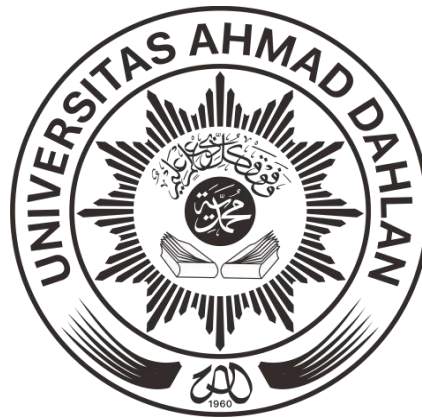


**LOSS, GRIEF AND DEPRESSION DEPICTED IN  
ALICE SEBOLD'S *THE LOVELY BONES*;  
A PSYCHOLOGICAL STUDY**

**Undergraduate Thesis**

Submitted as a Partial Fulfillment of the Requirements to Achieve Sarjana Sastra  
Degree in English Literature Department.



**By**

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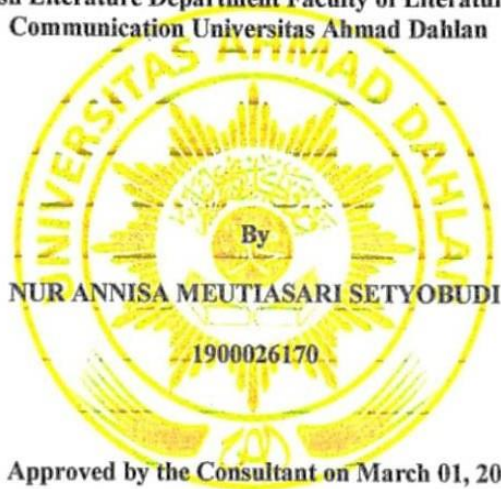
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## APPROVAL PAGE

LOSS, GRIEF AND DEPRESSION DEPICTED IN  
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A PSYCHOLOGICAL STUDY

AN UNDERGRADUATE THESIS

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A PSYCHOLOGICAL STUDY

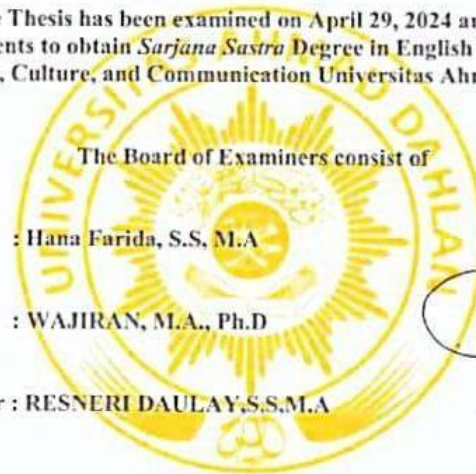
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Herewith, I state that all these statements, opinions, analysis, that I have written in this undergraduatethesis entitled LOSS, GRIEF, AND DEPRESSION DEPICTED IN ALICE SEBOLD'S *THE LOVELY BONES*; A PSYCHOLOGICAL STUDY are my original work. During the process, I optimally conducted my own research with the help of some references and suggestions. Every word and statement taken from these references are treated as quotation and experts in which the name of the author and publisher are stated. If any claim related to this analysis that I made persist in the future, I would be fully responsible for my clarification.

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Mengetahui,  
Pembimbing



**Hana Farida, S.S., M.A**

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First of all, I would like to express my gratitude to Allah SWT who has given me health, knowledge, experience, strength, patience, and opportunity so that I can complete my thesis entitled Loss, Grief and Depression Depicted in Alice Sebold's *The Lovely Bones*; A Psychological Study.

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2. Wajiran, S. S., M.A, Ph.D as the Dean of Faculty of Literature, Culture, and Communication, Universitas Ahmad Dahlan.
3. Drs. Maftukhin, M.Hum. as the Head of the English Literature Department Faculty of Literature, Culture, and Communication, Universitas Ahmad Dahlan.



4. All lecturers in the English Literature Department of Universitas Ahmad Dahlan.
5. All employees of Ahmad Dahlan University.
6. Universitas Ahmad Dahlan so that I can achieve my bachelor's degree.

Yogyakarta, April 29, 2024

The Researcher

A handwritten signature in black ink, consisting of several vertical and horizontal strokes, representing the name Nur Annisa Meutiasari Setyobudi.

Nur Annisa Meutiasari Setyobudi

**MOTTO**

"Do it if you want, don't if you're not."

– Lee Jenó –

“Humans are scarier than ghosts.”

– Hamada Asahi –

“I feel like the possibilities of all those possibilities is just another  
possibility that can possible happen.”

– Mark Lee –

## **DEDICATION PAGE**

This thesis is dedicated to those involved in the making of this thesis. Hereby,  
I would like to express my gratitude to:

1. The researcher's gratitude goes to Allah SWT for all His blessings, grace, and gifts that have provided knowledge, experience, strength, patience, and opportunities to the researcher so that the researcher can complete this thesis.
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Setyobudi, Nur Annisa Meutiasari. "Loss, Grief and Depression Depicted in Alice Sebold's *The Lovely Bones*; A Psychological Study". Undergraduate Thesis. Yogyakarta. Universitas Ahmad Dahlan.

## ABSTRACT

Loss is something that everyone has felt. After someone experiences a loss, they will enter the grieving phase. This grieving process brings a person into a state of depression. This research aims to find out the loss and the grieving or mourning phase experienced by Jack, Abigail, and Lindsey, and also to find out the depression or melancholia experienced by two characters in the novel *The Lovely Bones* by Alice Sebold, namely Jack Salmon and Lindsey Salmon. This study concentrates on one main research question which is how loss, grief, and depression are depicted in Alice Sebold's *The Lovely Bones*; A Psychological Study.

This research uses the literature research method. Alice Sebold's novel *The Lovely Bones* is the primary data source in this research, and the secondary sources are previous studies. The researcher uses a psychological approach with Sigmund Freud's Mourning and Melancholia theory to answer this research question. Sigmund Freud's Mourning and Melancholia theory explains that Mourning is a normal response to the loss of a loved one and Melancholia is also a specific type of feeling or can be said to be an emotion. When in a state of Melancholia, the person is in a state of depression.

The results of this study can be concluded that the researcher found loss and sadness experienced by the three characters in the novel *The Lovely Bones* by Alice Sebold, namely Jack, Abigail, and Lindsey, followed by depression experienced by two characters, Jack and Lindsey. This research uses Sigmund Freud's theory of Mourning and Melancholia.

***Keywords: Loss, Grief, Depression, Mourning and Melancholia, Literary Psychology, The Lovely Bones***

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## INTISARI

Kehilangan adalah sesuatu yang pasti pernah dirasakan oleh setiap orang. Setelah seseorang mengalami kehilangan, mereka akan memasuki fase berduka. Proses berduka ini membawa seseorang ke dalam kondisi depresi. Penelitian ini bertujuan untuk mengetahui kehilangan dan fase berduka atau berkabung yang dialami oleh Jack, Abigail, dan Lindsey, dan juga untuk mengetahui depresi atau melankolia yang dialami oleh dua tokoh dalam novel *The Lovely Bones* karya Alice Sebold, yaitu Jack Salmon dan Lindsey Salmon. Penelitian ini berkonsentrasi pada satu pertanyaan penelitian utama yaitu bagaimana kehilangan, kesedihan, dan depresi digambarkan dalam novel *The Lovely Bones* karya Alice Sebold; Sebuah Studi Psikologi.

Penelitian ini menggunakan metode penelitian literatur. Novel *The Lovely Bones* karya Alice Sebold merupakan sumber data primer dalam penelitian ini, dan sumber sekundernya adalah penelitian-penelitian terdahulu. Peneliti menggunakan pendekatan psikologi dengan teori Mourning and Melancholia dari Sigmund Freud untuk menjawab pertanyaan penelitian ini. Teori Duka Cita dan Melankolia Sigmund Freud menjelaskan bahwa Duka Cita merupakan respon normal terhadap kehilangan orang yang dicintai dan Melankolia juga merupakan jenis perasaan yang spesifik atau dapat dikatakan sebagai sebuah emosi. Ketika berada dalam keadaan Melankolia, orang tersebut berada dalam keadaan depresi.

Hasil dari penelitian ini dapat disimpulkan bahwa peneliti menemukan kehilangan dan kesedihan yang dialami oleh ketiga tokoh dalam novel *The Lovely Bones* karya Alice Sebold, yaitu Jack, Abigail, dan Lindsey, diikuti dengan depresi



yang dialami oleh dua tokoh yaitu Jack dan Lindsey. Penelitian ini menggunakan teori Duka Cita dan Melankolia dari Sigmund Freud.

***Kata kunci: Kehilangan, Duka, Depresi, Berkabung dan Melankolia, Psikologi Sastra, The Lovely Bones***