

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of the Study

Depression is a common mental disorder with a depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt, or low self-esteem, sleep or appetite disturbances, and poor concentration. Depression is characterized by distorted feelings and cognitive and individual behaviour (Aflord&Beck, 2009). Individuals who experience the disorder can experience feelings of loneliness, a decrease in self-concept, and show withdrawal behaviour from their environment. Someone who is depressed will sometimes feel sad, but this feeling will disappear in a few days and will come back again. Depression is a common illness, and not a few people undergo treatment to make it feel better (NIMH, 2007). The five most common types of depression are major depressive disorder, seasonal affective disorder, cognitive depression, postpartum depression, and chronic depression (dysthymia).

Depression can not only be seen in the real world but can also be seen and identified in the literary world. (Meiliana, 2020) states that literature is related to history, philosophy, psychology and so on as a science used to explain human nature, existence and culture. individual differences and personalities which are always discussed by the author, are very strongly related to humans and their environment. Reactions, desires, fears, and individual and social problems through various concepts, methods and approaches.

Literature is the leading media which contains values, especially moral values. In other words, literary works are not only to entertain but also to benefit the readers.

Considered a work of art, literature is part of a man-made product that includes its creator's ideas, expressions, and feelings (Wellek and Warren, 2016). Similarly to that, according to (Afrianto, 2018) that literature explains an idea consisting of content, message, and purpose conveyed through text. And sometimes, some students feel that literature is bad and very difficult to learn; regardless of all that, literature will always be interesting.

Literary psychology can be used to analyze literary works from three sides, examine the characters raised in the novel, examine the psychology of the author or examine the psychology of the reader after enjoying a literary work. Discussing the world of psychology is an exciting topic for many people. Mental disorders or mental illness is one of the psychological topics that is often debated and even brought to the big screen. Various mental disorders, including depression, causes, symptoms, and consequences, are well described and packed with fascinating life stories in several novels ( Mudini and Purba, 2009 ).

One of the novels that also describes one type of depression is the novel *it's kind of funny story* by Ned Vizzini. The book's *It's Kind of a funny story* focuses on the main character Craig Gilner. This novel tells the story of a 16-year-old teenager named Craig Gilner who lives with his family in a middle-class Brooklyn neighbourhood. Craig attended the prestigious Pre-Professional High School.

After studying hard to be accepted at the school, and finally accepted. Due to the pressure from school, Craig was overwhelmed. He has long liked a girl named Nia, who is dating his best friend, Aron. He felt aggrieved and could not adjust. Finally, he felt depressed, which made his eating patterns irregular, and sleeping habits irregular. Besides that, he had time to think about suicide. But he made up his mind to go to the psychiatrist, who prescribed him Zoloft. He felt elated in no time, he felt that he had recovered, and he threw away the medicine he had. As a result of her not taking medication anymore, her depression piled up so much that she couldn't shake off the suicidal ideation. She called 1-800-holy and was admitted to the nearest mental hospital. He was shocked at first, and he felt he didn't deserve to be in the trash. She was supported by her family and the principal after learning of her hospitalization. Craig spoke with his psychiatrist, Dr Minerva, that she was worried about going back to her school.

During his recovery, he dabbled in the arts, especially the map of the human figure, and he discovered that he had many talents and abilities. He realized that art could make Craig feel better and wanted to pursue it. After Craig recovered, his advisors saddened Craig to transfer to art school, advice that excited him immensely. But she was afraid to say that to her father, who thought the people at the art school were "messy". And finally, he came home with new energy to live his life. He begins to appreciate the little things that make him happy. It's a funny story that describes the lives of today's teenagers, who are worried about their future and claim that they will not become successful people.

Sometimes they are also under pressure from their parents and the environment, which makes them think negatively about their future and feel restless. In addition, this novel discusses how the main character's attitude to dealing with pressure and anxiety can be called depression. These issues have attracted the attention of depression, like what teenagers are experiencing today, and make this novel even more fun because it is packed with funny stories.

The issue of depression became the author's motivation to study other types of depression. According to the author, the problem of cognitive depression is not only reflected in literary works such as novels; it's a funny stories. However, this problem has become a problem faced by many teenagers today. Therefore, it is interesting for the author to find out what depression is suffered by teenagers by analyzing the narrative and dialogue in the novel.

## **1.2 Research Question**

Based on the background of the study, the writer formulate one research question as follow :

How is the portrayal of depression on the main character in Ned Vizzini's novel *It's Kind of a Funny story* ?

## **1.3 Research Objective**

This study aims to investigate potrayal of depression occurs in the main character of *It's Kind Of a Funny Story* Novel by Ned Vizzini.

#### **1.4. The Uses of the Study**

This study will be expected to contribute to practical use for gain knowledge of depression from a student's perspective as reflected in the main character of *It's Kind of a Funny story* Novel by Ned Vizzini.

##### **1.4.1 Theoretical Use**

Theoretically, the result of this study is expected to be used as a reference source for further research. In addition, it can help gain knowledge and understanding of how a child copes with very severe problems, as well as understanding the importance of the process of healing oneself from depression.

##### **1.4.2 Practical Use**

Practically, this research can provide a better understanding of depression and its types, a character that is very close to our lives but is sometimes overlooked because it only takes a small part and becomes the main character in a story.

#### **1.5 Scope of the Study**

This research is focused on mental health issues experienced by the main character of *It's Kind of a Funny Story*. Character analysis deals with the psychological problems encountered by the novel's main character. The psychological problem becomes the focus of the novel analysis study.

The researcher limits this research to only focus on the portrayed depression, which is represented by the main character in the novel *It's Kind of Funny Story* His named Craig because, in the novel, he looks like a person who got depressed

because of some problem. He always thinks negatively about his future, so it causes him to always think negatively about the future if it doesn't go according to what he has planned.