CHAPTER I

INTRODUCTION

A. Background of the Study

Loss is something that everyone has experienced. Loss can also come in many different ways, one of which is the loss of a loved one or a close one. At the time of loss, a person will enter the mourning phase. The first thing he does is to blame himself, that the loss of the catheter is his fault, not the fault of others. This is one way to reduce the pain, although it may be futile as the trauma will always remain. When someone experiences a loss, the grief felt can be complex, simple, or traumatic. Bertha Simon states that the death of a person is considered the greatest loss. It is a very mind-shaking event and is the beginning of the grieving process.

Grief is the consequence of death for the individual who feels left behind ("loss"). Very deep feelings of anxiety and uncertainty are present during the mourning period. Everyone has experienced grief at some point in their lives, everyone grieves in different ways. The process of accepting what has been lost is part of grief (Mongelluzzo, 2013).

Feelings that often arise when grieving include feelings of anger and depression because they feel abandoned by their child, and on the other hand there is also a feeling of helplessness where as a parent you can only grieve for the death of your child. The

initial reactions that arise after the death of a loved one are feelings of shock, feelings of emptiness or emptiness (feeling numb), denial, and feelings of ups and downs including depression (Harvey, 1996). If they experience traumatic grief, they may experience shock, denial, or disbelief about the events that occurred in their lives. This process leads a person into a state of depression because depression is a strong feeling of grief, especially after death. A person experiencing depression shows feelings of helplessness and loss of hope, accompanied by feelings of sadness, loss of interest and joy.

Depression occurs in adults, children, and adolescents. Depression is a common mental illness that shows as low energy, difficulty concentrating, feelings of guilt or low self-worth, lack of interest or pleasure, disturbed sleep or food, and gloomy mood (Bhowmik et al, 2012). Depression can be caused by several things, including biological factors, genetic factors and psychosocial factors. Depression is also dangerous for yourself, people with depression often find it difficult to concentrate and make decisions. A major public health issue that negatively affects many facets of life is depression. It is the main factor contributing to years of life with a handicap among teenagers (Therese Wirback, 2018).

Depression according to Beck and Alford (2009) is a psychological disorder characterized by deviations in individual feelings, cognition, and behavior. Individuals who experience depressive disorders can feel sadness, loneliness, decreased self-concept, and show withdrawal behavior from their environment. Depression is caused

by various factors, one of which is genetic and psychological. and psychology has a relationship with literature.

Psychology and literature are two branches of science that study human soul. While literature uses fiction to illustrate human behavior, psychology studies human actions and their causes. These two social science subfields that examine behavior are useful to one another and connected to one another. A literary work is also the fundamental component that forms the basis of the relationship between literature and psychology (Emir, 2016). Literature psychology covers almost everything we want to know about literature, because literature is a product of mind (Freud, et al, 1981).

The relation between psychology and literature is a bilateral relation. Human's soul makes the literature and literature nourishes human's soul. Human psychic perceptions take into account the perspectives of both nature and humanity and offer references to actual works; nevertheless, literature also considers the realities of life in order to clarify the perspectives of the human soul. Both literature and psychology focus on imagination, thoughts, feelings, experiences, and psychic problems of the soul (Yimer, 2019).

The Lovely Bones by Alice Sebold tells the story of the Salmon family's struggle in dealing with the loss of their family member, Susie. At that time the Salmon family experienced loss, grief and depression. *The Lovely Bones* doesn't focus on crime, doesn't try to understand bad people or bad actions. Instead, the film explores issues of

loss and grief, life and death, identity and self, memory and forgetting, womanhood and motherhood, adulthood, and heaven and earth.

The Lovely Bones by Alice Sebold was first published in 2002. And this novel became one of the best-selling books at that time. The author of this novel, Alice Sebold, is a woman born in 1963, she is an American writer. This novel tells the story of a girl named Susie Salmon who was raped and murdered when she was 14 years old by her neighbor and this unexpected death caused Susie's family to feel loss, grief and depression.

Susie's family experiences different depressions, the first is Susie's father Jack Salmon who experiences depression, namely a very deep disappointment which is explained in the novel that when Susie was alive, Jack collected ships made of glass bottles. One day, Susie saw her father from up there, Jack destroyed the glass bottle ship. Jack saw another ship, and he destroyed the rest. The glass bottles were scattered on the floor. This passage shows that Jack experienced a painful disappointment, because the bottles reminded him of his daughter, Susie. Next is Susie's mother named Abigail Salmon experiencing depression such as self-blame which is explained in the novel that she as a mother feels guilty for losing her daughter because she feels as a mother who cannot take care of her child, the last is Susie's younger sister named Lindsey Salmon experiencing depression such as losing interest in the outside world which is explained in the novel that Jack left home when Lindsey had a fight with her

mother. Her mother tried to persuade Lindsey to go swimming with her. Without thinking, Lindsey shouted "I'd rather die!"

The aim of this research is to analyze the loss, grief, and depression that occurs in the Salmon family in the novel *The Lovely Bones* by Alice Sebold. There are various kinds of loss, grief, and depression experienced by the characters. The depression he experiences includes, among other things, very painful disappointment, withdrawal of interest in the outside world, loss of the ability to love, inhibition of all activities, and a decline in feelings towards oneself to a level that can be expressed in oneself, attitudes towards oneself. humiliation, and leads to delusional expectations of punishment.

The problems discussed in this research are loss, grief and depression that occur in the characters in the novel *The Lovely Bones* by Alice Sebold using psychoanalytic theory and Sigmund Freud's theory of mourning and melancholia. The psychoanalytic theory of mourning and melancholia was first popularized by Sigmund Freud's publication in the early 1900s. Freud (2017) explains that mourning tend to be able to recognize what caused the feeling of loss, Melancholia or depression due to sadness being carried into the subconscious. In a state of depression, a person finds it difficult to identify the form of loss they are experiencing and this creates feelings of helplessness. Depression now refers to a situation in which an individual is unable to pursue happiness and is related to the psychoanalytic theory of melancholia. In other words, depression describes the feeling of unhappiness that a person experiences when

they don't get the things they originally wanted in life. This is an example of a simple definition of the concept of depression (Freud, 2016).

Researcher use Sigmund Freud's Mourning and Melancholia theory because the theory is related to the problem they want to analyze, namely psychology, especially loss, grief and depression. Problems like depression need to be addressed because depression is dangerous. The psychoanalytic approach is associated with psychological problems presented in literary works. Guided perception of how psychological processes are seen and further examined in fictional characters is part of psychoanalysis.

This shows how psychoanalytic theory is applied to discover the subconscious behavior of people who are represented as characters in literary works in order to evaluate their psychological aspects. Freud identified a variety of characteristics related to depression, including very painfull disappointment, withdrawal of interest in the outside world, loss of the ability to love, inhibition of all activities, and a decrease in feelings towards oneself to a level that can be expressed within oneself, an attitude of self-deprecation, and leading to delusional expectations of punishment.

The most famous concept of Freud's theory is that there is a subconscious that controls most behavior. Psychoanalysis is the main form of flow in psychology and has a personality theory or we can also call it the psychoanalytic theory of personality or psychoanalytic theory of personality. Literature studies people and explores all facets of their inner existence. The explanation for this is that a literary work is also a

manifestation of a certain psychological state. The portrayal of human psychological situations in literature assists psychology. A literary work benefits from psychology in that it presents characters more effectively, accurately conveys their moods, and immerses the reader in the psychological side of human existence. The focus on phantasies, emotions, and the human soul in both psychology and literary studies brings them together. Depression can cause mood swings. People who are depressed usually feel sad and lose interest in doing anything. The worst result is that they decide to kill themselves since they have lost all hope. Grief can make humans experience depression, although not all depression is caused by someone's death. Grief has similarities with depression because both of them cause the same psychological symptoms.

In conclusion, this research discusses loss, grief and depression as depicted in the characters in the novel *The Lovely Bones* using Sigmund Freud's theory of Mourning and Melancholia. The loss, grief and depression experienced by the characters are different.

B. Problem Formulation

The purpose of this study is to analyze the loss, grief and depression shown in the Salmon family in the novel The Lovely Bones by Alice Sebold using Sigmund Freud's Mourning and Melancholia theory. This research discusses how are loss, grief, and depression depicted in *The Lovely Bones* according to Sigmund Freud's theory of Mourning and Melancholia?

C. Objectives of the study

The purpose of this research is to answer the questions in the problem formulation section. This aims to analyze how loss, grief, and depression is described in the Salmon family after learning that their daughter, Susie, has died. This research will provide a deeper understanding of loss, sadness, and depression in *The Lovely Bones* by Alice Sebold, especially in the parts of the story related to loss, grief, and depression experienced by the Salmon family.

D. Scope of Study

This research is about Loss, Grief and Depression in the novel *The Lovely Bones* by Alice Sebold. Loss, Grief and Depression are psychological problems experienced by Jack, Abigail and Lindsey as characters in the novel *The Lovely Bones*. This happened because a girl named Susie Salmon died because she was murdered by her neighbor. Susie is Jack and Abigail's daughter, while Lindsey is Susie's younger sister.

Furthermore, this research analyzes how the characters Jack, Abigail, and Lindsey experience loss, grief, and depression due to losing Susie. In this analysis process, researcher used Sigmund Freud's psychological theory entitled Mourning and Melancholia. This theory explains loss and sadness, then the melancholia section focuses more on depression so that analysis results will be obtained that are in accordance with psychological problems.

E. Review of Related Studies

The first research is Jack Salmon's Grief on Susie's Death in Alice Sebold's *The Lovely Bones* (2018) owned by Shofi Zayyana Ashari Indrarti from the Negeri Islamic University of Maulana Malik analyzed the grieving process of Jack Salmon in the novel *The Lovely Bones* by Alice Sebold. The researcher uses a psychological theory, namely the Stages of Grief by Elisabeth Kübler-Ross. The focus of this study is to determine Jack Salmon's response to Susie's death.

In addition, there is a research entitled The Portrayal of Women in Alice Sebold's *The Lovely Bones* (2021) owned by Muzliya Pertiwi from the State Islamic University Maulana Malik Ibrahim Malang analyzes to describe the characteristics of women, and analyzes the depiction of women in Alice Sebold's novel entitled *The Lovely Bones*. This research uses the theory of feminist literary criticism by K. K. Ruthven to describe the characteristics of women and the theory of the feminine mystique by Betty Friedan to analyze the depiction of women in novels.

The last is research entitled Carrie's Depression in *Lost Stars* Novel by Lisa Selin Davis (2022) owned by Sinta Devi Rosalina from Sunan Ampel State Islamic University Surabaya analyzing the depression experienced by the main character named Carrie in the novel *Lost Stars* by Lisa Selin Davis. The analysis included depressive symptoms, the effects of depression on personality and family relationships, and how Carrie coped with her depression. The researcher uses the theory of mourning and melancholia psychoanalysis which is used to identify depressive symptoms as

reflected by Carrie along with other supporting theories that explain how depression greatly affects individual lives.

The similarities between my research and Sinta Devi Rosalina's research entitled Carrie's Depression in *Lost Stars* Novel by Lisa Selin Davis are the same as Sigmund Freud's Mourning and Melancholia theory. Then the difference is in Shofi Zayyana Ashari Indrarti's research entitled Jack Salmon's Grief on Susie's Death in Alice Sebold's *The Lovely Bones* and Muzliya Pertiwi's research entitled The Portrayal of Women in Alice Sebold's *The Lovely Bones*, using the same novel but using different theories and discussions, my research discusses the loss, grief, and depression experienced by the characters in the novel *The Lovely* Bones using Sigmund Freud's theory of Mourning and Melancholia.

F. Research Methodology

1. Data and Source of the data

   The data source of this research consists of two parts. Namely the primary data and supporting data. The data that I use in this study can be classified as follows:

   a. Primary Data

      The primary data of this research comes from words, phrases, sentences from the novel *The Lovely Bones* which was published in 2002 by Alice Sebold.

b. Secondary Data

For secondary data, researcher used journals, books, and websites that discussed topics related to problem of research.

2. Method and techniques of collecting data

Researcher collected data using library research methods in the following ways:

a. The first thing to do in collecting data is reading the novel *The Lovely Bones*.

b. Identifying data, is a process of processing data into new information. This process is carried out aiming to make the characteristics of the data easier to understand. Identify data by collecting all the information needed, reading, to make conclusions.

c. Categorize the data

3. Method and techniques of analyzing data

After collecting data from the novel, the researcher analyzed the data by using Sigmund Freud's theory of Sorrow and Melancholia for analysis. This theory is widely used in literary psychology analysis. This concept is used to find out the loss, grief, and depression in the novel *The Lovely Bones*. To answer these questions, the researcher uses the theory of mourning and melancholia, which includes that loss and grief are included in the theory of mourning, while depression is included in the theory of melancholia.

G. Presentation

This research is presented in four chapters. In chapter 1 which contains an introduction consisting of background of the study containing points about this research, then there are formulations of problems and research questions, objectives of the study which contains an explanation of the objectives in the problem formulation section., then review of related studies, research methodology, and presentation. Chapter 2 contains the theoretical approach and theoretical framework which contains a brief explanation of the theory used in this research. In chapter 3 contains analysis and discussion that aims to answer that in the problem formulation section. The last chapter contains the conclusions and suggestions for this research.