

CHAPTER I

INTRODUCTION

In this chapter, there are seven sub-chapter that is being explain, such as; background of the study, statement of the problem, objective of the study, scope of the study, significance of the study, approach of the study, and organization of the paper.

1.1 Background of the Study

In this world, human only has one time to live. Everybody has a life path to be passed. Sometimes, it could be easy or maybe it will be hard. During the process of life, human can feel something pleasant, for example, success, happiness, encouragement, joy and gratitude. Nevertheless, human can also feel something painful, for example miserable experiences, anger, depression and hatred. Everybody has their way to face each other. When the experience of life brings positive emotions, everybody usually celebrates it by doing charity, party, and vacation. Nevertheless, when life brings negative experiences, everybody usually diverts themselves with doing their hobbies which make them happy, but this positive mechanism can change into negative activities, such as self-injured, self-destructive action, or self-harmful habits. Possible things people do to themselves harm or self-injury such as cutting him/herself, abusing drugs or alcohol, burning their skin, etc. From all those mentioned self-destructive behavior, suicide can cause death. Therefore, the most dangerous yet a common case of self-destructive behavior among human being is suicide.

“The major factor which leads human suicide is depression. Depression is a wistfully feeling or sad that is accompanied by slow-moving and body function, from gloomy feel until the situation of helplessness” Hadi (2004:15). According to Lubis (2009:13), someone who has depression, mostly has interference that involves emotion condition, motivation, functional, and behavior followed by cognition. Depression makes people hopeless when they experience negative events. People with depression may feel heartbroken, extremely powerless. Furthermore, people with depression cannot take a decision through an event, unable to concentrate, have no spirit of life, always tense, and try to commit suicide. (Dirgayunita,2016:4). Based on some previous elaborated point of view, therefore it is evident that depression has a big influence on suicidal behavior. From some previous studies, it is evident that depression has a big influence on suicidal behavior.

In 2016, WHO claimed that many people died because of suicide, as it is stated that almost 800.000 people died due to suicide. A person dies in 40 seconds throughout the world, In fact, suicide has become a globally phenomenon that has killed 1.4% of all death worldwide and became 18th cause of death in 2016 (WHO 2015-2016). People who have typically an overwhelming feeling of hopelessness, despair and hopeless tend to get the decision to suicide. They think it is the only way to end their pain and suffering.

Suicide not only occurs in a real life but we can also find suicide in literary work. A novel which reflect, how depression becomes the cause of suicide is written by Jojo Moyes with the title *Me Before You*. Therefore, this study may

emphasize depression that driving the main character named Will Traynor to do suicide. The researcher will use psychological approach in investigating Will Traynor's depression and suicide.

The novel that will be discussed in this paper is about a success international bussines man who experienced motorcycle accident. After that accident the doctor claimed he suffered from quadipelgia. This disease paralyzed Will Traynor. Before the accident Will Traynor had an adventurous life but now he had to use his wheelchair during his whole life. On the other hand, Will had his caregiver named Louisa Clark. She was an energetic English woman who always accompanies Will everyday patiently. Due to his physical limit, Will had bad personalities and always treats Louisa by his sarcastic words. Bad personalities that he had was the effect of depression because of his paralysis. As time passed finally they became friends and fell in love. The important thing of this story is when Louisa knew that Will Traynor will end his life with Dignitas (Suicide Organization). Louisa did many things to change his mind and accompanied Will Traynor's forever because Louisa fell in love with him. She was trying to convince Will Traynor that life was still worth living and his life is precious for her and also his family. But in the end of the story, Will sticked with his decision to commit suicide.

In this study, the writer wishes to elaborate the depression experienced by Will Traynor and how depression can cause suicide, even in literary work. Depression gives many impact in life and the worst impact is doing suicide in someone. Depression also can be identified by contributed factors, such as

personality, physical condition, actions, and also from the words that the main character said to other characters.

1.2 Statement of the Problem

Continuing the background at previous subheading, the writer wants to emphasize the importance of depression as dangerous phenomenal psychological problem found in literary work. Depression even causes the main character in *Me Before You* novel to commit suicide. According to this importance, the writer formulates some problem statements which are listed at the following points.

1. What are the causes of depression that are found in William Traynor?
2. What are the effects of depression that are found in William Traynor?
3. How does William Traynor react to the depression based on Aaron Beck theory?

1.3 Objective of the Study

Continuing previous statement of problems, several objectives are mentioned as follows:

1. To identify the factors that lead to depression shown by main character in *Me Before You* novel.
2. To explain various effect of depression that experience by the main character in the *Me Before You* novel.
3. To find out how Will Traynor reacts toward depression.

1.4 Scope of the Study

The writer wants to emphasize the focus on depression as psychological problems that lead the main character of the novel to commit suicide. The writer applies psychological approach proposed by Aaron Becks (1967) to analyze depression experienced by Will Traynor, as the main character. The writer also argues how depression may cause suicide as proposed by Becks (1967).

1.5 Significance of the Study

The writer sincerely hopes that the study can increase the readers knowledge to understand symptoms of depression that occur as psychological phenomena in reality and literature. Hopefully, this paper can present some beneficial insights about depression, suicides, and how those two factors can cause harm toward human's life as shown by character in literary work. It is notable that both depression and suicide are common in both reality and literary works therefore this study can bring another insight toward psychoanalysis also. The writer also hopes this study may become another pillar to support future literary studies.

1.6 Approach to the Study

To analyze depression which is experienced by Will Traynor's as main character in *Me Before You* novel, the writer takes psychological approach proposed by Aaron Becks (1967). He proposes three mechanisms which he proved responsible for depression and suicide, namely:

- a) The cognitive triad (of negative automatic thinking)
- b) Negative self schemas
- c) Errors in Logic (i.e. faulty information processing)

The cognitive triad is three forms of negative (i.e. helpless and critical) thinking that are typical of individuals with depression: namely negative thoughts about the self, the world and the future. These thoughts tend to be automatic in depressed people as they occurred spontaneously.

1.7 Organization of the paper

The research paper entitled “The Depression Leading to Suicide on Main Character William Traynor in *Me Before You* Novel By Jojo Moyes” is containing five chapters with each own sub-chapter, and the explanation of each chapter is telling by paragraph below.

Chapter one presents backgrounds, statement of problems, and objectives of study. The first chapter is about why the study should be conducted and how to conduct the study.

Then, chapter two consists of bibliography of Jojo Moyes as the writer *Me Before You* novel and synopsis of the novel.

Then, chapter three presents some review of previous studies and fundamental psychological theory proposed by Beck (1967) which is applied as the guidance for analyzing depression symptoms which become the main focus of the study.

The fourth chapter includes the answers of statement of problems in chapter one in the form of findings. The answers of problem statements would be based on founded citations and applied psychological theory.

And the last is chapter five is about conclusion of the research according to the research questions and also suggestion for the future research.