

DEPRESSION FOUND IN NOVEL *SENSE AND SENSIBILITY* (1811) BY JANE AUSTEN: A PSYCHOANALYSIS APPROACH

Sifa'ul Hasanah; Yeny Prastiwi

Department of English Education, Faculty of Teaching Training and Education,
Universitas Muhammadiyah Surakarta

Abstrak

Tujuan dari penelitian ini adalah untuk menganalisis depresi yang dilacak melalui indikator-indikator depresi. Peneliti saat ini menggunakan American Psychiatric Association (2020) yang telah disetujui melalui tinjauan dokter, oleh Dr. Felix Torres, MD, MBA, DFAPA (2020), untuk menganalisis depresi. Jenis penelitian yang digunakan adalah penelitian perpustakaan. Peneliti mengumpulkan data menggunakan metode analisis dokumen. Hermeneutika digunakan sebagai metode analisis data. Novel "*Sense and Sensibility*" (1811) menjadi data utama yang diperoleh. Hasil penelitian menunjukkan bahwa gejala depresi tercermin dalam novel melalui tokoh utama kedua, yaitu "Marianne". Ada sembilan gejala yang ditunjukkan dalam novel, yaitu suasana hati yang sedih, kehilangan nafsu makan, kesedihan yang persisten, kesulitan tidur, kelelahan, kehilangan minat, merasa tidak berharga, gelisah, dan penarikan diri dari interaksi sosial. Sementara itu, peneliti tidak menemukan gejala apa pun yang menunjukkan keinginan atau pemikiran untuk mengakhiri hidup atau bunuh diri. Depresi Marianne terjadi sebagai respons kehilangan dengan jenis simbolik. Jane Austin memiliki kepedulian terhadap kesehatan mental, khususnya penyakit depresi, dalam novel pertamanya. Kontribusi terhadap kontrol diri yang buruk sehingga ego lebih diutamakan daripada superego membuat gejala depresi semakin memburuk.

Kata Kunci: Depresi, Sigmund Freud, *Sense and Sensibility*, Psikoanalisis

Abstract

*The purpose of this study was to analyse depression tracked through depression indicators. The present researcher used the American Psychiatric Association (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA (2020), to analyse depression. The type of research used is library research. The researcher collected data using the document analysis method. Hermeneutic was used as the data analysis method. The *Sense and Sensibility* (1811) novel obtained the main data. The results of the study show that the symptoms of depression are reflected in the novel through the second main character "Marianne". There are nine symptoms shown in the novel a depressed mood, loss of appetite, persistent sadness, difficulty sleeping, fatigue, loss of interest, worthless, restlessness or agitation, and withdrawal from social interactions. Meanwhile, researchers have not found any symptoms that indicate a desire or thoughts to end life or suicide. Marianne's depression occurs as a loss response with a symbolic type. Jane Austin has a concern for mental health, especially depression illness in her first novel. Contribution to poor self-control so that the ego is put forward more than the superego makes depressive symptoms get worse.*

Keywords: Depression, Sigmund Freud, *Sense and Sensibility*, Psychoanalysis

1. INTRODUCTION

In the early 19th century, depression entered the Age of Enlightenment. That's because melancholia has been considered a highlight in the influence of a person's mental state. Although it has been highlighted as a condition of mental illness, depression has a skewed view of the issue of self-control. Depression is viewed as quite bad-tempered and can be inherited. This condition is believed to be irreversible so people will stay away from sufferers. People with depression are even locked up. Then, in 1917, a statement of mental illness namely depression known as "melancholia or mourning" came by a psychologist named Sigmund Freud.

In a psychodynamic view, the modern theory put forward by a psychologist, Sigmund Freud (1917), explains that depression is a form of loss response. There are two types of responses, namely symbolic and real responses. Real response, for example, in the form of death by the closest person. Symbolic responses such as failure to achieve dreams. These two things trigger subconscious anger that triggers self-loathing and self-destructive behaviour.

Back before the 19th century, female writers around 1700-1800 had several popular genre trends. These trends include romanticism, class struggle, woman's rights, loss, feminism, and religion. In particular, female authors usually raise issues that only exist around them because women spend more time at home and in their surroundings than social problems, such as in the work environment or politics. *Sense and Sensibility* (1811) is the first work of a lady named Jane Austen which has a setting in Victorian England as a portrayal of the life of middle-class women in the 19th century.

Jane Austen is known as a writer who is concerned about mental health since she writes her first work González Mínguez (2019). Differing from the *Sense and Sensibility* genre which focuses on romance and social life, that novel reflects a mental illness, especially depression. Unfortunately, the theory of depression in that century was still widely debated by various doctors and psychiatrists. During Jane Austen's era, modern theories about depression with a psychological approach rarely found a bright spot. Even though psychological theory, for example by Sigmund Freud, was still far from when *Sense and Sensibility* (1811) was written, the writer found the existence of depressive phenomena that appear in the novel *Sense and Sensibility* (1811) described by Jane Austen. The writer identifies the common symptoms of depression experienced by one of the characters in the novel, namely Marianne.

The novel *Sense and Sensibility* (1811) talk about two sisters "Marianne and Elinor" from the Dashwood family who has different characteristics, especially regarding the issue of

self-control. Elinor is a considerate older sister who puts logic forward in dealing with problems. Meanwhile, Marianne is a middle child who is too sensitive and puts feelings first. Marianne doesn't think rationally and ignores the risks of her actions. Trouble comes when the two women fall in love with a young man. The relationship foundered, making Marianne worse off. On the other hand, Elinor has to put up with misfortune and Marianne's out-of-control behaviour.

Research on depression in the novel *Sense and Sensibility* was raised by researchers due to research gaps and wanting to support previous research. The type of mental disorder that affects the mental and physical conditions with moral and philosophical doctrines mentioned by González Mínguez (2019) is less specific. This literature research is in line with previous research where the author uses a psychoanalytic approach as a perspective to analyse Jane Austen's novel *Sense and Sensibility* and supports research on mental health disorders by González Mínguez (2019). Again, within the scope of the psychoanalyst's perspective, the researcher knows that previous studies rarely used the Psychoanalyst Approach. Most of the research obtained previously used the Feminism approach. The difference between this study and previous research is that this research is a new study in which the author uses the modern theory of depression according to the *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in (2020). There are various types of mental disorders, but this research will narrow down the types to be more specific. This study also clarifies Jane Austen's concern about mental illness.

This research is expected to inspire readers and can be used as a reference for further research, especially for English language education students regarding hidden messages about depression experiences in a psychological approach using the novel *Sense and Sensibility* (1811).

The literature research that has been found before can be grouped based on the theoretical approach used, including feminism, psychoanalysis, historical, structuralism, criticism and biography. In feminism research, there is research belonging to Anukriti (2015). Alamsyah, Pasaribu, and Sahri (2017) use the Property Rights of Women theory by Shanley (2000). Zhou (2016) uses feminism to reveal a Patriarchal Society. Then, Kusumawardhani and Rahayu (2020) look at the reflection of a woman's independence and how the power of a free woman in the novel *Sense and Sensibility*, Moura (2015) combines two approaches, namely criticism and feminism view. Tasumbey (2018) uses the Mimetic approach by Abraham as a theory of analysis. In general Tasumbey (2018), Moura (2015), Alamsyah et al.

(2017), and Rupanjit (2021) use a feminist approach in the novel and then relate it to the circumstances around the 18th to 21st centuries.

Yuliantari (2015) used the biographical approach by Wallex and Warren in 1963. Research using the historicism Approach has been carried out by Razakou and Boro (2020) and Ali and Moon (2021). Meanwhile, research by Riskiawati and Razak (2022) and Hanna (2016) uses a structuralism approach. In the psychoanalysis approach Suryaningrum, Marbun, and Supardi (2015) explore moral values. Then, by using the mental health theory, González Mínguez (2019) reveals the assumption of Mental Disorders. Ghazali (2020) reveals the form of hierarchy needs to be experienced by Miss Dashwood by using hierarchy needs by Maslow as a theory of analysis. In addition, Zhang (2019) uses Psychoanalysis by Carl Jung to reveal the perspective on marriage. The last one is studying belonging to Uttama (2015) and Janaki (2017), using psychoanalysis.

The advantages of previous research are that mental disorders have been indicated and reflected in the novel *Sense and Sensibility*. The present researcher wants to dig deeper into the research conducted by González Mínguez (2019). González Mínguez (2019) reveals the assumption of Mental Disorders is influenced by the mind and physical condition. He also seeks thorough physical health, mental breakdown, medicine, moral thought, and regulation of feeling. It turns out that the novel *Sense and Sensibility* by Austen shows a strong emphasis on medical care. Physical needs to be supported by self-control. If sensitivity can be controlled, it can give birth to human traits.

The researcher formulates the formulation of the problem based on phenomena and gaps. Here is one main question from the present researcher; What are the indicators of depression in the novel *Sense and Sensibility (1811)* by Jane Austin?

The writer is interested in the novel *Sense and Sensibility (1811)*. Based on the phenomenon of mental health that is detected. The author tries to connect the work with the modern theory put forward by *American Psychological Association (APA)* (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA (2020). The present research aims to write with the title “DEPRESSION SYMPTOMS FOUND IN NOVEL *SENSE AND SENSIBILITY (1811)* BY JANE AUSTEN: A PSYCHOANALYSIS APPROACH “

According to *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020), depression or what can be called a major depressive disorder, is a medical illness that is quite common but also quite serious. Depression has an impact that leads to negative things. The direction of this disease can grip the feelings, thoughts and actions of sufferers. Depression causes feelings of sadness and/or loss of interest in normal activities or activities that they tend to enjoy and are interested in. Various emotional and physical problems, contribute depression to it.

There are various kinds of symptoms of depression from the mildest to the most severe, including (1) depressed mood, (2) loss of interest you normally enjoy, (3) changes in appetite, (4) trouble sleeping, (5) loss of energy and tiredness, (6) agitation, restlessness, or slowness, (7) feeling worthless or excessively guilty, (8) poor concentration or making decisions, (9) withdrawal from social interaction, (10) recurrent thoughts of suicide. A person can be classified as suffering from depression if they experience depressive symptoms that can last at least more than two weeks and experience changes in their level of function.

2. METHOD

The writer uses library research as the type of study. Books, magazines, historical stories, and documents, according to Murdalis (1999), are materials used to help collect information and data. In library research, the author uses books as a source of data under study. The author conducted research by reading, reviewing, and analysing various existing literature, in the form of articles from previous research, novels, and author biographies. Meanwhile, according to Nazir (1988), research that examines data on books, literature, notes, and various reports relating to various problems to be solved in research data collection techniques can be known as library research.

This study carried out several stages needed to collect data. The first stage is repeatedly reading the English and Indonesian versions of the novel *Sense and Sensibility* (1811). The author is a second learner, so intense reading through two languages is necessary to gain a deep understanding of hidden intentions, content, and storylines. The second stage is reading e-books and articles from websites to get theory and related information. The present researcher read all the information needed to support the research. The third stage is taking note of important things for both primary and secondary sources. Again, it aims to find out the data to be analysed. The fourth stage is classifying and coding data. This stage is not only done by grouping data into categories but also by determining the relevant data. To facilitate grouping,

the data is encoded with the novel's initial, followed by a certain page, for example, SnS 1811: 194 or SnS 1811 page 194. The reducing data stage is carried out at the end of the stage. This treatment is needed to get rid of unnecessary and unrelated data. Reduced data makes it easier to answer problem statements

The author uses textual data as a data type. Meanwhile, there are two types of data sources used including primary data and secondary data. Firstly, the primary data source is the novel *Sense and Sensibility* (1811). The novel is the work of Jane Austen. This main data does not only involve dialogue between characters but also ideas, ways of thinking, perspectives, quotes, and the overall narrative of the novel that indicate depression. Secondly, source secondary data is obtained from other sources that are closely related to primary data. Some of these sources can be in the form of author biographies, e-books of criticism including analysis of literary experts and theory of depression.

In this qualitative research, the method used to analyse data uses hermeneutics where data is understood through language and knowing the author's psychology or what the author feels when producing his writing by conveying hidden meanings or messages. Researchers carry out interpretations using sentences belonging to the researchers themselves. Interpretation in the form of words comes from the awareness of the characters, both written and unwritten texts in the novel so that they can find a deeper meaning. In this section, the data that has been confirmed is then interpreted by displaying related quotations and descriptions. This stage is explained in more detail in the finding and discussion below.

3. FINDINGS AND DISCUSSION

3.1 Indicate Depression Illness through the Symptoms

Marianne's depression is a form of loss response. This happened because Marianne's relationship with a young man vacillated and then eventually ran aground. Marianne's broken heart slowly made her experience depression. Marianne's response to loss can be categorized as a symbolic form of loss. According to Sigmund Freud (1917), He explains that depression is a form of loss response. There are two types of responses, namely symbolic and real responses. Real response, for example, in the form of death by the closest person. Symbolic responses such as failure to achieve dreams. These two things trigger subconscious anger that triggers self-loathing and self-destructive.

In the novel *Sense and Sensibility* (1811), the present researcher indicated that there were nine symptoms of depression experienced by Marianne. Depression symptoms according

to *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020), there are (1) depressed mood or feeling sad (2) loss of interest, (3) changes in appetite, (4) trouble in sleeping, (5) loss of energy and tiredness, (6) agitation, restlessness, or slowness, (7) feeling worthless or excessively guilty, (8) poor concentration or making decisions, (9) withdrawal from social interaction, (10) recurrent thoughts of suicide. Said to be depressed if the duration of depression is at least two weeks and there are at least five of the symptoms that have been mentioned. An individual experience at least five symptoms on most day during two weeks and Depression can only be diagnosed when a person experiences depressive symptoms for at least two weeks and appear at least five symptoms (Ettinger 2017).

1) Persistent Sadness

The first symptom is feeling sad or persistent sadness. Marianne had a long-lasting feeling of sadness. The sentences below are a sign of depression which indicates the persistence of sadness.

Marianne: "How long has this been known to you, Elinor? has he written to you?"

Elinor: "I have known it these four months. When Lucy first came to Barton Park last November, she told me in the confidence of her engagement."

At these words, Marianne's eyes expressed the astonishment that her lips could not utter. After a pause of wonder, she exclaimed— "Four months! Have you known of this for four months?"

Elinor confirmed it.

Marianne: "What! While attending me in all my misery, has this been on your heart? and I have reproached you for being happy!" (SnS 1811: 184)

The sentences above describe how shocked Marianne was when she found out that Elinor patiently endured looking after Marianne. Marianne was also devastated after knowing the truth. For four months, Marianne sank into the sadness that tormented her so much. But on the other hand, for more than four months, Elinor has been trying to care for her depressed sister. Depression can be identified by its symptoms. One of the main symptoms is depressed mood. The text above also describes sadness that lasts for quite a long time. According to *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA (2020) is feeling sad or depressed mood. Marianne experienced a prolonged feeling of sadness.

2) Loss of Appetite, Sleeping Deprivation, and Increased Fatigue

The next several symptoms are problems with appetite, sleep, and increased fatigue or energy loss. The sentences below prove these three things.

“After seeing her safe off, returned to Marianne, whom she found attempting to rise from the bed, and whom she reached just in time to prevent her from falling on the floor, faint and giddy from long want of proper rest and food; for it was many days since she had any appetite, and many nights since she had really slept; and now, when her mind was no longer supported by the fever of suspense, the consequence of all this was felt in an aching head, a weakened stomach, and a general nervous faintness. A glass of wine, which Elinor procured for her directly, made her more comfortable, and she was at last able to express some sense of her kindness,” (SnS 1811:129).

The second symptom is a change in appetite, so Marianne eats too little. The sentence above describes Elinor who is worried about Marianne's condition which continues to get worse. Marianne's condition worsened because she often skipped and ignored meals. For days, Marianne experienced a lack of food. This was caused by Marianne losing her appetite. The second symptom. According to **American Psychological Association (APA)** (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA (2020) are changes in appetite. Marianne's food intake was insufficient, which made her stomach ache, weak and unsteady.

The third symptom is Marianne has difficulty sleeping or sleeping deprivation. The sentence in *Sense and Sensibility* 1811 page 129, explains that apart from having a lack of appetite, Marianne also has difficulty sleeping. Marianne had not slept properly for days. The difficulty sleeping caused Marianne's body to weaken and she complained of headaches. Marianne also looked exhausted. According to **American Psychological Association (APA)** (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020) is trouble sleeping and sleeping either too much or too little. When bedtime comes and it is needed, it is neither read nor easy to do. This symptom is shown by Marianne's condition being messy because Marianne lacks rest. The depression experienced by Marianne greatly affected her need for rest time.

The fourth symptom, Marianne experienced Increased fatigue. According to *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA (2020) is losing energy or decreasing fatigue. The sentences below describe the condition of Marianne's powerless body. Marianne wanted to go down to the dinner table together to minimize gossip about her bad luck. Marianne couldn't even wear her dress. She just lay limp on the bed. Marianne who was sprawled just obeyed without a hint of resistance when Elinor put her dress on. Marianne looks like a resigned person who is silent and without energy. Marianne was weak and powerless even though she was only doing simple activities. Marianne is not a feeling of ordinary tiredness that can be relieved by rest. It is a physical feeling that does not have the energy of the body. According to Ettinger (2017) symptoms of fatigue or lack energy can be explained by a lack of motivation or excessive tiredness and they spend much of their day on inactive or in bed. Lack of energy or fatigue incident can be seen in the sentences below.

“...said no more; and adjusting her dress for her as well as she could, while Marianne remained on the bed, was ready to assist her into the dining room as soon as they were summoned to it.” (SnS 1811:135).

3) Restlessness or Agitation

The fifth symptom is easily agitated. The fifth symptom according to *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020) is agitation, restlessness, or slowness. Increased aimless physical activity (e.g., unable to sit still, pacing, constantly moving certain body parts) or slowed movement or speech (these actions are at least observable by those around you). Agitation and restlessness can be seen in the sentences below where relievers or aromatherapy are needed. It also can be seen through Marianne's behaviours which show agitation and restlessness.

“Elinor advised her to lie down again, and for a moment she did so, but no attitude could give her ease; and in restless pain of mind and body she moved from one posture to another, till growing more and more hysterical, her sister could with difficulty keep her on the bed at all, and for some time was fearful of being constrained to call for assistance. Some lavender drops, however, which she was at length persuaded to take,

were of use; and from that time till Mrs Jennings returned, she continued on the bed quiet and motionless.” (SnS 1811:134)

The sentence above is Elinor's attempt to calm Marianne down. Marianne never put her resting position in peace. Marianne's agitation and anxiety kept her moving aimlessly. Marianne was always changing positions as if she couldn't find peace. Therefore, Elinor took the initiative to soothe Marianne using a few drops of lavender so that she could quickly settle down and rest. Elinor dripped a few drops of lavender to help Marianne calm down from her turbulent thoughts, hurt feelings, and anxiety.

After being shown by the use of lavender as a reliever drug, the sentence below also describes Marianne's restless behaviour of body movements repeatedly but aimlessly.

“She sometimes endeavoured for a few minutes to read, but the book was soon thrown aside, and she returned to the more interesting employment of walking backwards and forwards across the room, pausing for a moment whenever she came to the window, in hopes of distinguishing the long-expected rap.” (SnS 1811:116)

Marianne quickly distracted herself from reading books even though it only lasted a very short time. Marianne's mind could not be calm and easily distracted when reading books. Marianne was so restless and agitated. it made Marianne keep moving by walking back and forth in the room. She also sometimes did that while looking out the window and pausing for a moment. Ettinger, R. H. (2017) “Motor agitation or retardation that is observable by others can be means as pacing, frequent urges to get up and move about, or inability to complete the task” (p. 70).

The agitation and restlessness that Marianne was experiencing made it difficult for her to rest. A long time ago, Lavender has been known to have calm, relaxing properties and aid sleep. Elinor applying lavender to Marianne was intended as a symbol of a natural or herbal sedative. Research conducted by Karimzadeh et al., (2021) in “The Effects of Lavender and Citrus Aurantium on Anxiety and Agitation of the Conscious Patients in Intensive Care Units” found that lavender aromatherapy is known to reduce levels of agitation, and anxiety in patients intensive care units (ICU) for various reasons. The use of lavender can also speed up the recovery process of ICU patients. Lavender becomes a symbol of mental illness which is reflected in the character of Marianne. Marianne's depression was strengthened by research conducted by Kim et al., (2021) titled “Effects of Lavender on Anxiety, Depression, and

Physiological Parameters”. The results show that Lavender can reduce anxiety and depression. The emergence of medicine or lavender aromatherapy confirmed the existence of Marianne's depressive illness.

4) Poor Concentration or Making Decisions

The sixth symptom, Marianne experienced poor concentration. According to data *Sense and Sensibility 1811:116*, Not only explain the state of agitation and restlessness, but the sentence above also proves that Marianne has difficulty focusing on certain things. Indicator According to *American Psychological Association (APA) (2020)* which has been reviewed by Dr Felix Torres, MD, MBA, DFAPA in October (2020), is poor concentration or making decisions. Difficulty thinking and unable to focus on the surrounding circumstances. Her mind is easily distracted. Marianne is very difficult to calm down to read.

Reading requires sufficient concentration to be able to capture the intended information. Marianne has trouble concentrating on simple activities or enjoying her favourite activities like reading. Ettinger, R. H. (2017) “A dismissed ability to think or to concentrate. Concentration may be frequently disrupted by thoughts of guilt remorse, or the urge to move. Depression makes most activities and work difficult, contributing to loss of productivity and enjoyment most of us get from work and our leisure activities” (p. 70).

5) Loss of Interest

Seventh, Marianne experienced symptoms of less interest in almost all normal activities. simple activities in everyday life, as well as activities that feel passionate when they are carried out, all of that becomes so unattractive, boring and unenthusiastic to do. Another main Indicator According to *American Psychological Association (APA) (2020)* which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020), is the loss of interest. The activities you do become tasteless and not as enjoyable as usual. Nothing seems fun anymore. Marianne tends to be limited in enjoying normal activities such as reading, chatting, or dancing. This can be seen in the sentence below.

“Never had Marianne been so unwilling to dance in her life, as she was that evening, and never so much fatigued by the exercise. She complained of it as they returned to Berkeley Street.” (SnS, P. 120)

The sadness that enveloped Marianne made her not have the urge to accept the offer to dance as usual. Marianne was never reluctant to dance. Even during her lifetime, Marianne

carried out these activities with pleasure. Not only that, but Marianne also experienced a loss of interest or pleasure while reading. So that reading feels heavy and does not flow pleasantly. Reading is one of Marianne's hobbies apart from playing music. That behaviour can be seen in the sentence previously mentioned in *Sense and Sensibility* 188: 116. Marianne's ordinary daily work that brings her happiness and a feeling of calm and rest is so less pleasurable even though it is an activity she you love. Ettinger (2017) A dismissed interest and pleasure in most activities. Marianne's passion tends to decrease drastically because there is no desire, effort, or self-role to increase it. According to Hidi & Renninger (2006), interest is a psychological state. It is marked by rising attention, effort, and influence. Those three are experienced at a certain moment or are called situational interests. One also has a long-lasting tendency to re-engage with a particular object or topic from time to time. Based on that explanation, Marianne tended to keep quiet about activities that were usually done repeatedly. His desire to do a certain thing is slowly getting weaker. Marianne had completely lost her pleasure.

6) Social Withdrawal

Eighth, depression affects other simple activities in social interaction. Marianne is reluctant to talk and meet other people even though it is Elinor her sister. Humans are social creatures. In this case, the eighth symptom appears when Marianne builds her walls against other people. Marianne shows socially related symptoms in the form of withdrawing and limiting herself socially. According to *American Psychological Association* (APA) (2020) which has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020), is a withdrawal from social interaction. According to the APA Dictionary of Psychology, social interaction is a process that involves reciprocity and response. each process can occur either between two individuals or more. In social interaction, Marianne tends to avoid it or if she already faces a conversation, she will answer as short as possible, answer as briefly as possible and even ignore it. The sentence below shows Marianne's social withdrawal behaviour.

“Marianne’s mind not only prevented her from remaining in the room a moment after she was dressed, but requiring at once solitude and continual change of place, made her wander about the house till breakfast time, avoiding the sight of everybody.” (SnS 1811:126)

In the sentence above, Marianne is experiencing so much anxiety and discomfort that she wants to keep herself locked in her room. Marianne prefers to be alone. In the room where he stayed silent, aiming to avoid everyone even skipping breakfast. Marianne often locked herself in her room and avoided meeting other people even though it was her sister Elinor.

7) Feeling Worthless

And the last symptom, Marianne's worthless feelings was born. Marianne was as ignorant of self-righteousness as Marianne. The sentence mentioned in *Sense and Sensibility* 188:129 describes Marianne's deteriorating condition. Marianne did not realize how important Marianne's body and mind health was. The sentences below also support Marianne's worthless feelings.

"I cannot, I cannot," cried Marianne; "leave me, leave me, if I distress you; leave me, hate me, forget me! but do not torture me so. Oh! How easy for those, who have no sorrow of their own to talk of exertion! Happy, happy Elinor, you cannot have an idea of what I suffer." (SnS 1811: 130)

Marianne felt tormented and felt the most pain. Marianne thinks that she is worthless, even though she is willing to be hated by Elinor. Marianne didn't want to control herself because she thought her own misfortune was the worst even more than anyone else's. Marianne was also reluctant to think about herself and control herself for her good.

Marianne does not value his life and continues to judge himself that she is very useless. She thinks that she is very much tormented and gives up being happy. Marianne felt worthless in the eyes of anyone. Indicator depression according to *American Psychological Association* (APA) (2020) has been approved over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020). is feeling worthless or excessively guilty. Marianne's desire to be hated, abandoned, and forgotten is Marianne's way of expressing feelings of worthlessness. Marianne's neglect and reluctance to control herself showed Marianne's worthless side. Marianne no longer cared about her good. Marianne is so oblivious to her bad behavior after an accident that it affects her body and mind in pain and fragility.

Marianne's sense of worthlessness when she was depressed, fortunately, had not made Marianne wish to commit suicide or end her life. Even though almost all of the symptoms have been seen, there is one symptom that has not been found according to the present researcher. According to *American Psychological Association* (APA) (2020) which has been approved

over a physician review, by Dr Felix Torres, MD, MBA, DFAPA in October (2020), that symptom is thoughts of ending one's life. The sentences below describe Marianne's guilt and recognition of her neglectful behavior of self-control.

“My illness, I well knew, had been entirely brought on by myself by such negligence of my health, as I had felt even at the time to be wrong., I wonder at my recovery, wonder that the very eagerness of my desire to live, to have time for atonement to my God, and to you all, did not kill me at once” (SnS 1811 : 146)

Marianne realized that when death was near, it was caused by Marianne neglecting her health. Marianne almost died from the pain she experienced, but there are no scenes that show Marianne's resignation to continue her life.

After recovering from her illness, Marianne also slowly began to realize her previous bad behaviour. Marianne even still has dreams of hope to escape death. Marianne still wants to get a chance. So, Marianne realized seriously that the depression she experienced was an inability to endure the misfortune that befell her. Sigmund Freud's work titled *Ego and Id* (1923), explains that ego is an instinct or natural human desire. While the superego is the opposite. The superego controls and does not allow behaviour. According to Sigmund Freud's work titled *Ego and Id* (1923), it means that Marianne prioritizes the ego over the superego. Melancholics display negative therapeutics reaction: by refusing to get better. Sabotaging their own healing Cavedon (2015). Marianne's depression never got better and even got worse because she didn't want to try to control herself a little.

4. CONCLUSIONS

Depression is reflected in the novel *Sense and Sensibility* quite clearly. The symptoms of depression shown in Mariann's character are quite complete and varied. Minimum duration of depression is also met. Meanwhile, researchers have not found any symptoms that indicate a desire or thoughts to end one's life as the peak of depression which is quite dangerous. However, *Sense and Sensibility* (1811) is still able to reflect depression quite well in its story. This present research is able to support previous research regarding the existence of mental health by Mínguez, G. (2019), particularly in the realm depression illness. This research also proves that Jane Austen had a concern for mental health in the early 19th century in her first novel. Marianne's ego contributes more to self-control so that the super ego is defeated and exacerbates depression. In summary, self-control (superego) is the main key to mental health.

Sense and Sensibility, even though it was written in 1811, however, the novel is very interesting. The author suggests the coming researcher conduct research from a different angle than have written. This is because many gaps can still be explored and investigated through *Sense and Sensibility* (1811).

REFERENCES

- Alamsyah, Azmir Pasaribu, and Zulfan Sahri. 2017. "Potrayal of the Nineteenth Century English Women in Jane Austen's Novel *Sense and Sensibility*." *LANGUAGE LITERACY: Journal of Linguistics, Literature, and Language Teaching* 1(1):1–26. doi: 10.30743/ll.v1i1.153.
- Ali, Fitrianita Febrina, and Hidayati Otoluwa Moon. 2021. "New Historicism Analysis in *Sense and Sensibility* Novel." *Jurnal Bahasa Dan Sastra Inggris* 10(1):65–77.
- Anukriti. 2015. "Gender Hostility in Jane Austen 's *Sense and Sensibility*." *INDIAN JOURNAL OF APPLIED RESEARCH* 5(March):172–74.
- Asociation, American Psychiatric. 2020. "What Is Depression?" *American Psychiatric Asociation*.
- Austen, Jane. 1811. *Sense and Sensibility*.
- Cavedon, Christina. 2015. *Cultural Melancholia: US Trauma Discourses before and after 9/11*. Vol. 212.
- Ettinger, R. H. 2017. *Psychopharmacology, Second Edition*. English: Routledge, Taylor & Francis Group.
- Ghozali, Imam. 2020. "The Fulfillment of Hierarchy of Needs of Elinor in The 'Sense And Sensibility' Novel by Jane Austen: A Study of Humanism Psychology of Abraham Maslow." *Pancaran Pendidikan* 9(1):1–8. doi: 10.25037/pancaran.v9i1.261.
- González Mínguez, María Teresa. 2019. "Jane Austen's Concerns with Health and Moral Thoughts: The Dashwood Sisters and the Successful Regulation of *Sense and Sensibility*." *The Grove - Working Papers on English Studies* 26:27–40. doi: 10.17561/grove.v26.a2.
- Hanna, Ina Daril. 2016. "An Analysis of The Main Characters' Conflicts in Jane Austen Novel Entitled 'SENSE AND SENSIBILITY.'" *Wacana Didaktika* 4(2):156–70. doi: 10.31102/wacanadidaktika.4.2.156-170.
- Janaki, B. 2017. "Published by European Centre for Research Training and Development UK (Www.Eajournals.Org)." *European Journal of English Language and Literature Studies* 5(5):2055–0146.
- Karimzadeh, Zahra, Mansooreh Azizzadeh Forouzi, Elham Rahiminezhad, Mehdi Ahmadinejad, and Mahlagha Dehghan. 2021. "The Effects of Lavender and Citrus Aurantium on Anxiety and Agitation of the Conscious Patients in Intensive Care Units : A Parallel Randomized Placebo-Controlled Trial." 2021.
- Kim, Myoungsuk, Eun Sook Nam, Yongmi Lee, and Hyun-ju Kang. 2021. "Effects of Lavender on Anxiety , Depression , and Physiological Parameters : Systematic Review and Meta-Analysis." *Asian Nursing Research* 15(5):279–90. doi: 10.1016/j.anr.2021.11.001.
- Kusumawardhani, Myta, and Endang Yuliani Rahayu. 2020. "WOMEN INDEPENDENCE IN JANE AUSTEN'S *SENSE AND SENSIBILITY* AS A FEMINISM STUDY." 15(1):40–51.
- Moura, Fernanda Korovsky. 2015. "FEMALE SUBVERSIVENESS IN *SENSE AND*

- SENSIBILITY: AN ANALYSIS OF THE CHARACTER MARIANNE DASHWOOD.” *REVISTA VERSALETE* 3(4):301–18.
- Razakou, Alidou, and Ibourahima Boro. 2020. “Impact of Family Interference in Love Affairs: Critical Analysis of Jane Austen’s Sense and Sensibility.” *International Journal on Studies in English Language and Literature* 8(11):41–48. doi: 10.20431/2347-3134.0811005.
- Riskiawati, Nur Sapta, and Muh Fauzi Razak. 2022. “Dynamics of Characters Elinor and Marianne in Austen ’ s Sense and Sensibility.” 1(4):1099–1112.
- Rupanjit. 2021. “The Relevance of Jane Austen ’ s Novel ; Sense and Sensibility in the 21 St Century.” *International Journal of All Research Education and Scientific Methods (IJARESM)*, 9(3):1401–5.
- Suryaningrum, Dyah, Rismaya Marbun, and Iwan Supardi. 2015. “THE ANALYSIS OF MORAL VALUES IN THE NOVEL SENSE AND SENSIBILITY.” 1–13.
- Tasumbey, Ririn. 2018. “Woman Image in England in 19th Century in Jane Austen’s Sense And Sensibility.” *Journal of English Language and Literature Teaching* 3(01):379–95. doi: 10.36412/jellt.v3i01.739.
- Uttama, Choedphong. 2015. “LUCY STEELE, MISTRESS OF SENSE AND SENSIBILITY, IN JANE AUSTEN’S SENSE AND SENSIBILITY.” 2:1–16.
- Yuliantari, Ni Made Dwi (Udayana University). 2015. “BIOGRAPHICAL APPROACH TO THE MAIN CHARACTER IN JANE AUSTEN’S SENSE AND SENSIBILITY.”
- Zhang, Yuchao. 2019. “From Sensibility to Sense—an Analysis on the Shift of Marianne’s Views on Marriage in Sense and Sensibility.” *Theory and Practice in Language Studies* 9(3):347–52. doi: 10.17507/tpls.0903.14.
- Zhou, Weigui. 2016. “Women on the Road: Women in Patriarchal Society in Sense and Sensibility.” *English Language and Literature Studies* 6(3):70. doi: 10.5539/ells.v6n3p70.

