind-hearted person. It can be seen in the following quotation:

It's hard being in the body of someone you don't like, because you still have to respect it. I've harmed people's lives in the past, and I've found that every time I slip up, it haunts me. So I try to be careful. (Levithan 2012:2)

Based on the quotation above, A is a man who ever harmed people's lives in the past. Until one day, A decides that every time he slip up, it haunts me. So he tries to be careful.

## **2. Ambitious**

A has great ambitions. What A wants to accomplish, he will do well and sincerely. It can be seen in the situation when A prepared to tell someone else about his life, such in the following quotation:

“listen to me. Please. You know it wasn’t Justin with you that day. In your heart, you know. He didn’t act like Justin, he didn’t do things Justin does. That’s because it was me. I didn’t mean to do it. I didn’t mean to fall in love with you. But it happened. And I can’t erase it. I can’t ignore it. I have lived my whole life like this, and you’re the thing that has made me wish it could stop.”  
(Levithan, 2012:94)

From the quotation above, it can be seen that A (Justin) wanted to make sure that he is in the body of Justin.

## **3. Optimistic**

A is a very optimistic person. Even though he knew during his travels he would find various problems, He could still be calm to solve the problems. It is stated in the following quotation:

“I hope whoever she was, she was worth it,” Tom taunts. I look at him blankly.  
“Dude, don’t try to tell me you were just going for the coffee or the folk tunes they play on the speakers. I know you better than that.” I remain silent. (Levithan, 2012:109)

From the quotation A is very optimistic that he can try to tell all about it even though Tom does not believe the one that A has said.

## **4. Generous**

A is a generous person. He always gives his priorities to others one of them is Rhiannon. This can be seen in the quotation below:

“I want him to remember how it feels to hold her. I want him to remember how it feels to share the world with her. I want him, somewhere inside, to remember how much I love her.  
(Levithan, 2012:319)

The quotation shows that with all these possessions that he had, A is not arrogant or even selfish. Instead, he is reluctant if her love for Rhiannon is for Alexander.

## **5. Responsible**

A is a responsible person. When A was in the body of Kelsea, he helped his sick grandmother. A is responsible toward Kelsea's grandmother. Kelsea is Justin's brother. Kelsea does not look like Justin at all, which is why A do help Kelsea. This is expressed in the following quotation:

A also helps to find a doctor to help the process of healing the pain that is experienced by the Celtic's. As quotation below:

“Putting me up obstacles can help. Getting other people involved can help. Getting her to the proper doctors can help.” “Just like if she had cancer, or was bleeding in the street.” This is what I need. It's not enough to hear these things in my own voice. I need to hear them told to me by somebody I trust. (Levithan, 2012:133)

The quotation above proves that A is very responsible. He can help and be concerned about others.

## **6. Brave**

Furthermore, A is a brave man. Every risk that he faced was always dangerous. It is proven by the statements from Alexander to Rhiannon:

“He's a good guy,” I say, my voice is broken whisper. I don't want to do this, but I have to do this. “He might even be a great guy. And today's the day your first met. Today's your first date. He's going to remember being in the bookstore. He's going to remember the first time he saw you, and how he was drawn to you, not just because you're beautiful, but because he could see your strength. He could see how much you want to be a part of the world. He'll remember talking with you, how easy it was, how engaging. He'll remember not wanting it to end, and asking you if you wanted to do something else. (Levithan, 2012:317)

From the quotation, A would like to see Rhiannon being happy with Alexander and having a decent life, although it is difficult for A to let Rhiannon go with Alexander but A was not being selfish.

## **B. The Depression Experienced by the Main Character**

Depression is a common mental disorder that appears with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. In this study, the symptoms of depression are explained from the experience of the main character of the novel. According to IAPT (2010), the symptoms of depression are divided in some sections including depressed mood, losing interest and enjoyment, self-criticism and guilt, pessimism, hopelessness, loss of energy, reduced activity, withdrawal from social activities, difficulty concentrating, memory difficulties, changes in sleep patterns, and thoughts of death.

### **1. Depressed Mood**

According to IAPT (*Improving Access to Psychological Therapies*) (2010) in chapter two feeling low, sad, miserable, hopeless, or irritable. Sometimes people feel bleak, and numb which A experienced when he was in Justin's for the first time.

Justin is the one who figures things out. Justin is the one who says what they're going to do.

It depresses me.

I have seen this too many times before. The unwarranted devotion. Putting up with the fear of being with the wrong person because you can't deal with the fear of being alone. The hope tinged with doubt, and the doubt tinged with hope. (Levithan, 2012:9)

So it was a horrible attitude made by Justin. In the end, A was surprised with Justin's attitude who smoke and was terrible toward his girlfriend Rhiannon, but when A was in the body of Justin, A did not follow the attitude of Justin. A try to change his attitude each day.

### **2. Losing Interest and Enjoyment in Previously Enjoyed Activities**

According to IAPT (*Improving Access to Psychological Therapies*) (2010) in chapter two nothing seems like fun anymore. Things that used to be enjoyable feel like a chore. Motivation to do almost anything is very low.

Some people think mental illness is a matter of mood, a matter of personality. They think depression is simply a form of being sad, that OCD is a form of being uptight. They think the soul is sick, not the body. It is, they



believe, something that you have some choice over.(Levithan, 2012:119)

Because A realizes that every day A in the body of different people. A feels weird.

### **3. Self-criticism and Guilt**

According to IAPT (*Improving Access to Psychological Therapies*) (2010) in chapter two nothing seemed fun anymore. Almost all things are very low, feeling that you are bad, useless, inadequate, and worthless.

I access her history and am shocked to realize that she's gotten this far without any notice, without any diagnosis. She has been left to her own devices, and those devices are broken.

It is five in the morning. I have woken up without any alarm. I have woken up because the thoughts are so loud, and none of them mean me well.

I struggle to get back to sleep, but the body won't let me. (Levithan, 2012:120)

A always tried to recall the incident experienced by his new body, the story of his past plan that he would know. Then, a few hours A tried to sleep but A felt uncomfortable because A was not accustomed to his new body.

### **4. Loss of Energy**

A feels bored of living in other people's bodies every day. A always experiences a new change in his life every day, A was in a difficult position and only A was experiencing.

Sometimes I can't go through these motions. I can't bring myself to go to school, maneuver through the day. I'll say I'm sick, stay in bed and read a few books. But even that gets tiresome after a while, and I find myself up for the challenge of a new school, new friends. For a day. (Levithan, 2012:3)

From the quotation above, A felt his life was very monotonous and did not get a positive thing in his life. A also spends a lot of time enjoying daily life while in the body of others. The impacts of A death is he always moved around in the body of someone else every day. He acts as if his soul with others is his own.

## 5. Pessimism

A also felt a very negative interpretation going on around A. For example, A always thinks that all his work will never come true. That negative interpretation makes A not optimistic.

I don't want to do this. I don't want to ruin it. But I have to, don't I?

I continue, "But about today?"

"I don't know," I tell her. "That's all I wanted to say. I don't know. Today was something, but it's not, like, everything."

"I know that."

"Okay."

There's always a chance that, in some way, I will have brushed off on Justin. There's always a chance that his life will in fact change—that he will change. But I have no way of knowing. It's rare that I get to see a body after I've left it. And even then, it's usually months or years later. If I recognize it at all.(Levithan, 2012:26)

A has negative interpretation is when A knows that Justin's habit is done on daily basis. He tried to be the original Justin. Until he thinks that Justin could be better for Rhiannon but A was not sure of Justin.

## 6. Changes in Sleep Patterns

One person has lot of sleeping trouble, while others feel as if they can sleep relentlessly. A just having trouble sleeping in one of the body of someone. He found it difficult to sleep, like the quotation below:

The alarm will go off in seven minutes.

I'm never the same person twice, but I've certainly been this type before. Clothes everywhere. Far more video games than books. Sleeps in his boxers. From the taste of his mouth, a smoker. But not so addicted that he needs one as soon as he wakes up.

"Good morning, Justin," I say. Checking out his voice. Low. The voice in my head is always different.

Justin doesn't take care of himself. His scalp itches. His eyes don't want to open. He hasn't gotten much sleep.

Already I know I'm not going to like today.(Levithan, 2012:2)

From the quotation, A feels very uncomfortable when he was in Justin's body for the first time, A feels Justin is a lazy man. When A awake from his sleep, A saw the vibe of Justin's room was very messy and not clean.

## **7. Thoughts of Death**

These range from thoughts that it would not be so bad to be killed accidentally to actively making plans for suicide. A experienced a lot of the incidents that confused him to do something. A is always trying to help people who are troubled or are experiencing or having problems.

No matter where I am, I usually have access to these things, and video games especially help me calm my mind. (Levithan, 2012:50)

The quotation shows that A mind does not care about his circumstances because A can make himself safe in every place and situation.

## **C. Moral Values of the Novel**

The researcher found moral value after analyzing the novel *Every Day* by David Levithan 2012. According to Nurgiyanto (1995:30), moral value is something which the author wants to carry on to the readers by the meaning which implied in a work indirectly or by giving the suggested through the story. Moral value on this story will be present into positive moral values. Positive moral value means good attitudes of the moral value that the readers can practice in real life. The positive moral value taken from the novel are:

### **1. We Must do Good to Others**

Being a kind person is a good moral. It is important to always treat others with love and respect. We do not know what someone is going through in their life. Someone may look very happy but the truth is she/he is in pain or depression. A is an example, He hid his depression from people around him A little kindness will be very helpful for such a condition.

"You're kidding me, right?" Rhiannon says. "You have to be kidding."

I press on. "When we were on the beach, you told me about the mother-daughter fashion show that you and your mother were in, and how it was probably the last time you ever saw her in makeup." (Levithan, 2012:93)

The quotation suggests that A need help to explain to Rhiannon that she is in the body of a different person every day.

## **2. We Must Think Carefully When Doing Something**

Try to always think deeply before we talk or act is a moral value from the story. Words have amazing power to build or destroy. It is difficult to know how your words give impact to someone. It is always safer to ignore a rumor than to continue spreading it because you never know what's going on in that person's life in this novel A being able to speak to answer to Rhiannon live a normal life together with alexander.

I look down at it. I look up at her.

"I have to tell you something," I say.

I mean I have to tell her everything.

I tell her about Nathan. I tell her about Poole. I tell her I might not be the only one. I tell her there might be a way to stay in a body longer. There might be a way not to leave. (Levithan, 2012:316)

A wish he would be able to stay in one's body longer but it's all very unlikely.

## **3. We Must be Honest to Others**

Being honest is one of the good attitudes someone should have in their life. In the story, A refused to open himself to others. It is clearly shown in the quotation below:

I had to ask Poole if it was really possible. I had to ask him if he could really teach me.

He promised he could. He told me we could work together.

There was no hesitation. No warning. No acknowledgment of the lives we'd be destroying.

That's when I knew for sure I had to run away.

She holds me. She holds me so hard there's no thought in it of letting go.

"I love you," I tell her. "Like I've never loved anyone before."

"You always say that," she says. "But don't you realize it's the same for me? I've never loved anyone like this, either."

"But you will," I say. "You will again." (Levithan, 2012:319)

Based on the quotation, it is hard for A to go because he is already admitted honestly to Rhiannon over what he experienced during this.

## **5.CONCLUSSION AND SUGGESTION**

The conclusion related to the content of the novel *Every Day* by David Levithan. Besides, the researcher also presents a suggestion that can be useful for the reader.

### **A. Conclusion**

Conclusion based on the research findings and discussion in chapter four, the researcher would like to draw some conclusions as follow:

1. The characterization of the main character in the novel *Every Day* by David Levithan is a novel about a man with initials A as the main character he has unusual habits daily, his soul can move into another person's body every day at 24:00 hours.
2. The depression experienced by A as the main character in the novel *Every Day* when he had not realized that he was a teenager. The problem experienced by A:
  - a) A is he felt something strange in his body, ranging from different skin colors, different sounds, and different atmosphere.
  - b) He feels confused when in someone else's body, he tries to be a good person when is someone else's body and that is not easy for A.
2. Moral Value involved in novel *Every Day* by David Levithan are positive value is including:
  - a) We Must do Good to Others.
  - b) We Must Think Carefully When Doing Something
  - c) We Must be Honest to Others

### **B. Suggestion**

Based on the research, the researcher gives some suggestions for the readers as follows:

1. Reading novel can give us a lot of good benefits. The readers will get many benefits such as new knowledge about psychology, knowing the symptoms of depression, and the moral value of the novel. Someone who has a reading habit will develop the positive attitude of reading that is taken from the moral value of the novel. The readers also can improve their skills in English, especially in mastering vocabularies (e.g., kind-hearted, ambitious, optimistic, generous, responsible and brave), grammar, and pronunciation.

2. *Every Day* is a novel by David Levithan which is very interesting. The story in the novel is good. This novel also has many lessons that can be taken by the readers such as being self-reliant, especially being a man whose soul is always moving to another person's body. The examples being independent such as courage, hard work, not giving up, confident, and making efforts to get a better life, and do not depend on others.
3. The researchers hopes that the readers can get the positive impact through this research, especially to increase the reader's hobbies like reading the novels or others literary work.
4. The researchers hopes this research can give a good impact and it can help others researchers. It can be a reference for them.

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