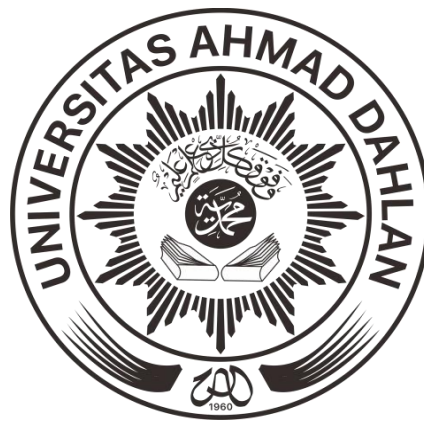# LOSS, GRIEF AND DEPRESSION DEPICTED IN
ALICE SEBOLD'S *THE LOVELY BONES*;
A PSYCHOLOGICAL STUDY

Undergraduate Thesis

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

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2024

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

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

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).

Researchers 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, researchers 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, researchers used journals, books, and websites that discussed topics related to problem of research.

2. Method and techniques of collecting data

Researchers 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.

CHAPTER II
THEORITICAL FRAMEWORK

In this section, the researcher explains the relationship between psychology and literature, and explains Sigmund Freud's theory of mourning and melancholia is used to analyze the novel. This thesis analyzes loss, grief, and depression in the novel *The Lovely Bones*. The researcher uses Sigmund Freud's theory of Mourning and Melancholia.

A.   Psychology and Literature

Psychology means the science of the soul or the science that investigates and studies human behavior (Kumar, 2017). Literature is a reflection of aspects of human life in which human attitudes, behavior, thoughts, knowledge, responses, feelings, imagination, and speculation are expressed. Psychoanalysis can tell us something about how literary texts are actually formed, and reveal something of the meaning of that formation (Meiliana, 2020).

B.   Mourning & Melancholia by Sigmund Freud

Mourning and Melancholia was written over several years and was based on discussions with colleagues at a time when Freud himself was burdened with grief and worry. He claims that it is wrong to view grief as pathological and something that requires treatment. Grief will pass after some time, and if not needed this process can be dangerous. By this, Freud meant that we must trust the human ability to endure stress and tension and overcome difficulties through personal effort.

1. Mourning

Mourning, also known as grief, is a natural expression of loss. It can fade and human psychology will return to normal over time. This can happen because the person has completely forgotten about the event or has found something else. In mourning, "there is

nothing about the loss that is not realized". In mourning, the world becomes empty and meaningless; in melancholy, the ego does. (Price, 2021).

2. Melancholia

Melancholia can already be defined as a mental disorder. Melancholia can result from excessive depression. In general, adults only feel depression when they lose a loved one, separation, or lack of affection. Apart from loss in the form of death, melancholia can also be caused by circumstances such as feeling neglected, discarded, or disappointed. Melancholia itself is divided into two, namely individual melancholia, where severe depression only occurs in individuals, and collective melancholia, which occurs in a community that experiences moments that make them feel depressed simultaneously (Freud, 2018).

CHAPTER III
ANALYSIS

In this section the researcher will analyze the loss, grief and depression experienced by the characters in the novel *The Lovely Bones* by Alice Sebold. The psychological theory of Mourning and Melancholia by Sigmund Freud discusses loss, grief, and depression or other mental illnesses.

The Lovely Bones story begins on December 6, 1973, there lived a 14 years old girl named Susie Salmon or usually called Susie. He died because he was murdered by his neighbor, Mr. Harvey. In the novel *The Lovely Bones*, Susie's death impacts everyone close to her such as her father, mother, and sister. Jack Salmon, Abigail Salmon, Lindsey Salmon are the characters who are the main focus of this research. Jack, who is Susie's father, Abigail, who is Susie's mother, and Lindsey, who is Susie's younger sister, are a family that has just lost their daughter and older sister, Susie Salmon.

After Susie died, Susie was able to see her family in heaven after her death. The following are the phases of loss, grief, and depression that befell Jack, Abigail, and Lindsey in the novel *The Lovely Bones*.

A. Loss depicted in *The Lovely Bones* by Alice Sebold using the theory of Mourning and Melancholia by Sigmund Freud

Loss is experienced by 3 characters, the first is Jack Salmon. Jack experiences loss as described by Freud in the theory of mourning and melancholia, which contains the same painful frame on mind. As a father, losing a child is the saddest thing. At times, Jack, Susie's father, is taken surprised by the terrible accident that happened to his own daughter. In an effort to express his emotions, he gets obsessed to finding the Susie's killer. In order to concentrate his attention on the murderer, he starts to overlook the living people in his life. In a way, this implies a deal because he pushes everyone away, acting as though this is the only way to get

Susie back. If Jack doesn't hear back from you right away, he may become depressed. Jack felt

the loss as described in the novel:

> "When Jack returned to the sitting room, he was too sad to comfort my mother sitting
> on the carpet or my sister standing stiffly nearby. He couldn't bear to let them see him.
> He went up the stairs, remembering Holiday in her study. Jack was about to shed a tear
> on the nape of her furry neck." (Chapter 2, Page 40)

As above, it can be seen that Jack feels the same painful frame on mind. It can be seen that now

he wants to shed tears when he is with Holiday.

Like Jack, Abigail Salmon also experienced loss. As a parent will feel a great loss if your

child dies. When the police send evidence of Susie's death, what happens to Abigail is described

in the novel as follows:

> "We've found a personal item that we believe to be Susie's," Len said. Len was
> careful. I could see him calculating his words. He made sure to specify so that my
> parents would be relieved of their first thought – that the police had found my body,
> that I was, for certain, dead. "What?" my mother said impatiently. She crossed her
> arms and braced for another inconsequential detail in which others invested meaning.
> She was a wall. Notebooks and novels were nothing to her. Her daughter might survive
> without an arm. A lot of blood was a lot of blood. It was not a body. Jack had said it
> and she believed: Nothing is ever certain. But when they held up the evidence bag
> with my hat inside, something broke in her. The fine wall of leaden crystal that had
> protected her heart – somehow numbed her into disbelief – shattered." (Chapter 2,
> Page 19).

This begins when Len, a policeman who has been investigating Susie's disappearance, comes

to the Salmon family home to provide information as quoted above.

Furthermore, loss is also experienced by another character, Lindsey. Who is Susie's

younger sister, felt very lost when her father told her that Susie was gone. This was a very

unexpected event for Lindsey because it happened suddenly. As described in the novel as

follows:

> On the morning of the tenth, my father poured the Scotch down the kitchen sink.
> Lindsey asked him why.
> "I'm afraid I might drink it," he said.
> "What was the phone call?" my sister asked.
> "What phone call?"

"I heard you say that thing you always say about Susie's smile. About stars exploding."

"Did I say that?"

"You got kind of goofy. It was a cop, wasn't it?"

"No lies?" "No lies," Lindsey agreed.

"They found a body part. It might be Susie's."

It was a hard sock in the stomach.

"What?"

"Nothing is ever certain," my father tried.

Lindsey sat down at the kitchen table. "I'm going to be sick," she said. (Chapter 2, Page 16)

In the part above, Lindsey looks shocked by her father's words because he knows that his brother's body may have been found by the police.

B. Grief Depicted in *The Lovely Bones* by Alice Sebold using the theory of Mourning and Melancholia by Sigmund Freud

Three characters experience grief in the novel *The Lovely Bones*, the first is Jack Salmon. Jack's grief began after he found out that his daughter had suddenly disappeared. Because Jack felt worried, he asked the police for help to find his son's whereabouts. After he reported his child missing to the police, the police finally came and gave information to Jack that he had found an item which he believed was Susie's.

Jack begins to feel grief as described in the novel:

"On December fifteenth, among the knocks on the door that signaled to my family that they must numb themselves further before opening their house to strangers – the kind but awkward neighbors, the bumbling but cruel reporters – came the one that made my father finally believe. It was Len Fenerman, who had been so kind to him, and a uniform. They came inside, by now familiar enough with the house to know that my mother preferred them to come in and say what they had to say in the living room so that my sister and brother would not overhear. "We've found a personal item that we believe to be Susie's," Len said. Len was careful. I could see him calculating his words. He made sure to specify so that my parents would be relieved of their first thought – that the police had found my body, that I was, for certain, dead. " (Chapter 2, page 19).

This started when Len also told my father that the pompoms Susie wore to school were used by the killer to silence Susie. Because according to the police, the pompom had spit marks on it.

The grief experienced by Abigail is that She eventually suppressed herself and withdrew from her family to cope with her grief. In this way, she was able to vent her anger at her husband who Abigail knew was deep down that it would not bring Susie back. She felt that being alone and isolated away from her loved ones was the only way to properly process her daughter's death. This is as described in the novel as follows:

> "When I saw my mother, I forgot all about Grace Tarking. I wish I could explain it better than this, but I had never seen her sitting so still, so not there somehow. Outside the screened-in porch she was sitting on an aluminum fold-out chair that was facing the backyard. In her hand she held a saucer and in the saucer was her customary cup of coffee. That morning there were no lipstick marks because there was no lipstick until she put it on for … who? I had never thought to ask the question. My father? Us? Holiday was sitting near the birdbath, panting happily, but he did not notice me. He was watching my mother. She had a stare that stretched to infinity. She was, in that moment, not my mother but something separate from me. I looked at what I had never seen as anything but Mom and saw the soft powdery skin of her face – powdery without makeup – soft without help." (Chapter 3, Page 29)

The death of her daughter made Abigail become more silent.

Lindsey experiences sadness after learning information about her older sister from her parents. The sadness experienced by Lindsey is that she then isolated herself from everyone, including her father. As described in the novel as follows:

> "My father listened to Lindsey in her room. Bang, the door was slammed shut. Thump, her books were thrown down. Squeak, she fell onto her bed. Her clogs, boom, boom, were kicked off onto the floor. A few minutes later he stood outside her door.
> "Lindsey," he said upon knocking.
> There was no answer.
> "Lindsey, can I come in?"
> "Go away," came her resolute answer.
> "Come on now, honey," he pleaded.
> "Go away!"
> "Lindsey," my father said, sucking in his breath, "why can't you let me in?" He placed his forehead gently against the bedroom door. The wood felt cool and, for a second, he forgot the pounding of his temples, the suspicion he now held that kept repeating itself." (Chapter 5, Page 40)

In this section, we see that Lindsey is very angry and doesn't want to be bothered by anyone because of her mixed feelings. She always wanted her own time and didn't want to be disturbed by anyone.

C. Depression Depicted in *The Lovely Bones* by Alice Sebold using the theory of Mourning and Melancholia by Sigmund Freud

Depression in the novel *The Lovely Bones* is experienced by 2 characters, namely Jack and Lindsey. Jack Salmon after experiencing a phase of loss and disappointment, Jack entered a phase of depression. This phase can occur when the phase of loss and disappointment does not improve. Losing someone we love is very painful. As a father, he definitely has memories with his children.

Jack experienced several bouts of depression, the first of which was a painful dejection condition. Of course, when we hear that someone we love has died, we become in denial like we don't believe it and can't accept that it really happened. This happened when Susie was still alive, she often made ships using glass bottles with her father. And the glass bottle reminded Jack of those memories which made him feel very disappointed and reminded him of his daughter. As described in the novel:

> "I watched him as he lined up the ships in bottles on his desk, bringing them over from the shelves where they usually sat. He used an old shirt of my mother's that had been ripped into rags and began dusting the shelves. Under his desk there were empty bottles – rows and rows of them we had collected for our future shipbuilding. In the closet were more ships – the ships he had built with his own father, ships he had built alone, and then those we had made together. Some were perfect, but their sails browned; some had sagged or toppled over after years. Then there was the one that had burst into flames in the week before my death. " He smashed that one first. (Chapter 3, Page 31)

The passage shows that Jack experiences painful dejection, because the bottle reminds him of his daughter, Susie.

Furthermore, there is another character who experiences the same as Jack, namely Lindsey, Susie's younger sister, also experiences depression like Jack, namely painful depressive condition. As a younger sibling who loses an older sister, it is not something easy. Susie's sister Lindsey also experiences depression like her father and mother. As described in the novel:

"At that moment Lindsey slammed the front door harder than usual. The sound of the door slamming echoed. Lindsey climbed the stairs noisily. Lindsey went to the bathroom, she even took a shower in the dark. He would leave the dark bathroom and walk to the towel rack. If the house was quiet or he heard people muttering below him, he knew he wouldn't be disturbed. That's when he thought of Susie. Then she cried, letting her tears roll down her already wet cheeks, knowing that no one could see them. He struggles to ignore the eternal question: Where is Susie now?" (Chapter 5, page 82).

This section shows that Lindsey feels painful depressive condition because every day in her mind she always asks herself where her older sister is. After experiencing such a painful disappointment, Lindsey also went through another phase of depression which was withdrawal of interest in the outside world. As a younger sibling, of course she would have felt a sense of loss if her brother had died. This makes Lindsey lose interest in the outside world as described in the novel:

"Susie is worried that her sister, who lives alone, will do something rash. Lindsey was sitting in her room trying to steel herself while thinking about her mother's words to her that it was up to her if she wanted to go back to school before Christmas, but in the end Lindsey chose to stay in school."
"When he arrived at school on Monday in the general classroom, everyone stared at him. "The principal wants to see you, dear," said Mrs. Dewitt. Lindsey didn't look at Mrs. Dewitt when he spoke to him. That was Susie's first clue that she was going to pass out. Dewitt's mother is an English teacher, she has a husband who is a football team coach who encouraged Lindsey to join his team. Lindsey actually liked him, but starting that morning he only looked into the eyes of people he could fight." (Chapter 2, page 20)

Lindsey tends to lose interest in activities that she previously enjoyed or that previously made her life happy. After experiencing such a withdrawal of interest in the outside world, Lindsey also went through another phase of depression which was all activities are hampered. Due to her sister's death, all the activities she was supposed to do were put on hold due to depression. Losing a loved one can indeed hamper activities because it makes a person lose his or her spirit. As experienced by Lindsey who is depicted in the novel:

"Since Susie's death, Lindsey has become more quiet and dreamy.
Findings from the novel that show that they have found other objects are as follows:
"I mean, Lindsey, we all miss Susie," said Mr. Caden.
Lindsey didn't react.

"He's very smart," Mr. Caden tried.
Lindsey stared at him blankly.
It can be concluded in Lindsey's conversation with Mr. Caden said that Lindsey was less responsive because he just stared at her with a blank stare." (Chapter 2, Page 45).

It started when, after Susie's death, Lindsey became more silent than usual.

D. Accepting loss, grief, and depression in Alice Sebold's *The Lovely Bones*

After he learned that his daughter had died, Jack experienced the loss, grief, and depression phase. Then after that he began to be able to accept or overcome the loss, grief, and depression he felt. After experiencing depression, Jack was able to slowly accept Susie's death and began to go about his normal activities. What Jack did was to start socializing with people this began when he again heard the sound of music and singing performed by his neighbors in memory of Susie. As described in the novel:

"Everything in my father leaned and pitched toward the warmth and light. He wanted so badly to have me remembered in the minds and hearts of everyone. I knew something as I watched: almost everyone was saying goodbye to me. I was becoming one of many little-girl-losts. They would go back to their homes and put me to rest, a letter from the past never reopened or reread. And I could say goodbye to them, wish them well, bless them somehow for their good thoughts." (Chapter 16, page 136).

The first thing Jack did when he found out was to join his neighbors. Jack saw many people gathered there, and he also saw some people he didn't know. He was very happy when he saw many people who also loved his son. His heart was comforted again after a long time since Susie's death.

After Jack, Abigail was also able to overcome and accept the death of her son. In the previous section it was explained that Abigail only entered the loss and grief (mourning) phase. She did not enter the depression phase because after reaching the grief phase she was able to reconcile and accept the death of her daughter. It is explained in the novel that after Susie's death, Abigail went looking for other activities, namely going to California and go to the beach. As described in the novel:

"In the fall of 1976, when she reached California, she drove directly to the beach and stopped her car. She felt like she had driven through nothing but families for four days – squabbling families, bawling families, screaming families, families under the miraculous strain of the day by day – and she was relieved to see the waves from the windshield of her car." (Chapter Snapshots, page 144).

It can be seen that Abigail feels relieved when she gets to the beach because it is free from the 'noisy' house. Abigail was able to go through the loss and grief (mourning) phase after she never thought that her daughter Susie had died. But now she can accept it, and she hopes her two children at home are as cheerful as she is.

After Abigail, the last one is Lindsey. Lindsey previously reached a phase of depression (melancholia). After experiencing depression, she was also able to reconcile and accept the death of her older sister, Susie. What Lindsey did to overcome her depression was to exercise. Before her sister's death, Lindsey did like to exercise. But she had no interest in sports anymore after learning that her sister died. And she tried to be productive so that she could slowly forget and stop from the protracted loss. As described in the novel:

"At home that night she lay on the floor of her room and braced her feet under her bureau. She did ten sets of sit-ups. Then she got into push-up position. Not the girl's kind. Mr. Dewitt had told her about the kind he had done in the Marines, head-up, or one-handed, clapping between. After she did ten push-ups, she went to her shelf and chose the two heaviest books – her dictionary and a world almanac. She did bicep curls until her arms ached. She focused only on her breathing. The in. The out." (Chapter 2, page 23).

In the quote above, it is explained in the novel that Lindsey does sports at night. This aims to forget all the problems he has experienced so far. She tries to forget and wants to live a normal life as usual.

CHAPTER IV
CONCLUSION

In the analysis conducted on Alice Sebold's *The Lovely Bones*, chapter four summarizes the discussion in the previous chapter, specifically how loss, grief, and depression are depicted in Alice Sebold's *The Lovely Bones* using Sigmund Freud's theory of Mourning and Melancholia.

A. Conclusion

The novel The Lovely Bones tells the story of a girl named Susie Salmon who died because she was killed by her own neighbor when she came home from school. As a result of Susie's death, the Salmon family experienced the first phase of loss, after passing the loss phase, the Salmon family began to enter the grief phase, and after that entered the depression phase. In this study, researcher found loss, grief, and depression that occurred in Alice Sebold's *The Lovely Bones*. Researchers focus on three characters in the novel, namely Jack Salmon, Susie's father, Abigail Salmon, Susie's mother, and Lindsey Salmon, Susie's younger sister.

B. Sugestion

After conducting the research, the researcher suggests that other researchers can discuss this material further such as how the three characters can overcome their depression. It would be even better if this research can be a reference for those who want to explore the theory of mourning and melancholia or the novel The Lovely Bones by Alice Sebold. The researcher hopes that this research can add insight into the field of literature.

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