

CHAPTER I

INTRODUCTION

1.1 Background of the Study

The literary work reflects of the depiction of society, real life or social condition. In this case the idea that is analyzed is depression. In social life, depression is existed (Xiang, 2022). Depression is a neurosis with decreased emotionality, slowed thinking, and impaired speech and movement. People who experience depression, their lives and work are thrown into disarray and intervention, which is a significant burden on them, their families and society. We as human beings sometimes feel depressed of something in our life or at least we run short of hope. Depression may cause someone to feel hopeless and try to do anything, Regardless of the danger.

Depression is a serious disorder that has a negative impact on a person's feelings, thoughts and actions. A person with depression may have decreased interest and pleasure in daily activities, significant weight loss or gain, insomnia or oversleeping, a lack of energy, an inability to concentrate, feelings of worthlessness or excessive guilt. Røseth's theories (2015) on depression and empirical findings support this: Compared with people who are not depressed, people who are depressed show lower reactions to various positive emotional stimulants, reduced activity of the appetite system, moodiness.

Researchers think that all, everyone has serious problems. Serious problems can cause depression, as noted by Azzahra Putri Hidayat et al (2022). Depression is a condition

that affects a person's behavior, affective, physiological and cognitive, causing loss of loved ones, uncertainty and boredom in life. It is excessively sad feeling until it may makes someone think that his life is meaningless. Depression is usually thought of being a disorder or disturbance in mood. Everyone, at various times in life, feels sad or blue. Sadness or grief is a normal response to death, loss, separation or difficult life events. Depressed people are potentially capable of doing very well on tests of memory abstract thought, but their perceptions about the world and their reactions are askew.

The novel *Purple Hearts*, was written by Tess Wakefield. Tess Wakefield works in Golden Valley, Minnesota as a copywriter, an amateur comedian, and a caretaker for several thriving plants. *Purple Hearts* is her first novel for adults. *Purple Hearts* released in April 25, 2017. This novel has been filmed with the same title in the United States in July 29, 2022. It gives us insight of life meaning in unique way. It answers question about what kind of life you want and people struggle for ideal life condition. The protagonist in the novel is Cassie Salazar. However, this analysis centers on the psychological state of the protagonist, particularly her experience with depression. The protagonist exhibits symptoms of depression, which can be attributed to various causes that will be the focus of this analysis.

Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that experience loss of appetite or overeating, have problems to concentrate, remembering details, or making decisions. In severe cases, they may contemplate or attempt suicide. Additionally, they might suffer from insomnia, excessive sleeping, fatigue, loss of energy, or persistent aches, pains, or digestive issues that do not respond to treatment.

This topic is chosen because depression is a problem which is commonly faced by people nowadays, and even it can be more serious if it is not be overcome correctly. Depression is a normal reaction to a fairly severe event in life. Someone who is depressed can commit suicide. By learning the novel *Purple Heart* by Tess Wakefield, we can get not only entertainment but also insight about causes and symptoms of depression.

1.2 Statement of the Study

Based on the background above, there are three problems that will be explored in this study. They are as follows:

1. What are the causes of depression experienced by the protagonist in the novel?
2. What are the symptoms of protagonist's depression in the novel?
3. How do the causes and symptoms affect the protagonist?

1.3 Objective of the Study

Based on the problem above, there are three objectives to achieve in this study. They are as follows:

1. To analyze the causes of protagonist's depression in the novel.
2. To clarify the symptoms protagonist's depression in the novel.
3. Describe the causes and symptoms that affect the protagonist

1.4 Scope of the Study

This study focuses on analyzing the causes and symptoms of depression experienced by the protagonist in the novel *Purple Love* by Tess Wakefield. It will explore both internal and external factors contributing to the protagonist's depressive state, such as past traumas, interpersonal relationships, and significant life events. In addition, this study is centered around the hypothesis that the protagonist's depression is primarily caused by biogenetic and social environmental, family factors, and difficult life changes. Additionally, this study will identify and analyze the various symptoms exhibited by the protagonist, including emotional, physical, cognitive, and behavioral manifestations of depression. Key symptoms highlighted in this analysis include loss of interest and enjoyment in activities, loss of energy, and withdrawal from social activities.

1.5 Significance of the Study

This thesis is intended to be helpful to understand more about the novel, *The Purple Heart* by Tess Wakefield. Having read this thesis, the readers would be expected to find out the depression experienced by the protagonist in the novel. It is hoped that this analysis would be useful to readers to enlarge their knowledge about depression, especially for literature students who have an interest in this analysis.

CHAPTER II

LITERATURE REVIEW

2.1 The Protagonist

The protagonist plays an important role in a story, serving as the central figure who drives the narrative forward. As Hinterwimmer (2017) highlights, various elements and characters are introduced throughout the text, but the protagonist stands out as the main focus. Sudjiman (1988), also emphasized that characterization often involves choosing and naming characters deliberately, but it is the protagonist who often embodies the main idea of the story. In addition, Baldick (2001) emphasized the omnipresence and dominance of the protagonist in each event, underlining the significance of the protagonist in shaping the storyline. Additionally, the protagonist's goals and character determine the overall direction of the plot, guiding the reader's journey through the narrative. Thus, the protagonist serves as an important conduit in the story telling, shaping the reader's engagement and understanding of the narrative.

2.2 Depression

Depression, often classified as a mood disorder, extends beyond fleeting emotions to encompass a prolonged emotional state that significantly influences an individual's thoughts, emotions, and behaviors (Ferguson, 2021). It manifests as feelings of helplessness and despair, coupled with a pervasive sense of sadness and disinterest in previously enjoyable activities, as articulated by Nolen-Hoeksema and Hilt (2008). Furthermore, the World Health Organization (WHO) recognizes

depression as a prevalent mental health condition characterized by persistent feelings of sadness and a notable lack of pleasure in once enjoyable experiences.

Psychologists, represented by Beck and Alford (2009), provide further insights into depression, delineating it as a psychological disorder characterized by disruptions in an individual's feelings, thoughts, and behaviors. These disruptions can manifest as feelings of sadness, loneliness, and a diminished sense of self-worth, often accompanied by withdrawal from social interactions and everyday activities. Similarly, Hidayat et al. (2022) offers a nuanced perspective, describing depression as an unpleasant emotional state marked by subjective feelings of tension, fear, and worry. Additionally, it highlights the activation of the central nervous system as a notable component of depression, underscoring the complex interplay between emotional and physiological factors.

In essence, depression presents a multifaceted challenge that profoundly impacts various aspects of an individual's life, extending beyond mere mood fluctuations to encompass disruptions in cognitive, emotional, and behavioral functioning.

2.2.1 The Causes of Depression

According to Nikbakhtzadeh (2020), anxiety and depression are one of the causes that affect the quality of our life and daily tasks. There are people who experience depression only once in their life. There are also those who experience it repeatedly or what is known as major depression which can lead to suicide. It is important to know that there are many things that can be done to help people who have an urgency to take this action, one of which is by understanding the factors that can

cause depression. Santrock (2003) delineates several key factors contributing to depression:

2.2.1.1 Biogenetic and Social Environmental Factors

Biogenetic and social environmental factors play a significant role in the development of depression. Genetic factors within the family can increase an individual's vulnerability to depression. However, it is not only genetic factors that play a role. Social environment also plays a major role. For example, stress caused by problems in the family, work, or interpersonal relationships can trigger depression or exacerbate existing conditions. Thus, depression often results from the complex interaction between genetic and environmental factors.

2.2.1.2 Cognitive Schemas in Childhood

Traumatic or stressful experiences during childhood can shape negative cognitive schemas in individuals, which can then increase the risk of depression in adulthood. For example, children who experience frequent harsh treatment or neglect may develop negative self-perceptions and feelings of worthlessness that persist into adulthood. Such thought patterns can make individuals more vulnerable to depression when facing pressure or stress later in life.

2.2.1.3 Learned Helplessness

Learned Helplessness is a concept that suggests when someone feels they have no control over their circumstances, they are more likely to experience feelings of despair and vulnerability to depression. For instance, if someone experiences repeated failures in life and feels they cannot change their situation, they may feel trapped in a cycle of hopelessness that can lead to depression.

2.2.1.4 The family

The family environment can also influence the development of depression. A family history of depression, such as having parents who suffer from depression, can increase the risk of depression in offspring. Family conflicts, divorce, or economic problems can also trigger depression. Instability in the family environment can create feelings of insecurity and instability, which can increase the risk of depression in those involved.

2.2.1.5 Limited Social Relationships

Lack of social support and positive relationships with peers or friends can also worsen depression. Positive social interactions can provide emotional and psychological support needed to cope with stress and life pressures. When someone feels isolated or unsupported by their social environment, they are more vulnerable to depression.

2.2.1.6 Difficult Life Changes

Difficult Life Change, such as parental divorce or school transitions, can cause significant stress in individuals. Major changes in one's routine or living environment can trigger feelings of uncertainty and anxiety that can lead to depression. This is especially true for teenagers experiencing important transitions in their lives.

By understanding these factors, it is hoped that individuals and society can identify the symptoms of depression early and provide appropriate support to those in need.

2.2.2 Symptoms of Depression

According to Sulistiyana (2019), depression is a complex mental disorder and involves a variety of different symptoms, which can affect various aspects of a person's life, some of which are:

2.2.2.1 Loss of interest and enjoyment in activities

people who are depressed often lose interest and enjoyment in activities they previously enjoyed. Everything that used to be enjoyable, such as hobbies, work, or social relationships, suddenly feels bland and meaningless. They may feel uninspired to do anything and tend to withdraw from activities they usually enjoy.

2.2.2.2 Pessimism

Symptoms of depression are often also characterized by a pessimistic attitude and negative interpretation of everything in life. People who are depressed tend to see everything from a negative perspective, feel that nothing will work out, and see no

hope in any situation. They may feel that failure is certain and that there is no point in trying.

2.2.2.3 Loss of energy

Depression often causes excessive fatigue and a constant feeling of exhaustion. People who are depressed may feel tired all the time, even after getting enough rest. They also tend to lose enthusiasm for daily activities and feel like they don't have the energy to do anything.

2.2.2.4 Withdrawal from social activities

People who experience depression tend to withdraw from social interactions and avoid situations that require interaction with other people. They may not respond to phone calls, avoid meeting friends, or isolate themselves at home. This can be caused by feelings of low self-esteem, social anxiety, or an inability to enjoy social interactions.

2.2.2.5 Memory difficulties

Depression can also affect a person's cognitive function, including the ability to remember information and concentrate. People who are depressed often have difficulty remembering things or making decisions, and may feel confused or mentally disturbed.

2.2.2.6 Changes in sleep patterns

Sleep disturbance is one of the common symptoms of depression. Some people may experience difficulty sleeping or insomnia, while others may feel very sleepy and want to sleep constantly. These changes in sleep patterns can cause further fatigue and worsen depressive symptoms.

2.2.2.7 Thoughts about death

Thoughts about death or suicide are one of the most serious and worrying symptoms of depression. People who are depressed may feel hopeless and hopeless about the future, so they may think about or even plan to take actions that harm themselves.

In conclusion, the symptoms of depression can vary from person to person, but generally include prolonged feelings of sadness, loss of interest or pleasure in daily activities, excessive tiredness, changes in sleep patterns, withdrawal from social interactions, and thoughts of death or death. suicide. It's important to recognize these symptoms and seek help if you or someone you know is experiencing depression.

2.2.3 The Causes and Symptomp Affect

There are several studies that have examined how causal factors such as past trauma, social environment, and internal conflict affect the protagonist in the story. According to Smith (2016), past trauma often shapes the protagonist's motivations and actions. For example, in the novel *To Kill a Mockingbird*, Scout Finch's childhood trauma influences her views on justice and morality (Pitz, 2018).

Additionally, in the novel *Jane Eyre* by Charlotte Brontë, causes such as the oppression and injustice that Jane experienced in her childhood influenced her character development (Jacobs, 2002). Brontë describes how Jane grows into a strong and independent woman in response to this traumatic experience.

Symptoms that arise as a result of these causes, such as stress, depression, and defensive behavior, also play an important role in the development of the story. According to Goldstain (2019), these psychological symptoms are often visible in the protagonist's actions and dialogue, giving readers deep insight into their emotional state. In the novel *The Bell Jar* by Sylvia Plath, Esther Greenwood's symptoms of depression affect every aspect of her life, from personal relationships to career decisions. Plath uses these symptoms to create an immersive narrative about mental struggle and the search for identity.

In this case, to analyze how these causes and symptoms affect the protagonist, the appropriate theory to use is Behavioral Psychology Theory by Skinner in the book entitled *Science and human behavior* (1965). This theory explains how past trauma, the social environment and internal conflicts influence individual behavior which is explained further below:

2.2.2.3.1 Past Trauma

Skinner (1965) stated that human behavior is greatly influenced by the reinforcement and punishment received during his life. In this context, how the impacts and symptoms affect the main character can be described by analyzing the protagonist's traumatic experience.

2.2.2.3.2 Social Environment

The environment also plays an important role in shaping the protagonist's behavior. According to Skinner's environmental theory, individuals are influenced by external conditions around them, including social, cultural and economic interactions. For example, a protagonist who grows up in an environment filled with violence and instability may develop symptoms such as high anxiety, hypervigilance, and defensive behavior. On the other hand, a supportive and positive environment can encourage the development of healthier and more resilient characters. The literature shows that the social environment can strengthen or reduce the impact of past experiences, depending on whether the environment provides positive or negative reinforcement (Bandura, 1977).

2.2.2.3.3 Internal Conflict

Internal Conflict is also an important factor in behavioral psychology theory. This conflict often arises from a mismatch between personal values and life experiences. For example, a protagonist who has experienced past trauma may experience an internal conflict between the desire to forget a bad experience and the need to face it. This conflict can manifest itself in the form of psychological symptoms such as stress, anxiety and depression. According to Freud (2015), internal conflict is often not realized by individuals, but can significantly influence their behavior and decisions. In the narrative, the protagonist's internal conflict can be depicted through internal monologue, dialogue, and actions that reflect their inner struggle.