

**CARRIE'S DEPRESSION IN *LOST STARS* NOVEL BY LISA SELIN**

**DAVIS**

**THESIS**



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## ABSTRACT

Rosalina, S. D. (2022). *Carrie's Depression in Lost Stars Novel by Lisa Selin Davis*. English Department, UIN Sunan Ampel Surabaya. Advisor: Sufi Ikrima Sa'adah, M.Hum.

Keywords: depression, loss, psychoanalysis of melancholia

This study describes the depression experienced by the main character named Carrie in Lisa Selin Davis' *Lost Stars*. The analysis includes the symptoms of depression, the effects of depression on personality, behavior and family relationships, and how Carrie overcome her depression.

In presenting the data analysis, this study uses the qualitative method as the data analysis is gathered in narrations and dialogues taken from the novel. Moreover, the psychoanalysis theory of melancholia is used to identify the symptoms of depression reflected by Carrie and the other supporting theories that explain how depression closely affected the individual's life.

This study discovers several points. The first result describes the symptoms of depression shown by Carrie in the novel. The symptoms of Carrie's depression are revisiting memorable place, losing interest in science and astronomy, viewing herself poorly, drinking and taking drugs, and punishing herself. Moreover, the depression further affected Carrie's personality into becoming alcoholic and unmotivated in education. Carrie's behavior also changed into becoming more rebellious. Depression also affected her relationship with her parents, where Carrie became distant and hateful. In overcoming depression, Carrie attempted several steps. It includes accepting that no one is to blame for her sister's death, cutting the alcohol and drug use, reconciling with her parents, and rediscovering her true self while welcoming a new love interest into her life.

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## ABSTRAK

Rosalina, S. D. (2022). *Depresi Carrie di Novel Lost Stars oleh Lisa Selin Davis*. Program Studi Sastra Inggris, UIN Sunan Ampel Surabaya. Pembimbing: Sufi Ikrima Sa'adah, M.Hum.

Kata kunci: depresi, kehilangan, psikoanalisis melankolis

Penelitian ini bertujuan untuk mendeskripsikan depresi yang dialami oleh tokoh utama bernama Carrie dalam novel berjudul *Lost Stars* karya Lisa Selin Davis. Analisisnya adalah termasuk gejala depresi, efek depresi terhadap kepribadian dan hubungan keluarga, dan bagaimana Carrie mengatasi depresinya.

Metode kualitatif digunakan dalam menyajikan analisis data penelitian ini. Selain itu, teori psikoanalisis melankolia digunakan untuk mengidentifikasi gejala depresi yang dicerminkan oleh Carrie bersama dengan teori pendukung lainnya yang menjelaskan bagaimana depresi sangat mempengaruhi kehidupan individu. Analisis data dikumpulkan dalam bentuk narasi dan dialog yang diambil dari novel.

Pada penelitian ini, ditemukan beberapa hasil. Hasil pertama menggambarkan gejala depresi yang ditunjukkan Carrie dalam novel tersebut. Gejala-gejala depresi Carrie adalah mengunjungi tempat yang syarat akan kenangan, kehilangan minat dalam bidang sains dan astronomi, penilaian diri sendiri yang buruk, mengonsumsi alkohol dan narkoba, dan menghukum diri sendiri. Selain itu, depresi semakin mempengaruhi kepribadian Carrie untuk menjadi pecandu alkohol dan tidak termotivasi dalam pendidikan. Lalu, sikap Carrie lantas berubah menjadi pemberontak. Depresi juga mempengaruhi hubungannya dengan orang tuanya di mana Carrie menjadi jauh dan penuh kebencian. Dalam mengatasi depresinya, Carrie perlahan mencoba beberapa Langkah, termasuk menerima kenyataan bahwa tidak ada yang bersalah atas kematian saudara perempuannya, menghentikan penggunaan alkohol dan narkoba, berdamai dengan orang tuanya, dan menemukan kembali dirinya yang sebenarnya sambil menyambut minat cinta baru ke dalam hidupnya.

## TABLE OF CONTENTS

Cover Page	
DECLARATION .....	i
APPROVAL SHEET .....	iii
EXAMINER SHEET .....	iv
ABSTRACT .....	vi
ABSTRAK .....	vii
TABLE OF CONTENTS .....	viii
CHAPTER I INTRODUCTION .....	1
1.1 Background of the Study .....	1
1.2 Research Problem .....	4
1.3 Significance of the Study .....	5
1.4 Scope and Limitation .....	5
1.5 Research Method .....	6
1.5.1 Research Design .....	6
1.5.2 Data Source .....	6
1.5.3 Data Collection .....	6
1.5.4 Data Analysis .....	7
CHAPTER II THEORETICAL FRAMEWORK .....	8
2.1 New Criticism Theory .....	8
2.1.1 Characterization .....	10
2.2 Psychoanalysis in Literature .....	11
2.3 Depression .....	12
2.3.1 Symptoms of Depression .....	14



2.3.2 The Causes of Depression .....	16
2.4 Previous Studies .....	18
CHAPTER III ANALYSIS .....	22
3.1 The Depiction of Carrie's Depression in <i>Lost Stars</i> (2016).....	22
3.1.1 Revisiting Memorable Place .....	22
3.1.2 Losing Interest in Science and Astronomy .....	26
3.1.3 Viewing Herself Poorly .....	29
3.1.4 Drinking and Taking Drugs.....	32
3.1.5 Punishing Herself .....	35
3.2 The Effects of Carrie's Depression in <i>Lost Stars</i> (2016) .....	37
3.2.1 Personality .....	37
3.2.2 Behavior .....	39
3.2.2 Family Relationship .....	41
3.3 The Overcoming of Depression in <i>Lost Stars</i> (2016) .....	44
CHAPTER IV CONCLUSION.....	52
REFERENCES.....	55

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# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

The issue of depression has been a joint discussion amongst society throughout the years. Case of depression happens to adults and occurs in children, adolescents, and adults. Depression is a category of mental disorder with various triggers and no definite causes. Bhowmik et al. (2012, p. 42) explained that depression occurs in people of all genders and social backgrounds with reasons that vary from genetic, environmental, psychological, and biochemical factors. It means that depression is a mental disorder that can be experienced by all people regardless of their age, gender, and background. The case of depression is often neglected and looked down upon from the misconception of depression being nothing more than a state of sadness.

One of the causes of depression commonly found within people is depression rooted in loss. Through the psychoanalysis theory of melancholia, Freud (2009, p. 20) explained that depression is one of the reactions to the loss of someone loved, which further causes changes in the sufferer's behavior. It means that depression can be identified by particular behavior of the individuals that relatively changed from the initials. The actions are driven by depression caused by melancholia from the loss of the loved one often involve replacement and changes of behavior patterns to avoid the things that remind the individual of the particular someone they lost (Freud, 2009, p. 20). It means that depression tends

to lead someone to lack interest in something they used to enjoy and seek comfort in the things that put their mind off the pain from the loss.

Depression is an unwanted disorder that most people try to avoid and neglect in their lives (Perlman & Peplau, 1981, p.31). It means that depression often goes unnoticed and untreated as people try to avoid it rather than approaching the main issue to overcome it properly. The sudden changes or loss in life trigger people to retreat from peers or avoid feeling that depression can disappear independently. However, this is not the case. Bhowmik et al. (2012, p. 42) explained that the negative feelings that people with depression experience develop into various symptoms such as agitation, angry outbursts, fatigue, crying for no reason, trouble thinking, lack of interest, guilt, change of behavior, and so forth. It shows that depression needs to be treated and overcome instead of being ignored.

The issue of depression has been in many movies, novels, and several arts due to its overwhelming real-life situation. It brings significant awareness, which appears in character, plot, or the case, about dealing with depression, and thus the audience shall learn. For instance, some literary works deal with depression, such as; *The Bell Jar* (1963) by Sylvia Plath, *The Perks of Being a Wallflower* (1999) by Stephen Chbosky, *Thirteen Reasons Why* (2007) by Jay Asher, *Girl, Interrupted* (1993) by Susana Kaysen, *The Color Purple* (1982) by Alice Walker, *The Yellow Wallpaper* (1892) by Charlotte Perkins, *Prozac Nation* (1994) by Elizabeth Wurtzel.

In order to further determine certain issues such as depression in literary work, the new criticism theory is considered as suitable guidance to be applied in

this study. The concept of new criticism theory allows the researcher to be more focused on the elements of the literary work and interpret the meaning from it. The underlying messages and issues can be determined when the essential elements of a story are analyzed by thoroughly looking at the represented values in it. Edgar and Sedwick (2008, p. 225) explained that the focus of new criticism is the analysis of texts viewed as something timeless and self-contained. This means new criticism promotes the idea of how literary work carries certain values and represented issues that uniquely belong to the text itself. In this sense, new criticism makes it possible for the researcher to focus on the internal elements of a literary work instead of finding out the external factors to determine the represented issues.

New criticism has the particular concept in literary criticism that supports the analysis which contains the explanation and further interpretation from literary work by going beyond linguistic meaning (Edgar and Sedwick, p. 227). It means that new criticism does not only focus on the linguistic aspect of the literary work but further determines the context and issues that is able to be exerted from the text's elements. Moreover, the new criticism theory also requires the researcher to conduct a close reading of the text that is chosen to be the object of analysis (Edgar and Sedwick, p. 226). The analysis and deeper interpretation of the text is only possible to be determined if the researcher has deep comprehension of the story and the elements that are involved in it. Therefore, new criticism theory is considered applicable in this study that has the aim to further analyze the issue of depression portrayed by the main character in the novel.

The novel that is the main object of this study, entitled *Lost Stars* by Lisa Selin Davis (2016), has the theme of depression reflected by Carrie's character. The novel describes how Carrie deals with her sister's death and copes with the grief following the event. Carrie does not take the loss very well as she shows significant changes in her behavior. She started going out with the older crowds and pushing through the days by drinking excessive alcohol and drugs. Carrie is also no longer interested in science which was her initial interest before her sister, Ginny, died.

Carrie's condition becomes worse because her family's condition changes as both of her parents cope with the loss of Ginny in a different way. Based on the issue represented in the novel *Lost Stars* by Lisa Selin Davis (2016), this study further observes how depression is captured through the character. The analysis includes the portrayal of depression through the character based on the physical and psychological conditions caused by losing a family member and how the character deals with the depression.

## **1.2 Research Problem**

There are some research questions formulated based on this study's research problem. The research problem is listed in the following:

1. How does Carrie's depression describes in the novel?
2. How does Carrie's depression affect herself in terms of personality, behavior, and family relationship?
3. How does Carrie overcome her depression?

To answer the research problems, the aim of this study is formulated in the following:

1. Describe how depression is depicted in the novel *Lost Stars* by Lisa Selin Davis.
2. To describe the effects of depression on Carrie's behavior, personality, and relationship with her family.
3. To describe how Carrie overcomes depression.

### **1.3 Significance of the Study**

The researcher hopes that this research can provide some importance to those experiencing depression and help see the significant result based on the novel. Through this research, it is expected that people become aware of depression. This research can be used as a reference or comparison for another research that analyzes the novel or topics related to depression and broken home.

### **1.4 Scope and Limitation**

This research focuses on the main character in *Lost Stars* (2016). The data taken in the form of narratives and dialogues from the novels relate to the depiction of depression experienced by the main character that consists of the portrayal of depression symptoms and their effect on the personal and relational aspects of Carrie. Thus, the limitation of this study is the issue of depression portrayed by Carrie in *Lost Stars* (2016). The analysis includes the interpretation from the main character by determining the physical and psychological conditions after the loss of her sister.

## 1.5 Research Method

This section includes the methods used in this study: research design, data source, data collection, and data analysis. Each point is presented in the following:

### 1.5.1 Research Design

The writer used qualitative analysis as a method to analyze the object. The qualitative research data is in text form documents, transcripts, notes, interviews, audio, and images containing details about people, actions, and events in society (Neuman, 2014, p.477). The data analysis is presented in coherent paragraphs that include how certain data is taken from the text and interpreted straightforwardly. Moreover, this study also used the psychoanalysis theory of melancholia by Sigmund Freud to help analyze the depression represented in the novel.

### 1.5.2 Data Source

The data sources of this research consist of two parts. They are the main and supporting data. The primary source of this study is the narrative and dialogue taken from the novel *Lost Stars* by Lisa Selin Davis. The secondary data are from the related journal articles, books, and websites.

### 1.5.3 Data Collection

In collecting the data, the researcher uses a descriptive qualitative method, with the steps as below:

1. The researcher read the novel several times to fully understand the story and determine the issue to discuss, which is the depression of the main

character.

2. The researcher marks the data in the form of narrative or dialogues from the novel related to the depiction of Carrie's depression and its effects on her personality, behavior, and family relationship.
3. The researcher marks the data that portrayed the overcoming of Carrie's depression.
4. The researcher categorized the data based on the psychoanalysis of melancholia to further analyze the depression issues in the story.

#### **1.5.4 Data Analysis**

The researcher followed some steps in analyzing the data as in the following:

1. First, the researcher analyzed the data that depicted Carrie's depression.
2. After the researcher analyzed the issue of depression, the researcher started identifying and analyzing the effects of Carrie's depression on her personality, behavior and family relationship.
3. The researcher analyzed how Carrie overcomes the depression in the novel before drawing a conclusion based on the analyses.
4. The researcher developed the analysis based on the supporting theory of melancholia by Sigmund Freud.



## **CHAPTER II**

### **THEORETICAL FRAMEWORK**

This chapter consists of the review of literature the researcher used to guide the analysis and discussion of the study. The related theories and previous studies provide in this section.

#### **2.1 New Criticism Theory**

The concept of new criticism theory refers to how literary texts are further analyzed based on the elements involved within the work itself. Edgar and Sedwick (2008, p. 225) explained that the main influence of new criticism includes the interpretations of literary works based on the parallel relationship between the text and social context. This means that new criticism focuses on the form of analysis that includes the interpretation based on the structures of elements that build the whole phenomenon represented in literary work. Edgar and Sedwick (2008, p.226) also explained that new criticism has adhered to the idea that it is possible to interpret meanings from the linguistic and paradoxical statements within literary work. it refers to how new criticism encourages the analysis over the issues taken from literature forms by exerting meaning from the elements in it.

New criticism proposes the idea of literary criticism that focuses more on the elements of the work and its relation to the whole text. Aail and Wisal (2019, p. 47) explained that new criticism is one of the dominating theories in literature that relies more on the structures and substance of literary work that reflected the

content. It means that new criticism theory supports the analysis that is aimed to further interpret meaning from literary work by investigating the internal element that builds the work. Aail and Wisal (2019, p. 48) concluded that new criticism theory proposed that meaning extraction should be analyzed based on the internal part of the form. Thus, the internal elements of a story can be further analyzed to determine the issues which are represented in the literary work.

Moreover, new criticism theory proposes the perception of literary work as an independent work of art. Butler (2006, p. 9) explained that new criticism includes the idea of viewing literary work with its requirement, emphasis, and properties. It means that literary work cannot be separated from its elements. Thus, the only way to conduct an analysis or to deeply understand the context of a text is required to look at the elements that built the structures of the story. Moreover, Butler (2006, p. 9) also explained that new criticism promotes a critical reading which allows the researcher to determine the relationship between one aspect to another. In analyzing a literary work under new criticism theory, it is essential to look through the structures, elements, and the context represented by the text as it is the main method in interpreting the meaning and analyzing the represented issues further.

As literary work is seen as an independent work of art in the perception of new criticism theory, the application of this theory in literary analysis often emphasizes the relation between the structures of the text and the context that the literary work stands for. Butler (2006, p. 9) explained that the implication from literary work is narrowed only towards the context found in the structures of the

text itself. It means that new criticism theory is only applicable when the analysis focuses on the internal elements of a story where the representation and further interpretation of the researcher are the main concern of the study.

### **2.1.1 Characterization**

As new criticism encourages the analysis of literature based on the internal elements, this study particularly focuses on the characterization of the main character to determine the issue captured in the story. Characterization in fiction and other literary work has an essential role in developing the story. Characterization includes the information about the characters and their behavior with which the reader or audience sympathizes. Holman (1992, p. 75) explained that characterization refers to the imagery of the characters. It means that the characterization includes the described behavior, thoughts, appearances, and personality, which further affect the plot in the story.

The characterization determined how the characters represent an issue through their experiences and behavior throughout the story. Moreover, Lynch-Brown (2014, p. 37) defined characterization as how the author reveals the characters' appearances and personalities through emotional and moral traits. It means that characterization has the role of describing the characters subtly and effectively.

In revealing the characters through characterizations, the author uses two main techniques: direct and indirect characterization. Direct characterization refers to how the author conveys information about the characters by directly telling the readers about it (Bacon, 2017, p. 1). It means that direct

characterization shows through the explicit description of the character through direct written or spoken narrative. Meanwhile, indirect characterization refers to how the author shows the characteristics of certain characters through how they act, behave, and think (Bacon, 2017, p. 1). It means that indirect characterization requires demonstration from the characters' actions and reactions in the story for the reader or audience to conclude the hinted characterization. This technique is more subtle and engaging as the characterization will have revealed through observation and engagement between the reader, the character, and the story development.

## **2.2 Psychoanalysis in Literature**

The approach of psychoanalysis relates to the issue of psychology that represent through literary work. Psychoanalysis includes the guiding perception towards how psychological phenomena are further observed and analyzed in the characters within a story. Hossain (2017, p. 41) explained that psychoanalysis is used in literary analysis as a source of conceptions where the psychological issues are represented through the structure of expressions and characters from the literary work. It means that psychoanalysis does not treat the issue from literary work as a literal case. Yet, its use to pursue further the topic represented as literary work mirrors real life.

Moreover, psychoanalysis is considered a helpful tool and perception used to define a character's behavior from the view of critical theory (Pangestu and Sunardi, 2016, p. 20). In other words, psychoanalysis is a valid reference and

theory to interpret and analyze phenomena from literary work that represents the relationships between human beings and their psychological aspects.

Sigmund Freud was the one who proposed the origin of psychoanalysis in 1987. Freud develops psychoanalysis to comprehend human beings' mental states and the aspect of unconsciousness (Michaud, 2009, p. 1). It shows that psychoanalytical theory is used to analyze the psychological factors of the individuals represented as characters in literary work by figuring out their unconscious behavior. Widyawati (2014, p. 113) further explained that the approach of psychoanalysis in literature contains analyzing the psychological condition of the characters, observing the receptive-pragmatic that focuses on the influences of the literary work on the readers' psychological aspect, and considering the author's psychological condition in creating the particular literary work. These three approaches are considered psychoanalysis in literary work interpretation and analysis. This perception is applied in this study to analyzes the relation between the main character's past experiences which include the loss of her sister and how it affected her psychological states that reflected from her behavior and personality.

### **2.3 Depression**

Sigmund Freud's approach to depression through the psychoanalytical aspect addresses melancholia's psychoanalytic theory. The perception of psychoanalytic melancholia originated from Freud's work entitled *Mourning and Melancholia*, published in the early 1900s. Armstrong (2016, p. 114) explained that the psychoanalytical theory of melancholia refers to and relates to nowadays'

depression which describes the condition where people cannot pursue happiness. In other words, depression refers to unhappiness from the states met in life when people fail to follow certain situations they desired initially. It demonstrates the simple definition of the depression concept.

Freud's psychoanalytic theory of melancholia also includes perceiving that depression responds to lose, consciously or unconsciously (Armstrong, 2016, p. 117). It means that the specific responses of the individuals recognized as depressed are the result of the feeling of loss that they experienced in their life. The loss people experience that triggers depression can be self-esteem, love-object, and grief from death. Moreover, Marcus et al. (2012, p. 6) defined depression as a mental disorder in human beings that is apparent with depressive mood, interest loss, energy-drain, guilt, low self-worth, increased or decreased appetite, poor concentration, and so forth. It means that depression includes a specific range of depressive moods shown by individuals, which further affects their behavior and perception of themselves or certain situations in their life.

Freud's psychoanalysis includes the concept of Id, Ego, and Superego. The three aspects determine individuals' reason and mental state by determining their intentions and behaviors based on conscious or unconscious drives. Lapsley and Stey (2011, p. 1) defined Id as the primary instinctual drive of human beings that involves the motivation to avoid pain and seek pleasure. Id refers to people's primary drive or intention, which further motivates them for certain acts or behaviors. It means that Id on individuals is known to be unconscious. People naturally have their urges aside from the need to live and the instinct to survive as

living beings. This is categorized as unconscious drives, as humans do not need any reason to defend themselves based on the instinctive drive to live and stay safe.

### **2.3.1 Symptoms of Depression**

The Freudian theory of depression involves primary symptoms of depression. Freud (as cited in Armstrong, 2016, p. 116) mentioned several depression symptoms: painful depressive condition, loss of interest, loss of ability to love, performance inhibition and reduction in the sense of self, self-destruction, and delusory expectation of punishments. The mentioned symptoms are considered the primary condition of people with depression that vary from one person to another. Further explanation of each sign is in the following:

#### **a. Painful Depressive Condition**

The depressive condition includes a painful feeling that one endures after experiencing the triggers that cause melancholia. Freud (2009, p. 20) explained that the depressive state of an individual shows through deep sadness that is projected in low spirit and drastic mood changes. It means that a specific symptom of depression involves how a person would fall into a slump of dejection. Their initial energy lowered down due to the depressive condition.

#### **b. Loss of Interest**

The loss of interest is also one of the symptoms of depression, which reflects how the individual no longer shows interest in what they passionately aimed before. Freud (2009, p. 22) explained that the 'ego' or the willingness to



pursue one's desire in people with depression is seen as poor and empty. It results in a condition where they no longer make efforts in what they do or leave what they were initially interested in. In other words, the loss of interest as a symptom in depression is related to the individual's ego that is no longer seen as worthy.

c. Loss of Ability to Love

The loss of ability to love refers to the condition where the individual depression lacks interest in the outside world. Freud (2009, p. 20) further explained that the incapability to love in people with depression shows how they turn away from the activity that reminds them of what they lost. It is related to the loss of loved ones and the people's tendency to deal with it by avoiding the things related to the source of their pain.

d. Performance Inhibition and Reduction in the sense of Self

The particular symptom of depression that involves performance inhibition and the reduction in the sense of self refers to how an individual has reduced or poor view of themselves, which affects their performance in their life. Freud (2009, p. 22) proposed that the ego of people with depression is seen as worthless and incapable of achieving anything in life. Therefore, the poor self-image, self-blaming, and lack of effort in performance reflect when an individual experiences depression.

e. Self-Destruction

Self-destruction is one of the symptoms of depression shown from how individuals consciously or unconsciously view themselves as unworthy. Freud



(2009, p. 22) explained that self-destruction involves feeling unworthiness and self-abasement where one would negatively criticize and harm oneself. It means that people with depression would show behavior that negatively impacts themselves as they are ashamed and have a low self-image.

#### f. Delusory Expectation of Punishments

The delusory expectation of punishments is rooted in the feeling of unworthiness and self-blaming experienced by people with depression. Freed (2009, p. 22) explained that people with depression tend to vilify themselves while also expected to be excluded and punished for being their selves. It is affected by their reduced sense of self and the accumulated self-blaming, which results in low self-image and hatred. This particular aspect is seen through the main character's tendency in expecting delusory punishment for her sister's death.

### 2.3.2 The Causes of Depression

The causes of depression vary widely, yet it is more commonly considered the result of loss as proposed by Freud in the psychoanalytic theory of melancholia. Bhowmik (2012, p. 45) explained that the causes of depression include genetic and environmental factors. It explained that depression could inherit from one generation to the other. The examples of depression caused by inheritance are seen in people with bipolar disorder and major depression. Bhowmik et al. (2012, p. 45) explained that families of each generation developed symptoms of bipolar disorder and major depression with a high chance of inheritance to the next generation. It means that depression or the feeling of heavy

sadness maintained by people for a long time is possible to be a genetic case. Thus, it is not strange to find children or young people who show early symptoms of depression. The effective care for people with depression is to assist them into a professional where their condition would be under proper observation before they develop destructive behavior.

Aside from genetic factors, environmental factors such as severe loss, chronic illnesses, relationships, financial difficulties, and any unwelcome life changes trigger depression in people. It means that specific circumstances that affect people in a state of mind and feelings where they cannot pursue a particular ideal or are disrupted in achieving are trigger depression. This failure in fulfilling the id of the individuals leads to frustration, disappointment, and even sadness, where if the feelings are not managed well, it will cause someone to fall into depression. In the case of an unwanted change and loss, people would react differently, yet in some people, the suffering that comes after is so great that they are incapable of overcoming it.

Furthermore, several behaviors that cause depression are alcohol and drug abuse, medical illnesses, sleeping problems, and stressful life events that trigger depressive episodes (Bhowmik, 2012, p. 48). People with depression commonly show the mentioned behaviors and qualities as their actions are affected mainly by the unbearable negative feelings and developed self-hatred resulting from the stressors. Despite having the instinct to thrive and survive, people also carry the other instinct related to destruction and death.

Freud (as cited in Armstrong, 2016, p. 118) explained that the opposition to the most vital drive for humans to live is Thanatos, which refers to the death instinct that causes people to be suicidal and do things considered self-destructive. According to Freud's theory, the initial feelings that the individual has for the source of their pain that reflected themselves is the cause of the urge for people with depression. It means that the negative emotions are directed for their aims at the other person or circumstances that trigger the state of depression (Armstrong, 2016, p. 117). It is not always the case, as depression also causes self-hatred and unworthiness, usually shown as submissive and inferior to others. This particular perception is applied in this study to further determine the self-hatred and low self-image that Carrie shows in the novel.

#### **2.4 Previous Studies**

A previous study is one of the crucial parts of research. A researcher needs to comprehend the previous research related to their issue. The earlier researchers already get comprehension helps calculate the research topic and improve it. The researcher finds several pieces of research that examine the psychological approach related to the depression issue reviewed in the following paragraphs.

The first reviewed previous study was Eva Ririn Nur Hamidah's (2015) thesis entitled *A Study of Linda's Depression in Doing Unlawful Affair in Paulo Coelho's Adultery*. This research is about the cause and effect of depression that Linda experienced. The result of this research is the effect of her depression makes her do uncommon sex with other men. The cause is because Linda feels

bored with her daily activity and some symptoms of depression are also the cause of her decision to do uncommon sex with other men.

Second, Muhammad Alfariji (2019) conducted a study entitled *The Depression Experienced By Rachel Watson as The Main Character in Paula's Hawkin's novel The Girl on the Train*. This study focuses on forms and factors of depression in the novel's main character. The result of this study is that he found the conditions of depression experienced by Rachel, which are dysthymic, psychotic depression, and bipolar disorder. On the other hand, two factors have caused Rachel's depression: physical and psychological.

Third, a previous study was conducted by Musrina (2015) entitled *An Analysis on Depression Faced by Charlie in Stephen Chbosky's novel "The Perk of Being A Wallflower."* This study focused on the cause and effect of depression and how Charlie overcame his depression. This study used the psychological approach in depression to analyze the data. The result of this study is that Charlie has six symptoms of depression in total. It appeared because of several causes. The last, there are several steps to overcome Charlie's depression.

Fourth, a previous study was conducted by Amoelia Kurnia Suci (2019) entitled *The Depression Reflected in The Novel "Sputnik Sweetheart" by Haruki Murakami (1999): A Historical Approach*. This study aimed to identify the indicators of depression and the depiction of depression in the novel. This study also examined the purpose of the author's intention in addressing depression in the story. The result shows that the depiction of depression is discovered through

character, settings, events, and styles in the novel. Moreover, the purpose behind the portrayal of depression in the story is to reflect the real-life situation.

Fifth, a previous study conducted by Maitun (2018) entitled *The Wife's Depression in Charlotte Perkins Gilman's The Yellow Wallpaper* aimed to determine the wife's depressions and the causes. The result shows that the wife's depression is caused by the baby blues condition, which refers to the depression after giving birth. The wife's depression is also worsened by her husband's controlling behavior towards her and giving her the wrong medication.

Sixth, a previous study conducted by Wulandari (2016) entitled *Depression of The Main Character in Sylvia Plath's The Bell Jar* examined the depression represented by the main character that experienced the loss of a love object. The result reveals the physical symptoms of depression represented by the main character are sleep disturbance, decreased appetite, concentration loss, and suicidal tendencies. In contrast, the psychological symptoms are the feeling of emptiness, crying, spirit loss, anger, and heart-broken.

Seventh, a previous study conducted by Nur Idayu (2021) entitled *Depression as Reflected on Hannah Baker in Asher's Thirteen Reasons Why* aimed to reveal the depression symptoms experienced by Hannah Baker in the novel *Thirteen Reasons Why*. The analysis included how depression affected the character's life. The result shows the depression symptoms experienced by Hannah are irritation, lack of decision-making capability, reduced focus, loss of interest, feelings of worthlessness, less sex drive, and suicidal thoughts. Stressful

life involving oppression, social isolation, and sexual harassment is causing the depression experienced by the character.

Eight, a previous study conducted by Desfeliza, Elfiondri, and Femmy Dahlan (2019) entitled *The Depression of The Main Character in I was Here by Gayle Forman* examined the symptoms and the causes of depression of the main character. The result revealed several symptoms caused by trauma: hopelessness, energy loss, oversleeping, and suicidal tendencies.

From all of the previous studies, some similarities and differences are concluded. The similarities lay in the topic taken as the study's primary concern, depression. Novels as literary forms are also used in most of the previous studies. However, some differences are determined from the results presented in the studies. The results in the earlier studies mainly focus on the symptoms and causes of depression represented through the characters caused by several reasons such as baby blues, life conflicts, and the loss of a love object. Meanwhile, this study presents the result in depicting depression through the character in *Lost Stars*. It analyzes how the character overcomes depression caused by losing a family member. The data from this study have also never been studied before.

## CHAPTER III

### ANALYSIS

This chapter consists of the findings and analysis of the represented issue of depression portrayed by the main character named Carrie in the novel *Lost Stars* (2016) by Lisa Selin Davis. The data analysis is in narration and dialogues that further represent how depression is depicted, the effects, and how the character overcomes it. The psychoanalysis of melancholia by Sigmund Freud and other related theories provides solid and deeper analysis. The explanation and analysis are divided into several sections in the following.

#### 3.1 The Depiction of Carrie's Depression in *Lost Stars* (2016)

Carrie's depression is portrayed through the novel. The death of her sister, Ginny, causes Carrie to go through deep sorrow and fall into a slump where she shows several symptoms of depression. Freud (2009) explained that melancholia or depression could result from the loss, consciously or unconsciously. The narration and dialogue are taken from the novel show specific identification of an individual with depression represented by Carrie. Further analysis and explanation over each symptom shown by Carrie are in the following.

##### 3.1.1 Revisiting Memorable Place

Carrie's painful depressive condition represented in the novel is shown from how Carrie prefers to relive her memories of her sister by re-visiting the place where she spent time stars-sighting with Ginny before her death. This is



identified as a painful depressive condition as Carrie rejected other thoughts and fixated on her negative feelings caused by her sister's death. Deep sadness and depressive condition are known as symptoms of depression. Regarding this, Freud (as cited in Armstrong, 2016, p. 117) defines the painful depressive condition as the deep sadness that people with depression experience, further showing devotion to the loss. It means that individuals who experience depressive conditions have limited perception as they are too absorbed in the sadness.

It demonstrates from the narration taken from the novel, "I was weirdly calm. Not scared to be alone in the park at night. Not scared to be homeless-ish. Not scared to be in the very spot, where two years earlier, I had had my last glimpse of Ginny" (Davis, 2016, p. 1). The text explains how Carrie seems not to be able to let go of the images of her sister and their memories together. The phrase of 'weirdly calm' is used to describe Carrie's numbing approach as she relived her experience in the place where she used to spend a lot of time with her sister. Carrie did not particularly break down on the display of her memorable place yet she approached it with loneliness surrounding her, thus, the phrase 'weirdly calm' is used. It also shows that Carrie prefers to be on her own without anyone else's presence which describes through the particular line, 'not scared to be homeless-ish.' It implies that Carrie retreated from her house to find a companion from herself and the memories related to Ginny.

Carrie's tendency to be alone and involved in things related to her sister even after her death is considered the devotion to her loss, which characterizes as one of the symptoms of depression according to Freud's psychoanalysis theory of



melancholia. The loss of a loved one affects an individual in various ways, and it is not rare for someone to feel lonely and lost from the significant loss. Freud (2009, p. 20) explained that people with depression, especially with the condition affected by losing a loved one, often have their ego devoted to mourning only and leaving no space for the outside world where they absorb into the phase of sadness while also expressing numbness which relates to the state of being expressionless from the overbearing pain. It means that individuals in a painful depressive condition tend to be immersed in their sorrow and have a limited sense of the bigger picture of what happened during that situation. The text previously quoted from the novel relates to Carrie's fixated sadness and loneliness, which causes her to retreat from anyone's company and decide to mourn by herself through recalling her memories with her sister.

The depressive condition of Carrie represents the narration that shows the emotional reaction towards the place and particular activity, which reminds Carrie of her sister, "No, I wasn't scared to be there. But once the tears came, there was no stopping them" (Davis, 2016, p. 2). The narration above describes the emotional reaction of Carrie that she previously suppresses. The deep sadness shows from the line, 'but once the tears came, there was no stopping them' this describes Carrie's colossal loss and pain after the loss of her sister. Her initial appearance of being not scared and unfazed is only a facade resulting from numbing emotional pain. The 'unstoppable tears' described through the narration also imply the deep sadness as an emotional response she is experiencing while recalling the memories of her sister. Carrie's condition considered as the pain

caused by losing a loved one in individuals with depression. The feeling is often so intense that they are disconnected from reality identified through emotional and behavioral responses (Freud, 2009, p. 20). It means that people with depression during the painful depressive condition can barely be connected to anything else but their pain.

Deep sadness, which refers to lingering sadness, is one of the core indications of a depressive condition. It is also present in how Carrie had been enduring the pain caused by her mother. The latter left home after her sister's death all by herself. Carrie did not necessarily show that she suffered from even more profound loneliness after her mother left home. Still, it described from how she sarcastically replied to Lynn, "Lynn: 'Just try to enjoy that feeling of hunger, it gets easier and easier.'" Carrie: "That's what my mom used to say, and then she left because nothing got easier'" (Davis, 2016, p. 40). The conversation between Lynn and Carrie seemed to be a light talk when Carrie hinted at her struggle and feelings about staying with only her father and her mother, who decided to leave. It puts Carrie into another pain, not only for the loss of her sister also the consequences that come after. Carrie had to be only with her father with no support and love from her mother for a while. It means that Carrie feels alone in her depressive condition after her sister's death. Freud (2009, p. 19) explained that people with depression, during the painful dejection, often projected their pain in various ways that are often masked and confusing, which causes the definition of depression to fluctuate. It describes how depression varies depending on the individuals, which might project their pain differently. It relates to Carrie

seemingly talking about her pain caused by her mother's neglect after Ginny's death lightly when she hinted at her suffering after the incident.

### **3.1.2 Losing Interest in Science and Astronomy**

Another symptom of depression shown by Carrie is represented through the specific loss of interest. Carrie used to be invested in science and astronomy yet after she lost her sister, the changes in behavior is shown as Carrie lost interest in the things she used to be invested in. She was also barely interested in being involved with guys yet she let herself involved in physical contacts with boys she didn't even like. Carrie no longer shows the desire to develop herself on the science field and astronomy anymore and more focused on distracting herself from the pain of Ginny's death. Freud (2009, p. 20) defines the loss of interest in people with depression as their tendency to be detached from the outside world and self-regard, which causes them to lose interest in the things they usually care about. It means that depression can be identified through behavioral aspects shown by the individuals relating to their loss of interest. The initial interest of Carrie shows from the narration, "Before the accident, something about the laws of the universe made so much more sense to me than shop class and school dances and the elusive species known as boys" (Davis, 2016, p. 5). The narration describes how Carrie acts before the accident. Carrie has always been attracted to how the universe works. Moreover, Carrie is also known to stay uninvolved with boys. It means Carrie used to enjoy her presence and dedicate her time studying astronomy.

However, Carrie's initial interest slowly disappeared as she lost interest in whatever she used to enjoy. It appears to be her reaction towards the sudden loss of her sister, which leads her into a depressive condition and reduced interest in her initial self. Freud (as cited in Armstrong, 2016, p. 117) explained that the most apparent symptom of depression is the loss of interest which is affected by the depressive mood of the individuals. It means that Carrie's change in preference and behavior after the loss of her sister and the depressive condition she experienced refer to another symptom of depression, which leads her to lose interest in the things she used to enjoy.

The loss of interest that Carrie experiences are further described through the narration below,

At this point, I no longer had any extracurricular activities other than songwriting and amateur drug-taking. And who would do that with me when they were gone at the end of summer, off to their new lives at college? It would be like losing my sister all over again (Davis, 2016, p. 10).

The first line of the narration describes Carrie's current adopted behavior that contrasts with her initial interests. Carrie becomes more involved in songwriting as music is one of her alternatives after losing her sister. Songwriting is the kind of behavior Carrie developed after she lost her sister. The process of songwriting and indulging in music distracts Carrie from the pain of losing her sister. She also begins trying drugs to escape the reality where she feels alone and repressed under her father's strict rules. The narration above also describes how Carrie left her initial interest, spending her time with the activities that involved studying and exploring astronomy.

The particular line of ‘and who would do that with me when they were gone at the end of summer, off to their new lives at college?’ explains Carrie’s feelings that are affected from losing her sister, which makes her neglect her hobby for fear of being alone at it. Carrie used to enjoy her hobby in astronomy as her sister would accompany her in it. The following line of ‘It would be like losing my sister all over again’ explains that Carrie does not want to experience the similar feeling of losing her sister again. It also demonstrates that she thinks she would lose friends who will not stick around her to study astronomy. Freud (as cited in Armstrong, 2016, p. 117) explained that the loss of interest in people with depression is affected by the withdrawal from the tendencies or behavior they have, which reminds them of the loss in a way. It means that the loss of interest that Carrie is experiencing is related to the loss of her sister, which makes her turn away from the things she enjoyed before Ginny’s death.

Another symptom of depression shows through how Carrie uses substances as a way to forget her initial self, “The first time I drank that cheap bourbon, I felt my gray matter turning into black, I felt the stars dim, a feeling both I craved and hated” (Davis, 2016, p. 15). The narration describes when Carrie drank alcohol and felt she had lost herself from it. The line, ‘I felt my gray matter turning into black, I felt the stars dim, a feeling both I craved and hated,’ mainly explains how Carrie turns into drinking alcohol instead of keeping her initial self. It is described metaphorically with ‘I felt the stars dim’ that refers to the loss of interest she is experiencing in the activities she used to enjoy after Ginny’s death.

The depression causes Carrie to lose her grip and escape what reminds her about when her sister was still alive. Freud (2009. p. 20) explained that depression with the loss of interest involved the disconnection to the outside world where the individual detached themselves from the things that do not have relation to the object of pain. As Carrie is absorbed in the pain of losing her sister, she begins to lose interest in the things that do not remind her of her suffering from her sister's death. It explains how Carrie sticks with the activities that make her forget her life before Ginny's death and unconsciously brings herself deeper into the grief.

### **3.1.3 Viewing Herself Poorly**

Carrie has a poor self-image as she hates the name their parents gave to her. This is considered as an identification of Carrie viewing herself poorly starting from hating her own given name. People with depression tend to have a poor self-image involving the act of blaming and giving up on achieving something. This represented from Carrie who becomes be explosive and aggressive in blaming her father for her name, "Why did you guys have to name me after a load of rye bread?" I stomped down the stairs and threw one of my jelly shoes at him, and he ducked" (Davis, 2016, p. 3). The particular utterance and narration above show how Carrie is angry and blames her father for her name as if it is the one that causes Carrie to misbehave after her sister's death. It means that Carrie tends to dislike herself and starts to think that she was told to do wrongdoings as her parents would name her 'Caraway' when in fact, her parents do not have an ill intention by calling her Caraway.

The reduction in the sense of self includes how the individuals have particular hatred towards themselves aimed towards others (Armstrong, 2016, p. 117). It explains how Carrie directed her anger towards her parents, especially her father, for naming her 'Caraway' despite not being intended offensively. Carrie projected her hatred to herself and her closest family, her father. Carrie also shows blatant aggression towards her father by throwing shoes at him, further describing the rage she released for people around her that related to Ginny's death. Moreover, Carrie also compares her name with Rosie and her sister Ginny. Carrie thinks she is bound to do bad things because her parents give her the name Caraway,

My sneaking suspicion was normal because they had given her a normal name. It was still a spice – Rosemary – but it passed as regular. Ginny, too. Most people hadn't known that her real name was Ginger until they saw it on her gravestone, and even then, it wasn't that strange. But call your kid Caraway, and bad shit is bound to happen (Davis, 2016, p. 7).

The narration above shows what Carrie thinks about her name and how she feels insecure about bearing her name. It shows how she would look at other people's names and why they are more likable and 'normal' than her name. It becomes evident that Carrie does not have a good image of herself. She thinks she is fated to misbehave, unlike Rosie, who is diligent, and Ginny, who was likable by her friend when she was alive. This particular feeling is rooted in depression as individuals feel bad about themselves and think they cannot do anything well.

Armstrong (2016, p. 117) explained that the reduction in the sense of self shows through the loss of self-esteem, which causes the individuals to feel unworthy and think less of themselves. It relates to how Carrie sees herself as



bound to do bad things as if the name given to her determines her behavior. It means that Carrie has low self-esteem, making her think she cannot do 'normal' deeds and instead become a more rebellious and destructive individual. Another evidence on reduction in the sense of self that Carrie experiences due to depression show through the explicit poor image of her appearance and existence,

My head was too small, and my brown eyes were too close together, and my hair was frizzy instead of curly like Greta's, and the space between my nose and my upper lip was too big, and I was so, so, so, so, so short and everything about me was off. Worst of all, I was alive (Davis, 2016, p. 16)

The narration above describes Carrie's view of herself and her appearance. Her description is full of overly conscious judgment towards her body features such as her head, hair, face proportion, height, and existence. The particular line, 'worst of all, I was alive,' stresses the point that she hates her presence. It becomes obvious evidence that Carrie has a reduced sense of self as she has a poor self-image and thinks she deserves terrible judgment from the way she looks. The selective reduction in the sense of self happens to Carrie after the massive loss of her sister, where Carrie transitioned from the sixteen-year-old girl into astronomy into a girl that hangs out with the older group and starts drinking alcohol and smoking pot. The massive change in her life triggered feelings of helplessness and self-hatred tendencies.

According to Freud (2009, p. 24), people with depression tend to self-evaluate regarding bodily appearances, ugliness or weakness, and social inferiority. It means that depression causes someone to think negatively of themselves as the ugliest and worthless existence. It shows through Carrie's



judgment for her body and living. Due to her depression, Carrie struggles to have a healthy perception of her physical appearance, worth as an individual, and existence in life.

### **3.1.4 Drinking and Taking Drugs**

Another symptom of depression shows through self-destruction or the behavior that negatively affects oneself. It is because of the feeling of unworthiness and the thoughts of deserving the harm they would do to themselves. Carrie exhibits this particular symptom, who started to consume excessive alcohol and drugs even though she is fully aware that she does not like it and harms her health. However, after the death of her sister, she begins to make friends with her sister's friends that introduce her to alcohol and drugs,

I pressed my hand against the pleather until my heartbeat slowed. I gulped my beer. The beer was warm, but I drank it anyway because Greta and Soo and the rest of them were drinking it, and they were my real family, the collective Daddy Warbucks, to my orphan Annie (Davis, 2016, p. 11).

The narration above shows how Carrie begins drinking alcohol as she thinks she needs to do it to fit in with the new crowd: her sister's friends. Ginny's friends are older than Carrie and do not affect Carrie positively, yet Carrie still looks up to them by thinking that they are her only family after the incident that causes Ginny's death. It means that Carrie unconsciously feels that she deserves the damage from drinking alcohol to belong to the group. It is a false conception when Carrie only does things she does not like to her body.

Freud (2009, p. 27) explained that people with depression resulting from the loss of a loved one often project the blame towards themselves, thus, making

them think they deserve the destruction. Relating to this, Carrie developed the destructive habit of drinking and joining a group of people whom she thought were the ones offering her shelter. Carrie neglected her old life and her relationship with her parents.

Another indication of self-destruction is shown through the description of Carrie's feelings while trying to oblige to whatever Ginny's friend asked her to do. "I'd do anything she said. So I drank, even though I preferred my mom's iced tea, the kind she made from the mint she grew every summer in our porch" (Davis, 2016, p. 13). The narration describes Carrie's obliging Ginny's friend, who asked her to drink more alcohol. The text also recognizes that Carrie does not like alcohol and would prefer her mom's iced tea. It refers to Carrie's unconscious desire to go back as it used to despite already taking the path to becoming a whole different person who mingles with the older group of friends and spends time drinking alcohol at parties. Carrie's change in behavior and her decision to do things she is not familiar with indirectly harming her mental state and body result from self-destruction tendency rooted in the thoughts of her existence being unworthy.

The particular action of trying to fit the older group of friends also counts as an attempt to forget the pain of losing her sister. Freud (2009, p. 27) explained that the self-tormenting tendency in depression is related to the imported feelings of hate and love that they projected towards themselves or their closest ones. It relates to Carrie's behavior, which shows self-destructive activities such as drinking, taking drugs, and mingling with the people that negatively influence her.

Carrie also projected the hate to her parents, especially her father, who wants to keep Carrie safe from the danger of alcohol and drugs. Thus, Carrie's self-destructive behavior is considered as a sign of the depression she is suffering from. Another evidence of self-destruction shows through the narration that describes how Carrie is aware that Ginny's friends have been making her consume the alcohol ever since she hung out with them,

I liked the protective shield my friends provided more than I like alcohol, but Justin didn't know that. And besides, it was them who introduced me to all the illegal substances I now regularly consumed. Everything was their idea (Davis, 2016, p. 19).

The narration describes Carrie's thoughts about the group of friends that she mingles with. The text tells that Carrie prefers her friends' presence more than she enjoys alcohol, yet her friends do not seem to notice it and think that Carrie likes to drink alcohol just like the rest of them. It describes that Carrie is well aware that her new friends led her to illegal substances and underage drinking, which causes more damage than the good. However, Carrie thinks she deserves the destruction as long as she gets to enjoy the presence of her friends that help her get her mind off the loneliness and loss from her sister's death. It is why she did not resist when Ginny's friends offered her the illegal substances.

Armstrong (2016, p. 117) explained that the rooted reason behind an individual with depression's tendency for self-destruction is how their ego views themselves and the hated object as comparable in similar terms. It means that self-destruction is a projected pain of the individual towards the event that caused pain directed towards their existence. It relates to how Carrie drinks up the alcohol and takes drugs despite knowing that she did not like it, yet she did it anyway. The

destructive tendency shows that Carrie projected the hate towards her own body and thought she deserved such damage to feel okay again after her sister's death.

### **3.1.5 Punishing Herself**

Carrie's attitude reflects the last symptom of depression shows her expectation of punishment after her sister's death. The delusory expectation for punishment is rooted in the feeling based on unworthiness also the need to vilify themselves for the problem in their lives. It relates to self-blaming and the sense of deserving punishment for the bad things they think they caused. This particular symptom shows through the narration that describes how Carrie views herself for the bad things that happened to her after Ginny's death, "The telescope, unfortunately, had disappeared about three months ago, just before my mom took off, and things went from worse to worst. Punishment for another one of the terrible things I'd done" (Davis, 2016, p. 5). The narration described how Carrie had lost her telescope, the only thing she cares about at home, and left by her mother. Carrie thinks she deserves such a thing as he had been misbehaving all the time after Ginny's death.

The description also implies that Carrie deserves only bad things in her life for her behavior. It relates to the expectation of punishment that most individuals with depression experience. Carrie thinks she is the cause of Ginny's death and also the cause of her mother leaving the house. These specific thoughts only worsened Carrie's poor self-image and self-hatred against her existence.

Freud (2009, p. 22) explained that people with depression see themselves as worthless, incapable, and despicable, making them feel they deserve a

punishment. It relates to Carrie's perception and thoughts when she finds out that she lost everything dear to her as a punishment. The particular perception of deserving a punishment causes Carrie to think that she will not receive any good things after her sister's death and what she did to cope with the loss. Another evidence of delusory expectation of punishment shows through Carrie's behavior of voluntarily letting herself be touched by a random guy, thinking that she deserves it to erase her existence,

Now Tommy grabbed me and shoved his hand down my shirt, and I was enveloped by the whole thing, the music, and the drugs, and the meaningless touches. I just left my body and let it happen, let him grope and paw and lick and kiss. I let myself get erased (Davis, 2016, p. 19).

The narration above describes the situation where Carrie is involved in sexual activity with a guy that Carrie does not even like. The way Carrie just passively endured the treatment and thinking that she is erasing herself by letting the guy touch her is considered the result of her expectation of receiving punishment for the wrongdoings she did after Ginny's death. Carrie's willingness is rooted in her perception of herself. Carrie deserves to feel bad after all the things she caused to her family. It also further describes Carrie's self-destruction tendency, shown through how she willingly let herself harm in a way.

Thus, the delusory expectation of punishment causes Carrie to allow bad things to happen to herself and think poorly of her existence due to her significant loss to Ginny's death. Freud (2009, p. 22) explained that the delusory expectation for punishment in people with depression involves the feeling of moral inferiority and the inability to take daily nourishment and a healthy perception towards their

self-worth. It related to Carrie's behavior that includes someone she did not like to touch her inappropriately as a way for her to get herself erased in the term of punishment she deserved. It is undoubtedly affecting her negatively while Carrie lost the ability to care for herself and snap back to the reality that she does not deserve it.

### **3.2 The Effects of Carrie's Depression in *Lost Stars* (2016)**

Depression often causes various effects in the individuals' life both against their personality and behavior and their relationship with others. In the case of Carrie, her depression triggers her into becoming a more rebellious person while her relationship with her parents, especially her father, worsened. According to Freud (2009, p. 19) explained that depression caused by the loss of a loved person affects various aspects of the individual's life, such as the attitude in life and the relationship to others. It means that people with depression mostly experience a shift in their personality and changes in their relationships with others that often happen temporarily. This section analyzes how depression affects Carrie's personality and relationship with family, specifically her father as the only one who takes care of Carrie when her mother leaves after Ginny's death.

#### **3.2.1 Personality**

The representation of depression Carrie portrays, triggered by her sister's death, causes Carrie to show several personality changes. The most apparent described in the novel is how she starts neglecting to study and work to hang out at parties drinking and taking drugs. "I had arrived home reeking of cigarettes and

pot, nearly falling into the house at six pm when I was supposed to be at work ringing up fingerless gloves and neon half shirts at Dot's Duds" (Davis, 2016, p. 4). The narration shows how Carrie behaves after Ginny's death. Instead of sticking to her initial schedule for work, she spent the time out reeking with the smell of cigarettes and pot. It means that Carrie is experiencing a change of personality. She was no longer motivated to continue her life in the initial track when she made an effort in her daily activities.

It demonstrated how depression often becomes the cause of changes in personality and behavior for the common reason of self-hatred and unworthiness that the individuals feel during their depressive condition. Chow and Roberts (2014, p. 38) explained that the change in personality traits such as neuroticism and conscientiousness is considered the most potent predictors in depression. It means that the shift in Carrie's personality relates to the depressive mood she had been experiencing after her sister's death. It implies that Carrie's changes are determined by her shift from spending time in astronomy-related activities to going out to parties and smoking pot. Personality change is further considered a negative change when it affects Carrie badly despite being the only alternative to get her mind off her loss. Another evidence of how depression affects Carrie's personality shows through her conversation with Rosie, whom she spent her time with, "Rosie: "Turn it down please – I'm trying to study!" Rosie was the only person I knew who went to summer school voluntarily. Carrie: "You should stop studying and have some fun!"" (Davis, 2016, p. 6).



The dialogue above explains how Carrie no longer shares Rosie's study interest. Carrie is experiencing the shift of personality from the person who enjoys studying astronomy to preferring to go out and have fun at parties. This particular change in characters is often pointed out in individuals with depression, although the situations might differ from one person to another. Carrie's tendency to stay out of the house leads her into a newly developed habit of skipping studying sessions and escaping her father's attempt to keep her grounded to prevent her from getting addicted to alcohol and drugs.

It explains how an individual with depression tends to leave the things they used to enjoy and try to find alternatives that help avoid the true feelings they are experiencing due to depression. Chow and Roberts (2014, p. 38) explained that unlike the natural tendency of personality to change in development, the change of character that is affected by depression often leads to episodes of negative behavior. It means that the behavior change shown by Carrie from being an individual who loves studying astronomy into the one who prefers partying outside is considered as personality change caused by a depressive mood. Carrie changed more into a negative state as it somehow harms herself by being absorbed in drinking alcohol and taking drugs. It indeed identified as personality traits influenced by depression caused by the sudden massive loss of her sister's death.

### **3.2.2 Behavior**

The evidence of how depression affects Carrie's behavior shows when she tries to escape the house to go to a party without her father knowing. Carrie

prefers to go out with the older group of friends she has instead of staying home under her father's assistance and spending her time studying,

My window screen clicked as I slid it open and did a perfunctory check for parental patrol. My father wasn't outside, and there was just enough cover from the pine trees next door to form a kind of protective canopy (Davis, 2016, p. 7).

The narration above describes how Carrie tries to get away from her house without her father knowing. This particular behavior implies how much Carrie hates staying in the house due to the sudden changes after Ginny's death. Carrie begins to find comfort in a group of friends that used to be Ginny's friends. The way that she only has her father's strict assistance and without her mother's presence, Carrie prefers to go out and meet her older friends to drink and consume drugs for her to accept in the crowd.

Thus, her depression after the loss of her sister has triggered the change of personality shown by Carrie. According to Klein, Kotov, and Bufferd (2011, p. 4), the change of personality in people with depression is a form of stress or depressive mood manifestation which leads to negative experiences. It means that individuals with depression adopt new personality traits that lead them into doing something harmful, whether to themselves or the people around them. It explains what happened to Carrie as she becomes more rebellious and goes against her father's protection to sneak out of the house. Carrie spends most of her time at a party surrounded by older friends who make her take illegal drugs and drink alcohol. It affects Carrie negatively as she unconsciously brings herself deeper into the sorrow and disconnected from the people who want to care for her after Ginny's death.

### 3.2.2 Family Relationship

Aside from the effect that depression has on an individual's personality, depression often affects their relationship with other people. The portrayal of Carrie's depression from the loss of a loved one in the novel shows how the relationship between Carrie and her father changed entirely into a negative light. Carrie thinks her father only pretends to care for her after Ginny's death. Carrie's mother left home because the incident only caused Carrie to hate her father even more. Marshall and Harper-Jaques (2008, p. 57) explained that depression could happen to people at any age and affect personal functioning in various ways. It means that Carrie's depression influences how she behaves personally and faces her father after Ginny's death and her mother's departure from the house.

The relationship between Carrie and her father is further explained in the narration below when Carrie's father expresses how tired he is from dealing with Carrie's attitude,

Father: "That's the last time," my father yelled, pounding the arm of his flowered dusty rose armchair. "I mean it- I'm not gonna take this crap anymore. This is no way to start the summer."

Carrie: "What are you gonna do about it?" I yelled back, stomping up the stairs and slamming my door (Davis, 2016, p. 3).

From the dialogues between Carrie and her father above, they do not have a good relationship after Ginny's death. Carrie's father is trying hard to keep Carrie on her track and stop her from doing drugs and drinking alcohol, yet Carrie sees it as if her father is trying to rob her only way out of her sadness for her sister's death. Carrie acts difficultly around her father, resulting from depression development from enduring the loss of a loved one. Carrie becomes more

aggressive and defensive as her father tells her he will do something to stop Carrie from her destructive habit.

Marshall and Harper-Jacques (2008, p. 58) explained that the relationship between an individual with depression and their family is often marked by specific periods of emotional distance, negative thinking, and irritability. It means that people with depression tend to change their relationships with their families. They would quickly feel irritated and think negatively of the family's things for their sake despite its good intention. It is described in Carrie and her father's relationship after Ginny's death. Carrie is easily irritated and misunderstands her father's intention to keep her safe as something restricting, which causes them to draw apart.

Another evidence of how depression affects Carrie's relationship with his father showed when she stole her father's cigarettes, "Father: 'Carrie, put that out.' His voice rode the line between pleading and pissed. 'I can smell it from down here.' Carrie: 'I stole it from you,' I yelled down the stairs. 'You're such a hypocrite'" (Davis, 2016, p. 3).

The dialogues and narration above describe how Carrie rebels against his father and blames him. It only stresses their relationship as Carrie's father attempts to discipline Carrie only to have her snap back on him. It results from Carrie's depression and pent-up frustration from the changes in her life, starting from her sister's death and her mother leaving the house. Carrie seems to put the hatred against her father to keep carry on after Ginny's death. She also no longer

let her father tell her what to do when her father is only trying to keep her away from the negative things Carrie had been using to cope after Ginny's death.

This particular action describes how Carrie tries to keep away her father's concerns and attempts in her life decision. Marshall and Harper-Jaques (2008, p. 58) explained that depression affects an individual's aspect, which often causes their relationship with the family to worsen as the people around them would feel shut out in their depressive mood. It further explains how frustrated Carrie's father is to keep Carrie grounded and stop smoking pot or drinking alcohol, only to have Carrie fire back at him. Thus, depression affects Carrie's relationship with her family, especially with her father as the only one staying at home for her.

Carrie's relationship with her father ever since she experiences the significant loss from her sister's death is described through the dialogue she had with her friend, "Carrie: "I'm currently locked in my room, as you can see." Greta: "Ah, the father." Carrie: "Yeah, it sucks when they pretend that they care about you so they can ground you" (Davis, 2016, p. 13).

The dialogue between Carrie and Greta above describes how Carrie feels under her father's treatment. Carrie's father restricted her from going out and spending time drinking and doing drugs at the parties. However, Carrie sees this as a pretentious act of his father that makes it seem as if he cares for him. This assumption comes from Carrie's worsened relationship with her father due to depression for losing her sister. The depression shown through the worsening relationship with the family portrayed by Carrie and her father exemplifies how depression affects the individual in a complicated way.

Depression affects how someone behaves and thinks with all the negative feelings piled up due to melancholia. Marshall and Harper-Jaques (2008, p. 58) explained that people who experience depression are interconnected with a system involving partners and family. Thus, their negative thinking and irritability of them affect the relationship. It relates to how Carrie only thinks negatively of her father and considers her father's action to repress her from freedom when her father attempts to lead her into a healthier life. Carrie fails to recognize her father's concerns towards her, and instead, she continues to go against her father. It resulted in their bond that grows apart after the incident of Ginny's death.

### **3.3 The Overcoming of Depression in *Lost Stars* (2016)**

Carrie represented the way she gradually overcomes depression in the novel. The overcoming of depression differs from one person to another, yet it mainly involves the practice of consciousness over the tendencies they have due to the depression. Moreover, acceptance is also one of the essential aspects for an individual to overcome depression. Armstrong (2016, p. 119) explained that overcoming and treating people with depression requires recognizing the impulses in their depressive mood.

It means that to overcome depression, the individual needs to be fully aware of their condition and the root triggers of their depressive mood. It allows them to channel their energy into investing in the solution and work on their relationship with others again. In the novel, the beginning of overcoming depression marks with how Carrie and father begins to talk about what happened to Ginny,

Father: "You're no more to blame for her death than any of us. She was upset, and she was on drugs, and she had the car, and all those parts of the equation added up to that terrible sum. You of all people know that"

Carrie: "Okay" (Davis, 2016, p. 185).

The dialogue between Carrie and her father shows how the father begins to open the discussion on what happened to Ginny as Carrie tends to blame it on herself. The response shown by Carrie, despite the simplicity, shows that she starts to put a conscious mind on what happened on the day of Ginny's death. It implies that Carrie begins to be rationally aware of what happened and accepts that Ginny's death results from accumulated factors from her family's problems and her addiction to drugs. It means that Carrie acknowledges that everything is never her fault or the parents' fault.

Armstrong (2016, p. 119) explained that revealing the unconscious drives of the depressive mood is one of the primary methods in overcoming depression. It relates to how Carrie slowly works her communication with her father again by listening to his explanation regarding Ginny's death. This certain willingness to acknowledge the source of the pain she had been carrying puts ease on herself, further freeing her from the hatred and guilt. Recognizing the pain and the actual reason for what had happened helps Carrie have a better perception that leads her to leave the depressive mood.

Carrie's conscious awareness of the situation related to her sister's death becomes more apparent as she stops hating his father and blames him for the changes that are apparent in the household. "I wanted to tell him that he wasn't to blame, either, but his temporary kindness was so foreign I had to keep my eyes



down” (Davis, 2016, p. 185). The narration described Carrie’s feelings during the talk with her father. Although she still did not express it to her father, Carrie necessarily admits and acknowledges that Ginny’s death is not her father’s fault. It is still considered an attempt to overcome her depression rooted in regrets and the loss of her sister.

The line, ‘his temporary kindness was so foreign I had to keep my eyes down,’ refers to Carrie’s suspicions of her father’s kindness, which is related to the depression she is still bearing. Carrie’s trust issue still has not fully recovered as she is still cautiously prodding into the talk with her father. However, it is still progressing that Carrie has made in her mental wellness.

Freud (2009, p. 33) explained that the consciousness of melancholia in people with depression leads them to change their depressive mood. It means that acknowledging the pain, impulses, and causes they avoided or failed to recognize during their dejection period can help them make their way out of the misery. Carrie’s willingness to listen to her father eventually and acknowledge that Ginny’s death is not her father’s fault causes her to feel better about the whole situation. It describes overcoming depression with the individual’s consciousness struggling with it.

After the tough talk she had with her father about Ginny’s death and the causes, Carrie went to sleep at night without any influence of drugs or alcohol for the first time. “Even though I’d gone to bed at two am, I slept better that night than I had in weeks: undrugged, with at least a hint of peace in our household” (Davis, 2016, p. 186). The narration above shows how Carrie stays sober from

drugs and alcohol after returning home and talking with her father. The line, ‘I slept better that night than I had in weeks: undrugged, with at least a hint of peace in our household,’ describes how good Carrie feels after stopping the drug consumption and talking to her father about the things she had been suffering. Carrie’s particular condition reveals the attempt to overcome her depression and shows her progress to get over the guilt she felt after Ginny’s death.

It further implies that by stopping the drug-taking and confronting the truth about the incidents related to Ginny’s death, Carrie begins to treat her depression positively. Freud (2009, p. 32) explained that melancholia or depression includes the unconscious traces of detachment. Thus, consciousness is one of the cores attempts to help individuals recognize their reality. It means that consciously confronting the root of their depressive condition and untangling their frustration enhances their behavior. In Carrie’s case, it represents that the communication with her father helps her feel at ease and stay sober after a while coping with harmful drugs and alcohol.

Aside from confronting the things that she suffered from with her father, Carrie also allows her relationship with her mother to get better slowly,

Mother: can I come on the field trip to the planetarium this year? Will you let me?

I really wanted to say no, to deny her access to any part of my life, let alone the almost-the-most-sacred part. Three-quarters of my life was total unbearable shit, but the other quarter had started to seem pretty okay, bordering on good. And my mouth made the word, “Yes” (Davis, 2016, p. 209).

The dialogue and narration above show how Carrie, despite her doubts about allowing her mother to enter her life again to reconcile, still let her mother

attend the event that matters a lot to Carrie. It is considered an attempt made by Carrie to fix her relationship with her mother after Ginny's death. It is also considered a way for Carrie to overcome her depression caused by the loss of her sister. Carrie begins to acknowledge that none of her family blames Ginny's death, including herself. It resulted in Carrie's willingness to fix her relationship with her parents despite still having doubts rooted in the emotional pain she suffered.

Freud (2009, p. 33) explained that melancholia or depression is different from mourning as depression includes unconscious trauma or repressed sadness which requires a more complex process in acknowledging it. It means that depression requires the individual to slowly recognize the withdrawn consciousness to recover from the depressive condition. Relating to Carrie, who begins to let her mother enter her life again, it is considered the attempt to untangle her withdrawn consciousness over the pain she bears for her sister's death and the neglect that her mother did to her after the incident.

The overcoming of depression that Carrie shows through the story also involves the way she begins to embrace her old self again and allows herself to trust someone to love,

This was a different kind of sobbing, not the one that felt like poison but rather a kind of cleansing, something softer and less sharp. Real heartbreak, not the kind made only of loneliness and self-hatred, was almost kind of sweet ... this was who I was. I was not afraid. I lifted my hand in one last wave, and I was sure, even as his Jeep disappeared around the corner, that he could see me (Davis, 2016, p. 252).

The narration above describes the rediscovery of Carrie upon her old self again. It relates to recalling what she truly likes, and the feeling of finding herself after depression made her lose who she was before Ginny's death. Carrie realizes the surface as she enjoys the song she likes and sinks to the realization that she has been neglecting the precious things in her life. The particular line, "I lifted my hand in one last wave, and I was sure, even as his Jeep disappeared around the corner, that he could see me" (Davis, 2016, p. 252), referred to Carrie's genuine attempt in loving and welcoming someone into her life after being closed off and lost herself under the influence of drugs and alcoholic substances. It is considered the overcoming of depression in Carrie's life, marked by a gradual process and development for her to escape the deep sadness and the destructive behavior she used to do due to her depression.

The overcoming depression Carrie represented through the novel is described through her realization of her true self and acceptance of her feelings. It helps her detach herself from the deep sadness of losing her sister. She directed her energy into exploring herself again and allowing new love interests to enter her life after being absorbed in a depressive mood. Armstrong (2016, p. 119) explained that overcoming depression requires someone to be conscious of their pessimistic nature to determine their impulses before actually attempting to recover from it.

It is demonstrated by how Carrie slowly becomes aware of her negative impulses and works towards her mental wellness by rediscovering her true self again and dwelling on her sadness. The conscious mind helps Carrie fix her

relationship with her parents and stop her habit of drinking alcohol and consuming drugs. It also further leads her to live a healthier life and develop the quality of relationship abilities by welcoming dear people into her space instead of shutting off again.

Carrie's willingness to embrace her true self is the beginning of her overcoming depression journey as depression requires a complex and long time to maintain good mental health. This implies that in order to overcome depression, the individual needs to increase their level of self-awareness and figure out how they would process their emotion after being faced with stressors in life. Good perception and healthy relationship represented by Carrie and her new love interest demonstrate that people need the other person to be able to function well as human beings. This related to the concept of depression treatment where the sufferer objected to their feelings towards the others.

Armstrong (2016, p. 119) explained that people with depression inevitably undergo a phenomenon of transference where they project feelings and desires towards someone into the other. Relating to Carrie's representation of depression in the novel, Carrie's love for her sister is projected towards herself and her new love interest as a form of transference. It means that not only negative feelings can be transferred to other people, but overcoming depression also includes positivity transference, where the sufferer learns to process their feelings in a more positive light and project it to others. When the individual with depression starts to open themselves for the more positive possibilities in their life after overcoming the events or feelings that held them back, their steps towards being freed from

depression is getting closer. By referring to Carrie's representation in overcoming depression, the involvement of other people and her perception that is driven into a positive way greatly help her to move forwards and process her depression that is caused by the loss of her sister.



## CHAPTER IV

### CONCLUSION

After analyzing the novel entitled *Lost Stars* by Lisa Selin Davis (2016), there are some conclusions regarding the issue of depression experienced by the main character in the novel. The story tells about a sixteen-year-old girl who lost her sister to an accident which leads her family into facing major changes. Carrie shows the symptoms of depression as she is absorbed in her grief while her mother left the house. It is only made Carrie feel neglected and restricted under his father who is the only one Carrie lives with in the house. To cope with her negative feelings and loneliness Carrie spends her time partying with her older friends who used to be her sister's friends.

The symptoms of depression that Carrie shows throughout the story are analyzed using Sigmund Freud's Psychoanalysis of Melancholia to further examine how it affects her personality and relationship with her family. The certain symptoms shown by Carrie are painful depressive condition which is seen from revisiting memorable place, losing interest in science and astrology, reduction in sense of self in the form of viewing herself poorly, drinking and taking drugs, and punishing herself. Carrie's painful depressive condition is described through revisiting the memorable place where she and her sister used to spend time together. This shows how she barely focuses on anything else but the pain caused by the loss of a loved one. Meanwhile, the loss of interest is shown from how Carrie is no longer interested in her initial passion of studying science and astronomy. Carrie also shows a reduction in her sense of self where she has a



poor self-image, low self-esteem, and self-hatred. The certain change in behavior leads Carrie into self-destruction in the form of mingling with the group of people who influenced her into drinking alcohol and using illegal drugs. The last symptom of Carrie's depression is her delusory expectation of punishment where she feels like she deserves punishment for the guilt of her sister's death and the bad things she does.

As depression is closely related to an individual's personality and relationship with others, the analysis includes how depression affected her personality, behavior, and relationship with her family. The analysis shows that Carrie experienced changes in personality where she turned into someone who regularly uses drugs and drinks alcohol. She no longer puts effort into her education. Moreover, Carrie's behavior become rebellious after her sister's death. This is shown from her attempts in escaping the house and avoiding his father's concern to go out partying. The relationship with her father also worsened as Carrie thinks her father limited her from her freedom when he is only trying to protect Carrie from being an addict. Carrie's relationship with her mother also got distant after her mother left the house.

The process of overcoming Carrie's depression is also analyzed in this study. The overcoming of depression is shown from Carrie's acceptance of the fact that no one is at fault for her sister's death, including herself. This causes her to develop better communication with her parents and leads her to stop taking drugs. Aside from acceptance and understanding of the situation that causes her

pain, Carrie also begins to re-discover her true self and allow a love interest to enter her life again in the end.



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