

MAJOR DEPRESSION AS A RESULT OF BULLYING CAPTURED ON MAIN CHARACTER IN NOVEL THIRTEEN REASON WHY BY JAY ASHER

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ABSTRACT

This study is chosen because the researcher wants to know major depression as a result of bullying and characterization of the main characters of this novel. The advantages of this study can be an inspiration for all people who read it because this novel tells about love, friend, social crime, bullying, and cyberbullying. Researcher used the theory of major depression, particularly major depression as the result of bullying in literature to analyze depression experienced by young women due to bullying and other literature studies. The researcher observed the novel *Thirteen Reason Why* by reading and then analyzing the data with the dialogue text and the situations experienced by the characters as research instruments.

Researcher found that severe depression due to bullying contained in the novel *Thirteen Reason Why* is a teenage girl who experiences forms of physical bullying, violence, sexual crimes that lead to depression, anxiety, loss of self-confidence, and loss of concentration. Researcher found several data that fall into the category of major depression, a form of analysis of data seen from the contents of the novel story and the situations experienced by the characters. The main reason Hannah ended her life was because in her life more and more forms of evil were directed by her and the pressure that she decided to end her life. However, before she died, Hannah Baker had made 13 excuses stating her death through tapes aimed at all those who had hurt her to the point of committing suicide

Keywords : Major depression, Character, Bullying, novel *Thirteen Reason Why* by Jay Asher

ABSTRAK

Penelitian ini dipilih karena peneliti ingin mengetahui depresi berat sebagai akibat dari intimidasi dan karakterisasi karakter utama novel ini. Kelebihan dari penelitian ini bisa menjadi inspirasi bagi semua orang yang membacanya bahwasannya, novel ini bercerita tentang cinta, teman, kejahatan sosial, intimidasi dan cyberbullying. Peneliti menggunakan theory major depression, khususnya major depression as result of bullying dalam karya sastra untuk menganalisis depresi yang dialami remaja wanita akibat bullying dan studi literatur lainnya. Peneliti mengamati novel *Thirteen Reason Why* dengan membaca kemudian menganalisis data dengan teks dialog dalam novel sebagai instrumen penelitian.

Peneliti menemukan bahwa depresi berat akibat bullying yang terdapat dalam novel *Thirteen Reason Why* adalah seorang gadis remaja yang mengalami bentuk bullying fisik, kekerasan, kejahatan seksual yang mengakibatkan mengalami depresi, kecemasan, kehilangan kepercayaan diri, dan kehilangan konsentrasi. Peneliti menemukan beberapa data yang termasuk dalam kategori major depression, bentuk analisa dari suatu data dilihat dari isi cerita novel dan situasi yang dialami oleh tokoh. Alasan utama Hannah mengakhiri hidupnya karena dalam hidupnya semakin banyak bentuk kejahatan yang diujukan olehnya dan adanya tekanan yang dia memutuskan untuk mengakhiri hidupnya. Namun, sebelum dia meninggal, Hannah Baker telah membuat 13 alasan yang menyatakan kematiannya melalui rekaman yang ditujukan kepada semua orang yang telah menyakitinya sampai memutuskan untuk bunuh diri.

Kata Kunci : Depresi berat, karakter, novel *Thirteen Reason Why* by Jay Asher

1. Introduction

Novel is one of the literary works that has its characteristics. Characteristics such as theme, plot, characterization, etc. Making novels is different from other literary works. In addition, making a special novel from other literary works written in different ways can be a medium to express the author feelings based on conditions, situations, and imagination.

Many novels that tell a lot about the reality of human life, there is love, there are family problems, there are murders, there are struggles, some even tell about psychology. Regarding the psychology of many novels that tell about human characterization with various causes and effects.

One novel that is interesting enough to be lifted is *Thirteen Reason why*. This novel won the Golden Globe Award and this novel was written based on Asher inspiration from the suicide attempt of a close relative. A young woman who is almost the same age as Hannah Baker plays the protagonist.

In this study, the researcher prefers to analyze the novel because the novel symbolizes a new life that symbolizes the sequence of a story that comes from the thoughts, experiences, and ideas of the author. In the novel as a literary work also has the nature of openness to the imagination of the author.

Nowdays, there are writers who write novels with a touch of depression. For example depression due to low economic factors, depression due to various work problems, and intimidation that occurs in the lives of girls. Several people have tried to describe this theme using various theories about major depression. According to *Montreal Gazzete* (2002: 3), major depression is a condition in which a person is consciously experiencing a different form of mindset change, such as irritability, loss of concentration, or loss of enthusiasm for life. Major depression is a theory that explains how a person mindset can change due to a big problem that is difficult to overcome that makes a person lose control and decide to end his life.

In this study, the character Hannah Baker experienced major depression as a result of bullying. Hannah Baker is a very kind, beautiful, independent, and friendly teenage girl. In the novel *Thirteen Reason Why*, the author reveals more about the crimes that Hannah experienced, such as being harassed and intimidated by some of her closest friends. One of the forms of crime that Hannah experienced was cyberbullying and sexual bullying.

Jay Asher wrote the novel *Thirteen Reason Why* based on the experience of a female friend who was so depressed due to bullying that she decided to commit suicide. In the novel story, Jay Asher tells the sequence of the story contents in a coherent and interesting way, so that it makes readers interested in the contents inside. Based on the title of the novel, the author makes the contents of the story contain puzzles in solving the core problem of the story, because in each session in the novel contains 13 reasons that contain a crime, especially regarding cyberbullying and sexual bullying committed by Hannah closest friend.

Based on the previous studies that the researcher found, there was no other researcher ever studies "Major Depression as a result of bullying captured on the main character in novel *Thirteen Reason Why* by Jay Asher". For example, in a study from Desi Veranita (2013) under the title "*Major depression reflected in Jodie Foster's The Beaver movie: A Psychoanalytic Approach*", this study is qualitative. She studied how the major character suffers a major depression in his personality.

If Tina Martin Debevec (2011) studied "*A psychoanalytic inquiry into social aggression as a form of bullying among female students*". She studied about psychoanalytic theories of attachment and aggression guide this research as a theoretical framework for interpreting social aggression as a form of bullying among adolescent female students to better understand the influences of society upon the developing psyches of young females.

2. Research Methods

Researcher used qualitative methods namely content analysis to overcome the problems mentioned. According to Creswell (2007) describes five qualitative research design approaches, namely narrative research, phenomenology, grounded theory, ethnography, and case studies. The intended results of qualitative research are narrative reports that are so rich and comprehensive that researcher can understand the social reality experienced by the participants. Qualitative methods have a natural setting as direct data sources and the researcher has a role as the main or key instrument.

3. Result and Discussion

Researcher get complete data from these objects using content or document analysis. Researcher report the results by topic in the research problem, How depression is shown by Hannah Baker in the face of persistent bullying. This is determined as follows :

Major depression as result of bullying in novel *Thirteen Reason Why* First, major depression which consists of five element categories, namely dysthymic disorder, psychotic depression, postpartum depression, seasonal affective disorder, and bipolar disorder. The novel contained is arranged in such a way as to form a continuous story from Hannah Baker (the main female character) who is very sad due to the burdens of her life. Hannah Baker is a high school teenage girl who always gets bad treatment from her closest friends. from the family side, Hannah is known as a woman who likes to be alone and always hides all the problems she faces without telling her parents. one time she really liked a man, but in the end her close friends stole Hannah happiness, and hated her very much. bad treatment such as bullying done to Hannah is also very worrying, starting from the incident that made Hannah severely depressed to have the intention to commit suicide and end her life because the burden she is facing is no longer resolved.

a) Dsthymic disorder

The situation that had happened to the incident regarding Hannah and Jessica. Jessica accused of destroying her relationship with Alex Standall, Jessica also had time to fight against Hannah. monets is one of the best places for hannah to seek tranquility. In this situation illustrates that there is fear and depression that weakens his life. The fear made Hannah feel hopeless and lose her concentration. this was one of the reasons Hannah committed suicide.

Sound of Hannah in cassette:

That afternoon at monet's was a relief for all three of all. How many nights and high fallen as sleep terrified. Thinking of that first day to school? Too many: and after monet? None. I was excited.(page. 62)

b. Hannah Baker felt disappointed, lost confidence, depressed, anxious and sad.

Sound of Hannah in cassette:

"You can't know rumors," I said. And maybe I was being a little sensitive, but I had hoped silly methat there would be no more rumors when my family moved here. That I had left the rumors and gossip behind me . . . for good. "You can hear rumors," I said, "but you can't know them." Again, you said my name. "Hannah." (page.65)

Sound of Hannah in cassette:

My heart definitely thinks it's you. My God, it's pounding. The car turning up the driveway.(page. 77)

Sound of Hannah in cassette:

And that's why you're on this tape, Marcus. You turned around just in case. Just in case I, Hannah Baker Miss Reputation was waiting for you.

And sadly, I was. At the time, I just thought it might be fun. At the time, I was stupid.(page. 140)

Jay Asher explains that Hannah Baker is a teenage girl who went through a lot of burdens in her life at a young age. the feeling of distress and sorrow she went through because of repeated bad things happening to Hannah Baker. bad events that make him always remember and feel it every time. Starting from the bad gossip that happened to her, until she was severely traumatized by the cyberbullying she had experienced, Hannah was already very familiar with the form of crime that was thrown at her, to the

sound of a car roaring loudly over her as one of the initial forms of bullying aimed at Hannah. because Hannah was feeling pressured by her crime bullying problem, she decided to record her voice as an explanation of the 13 reasons why she committed suicide.

b.) Pschotic Depression

In this situation, Hannah Baker was reminded of the wound given by her best friend, Jessica. But for Hannah, the hurt Jessica gave her was nothing compared to the bad rumors circulating which made her feel very depressed and disappointed with her friends who made the bad rumors. Hannah felt very pressured by the rumors. Hannah hoped her friends would all see the funeral of her death, but before he committed suicide, she suspected that no one else would come to his funeral because no one believed him.

Sound of Hannah in cassette:

But it's more than just a scratch. It's a punch in the stomach and a slap in the face. It's a knife in my back because you would rather believe some madeup rumor than what you knew to be true. Jessica, my dear, I'd really love to know if you dragged yourself to my funeral. And if you did, did you notice your scar? And what about you the rest of you did you notice the scars you left behind? No. Probably not. (page. 68)

Sound of Hannah in cassette:

And I feel a little creepy telling it, too. Why? Because I'm trying to get closer to you, Tyler. I'm trying to understand the excitement of staring through someone's bedroom window. Watching someone who doesn't know they're being watched. Trying to catch them in the act of . . . What were you trying to catch me in the act of, Tyler? And were you disappointed? Or pleasantly surprised? (page. 75)

c.) Postpartum Depression

Jay Asher explained that Hannah mood changes turned gloomy, likes to cry and is not excited about doing any activities. A girl like Hannah should get guidance and direction from those closest to her to give her peace. Hannah's depression made her lose confidence in everyone else.

Sound of Hannah in cassette:

Courtney begged me to stay. She told me to be reasonable. And maybe I was being a little insensitive. I mean, she wasn't ready to leave. How would she get home if her chauffeur didn't wait around for her? "Find another ride," I said. And I left.

Part of me wanted to cry for being so right about her invitation. Instead, on the long walk back to my car, I started laughing. And I shouted into the trees, "What is going on?"

(page. 117)

Sound of Hannah in cassette:

Very little, I told myself, could go wrong. The survey was a joke. No one's going to use it. Calm down, Hannah. You are not setting yourself up.

But if I was right if I called it correctly if I willingly gave someone an excuse to test those rumors about me . . . well . . . I don't know. Maybe I'd shrug it off. Maybe I'd get pissed. (page.126)

Jay Asher explained that the character Hannah was disappointed with her friend behavior, As it should be a teenager still likes to be happy and have fun, different from Hannah who has experienced intimidation, resistance, and deep depression because no one believes and gives more motivation to what she has to go through in the future. The disappointment shown to Hannah made her feel discouraged from doing any activity. One of the categorical factors in postpartum depression is loss of enthusiasm, the onset of sadness, loss of interest and feeling very depressed.

d.) Seasonal Affective Disorder

Depressed feelings towards Hannah almost every day make her classified into one category of depression, namely seasonal affective disorder. besides, Hannah presented a situation that was often easily angry about anything. Because Hannah realized that everyone was just using her for pleasure, everyone always thought that Hannah was a bad girl, maybe because Hannah had a beautiful and elegant physical appearance. So, it's no wonder she is always being chased by so many boys, but her admiration for Hannah is only a lust, not a sense of sincerity in her heart. various attempts were made by the character Hannah in overcoming her depression, but they were all in vain. therefore, suicide was one of the things Hannah could do to end her suffering.

Sound of Hannah in cassette:

That tiny scar you've all seen above my eyebrow, that's the shape of Jessica fingernail . . . which I

plucked out myself. (page. 67)

Sound of Hannah in cassette:

I told her I knew all about their relationship. On that first day at Monet, he had been checking one of us out. And it wasn't me. And yes, that made me jealous. And if it helped her get over it, I accepted any blame she wanted to put on me for the two of them breaking up. But . . . it . . . was . . . not . . . true!

(page. 67)

e.) Bipolar disorder

In this situation Hannah Baker felt imagined by fear, anxiety and sleep disturbance. When she was going to sleep and wake up, the wound always reminded him of events that made him sad, hysterical, and very depressed when meeting Jessica who had made several wounds to Hannah Baker. Hannah was very depressed by Tyler attitude towards him every day. Hannah tried to do any activity in her room very carefully without getting caught by Tyler. Hannah tried to be patient and accept everything even though inside she felt depressed and anxious because of Tyler attitude.

Sound of Hannah in cassette:

Or maybe you've never seen it. But I see it every morning when I get ready for school. "Good morning, Hannah," it says. And every night when I get ready for bed. "Sleep tight."(page. 68)

Sound of Hannah in cassette:

But I denied it. It was way too creepy to admit to myself on the very first night of my parents' vacation.

I was only freaking myself out. I said. Just getting used to being alone.

Still, I wasn't dumb enough to change in front of the window. So I sat down on my bed. Click.(page.

80)

Discussion

In this study, the researcher found several difficulties and shortcomings. Major depression theory is a very broad and still developing literary scope of depression. So researcher have difficulty finding a developing theory of major depression that is suitable for this study. Researcher found several contents / situations including major depression in the novel *Thirteen Reason Why* by Jay Asher which showed the categories included in major depression, including: 5 data on symptom depression, 5 data on psychotic depression, 3 data on postpartum depression, 2 data on seasonal affective disorder, and 5 data on bipolar disorder. The researcher found that there were things he discussed, based on the research problems in chapter one and the findings above.

1). Namely about major depression (major depression) based on the novel *Thirteen Reason Why* by Jay Asher. Researcher have found that major depression is a combination of symptoms that interfere with a person ability to work, sleep, study, eat, and enjoy once pleasurable activities. In line with what is stated by the *Montreal Gazette* (2002: 3), major depression can be interpreted as all forms of mental, physical and spiritual depictions as well as daily behavior expressed by the character Hannah Baker. The *Montreal Gazette* theory (2002: 3) makes it easier for researcher to analyze depression from the character Hannah Baker.

Researcher used major depression and created a simple classification table to make it easier to analyze the depression experienced by the character Hannah Baker in the novel. These cases are in accordance with the theory of (*Montreal Gazette*, 2002: 3) that depression affects 25% more women than men, depression is a common disease that can affect everyone. Researcher use this theory because it refers to a type of depression and a general description of major depression that is related to one another.

4. Conclusion

First, the researcher found that Hannah Baker character had depressive symptoms related to the major depression category in the novel. Hannah Baker depression was caused by physical and mental bullying. The physical harm committed by her friend made Hannah very depressed, feeling very sad and restless. Researcher found the types of depression experienced by Hannah Baker, namely dysthymic disorder, Psychotic depression, Postpartum depression, Seasonal Affective disorder, and Bipolar disorder. Within each of the depression categories Hannah Baker experienced had the same symptoms and was associated with Hannah bullying.

The researcher found the reason why Hannah Baker committed suicide. The main reason Hannah ended her life by committing suicide was because she had experienced a lot of stress and depression which she had been unable to resolve with a good, mature mind. because of the factor of family and friends who are unable to support him to stay strong and excited in living life. before Hannah committed suicide, there were 13 reasons that made her believe to do it, including, she was all out bullying, sexual harassment and cyberbullying.

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