

**DEPRESSION PORTRAYAL OF RACHEL REFLECTED IN
THE GIRL ON THE TRAIN (2015) BY PAULA HAWKINS:
A PSYCHOANALYTIC PERSPECTIVE**



RESEARCH PAPER

Submitted as a Partial Fulfillment of the Requirements
for Getting Bachelor Degree of Education in English Department

by:

SHOUMA LAILA HUSNA IDA FITRA
NIM. A 320 140 125

**DEPARTMENT OF ENGLISH EDUCATION
SCHOOL OF TEACHER TRAINING AND EDUCATION
UNIVERSITAS MUHAMMADIYAH SURAKARTA**

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APPROVAL

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by:

Shouma Laila Husna Ida Fitra
NIM. A 320 140 125

Approved to be Examined by the Consultant
School of Teacher Training and Education

Consultant,

A handwritten signature in black ink that reads "Titis Setyabudi". The signature is written in a cursive style with a large, stylized initial 'T'.

Titis Setyabudi, S.S., MA
NIDN. 0617047701

ACCEPTANCE

DEPRESSION PORTRAYAL OF RACHEL REFLECTED IN
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by:

SHOUMA LAILA HUSNA IDA FITRA
A320140125

Accepted by the Board of Examiners
School of Teacher Training and Education
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On 18 November, 2020

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TESTIMONY

I undersigned below:

Name : SHOUMA LAILA HUSNA IDA FITRA
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Title : **DEPRESSION PORTRAYAL OF RACHEL
REFLECTED IN THE GIRL ON THE TRAIN
(2015) BY PAULA HAWKINS:
A PSYCHOANALYTIC PERSPECTIVE**

Herewith, I declare that there is no work that has been submitted to get bachelor degree in any universities in this research paper and as far as I concern there is no work or opinion that have been written or published by someone else except the written references which are referred in this paper and mentioned in the bibliography.

Hence, later if it is proven that there are some untrue statements in this testimony; I will hold fully responsibility.

Surakarta,
The Researcher

SHOUMA L. H. I. F.
A320140125



MOTTO

Sesungguhnya sesudah kesulitan itu pasti ada kemudahan

(QS. Al Insyarah: 6)

Jadikanlah sabar dan sholat sebagai penolongmu. Sesungguhnya Allah bersama orang-orang yang sabar”

(QS. Al Baqarah: 153)

DEDICATION

This Research Paper is dedicated to:

1. My beloved father and mother,
2. My dearest brothers,
3. All my friends,
4. The Big Family of English Department, and
5. Almamater.

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Assalamu 'alaikum Wr. Wb.

Praise to Allah SWT, who gives the writer His guidance and blessing. So, the writer is able to finish the research paper entitled “**DEPRESSION PORTRAYAL OF RACHEL REFLECTED IN *THE GIRL ON THE TRAIN* (2015) BY PAULA HAWKINS: A PSYCHOANALYTIC PERSPECTIVE**”. Sholawat and salaam may Allah send to our Prophet Muhammad SAW, his families, his companions, and his followers. The best messenger for all people over the world. The writer also realizes this research paper is impossible to finish without the help of other people, therefore, on this opportunity I would like to express my deepest gratitude and appreciation to:

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7. All my friends, thanks for your help and support. You all the best.

Those who cannot be mentioned one by one toward your supports in finishing my research paper. Finally, the writer believes that the research is still far from being perfect. However, I deeply hopes that this research will be useful for developing the English teaching on Literature method.

Wassalamu 'alaikum Wr. Wb.

Surakarta, 18 November 2020

Shouma Laila Husna Ida Fitra

TABLE OF CONTENT

	Page
TITLE.....	i
APPROVAL.....	ii
ACCEPTANCE	iii
TESTIMONY.....	iv
MOTTO	v
DEDICATION	vi
ACKNOWLEDGEMENT	vii
TABLE OF CONTENT	ix
LIST OF APPENDIX	xi
ABSTRACT.....	xii
ABSTRAK	xiii
CHAPTER I INTRODUCTION	1
A. Background of The Study.....	1
B. Problem Statements	5
C. Objective of The Study	5
D. Limitation of The Study	6
E. Benefits of The Study	6
F. Paper Organization.....	6
CHAPTER II UNDERLYING THEORY	8
A. Psychoanalytic.....	8
B. The Notion of Depression.....	12
C. Novel and Elements of Novel.....	15
D. Previous Study.....	20
CHAPTER III RESEARCH METHOD	22
A. Type of The Study	22
B. Object of The Study.....	22
C. Type of Data and Data Source.....	22
D. Method of Collecting Data	23

E. Technique of Analyzing Data	23
F. Validity of Data.....	23
CHAPTER IV FINDING AND DISCUSSION.....	25
A. Finding.....	25
B. Discussion.....	50
CHAPTER V CONCLUSION, SUGGESTION, AND PEDAGOGICAL IMPLICATION	54
A. Conclusion.....	54
B. Suggestion.....	56
C. Pedagogical Implication	56
BIBLIOGRAPHY	58
APPENDIX.....	61

LIST OF APPENDIX

Appendix 1 SUMMARY OF THE GIRL ON THE TRAIN	61
Appendix 2 REVIEW OF THE GIRL ON THE TRAIN	64

SUMMARY

SHOUMA LAILA HUNA IDA FTRA. A320140125. DEPRESSION PORTRAYAL OF RACHEL REFLECTED IN *THE GIRL ON THE TRAIN* (2015) BY PAULA HAWKINS: A PSYCHOANALYTIC PERSPECTIVE MUHAMMADIYAH UNIVERSITY OF SURAKARTA, OCTOBER, 2020

ABSTRACT

The Girl On The Train is a psychological thriller novel that is created by Paula Hawkins. Rachel's character at the story is described as someone who is very depressed and bad-girl looks. The writer is interested to analyze Rachel's depression because she is described as a complex characters and her act was confusing for the readers. The purposes of the study are: 1) to analyze the characteristics of Rachel seen from psychoanalytic perspective; 2) to explain the symptoms of depression of Rachel in this novel; 3) to describe how the depression of Rachel in this novel is.

The writer applies the qualitative research method in conducting the research. The primary data source of the study is "The Girl On The Train" novel by Paula Hawkins. Documentation, library, browsing method, and notes taking techniques are method to collect the data. Analysis of the data uses the descriptive qualitative technique about collecting the data, reducing, displaying, than verifying and conclusion.

The result of study shows that: 1) The dominant character psychoanalytic of Rachel in the *The Girl On The Train* novel is Id. She has a dominant id because she only follows her own desires without considering the morals and norms that exist in the society. Rachel just followed her own desire even it is not acceptable in her society. Rachel's Id always wanted to take a drunk; 2) The symptoms of depression by Rachel in *The Girl On The Train* novel are: have low self-esteem, tiredness or lack of energy, and going to be hopelessness. These symptoms headed for Dysthymia type of depression. Dysthymia is a mood disorder consisting of the same cognitive and physical problems as depression, with less severe but longer-lasting symptoms. Dysthymia is less acute and severe than major depressive disorder; 3) The portrayal of depression by Rachel's character are shown from: First, Rachel started to depression when she cannot get pregnant and she is divorced by her husband. Second, she becomes poor and homeless woman and she loses control in her life. Third, she becomes an alcoholic woman with an overactive imagination. Fourth, she becomes a woman who gets personality disorder with a blackout and shoddy memory.

Keywords: symptoms of depression, psychoanalytic perspective, *The Girl On The Train* novel

ABSTRAK

The Girl On The Train adalah novel thriller psikologis yang dibuat oleh Paula Hawkins. Karakter Rachel dalam cerita tersebut digambarkan sebagai seseorang yang sangat depresi dan terlihat nakal. Penulis tertarik untuk menganalisis depresi Rachel karena ia digambarkan sebagai karakter yang kompleks dan tindakannya membingungkan bagi para pembaca. Tujuan dari penelitian ini adalah: 1) untuk menganalisis karakteristik Rachel dilihat dari perspektif psikoanalisis; 2) untuk menjelaskan gejala depresi pada Rachel dalam novel ini; 3) untuk menggambarkan bagaimana depresi Rachel dalam novel ini.

Penulis menerapkan metode penelitian kualitatif dalam melakukan penelitian. Sumber data primer dari penelitian ini adalah novel "The Girl On The Train" oleh Paula Hawkins. Dokumentasi, studi perpustakaan, metode penjelajahan, dan teknik pencatatan adalah metode untuk mengumpulkan data. Analisis data menggunakan teknik deskriptif kualitatif tentang pengumpulan data, mengurangi, menampilkan, kemudian memverifikasi dan menyimpulkan.

Hasil penelitian menunjukkan bahwa: 1) Karakter psikoanalitik yang dominan pada Rachel dalam novel *The Girl On The Train* adalah Id. Dia memiliki id yang dominan karena dia hanya mengikuti keinginannya sendiri tanpa mempertimbangkan moral dan norma yang ada di masyarakat. Rachel hanya mengikuti keinginannya sendiri meskipun itu tidak dapat diterima di masyarakatnya. Id Rachel selalu ingin mabuk; 2) Gejala depresi oleh Rachel dalam novel *The Girl On The Train* adalah: gelombang percaya diri yang rendah, kelelahan atau kekurangan energi, dan akan menjadi putus asa. Gejala-gejala ini mengarah ke tipe depresi *Dysthymia*. *Dysthymia* adalah gangguan mood yang terdiri dari masalah kognitif dan fisik yang sama dengan depresi berat, dengan gejala yang lebih ringan tetapi lebih tahan lama. *Dysthymia* kurang akut dan parah daripada gangguan depresi mayor; 3) Penggambaran depresi oleh karakter Rachel ditunjukkan dari: Pertama, Rachel mulai depresi ketika dia tidak bisa hamil dan dia dicerai oleh suaminya. Kedua, dia menjadi wanita miskin dan tunawisma dan dia kehilangan kendali dalam hidupnya. Ketiga, ia menjadi wanita alkoholik dengan imajinasi yang terlalu aktif. Keempat, Dia menjadi seorang wanita yang mengalami gangguan kepribadian dengan memori yang suram dan buruk.

Kata kunci: gejala depresi, perspektif psikoanalisis, novel *The Girl On The Train*