

CHAPTER ONE

INTRODUCTION

1.1 Background Of Study

Literary psychology is a study of Literature that is used as a way to enjoy a literary work and see literature as a psychological activity (Endraswara, 2011). In understanding the relationship between psychology and literature, three ways can be done, namely studying the psychology of the author as a writer, studying the psychology of the fictional characters, and studying the psychology of the readers (Ratna, 2007). Therefore this study has seen literary psychology can be put as a study that focused on the psychology of the characters in the literature, the authors who created the work, and even the audience of literary works.

Literary work itself is a creation that has its own beauty or meaning. Literary works are often associated with social, or often also believed that a literary work is created on the social circumstances of the author. The condition of people's lives at a certain time often lies behind the creation of a work, whether it is a novel, drama, poem, song, or film. In literature, especially novels, there are several important elements that can be determined whether the work is good or not; one of them is characterization. Characterization is how the author describes the characters, so the reader knows about the character's traits and personalities (Siswandarti, 2009).

This study discusses depression in the main character in one of a novel entitled *The Midnight Library* written by Matt Haig released in 2020. This book is a work of

fiction that includes depictions of depression, hopelessness, loneliness, romance, and numerous unexpected turns, Matt Haig describes and tells the experience of depression suffered by Nora Seed, the main character in the novel *The Midnight Library*. *The Midnight Library* is a story about a young woman named Nora Seed and her anxious life in Bedford, Bedfordshire, England. She had the worst accident in her life, which made her feel down. Beginning with her mother, who continually corrected Nora's movements and treated her like a mistake because she had been so concerned about Nora, led to her sadness. Then, despite Nora's lack of interest, her father consistently forced her to exercise by swimming. She made the decision to end her life after all the accidents. She was in a place called Midnight Library just before she passed away. Between life and death, there is a library with an infinite number of shelves. Nora stays in *The Midnight Library* with the person who helped her navigate it as a result.

Since Nora Seed was the main character and the subject of numerous plot arcs, the work focuses primarily on her mental illnesses. The phrase “She got some water and swallowed two anti-depressants” (Haig, 20) indicated that Nora suffered from depression. The plotline of the plot represented Nora's mental illness since she had to consider the option of starting over in a new life. Along with Matt Haig, the writer also wants to describe the symptoms of depression and how she suffered the depression. Since depression is a common mental illness that affects adolescents, it might prevent them from pursuing happy future goals like finding a fulfilling career, a compatible life mate, or erasing regrets. The writer intends to examine Nora's depression from the standpoint of a psychological approach, specifically the theory

of Aaron Temkin Beck and Brad A. Alford (2009) about symptoms of depressive cognition and depression suffered by the main character.

Beck put forth the notion that every person has fundamentally negative thinking. This unfavorable idea will cause depression, which worsens its symptoms. Additionally, depression is a psychological disorder and a severe mental health issue. Any sign of depression, including delusions, emotional manifestations, cognitive manifestations, and motivational manifestations, can occur. Then, each symptom has a classification (Beck & Alford, 2009).

1.2 Research Question

1. What are the symptoms of depression suffered by main character in *The Midnight Library* novel?
2. How is depression suffered by main character in *The Midnight Library* novel?

1.3 Research Objective

Related to the research question, the writer wants to describe about the depression suffered by the main character and the symptoms experienced by the main character in *The Midnight Library* novel.

1.4 Use of The Study

The result of this study can be used for giving some advantages to those who want to conduct research on depression. The use of this study also involves both theoretical and practical uses.

1.5 Theoretical Use

Theoretically, in the academic field, this research is intended to give more understanding, voice voiceless, and knowledge toward symptoms of depression, society stereotyping of mental health, or anything that deals with the topic that has been presented in this study.

1.6 Practical Use

This study is intended to give benefit readers and the next writer who want to research the same topic about the symptoms of depression experienced by the main character and also how the main character suffered the depression.

1.7 Scope Of The Study

The writer will focus on analyzing depression suffered by the main character called as Nora Said in *The Midnight Library* novel by Matt Haig. The writer will also explain the depressive cognition symptoms experienced by the main character as follows emotional symptoms, cognitive symptoms, motivational symptoms, and delusions.