

Anxiety And Depressive Disorders Toward The Main Character In Paula Hawkins' Novel The Girl On The Train

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Abstract

The purpose of the study was to categorize and explain about kinds and causes of anxiety, symptoms and causes of depressive disorder and what are the defense mechanism of main character to overcome her anxiety and depressive disorder in novel "The girl on the Train" by Paula Hawkins. The method used of this research is descriptive method with psychological approach, the writer understand the novel reading repeatedly, quoting and qualified the data who related with the research. The result of study showed that the main character had 3 kinds of anxiety and caused by environment, threat, frustration, gender, and fear. Rachel also had a symptoms of depression and caused by infertility, infidelity and divorced, loss a job and alcohol. To overcome her anxiety and depression Rachel used 3 kinds of defense mechanism such as repression, displacement, and rationalization. From explanation above it could be conclude that anxiety and depressive disorder could be happen together with the different main caused.

Key words: Anxiety, Depression, Defense Mechanism, Psychological Approach.



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1. INTRODUCTION

Human life as reflected in literature, mutually connected and cannot be separated. In literary work, human is one of an object of literature and literature can be a tool to learn about the relationship created by the author through their works. Literature is imaginative writings including drama, prose fiction and nonfiction, and even poetry. Prose Fiction is a literary works that tells people and things not based on fact and just imaginary writing that is written in sentences or paragraph. Novel is one of prose fiction.

The word "Novel" comes from Italian language that is "novella", novella means "little new stuff and then interprets as "short story" in prose (Abrams, 2009). Novel is narrative text informing of prose with a long shape that including some figures, fiction event. Novel also has a genre, the genre of a novel has encompassed and extensive range of types: mystery, horror, psychological, romance and thriller and in this research the writer will analysis novel with the genre psychological.

The writer chooses The Girl on the Train novel by Paula Hawkins as a material object. The Girl on the Train is a novel by British author Paula Hawkins and about psychological thriller, the novel published in the number one spot on The New York Times Fiction Best Seller 2015 on 1 February 2015. The writer really interests to the main character, Rachel Watson, describes as a depressive woman and full of anxiety because her divorce, cannot have a baby and all the things who related with her life. The point is, Rachel cannot move on and be drunken woman. Rachel wants to life as quiet and pleasant without any problems in their live, all her problem make her so frustrated, despair, worry and frightened about something worst and it affects to her psychology.

2. LITERATURE REVIEW

”Literary work viewed as psychological phenomena, the psychological aspect will appear through the character if the text likes drama or prose” (Endaswara, 2011).

2.1. Previous Studies

There are several previous studies that related to this study, such as:

Farokhah (2015) “*Anxiety Suffered by Elizabeth Holland in Anna Godbersen’s Splendor*”. The result of this research that Elizabeth Holland experiences internal conflict which happens between Ego and Superego namely Moral, realism and neurotic anxiety. Elizabeth always feels panic and fright. Her anxiety is generally caused by the threats from her school husband and her environment as well. To decrease those anxious feelings, Elizabeth shows her self- defense mechanism: repression, sublimation, displacement, rationalization, reaction, formation, projection, aggression, fantasy, denial, and asceticism.

Kurniawan (2017) “*Maleficent’ Depression in Change of Personality: A Psychoanalytic Study on the Curse of Maleficent Novel*”. This research analyzing change personality of Maleficent caused by depression on Elizabeth Rudnick’s the curse of maleficent novel by psychoanalytic theory. The result of this research: the symptoms of maleficent depression in her change personality, the cause of maleficent’ depression and the impact of her depression.

Hikmah (2020) “Anxiety Disorder in Josh Malerman’s Bird Box”. The result of this study, the writer finds that the main character was felt by 3 kinds of anxiety, they are: reality, neurotic and moral anxiety, and used three types of defense mechanism.

From the definition above, the writer decides to do psychoanalysis of the anxiety and depression that faced of Rachel Watson in the novel *The Girl on the Train*, the writer will focus to find out and explain the kinds and causes of Rachel Watson’s anxiety, to find out and explain the symptoms and causes of Rachel Watson’s depression and the way Rachel Watson to overcome her anxiety and depression in novel *The girl on the Train*. This research can be helpful for people to know more about anxiety and depression, and the defense mechanism.

2.2. Related Theotiers

Psychoanalysis is study to analyze about human psychology, and will focus on id, ego, and superego of human related with conscious mind and unconscious mind. To analyze anxiety problem the writer uses a Sigmund Freud’s theory and for depressive disorder the writer will use Johnson and Lumongga Theory. Freud said that anxiety related for something which is disarray (Hilgard, 1975). Freud states that anxiety is an ego function to warn people about something dangerous so he can gives adaptive reaction which is appropriate (Alwisol, 2009). A conflict between any aspects can cause anxiety, and it can be a danger sign. This condition is followed by unhappy, feeling worried, fear and kinds of emotion which can be felt. In case, Depression is a condition when individuals feeling unhappy, broken heart, losing someone or a thing in their life and offers a foul mental influences for individuals who feel it (Goodman, 2011).

Some human being feel depressed in their life, as a reaction when people broke up, a death in the family or a soul mate, losing job, or get disease. Anxiety and depression can happen together and can affect to all the kind of people, old and young, rich and poor, famous or unpopular famous. Therefore, a person who felt anxiety and depression must do maneuver through defense mechanism. Defense mechanism which is believed as a protection to reduce

anxiety, this mechanism protects people from external threatening which appears from internal anxiety or depression by distorting with some ways. With the purpose of defense mechanism in human' psychological life, People are not only to check it in reality but also need to observe in literary work.

3. METHODS

In this research, the writer used descriptive qualitative method by using psychology of literature approach. In this research, the writer analyzed by events of the novel, and conversation of the novel to find the data. The writer take the data from the novel of Paula Hawkins' "The Girl on the Train" as the main object of the research and the supporting data are thesis, article, book and some literary theory. In this research, there are several steps for collecting data: first, the writer reads repeatedly and understands what the story means in the novel. Second, the writer collects all the information which related to the topic that the writer wants to analysis. Third, reading and highlight text such as books, thesis, journal and some literary theory about anxiety, depressive disorder based on psychoanalysis. Psychoanalysis is created by Sigmund Freud. According of Freud, psychoanalysis has an aim for knowing and understanding about unconscious mind in mental life (2006). This research for anxiety disorder used Sigmund Freud Theory (1960) and for depressive disorder used Johnson Theory (2018) and Lumongga Theory (2016).

4. RESULTS

In this analyze the writer find out and explain the kinds and causes of Rachel Watson's anxiety, symptoms and causes of Rachel Watson's depression and the way Rachel Watson to overcome her anxiety and depression in novel The girl on the Train:

4.1 Kind and Causes of Rachel Watson's Anxiety

Rachel's Watson felt 3 kind of anxiety namely neurotic anxiety, realistic anxiety and moral anxiety. Neurotic anxiety is fear of getting punishment or feeling worry, anxious, or afraid about unknown danger that something bad is going to happen. This fear does not occur because the Id but is fear about what will happen next if the Id is satisfied.

Neurotic anxiety Can be recognized from bad thoughts or panic reaction it showed that Rachel always wondering to her-self and feeling afraid about some possibilities that would be happen if she followed her instinct (id), it showed in data: "I feel nauseated, dizzy. I run my hand through my hair, over my scalp. I flinch. There's a lump, painful and tender, on the right side of my head. My hair is mated with blood. I'm stumbled, that's it. On the stairs at Witney station. Did I hit my heat? I remember being on the train but after that there is a gulf of blackness, a void. I'm breathing deeply, try to slow my heart rate to quell the panic rising in my chest. Think. What did I do? I went to the pub, I got on the train. There was a man there. I remember now, reddish hair. He smiled at me. I think he talked to me but I can't remember what he said" (Hawkins, 2015: 58). The sentence of "*Did I hit my heat?*" it showed that she got drunk last night and got the blackness, the panic increasingly when she got a blood in her head, there was a lump, painful and tender. Something bad happened, she knew it did, even could not picture. The other sentence of "*Panic rising in my chest, what did I do? I went to the pub and I got on the train but after that there is a gulf of blackness*" Rachel got panic and fear about what she had done last night. She knew the consequence that every time she drunk she would lose control and blackout, but she still followed her instinct (Id) to went to the pub.

Then, Rachel also felt Realistic anxiety was feeling afraid of threatening danger or intimidated from outside world, it showed "I'm too afraid now, even to go out in the middle

of the night to buy booze. I'm too afraid to let myself sleep, because that's when I make myself vulnerable" (Hawkins, 2015:386). He got angry and lost control, Scott imprisoned her for half an hour in his home, and he threatened Rachel, he said that he would break her neck and grabbed her until she was bruising. After that night Rachel always felt threaten and fear even in her own home, she was too afraid to stepped outside from her bedroom, it showed in sentence "*I'm too afraid now, even to go out in the middle of the night to buy booze*" Rachel just want to hiding in her bedroom to made her-self feeling safe. and the other sentence "*I'm too afraid to let myself sleep, because that's when I make myself vulnerable*" showed that Rachel had to be strong, because when she let herself to sleep that was be a moment she

would vulnerable.

The last, Rachel also felt moral anxiety was feeling guilty or embarrassed when people doing something who contrary with moral value, Rachel always felt guilty to everyone every time she has done something who contrary with moral." I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible

strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145). Based on the it showed that Rachel's felt the moral anxiety, Rachel felt guilty to Anna because she wanted come to Witney Station and hang around in there, Anna had talked to Rachel that she hate it when looked Rachel in the station and around her home, Anna felt disturbed with Rachel presence but Rachel need to found a witness so she have to come to Witney Station and felt guilty to Anna after that.

According to Freud, there are seven causes of Anxiety, such as: Environment, threat, repression, frustration, gender, fear and age. The writer found 3 caused of Rachel watson's anxiety. First, the causes of Rachel anxiety was environment, there were data showed that causes of Rachel anxiety also from environment because every situation made Rachel's felt afraid and filled with anxiety, it showed "*Half on hours goes by. Every time I hear footsteps on the steps, my heart rate goes up, every time I hear the clacking of high heels, I am seized with trepidation. If Anna sees me here, I could be in trouble. Tom warned me. He's persuaded her not to get the police involved, but if I carry on. . .*" (Hawkins, 2015:228). Tom (ex-husband of Rachel) had warned her to never came to the Witney station again because his wife annoyed by Rachel's presence around her home environment. But the only way to meet the man Rachel was looking for, she had to wait in Witney station. It was full of anxiety moment, she could be in trouble if Anna (Tom's wife) saw her because Rachel would be reported to the police for making Anna uncomfortable, it showed in sentence "*If Anna sees me I could be in trouble*". This situation made Rachel's felt afraid and filled with anxiety caused by her surroundings and it was pictured on a sentence "*every time I hear footsteps on the steps, my heart rate goes up, every time I hear the clacking of high heels, I am seized with trepidation*"

The second was from threat, there were one data who showed that Rachel's always feeling threaten from outside or people around her, sometimes she too afraid to sleep, she always jolt awake and felt that there was another people with her in the room, the data was "I was almost too afraid to open the bedroom door, but when I did, there was no one there, of course. I went to downstairs and turned on the television again" (Hawkins, 2015:239).

The other causes was frustration there were 1 data: "I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145). Caused by Rachel's anxiety was frustration. Frustration come when there were obstacles to achieving a goal and emotional state caused by disappointment, unfettered and defeats. Based on the data 14, there were so much things she wanted to do but the other side she afraid about the consequence, she had a doubts and fears about the obstacles she would face to get her desires. It showed in sentence "*The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable*". It is conflict between her Id and her Ego.

4.2 Symptoms and Causes of Rachel's Depression in The Girl on The Train

First symptoms of Rachel's depression was insomnia, she has trouble about sleep, "I've been up for hours; I can't sleep. I haven't sleep in days. I hate this, hate insomnia more than anything, just lying there, brain going round, tick, tick, tick. I itch all over. I want to shave

my head."(Hawkins, 2015). Sleeplessness was an early symptom of depression, and when sleep problem were not handled, depression would continue to grow and affect one's quality of life. Rachel had a trouble in sleeping, it pictured in "*I can't sleep. I haven't sleep in days*", It caused her brain never stop thinking, thinking all the things and all the time. Moreover, she also had a problem in alcohol, she was an alcoholic and too much alcohol it could disrupt sleep and disturbing appearance.

Secondly, Rachel also felt living in the past, every time she was doing or seeing something who related with Tom (ex-husband), she would remember the moment when she was together or her daily routines with him, she always spent a lot of time to reminiscing her past, it showed in sentence "In the old days we might have driven to Corly Wood with a picnic and the papers, spent all afternoon lying on a blanket in dappled sunlight, drinking wine" (Hawkins, 2015).

Third, She lost her confidence and always felt that someone judging her based off of what they would see, "I look at the man in the seat opposite mine. He looks up suddenly and meets my eye; his glance travels over me, over the little bottle of wine on the table in front of me. He looks away. There's something about the set of his mouth that suggests distaste. He finds me distasteful. I am not a girl I used to be. I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep; it's as if people can see the damage written all over me, can see it in my face, the way I hold myself, the way I move" (Hawkins, 2015). The writer quote the sentence of "*There's something about the set of his mouth that suggests distaste. He finds me distasteful*", based on the sentence it showed that Rachel always lost her confidence, she always had negative thinking. She also had insecurity and felt that everyone judging her, sometimes she tried ignore when people saw her in the eye, but that was hard for her because she always feel not good enough, it pictured in sentence "*I am no longer desirable, I'm off- putting in some way. It's not just that I've put on weight, or that my face*

is puffy from the drinking and the lack of sleep; it's as if people can see the damage written all over me, can see it in my face, the way I hold myself, the way I move” .

Fourth, Society put so much worth of a woman on the fact that she had to had children and that made Rachel struggling in fertility. She could not have a baby, she had tried everything but still could not. Every day she woke up feeling empty, broken, unfeminine and worthless. Feeling useless every day is an early symptom of depression. The other symptom was decreased work efficiency and decreased in productivity, Rachel was jobless, she came and went every day with train. In the morning, she was sitting on the train and her head leaning against the carriage window, she watched a warehouses, water towers , bridges and sheds, she also watched those houses roll past her like a tracking shot a film. Arrived on the station, she went to library and when the night came, she back to the home and sitting on the train again, doing the same activities as in the morning. Every day she was doing unproductivity, but always got tired even she looked increasingly messy. Sometime she wanted to drink alcohol to reduce her stress. And the last symptoms of Rachel's depression was felt guilty, she always thought that all the things happened because her mistakes.

The causes of Rachel depression, firstly start with her is infertility, it started from she was trying to had a baby and doing IVF treatment but she still could not be a mother. She was dealing her stress with drink a bit, and then a bit more and finally she went from being drinker to being a drunk. Rachel's marriage broke down, her husband had an affair because her drinking habit drove him away and that was why he stopped to loving her anymore. Afterward her drinking habit getting worse, and ruined everything she had.

5. DISCUSSION

There were 3 kind of defense mechanism done by Rachel Watson, was repression she pressing her painful memory from conscious into unconscious mind, she drunk and made her brain to forget the painful memory about last night, it showed “He examines my head for a good few seconds and then says. “Is that so?” he stands back and looks me in the eye. “It doesn't look like it. It looks more like someone's hit you with something,” he says, and I go cold. I have a memory of ducking down to avoid a blow, raising my hands. Is that a real memory? The doctor approaches again and peers more closely at the wound. “something sharp, serrated maybe” (Hawkins, 2015:77). The quotation in line “I have a memory of ducking down to avoid a blow, raising my hands. Is that a real memory” showed Rachel had a wound and could not remember the causes of the wounds. She remembered something little by little but she was not sure that it was real or just her delusion. She used repression as defense mechanism to pressing her painful memory from conscious mind to unconscious mind to protect herself from painful memory.

Secondly, displacement is an emotional overflow against a person or object, Rachel always hurt herself when she mad to people or the other things, “I pull the filthy plaster of the end of my finger and look at pale, wrinkled flash beneath, dried blood caked at the edge of my fingernail. I press the thumbnail of my right hand into the centre of the cut and feel it open up, the pain sharp and hot. I catch my breath. Blood starts to ooze from the wound. The girls on the other side of the carriage are watching me, their faces blank.” (Hawkins, 2015:22- 23). Instead of revealing anger to the object, she is reacting by injuring herself. “I press the thumbnail of my right hand into the centre of the cut and feel it open up, the pain

sharp and hot. I catch my breath. Blood starts to ooze from the wound. “. She hurt herself when she got phone call from her ex-husband with words that make her hurt.

The last was rationalization was defense mechanism to prove his behaviour is rational, can be approved, justified, and acceptable to himself and society, “I left three months ago. My flatmate . . . well she’s my landlady, really . . . I haven’t told her. I’m trying to find another job, I didn’t want her to know because I thought she would worry about the rent. I have some money. I can pay my rent, but . . . anyway, I lied to you yesterday about my job and I apologize for that” (Hawkins, 2015:110). She talked with police that she lied about her job yesterday because her landlady in there and hearing. She tried to prove her behaviour is rational and acceptable that she didn’t want the landlady know that she jobless and make her worry about the rent, it pictured in line “I haven’t told her. I’m trying to find another job, I didn’t want her to know because I thought she would worry about the rent. I have some money. I can pay my rent, but . . . anyway, I lied to you yesterday about my job and I apologize for that”. That was the reason why she was lying yesterday with the police.

6. CONCLUSION

Rachel Watson had 3 kinds of anxiety: Neurotic anxiety, Realistic anxiety and Moral anxiety that were caused by many problems such as environment, threat, frustration, gender and fear. Rachel also got depression with caused by infertility, infidelity and divorce, loss a job, alcohol. Rachel’s had a symptoms are insomnia, living in the past, difficult to making decision, sensitive and loss of confidence, feeling useless, decreased work efficiency and decreased in productivity, tired and have no energy, feeling of guilt. To overcome Rachel’s anxiety and depression she used three kinds of defense mechanism are repression, displacement, and rationalization. Based on all the data, it comes to conclusion that anxiety and depression was a different problem but could happen together. Rachel’s anxiety and depression was happen together with the different main causes, Rachel depression caused by her infertility and infidelity until she lost everything, she had become frustrated whereas Rachel’s anxiety caused by her involvement about Megan’s disappearance and Rachel was the only one who knew the truth. At the end, when people faced an anxiety and depression in nowadays, the only way to overcome that mental illness was tried to embrace the anxiety and depression than avoid, because suffering was part of life, people could learn how to build a positive relation with pain like get support, think positively, take up a new hobbies, be open with family and reduce the emotional distress by taking care of wellbeing. But if the anxiety and depression was getting bigger and could not handle it anymore, the final decision was starting therapy with psychiatrist, psychologist to taking charge of anxiety and depression disorder.

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