DEPRESSION OF SASANA IN OKKY MADASARI’S
BOUND(2013): A PSYCHOLOGICAL APPROACH

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**Abstract**

This study explains depression of Sasana in *Bound* novel. This study clarifies the symptoms of depression. This study also shows how depression is depicted in the novel, and shows the reason of Okky Madasari why he took depression in the novel. This research is qualitative research. This research was analyzed by using psychological approach. The primary data source was taken from *Bound* novel by Okky Madasari. The secondary data source was other source that related to the primary data. The result of the study showed the following conclusions. First, there were four symptoms of depression such as emotional symptoms, cognitive symptoms, motivational symptoms, and physical symptoms. Second, depression was depicted in the novel through character and characterization and through events. Third, the reason why Okky Madasari raised depression in his novel was reflect as well as to criticize the social society in that era.

**Keywords:** bound, depression, physiology

1. **INTRODUCTION**

This study is about depressions of Sasana in *Bound* novel Okky Madasari. Before the researcher writes the research paper, there were some studies that used *Bound* novel as primary source and used different issues to analyze this novel. They are the study of Abnormalititas dalam novel Pasung Jiwa karya Okky Madasari (Rita Febriliyani, 2017), the research of Analysis Value of Social Struggle in Pasung Jiwa by Okky Madasari as Potrait Social Reality (Socioliterary Approach) (Marfuah, 2017), the study of Transgenderism: A Queer Theoretical Study In Okky Madasari’s

Bound novel Okky Madasari was written in 2013. It tells about the struggle of someone who wants to seek freedom and try to escape from various pressures, such as pressure in the body, mind, tradition, family, and surrounding environment. There are two main characters in the novel, namely Sasana and Jaka. Sasana was born as a man from an established parent partner. Even though his parents were not musicians, they wanted the Sasana to be a child who was adept at playing the piano. Since he was still in the womb of his mother, the sound content of the piano has been heard for him. In the school, his teacher brought in to practice his piano skills. Sasana was finally able to play the piano and received a number of awards, but actually he did not like playing the piano. Many issues are raised in the novel, but there were not many researchers who analyzed depression that is told in the novel.

In the novel, the researcher clarifies depression of Sasana. The subject focuses on the depression experienced by Sasana. The researcher shows the symptoms of depression in the novel, shows depressions depicted in the novel, and shows the reason of Okky Madasari took depression in the novel. To analyze this research, the researcher uses psychological approach. According to Endaswara (2011: 96) literary psychology is a study of literature that views work as a psychological activity. The author will use copyright, taste, and work in the work. Literary works which are seen as psychological phenomena, will display psychological aspects through characters if by chance the text is in the form of drama and prose. It can be seen in the novel by Okky Madasari entitled Bound. This novel was published in 2013. The novel shows the condition of Indonesian society in that time.

2. METHOD
This study was a descriptive qualitative research. Berg and Lune (2012: 3) stated that descriptive qualitative data “refers to the meanings, concepts, definitions, characteristics, metaphors, symbols, and descriptions of things”. The object of the research was Bound novel by Okky Madasari. The type of the research was library
research. The type of the data source was primary data source and secondary data source. In conducting the research, the researcher used the technique of collecting data, as follows: (a) reading *Bound* novel carefully, (b) browsing the internet to get information of articles related the object of the study, (c) selecting the important of data by underlining words and sentences which was support the issue and theory of the study, (d) making a note that was used for both primary and secondary data, (e) identifying the problem and finding the data, (f) making a conclusion and suggestion.

3. FINDING AND DISCUSSION

3.1. The Symptoms of Depression

3.1.1. Emotional Symptom

Beck, A., & Alford, B. (2009: 12-43) mentioned as an emotional symptom that includes a decrease in mood, a negative outlook on oneself, no longer feeling satisfaction, crying, and a happy loss of response. In *Bound* novel, emotional symptom has been found through the character of Sasana. In this novel, there are depressions that found in the novel such as a negative outlook on oneself, crying, lost of happiness.

In the novel, negative outlook on oneself could be seen when his soul felt confined. Sasana was born as a man from an established parent partner. They want Sasana to be a child who is adept at playing the piano. Sasana prefers dangdut music, his body and soul feel free when he hears dangdut music. His favorite is of course prohibited by his parents. Sasana remained a child who obeyed and followed the wishes of his parents even though his soul felt confined. He feels sorry to have been born. Crying could be seen when Sasana had been fighting with his friends. Since school there, he has always been treated badly by senior students. When his allowance was requested, he refused and they hit Sasa's stomach until he fell on the ground, then took his bag. In the home, Sasa was slapped by his father for fighting in school. Sasana felt lost in happiness with dangdut music when his parents found out he was secretly listening to dangdut on the radio. His parents confiscated all
the music related to dangdut and replaced it with tapes with the songs they had chosen.

3.1.2. Cognitive Symptom

Cognitive symptoms are related to negative thought problems and negative talk that is often experienced by depressed patients. Depressed patients often feel that everything that is related to themselves or is part of themselves is something bad and will make things problematic. In the novel, cognitive symptoms are found such as low self-assessment, blaming and self-criticism, and cannot make decision.

In the novel, low self-assessment could be seen when Sasa felt she lost something of value from her. That's when I realized that it was wrong all the time. Even though he didn't like the piano, he wanted to make his parents happy. Blaming and self-criticism in the novel are found when Sasana was admitted to a special high school for men, a high school run by a Catholic foundation. In the school, he has always been treated badly by senior students. Every day, he was always followed by a senior and then took away his money. Indecision could be seen when Sasana began to recognize dangdut music, she watched it and joined in swaying until it was caught by her parents. At home, his parents were furious and forbade him to watch dangdut again. He felt he lost something he thought was valuable.

3.1.3. Motivational Symptom

In the Bound novel, motivational symptoms are found such as the desire to deviate from the pattern of daily living, the desire to avoid the task, besides that tends to delay activities that do not give satisfaction, often daydream than doing something.

The desire to deviate from the pattern of daily living could be seen when Sasa continued to study in Malang, at that time she met Cak Jek, since together with Cak Jek. He met Cak Jek in a coffee shop near his boarding house. He was invited to sing together. The desire to avoid the task could be seen when Sasana began to know dangdut music, every day he listened to dangdut. He hasn't played the piano anymore for months. Daydreaming could
be seen Sasana returned after two years never returned home. He began his
days that were different from before. When he began to go to campus again,
he was overshadowed by fear in his mind.

3.1.4. Physical Symptom

Symptoms physical depression is loss of appetite, sleep disturbances, and
fatigue. Some people who experience depression also experience disorders
when sleeping. That is, this could be the inability to fall asleep and lack of
sleep, or even too much sleep for almost every day. Even when the person
has slept for more than eight or nine hours per night, they always feel tired
throughout the day. In the novel, physical symptoms of depression was found
such as sleep disturbances and fatigue.

Sleep disturbance could be seen when Sasana came home from
Jakarta after two years without going home, he began a life that was different
from his life in Malang, every night he had difficulty sleeping and was
always awake, he always remembered his memories with Cak Jek. Fatigue is
also a symptom experienced by someone depressed. Besides making fatigue,
depression also reduces motivation and makes someone physically and
emotionally exhausted to perform simple tasks. In the novel, fatigue was
found when Sasana was singing in the roads.

3.2. How Depression Depicted in Bound novel

3.2.1. Through Characters and Characterization

In Bound novel, there are actually two characters in which they also
experience a bad life experience and make him depressed. These characters
are Sasa and Jaka Wani. Sasana is a child of rich parents. His father is a
lawyer in Jakarta. Jaka Wani is a child from an ordinary family. He lives with
his mother in a small village in Malang.

Character of Sasa has been studying in Malang for two months. He
got acquainted with Cak Jek in a shop near his boarding house, since he was
friends with Cak Jek, he felt he had found something he had been looking for.
3.2.2. Events

The event of depression showed Sasana when he was forced by his parents to be what they wanted to be. The first sound known from birth was the piano, not the voice of the mother or father. They always put him in front of the piano, guiding his hand to squeeze each key. Since childhood, every day a teacher comes to teach piano playing. Until in the end he hated it, the sound of the piano began to disturb his ears. He is just a little boy helpless, who can only do what parents want. When he entered elementary school, he was already proficient in playing the piano. Even though he didn't like it, he still played because of his parents. He felt something was wrong with him and he began to get depressed.

The event of depression showed Sasana got bullied by his schoolmate. He had been at school for a few months. He was placed into high school for boys. The incident began when Sasana graduated from junior high school and was admitted to a male school. At that time he had only been in school for a few months, he still had not memorized the names of his friends, his teachers. He still could not distinguish between the toilet and the canteen. When he walked, he approached his senior and took him to the toilet and hit him.

Sasa, together with Cak Jek and others, walked to the factory where Marsini worked. They made banners by writing so that Marsini was sent home. The factory guards told them to leave, but they persisted, not wanting to leave. They fight with the factory guards. Sasa and his friends quarreled against the factory guards where Marsini worked. He is no longer a Sasa with a rocking body, a spoiled and seductive face. He became wild and savage. He hit and attacked everyone who was not from his group.

After a fight between the factory guards and Sasa, he was arrested by the army and put in a small jail, his body still weak and painful. Sasana was tortured by soldiers. He felt so much pain in his heart more severe than the physical pain that hit his body. They said that he could only be used like a prostitute. In the jail, he was kicked, splashed with water, and hit by the soldiers. Besides getting physical violence, Sasa also got sexual violence.
When the soldiers harassed him, he tried to fight, scream, but no sound came out. He felt tremendous pain. His dignity was destroyed, it was broken, and he felt he was no longer human. They slapped him and fell. They pushed it against the wall. Sasana feels tremendous pain.

3.3. The Reason Why Depression Adressed in Bound

Okky Puspa Madasari known as Okky Madasari is a popular Indonesian author. She won an Indonesian major literary prize, the Khatulistiwa Literary Award, in 2012 for her third novel, Maryam. At the age of 28, she is the youngest ever to win this prestigious award. Her novels were shortlisted three years in a row by the same award's judges. Her second novel, *Bound*, tells the story of a Sasana figure, a man who feels himself a woman. Because of social pressure, the views of religion and the state of the Sasana must fight to be themselves. The struggle process to achieve freedom as a human individual was appointed by Okky in transgender figures.

Before making a novel, he discussed with an LGBT group. After listening to and understanding what the LGBT group experienced, then Okky thought how difficult and unfair the lives of LGBT friends who lived in freedom became themselves. LGBT groups experiencing injustice are not only about individual freedom of identity but also economic and political injustice.

Okky wants to open the eyes and heart of the reader wide. Trying to understand the fate of the people who have been there but never heard. Trying to understand the leaders on behalf of the authority is not necessarily true. Every one of us should dare to reveal fear. That's about the meaning of the Bound novel.

3.4. Discussion

Okky Madasari reflected her social criticism in the novel about depression issue. The result of the study support the theory of Beck, A., & Alford, B. (2009) about the symptoms of depression, namely: emotional symptom, cognitive symptom, motivational symptoms, and physical symptom. From the analysis, emotional symptoms were found in the novel such as a negative outlook on oneself, this was shown when the character Sasana, a small child who always obeyed what his parents
wanted, until one day he felt like a doll and could not do anything. The second is crying, this was shown when the Sasana figure had experienced a bad event and made him cry, like being bullied by his schoolmates and even getting sexual harassment by soldiers while in prison. The third is lost of happiness, this was shown when the figure of Sasana felt that he had lost something valuable after his parents forbade him to dance and watch dangdut music.

Depression depicted in the novel through characters and characterization. It shown through characters of Sasana and Cak Jek having different background. Sasana is a child from a family that is quite wealthy in Jakarta and educated. Since childhood he always gets love from his parents. The other character is Cak Jek, he is from an ordinary family. He only lives with his mother in a village in Malang. the second is character of Sasana need a company. Since high school, Sasa has no friends. They were away from him because according to his friends, he was a weirdo. It is not uncommon for Sasa to always get bullied from friends at school. But since meeting Cak Jek, he felt he was himself. He feels free.

Depression depicted through event. The events were found such as coercion, bullying, and violence. Coercion was shown when childhood, Sasa was forced from her parents to become a piano player. The first sound he heard was the sound of the piano. Every day he had to practice playing the piano. He didn't like it, but he still did it because he didn't want to make his parents disappointed. The second event is bullying, when he was admitted to a school for boys, Sasa got a bully from his senior brother at school. Every day he was forced to give his allowance and was beaten until he was injured. Even though the teacher had reported it, they were still looking for Sasana and bullying him. The third event is violence. It shown when Sasa and his friends protested to a factory where Marni worked, they fought with factory guards, they fought until finally they were captured by a group of soldiers. When he woke up, Sasa was already in a prison alone without his friends. In a prison, he was washed by the soldiers and slandered Sasa. He was sexually assaulted by the soldiers. They treat Sasa like a prostitute. Even they beat Sasa and kicked him.

The reason why Okki Madasari addressed depression in Bound novel. It is because she wants to open the eyes and heart of the reader wide. She try to
understand the fate of the people who have been there but never heard. Trying to understand that leader or those on behalf of the authorities is not necessarily true. Every one of us should dare to reveal fear.

In other hand, this novel is very thick with nuances of protest and gives a voice to those who have never been heard. Protests against the army which are clearly described as perpetrators of violence and at the same time the mastermind behind the violence that arises. Through his character, Okky implies the courage to uncover fear and fight. But as far as they can go against themselves and what's around, again they are trapped. They are not completely free. Or indeed there really is no absolute freedom for them. In real life, the four characters in this novel actually exist. Because of that, this novel feels close without fantasy and without a thick spice of fiction.

Based on the theory of psychology of literature, Psychology of literature is a literary study that focuses on psychiatric activities, both from characters who play roles in a literary work, authors who create a literary work, and the readers as connoisseurs of literature. According to Wellek and Warren (1956: 81), psychology of literature “By psychology of literature, we may mean the psychology study of the writer, as type and as individual of the study of the creative process, or study of the psychological types and laws present within works of literature or finally we effect literature upon its reader”. As by Endaswara (2011: 96) literary psychology is a study of literature that views work as a psychological activity. The author will use copyright, taste, and work in the work. Literary works which are seen as psychological phenomena, will display psychological aspects through characters if by chance the text is in the form of drama and prose. This novel was published in 2013. The novel show the condition of Indonesian society in that time.

4. CONCLUSION
Based on analysis in the previous chapter, the researcher will make conclusions. Firstly, there are four symptoms of depressions namely emotional symptom, cognitive symptom, motivational symptom, and physical symptom. Emotional symptom consists of changes in feelings or behaviors that are direct from emotional states. It includes a decrease in mood, a negative outlook on oneself, no longer
feeling satisfaction, crying, and a happy loss of response. The second symptom is cognitive symptoms such as low self-assessment, negative expectations, blaming and self-criticism, cannot make decisions. The third symptom is motivational symptoms. Motivational symptoms are the desire to deviate from the pattern of daily living, the desire to avoid the task, besides that tends to delay activities that do not give satisfaction, often daydreaming than doing something. Someone is more often attracted to passive activities, such as watching television, going to the movies, or just sleeping in the room, the next motivational symptom of suicide. The last indicator is physical symptom. Symptoms physical depression is loss of appetite, sleep disturbances, and fatigue.

Secondly, the issue of depression was depicted in the novel through characters and characterization, and through events. Through character and characterization illustrated with characters having different background and character needing company. Through events showed the picture events of depression.

Thirdly, depression was adressed in the novel because at the time, some people are faced with traps outside themselves such as religion, rules and views of society. Self freedom is still hard to come by, and weak people always lose. This novel is very thick with nuances of protest and gives a voice to those who have never been heard. Protests against the army which are clearly described as perpetrators of violence and at the same time the mastermind behind the violence that arises.

**BIBLIOGRAPHY**


