

THE DEPRESSION SYMPTOMS OF VIRGINIA WOOLF AS THE AUTHOR PORTRAYED IN *MRS DALLOWAY* NOVEL

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ABSTRACT

The purpose of this research was to find the depression symptoms of Virginia Woolf as the author portrayed in the characters Septimus Warren Smith and Clarissa Dalloway in *Mrs Dalloway* novel. It could be seen from the analysis of the data from biographical information of Virginia Woolf, narrations and utterances of the major characters Septimus and Clarissa. In order to determine the depression symptoms, Beck's cognitive theory of depression was used in this research. This research belonged to qualitative method. The data sources were *Mrs Dalloway* novel and the biographies of Virginia Woolf. The data were the biographical information of Virginia Woolf, narrations and utterances in the novel refers to Woolf's depression symptoms portrayed in the characters Septimus and Clarissa. The finding showed the depression symptoms of Virginia Woolf as were portrayed in Septimus such as negative expectation, self blame and self criticism, paralysis of the will, avoidance, escapist, and withdrawal wishes, suicidal wishes, loss of appetite, sleep disturbance, loss of libido, and hallucination. Meanwhile, the depression symptoms that were portrayed in Clarissa such as dejected mood, negative feeling toward self, low self evaluation, delusion of worthlessness, and suicidal wishes.

Key words: depression, depression symptoms, psychological approach

ABSTRAK

Tujuan dari penelitian ini adalah untuk menemukan gejala depresi Virginia Woolf sebagai pengarang yang tergambarkan dalam tokoh Septimus Warren Smith dan Clarissa Dalloway di novel *Mrs Dalloway*. Hal ini bisa dilihat dari analisis data dari informasi biografi Virginia Woolf, narasi dan ujaran-ujaran dari tokoh utama Septimus dan Clarissa. Untuk menentukan gejala depresi, teori kognitif Beck tentang depresi digunakan dalam penelitian ini. Penelitian ini menggunakan metode kualitatif. Sumber data dalam penelitian ini adalah novel *Mrs Dalloway* dan buku biografi Virginia Woolf. Data dalam penelitian ini adalah informasi biografi Virginia Woolf, narasi dan ujaran – ujaran dalam novel yang mengacu pada gejala depresi Woolf yang digambarkan dalam tokoh Septimus dan Clarissa. Hasil dari penelitian

ini menunjukkan gejala depresi Virginia Woolf seperti yang digambarkan dalam tokoh Septimus adalah harapan negatif, menyalahkan diri sendiri dan kritik diri, kelumpuhan kehendak, penghindaran, pelarian, dan keinginan penarikan, keinginan bunuh diri, kehilangan nafsu makan, gangguan tidur, kehilangan libido, dan halusinasi. Sementara itu, gejala depresi yang digambarkan dalam tokoh Clarissa seperti perasaan sedih, perasaan negatif terhadap diri sendiri, evaluasi diri yang rendah, khayalan tidak berharga, dan keinginan untuk bunuh diri.

Kata kunci: *depresi, gejala depresi, pendekatan psikologis*

A. INTRODUCTION

A work of literature is as a result of author's views, thoughts, feelings, personalities, and experiences of life that are expressed in it (Griffith 5). The experience of life of the author's life can be portrayed in the literary work such as in a novel. A novel entitled *Mrs Dalloway* was chosen as the object of analysis in this research. There are two major characters in the novel named Septimus Warren Smith and Clarissa Dalloway. Clarissa Dalloway was described as a middle class woman who always gives parties to her friends. Her life seems perfect. She is the wife of a Prime Minister, Richard Dalloway. Her husband loves her so much. There is no significant disturbing event happens in her life. Meanwhile, Septimus Warren Smith was described as a man who has psychological problem after his friend died in a war. His life is full of mourning and loneliness. He has no child. Although he has a wife who is always beside him and loves him so much, but Septimus does not even notice her wife and has no sexual desire with his wife. Both Clarissa and Septimus' life seem different, but they have the same intention to end their life.

The experience of life of both major characters in the novel is similar to Virginia Woolf's life experience as the author of the novel. Virginia Woolf herself had a husband, Leonard Woolf who really loved her, but she had also no sexual desire with her husband. She also had no child. Virginia Woolf also suffered from a mental illness after her mother's death. It happened when she was only thirteen. The death that happened around her life and the treatment that she should receive really affected to her mental condition and her writing. At the end of her life, she committed suicide by drowning herself into River Ouse on March 28th, 1941 (Bell 225).

Virginia Woolf decided to commit suicide to end her life. Similarly, the character in her novel, Septimus Warren Smith also did the same thing. According to Beck that suicide frequently happens to people with depression. Suicidal wishes as one of depression symptoms (Beck 30). Suicide as one of depression symptoms experienced by Virginia Woolf and really portrayed in the character Septimus Warren Smith. Therefore, in this research, the researcher wanted to find out more about the depression symptoms of Virginia Woolf as the author portrayed in the characters Septimus Warren Smith and Clarissa Dalloway as the major characters

in the novel. It could be done through the investigation of Virginia Woolf's biographical information and also the narrations and utterances of both major characters in the novel that refers to Woolf's depression symptoms. It was expected that this research can be use as a tool to enrich knowledge of analyzing psychological condition of the author that is portrayed in a literary work by using Beck's cognitive theory of depression. Hopefully, this research can inspire next researcher to do further analysis related to the topic that was discussed in this research.

B. RELATED LITERATURE

1. Biography Virginia Woolf

Virginia Woolf was born as Adeline Virginia Stephen on 25th January 1882 at 22 Hyde Park Gate, London. Both of Virginia's parents have children from their previous marriage. Leslie Stephen had a daughter named Laura, and Julia Prinsep had three children George, Gerald, and Stella. The Stephens had 4 children. They were Vanessa, Thoby, Virginia, and Adrian. They tended to against their half siblings, but between the four there were also jealousies and rivalries. Virginia enjoyed happiness in her family till it was disturbed by the death of her mother.

The death of her mother became the first breakdown in her life. The role of her mother to care for the children was replaced by Stella, Virginia's half sister. Two years later, Stella died. Virginia Woolf also had experienced sexual abuse by her half brother George and Gerald. This might give her bad effect for her mental health and her view toward men and sexuality. The second breakdown then followed by the death of her father in 1904 and the death of her brother named Thoby in 1906. Further breakdown occurred in her life related to her mental health in which she suffered from manic depression and she was intended to be sent in the oppressive nursing house and sanatorium by Dr George Savage. In August 1912, Virginia married Leonard Woolf who very loved her and used to give her advice on everything she wrote, and he also supported her through her bouts of mental illness. In her life, Virginia Woolf had ever tried to commit suicide for times. Till on 28th March 1941, she decided to end her life by drowning herself in to a River Ouse (Bell 225).

2. Virginia Woolf's Works and Her Mental Illness

Virginia Woolf was a prolific writer but she also well known as a mentally unwell writer (Salter par 1). Virginia Woolf clinically suffered from what is called manic depressive illness. In that much of what is known about her mental illness from what she wrote about it. Her illness had become her language (Lee 187). Her personal life is interesting as the same as her works in which she sometimes depicted her life experience in it. Her famous works include to the novel *Mrs Dalloway* (1925), *To the Lighthouse* (1927), *Orlando* (1928), *A Room of One's Own* (1929). Moreover, the issues about her own experience such as death and her

mental illness were depicted in her works such as in *Mrs Dalloway* and *To the Lighthouse*. The issue of mental illness was depicted in *Mrs Dalloway* in which one of the characters named Septimus described as someone who suffered from a psychological problem. Meanwhile, *To the Lighthouse* was considered as an elegy of Woolf's dead parents and some in the respect autobiographical in which she portrayed her father's character, mother's, death and life completely in it (Goldman 60).

3. Synopsis of *Mrs Dalloway*

Mrs Dalloway was first published in 1925. It was considered as the most well-read and popular Woolf's novel (Goldman 53). The novel tells in detail about one day of Clarissa Dalloway. The day begins when the narrator tells about Clarissa Dalloway prepares for her party. Clarissa Dalloway says that she wants to buy flowers herself. As she comes from the Mulberry shop, Peter Walsh, her former lover comes. It brings Clarissa to remember her past with Peter. Clarissa never forgets all those memories with Peter, but then she realizes that now she is Clarissa Dalloway as the wife of the member of the parliament Richard Dalloway and the mother of Elizabeth. She has only one daughter, Elizabeth. It is supposed the relation between mother and daughter will be so closed, but actually the relation between Mrs. Dalloway and her daughter does not seem as close as Elizabeth's relation with her caretaker, named Miss Killman. This condition drives her to hate Miss Killman and sees her as the one that will take out her daughter.

Then the narrator shifts to tell about Septimus Warren Smith, aged thirty, a soldier which suffers traumatic after his close friend Evans was killed in a war. Septimus who has been married for about five years with Lucrezia, an Italian woman are enjoying time in Regent's Park before they meet Sir William Bradshaw, the psychiatrist. Septimus always says that he will kill himself. For that, Bradshaw plans to separate him with his wife. Until one day, Septimus and Rezia are in home, Dr Holmes, Septimus' other doctor arrives. Septimus is very afraid that Holmes will destroy him. So that, Septimus wants to avoid him by jumping out from the window and he dies.

As the night comes, Clarissa's party begins. Lady Bradshaw tells to Mr. Dalloway that her husband was phoned that a young man killed himself. Clarissa Dalloway hears this news, and she thinks that in the middle of her party, here is a death. She goes into a little room and thinks about that news. She thinks that life is too short, she has never been as happy as tonight seeing people chattering, shouting and laughing. Although death happens in the middle of her party, she does not pity Septimus, with all this going on. She admires him because he can do it when people go on living. Clarissa leaves the dark views on life. She feels she has to love her life. Clarissa goes back to the party and assembles with the guests.

4. Psychological Literary Criticism

Literature and psychology are two different branches of science, but they can be correlated each other. Psychology studies human mind and behavior and their causes while literature depicts human mind and behavior through fiction (Emir 49). In addition, psychology comes into criticism in two ways. It can be the investigation of the act of the creation and the psychological study of a particular author to show the relation between author's attitude and the states of mind and the special qualities of author's works. The psychological investigation of individual author can help to see why authors displayed certain characteristic of their work (Daiches 341). Besides, psychological knowledge can be used to interpret a work of literature without any reference to its author's biography. It looks of the behavior of the fictional characters in a novel in the light of psychological knowledge, if their behavior confirms human mind and behavior. It can use psychological theory to explain the work (Daiches 348).

Moreover, Daiches also said that in doing psychological criticism as the investigation of the psychology of the author, one can relate between the life and works, illuminating each other, noting from the way they are reflected in the works, and seeing from the way they are reflected in the work what author biographical meaning was. It often helps to see more clearly what literary works are as the product of human imagination working in certain ways under certain condition (345).

Therefore, to relate between author's life in the work, it can be done by illuminating author's life that are reflected in the works such as in the characters in a novel. Then, to analyze the characters in the novel used the characters and characterization. There are two methods of characterization such as dramatic characterization that can be known from characters' utterances, and explanatory characterization that can be known from the narrator's explanation (Klarer 19).

5. The Cognitive Theory of Depression

Depression can be defined as the terms of these characteristic: "as specific alteration in mood such as sadness, loneliness, and apathy: a negative self concept associated with self reproaches and self blame; regressive and self punitive wishes such as desire to escape, hide, or die; vegetative change such as anorexia, insomnia, loss of libido; and change in activity level such as retardation or agitation (Beck 7-8). Here are the symptoms which can arise in people with depression.

Emotional Manifestation

1. Dejected Mood: The depressed patients often feel agitated as Beck says that the feeling "hopeless" and "worry" are often stated by depressed patients.
2. Negative Feeling toward Self: Depressed patients usually have the negative feeling toward themselves. The feeling may come from the

disappointment that they find in themselves, the self-dislike, and also the self-hatred.

3. **Reduction in Gratification:** This symptom is usually recognized as the feeling of bored, the feeling of unsatisfied from everything, and the feeling of no enjoyment in the activities that were actually full of pleasure before.
4. **Reduction of Emotional Attachment:** Depressed patients experience loss of emotional attachment that is usually accompanied by loss of satisfaction.
5. **Crying Spells:** Depressed patients experience the increased period of crying frequently. Whether the depressed patients feel sad or not, they feel like crying even though the tears do not fall down.
6. **Loss of Mirth Response:** It means that depressed patients usually experience the loss of the sense of humor. They experience the loss of the sense of humor by giving unusual response to a joke. They may smile, but they are not actually amused by that joke. Depressed people tend to take seriously to everything such as a joke.

Cognitive Manifestation

1. **Low Self-Evaluation:** Depressive people tend to see themselves as deficient about their ability, performance, intelligence, health, strength, personal attractiveness, popularity, or financial resources. They experience the loss of confidence.
2. **Negative Expectations:** Depressed patients are usually pessimist. Nothing can get better in the future. They assume that they have no future and sometimes suppose that it is the end of their ways in life.
3. **Self-Blame and Self-Criticism:** Depressed patients usually blame and criticize themselves when they cannot reach the general standard of achievement than the others. Sometimes depressed people also blame themselves as if that they are cause of any fault that happens around them.
4. **Indecisiveness:** Making a wrong decision is anticipated by depressed patients. Depressed patients also experience the lack of motivation to think about what should be decided when they are in the process of making decision.
5. **Distortion of Body Image:** Depressed patients are often experience the distortion of body image. For example, when they pass the mirror, their thought is occupied by the feeling that they are getting fat, they are plain, or they are ugly.

Motivational Manifestation

1. **Paralysis of the Will:** The loss of positive desire is often experienced by depressed people. Something that actually does not bring any

gratification for them will not be done by them. They lose of desire to do anything.

2. Avoidance, Escapist, and Withdrawal Wishes: Depressed patients tend to break out from their routine activities. Some depressed patients who stay only in bed often have the feeling to avoid people who come to see them by covering themselves.
3. Suicidal Wishes: The depressed patients have the interest to suicide. It comes in various forms whether passive wishes "I wish I were dead" and an activity to do suicide "I want to kill myself".
4. Increased Dependency: The dependency of depressed people is often increased. They have the desire for help from other. They want other people to do their job and solve their problems.

Vegetative and Physical Manifestation

1. Loss of Appetite: Depressed patients usually experience the loss of appetite. Sometimes, they must be forced to eat or they forced themselves to eat.
2. Sleep Disturbance: The most notable symptom of depression is difficulty in sleeping. Depressed patients often wake up after four or five hours sleeping, and they find themselves very difficult to go back for sleep.
3. Loss of Libido: Loss of appetite and loss of interest toward other people are correlated with loss of libido. The sexual desire of depressed patients is reduced. So, depressed patients experience a loss of sexual desire and do not respond to sexual stimulus.
4. Fatigability: Depressed patients complain about the feeling "tire more easily than usual", they also complain of feeling tired to do anything. The sleep disturbance is also connected to the fatigue that the patients felt.

Delusion

1. Delusion of Worthlessness: Depressed patients usually have the thought that they are useless, they can do anything worthwhile, and also the feeling that as if they regret for being born in the world.
2. Crime and Punishment: Some depressed patients deserve or expect to be punished because they believe that they commit a terrible crime.
3. Nihilistic Delusions: Sometimes depressed patients suppose that they are dead. The delusions may be expressed such as in these the statements "It is no use. All is lost. The world is empty. Everybody died last night".
4. Somatic Delusions: Depressed patients sometimes feel that their bodies are going to be in the worse condition or they have chronic disease that cannot be recovered. They have ideas of having abnormality. Those ideas may be expressed by patients in these statements. "I can't think, my brain is all blocked." "I can't eat. The taste in my mouth is terrible."
5. Poverty: The delusion of poverty may be expressed in the statements like "All my money is gone. What will I live on? Who will buy food for my

children?" But in Beck's book entitled *Depression: Causes and Treatments* the delusion of poverty is not investigated because it is difficult to distinguish the delusion of poverty and the actual poverty.

Hallucinations

Some of depressed people had hallucinations. Depressed people experience that they hear voices that condemn them. Sometimes, they also see the dead people or hear to dead people's voice which says something.

C. RESEARCH METHOD

1. Research Design

The research method that was applied in this research is qualitative. As followed to Abrams that the data and analysis in qualitative research are shown in the form of words (1). Moreover, the psychological approach was also employed to explore the psychology of the author and the psychology of the characters in the novel. Since what issue that is displaced in the story can be the writer's own issue (Gillepsie 43).

2. Research Instrument

The research instrument in this research is the researcher herself. All of the interpretation, analysis, and meaning come from the researcher by using related theories, data, and knowledge (Given 766).

3. Data and Data Sources

According to Given that data refers to the collection of information (185). In this research, the data were the biographical information of Virginia Woolf, narrations and utterances derived from the characters Septimus and Clarissa in *Mrs Dalloway* novel. Meanwhile, the data source of this research is the biographies of Virginia Woolf written by Hermione Lee and Quentin Bell and also the novel *Mrs Dalloway* written by Virginia Woolf.

4. Data Collection

In this research, the observation method to collect data was applied. The observation steps include to reading the biographies of Virginia Woolf, reading the novel *Mrs Dalloway*, review of previous studies and related theories, understanding every information, narrations, and utterances, then taking note of the important parts which had the connection to research problem.

5. Data Analysis

In this research, the researcher employed Miles and Huberman's conception for the data analysis. It consists of three "concurrent flow of activity: data reduction, data display, and conclusion drawing/ verification" (Miles and Huberman 10).

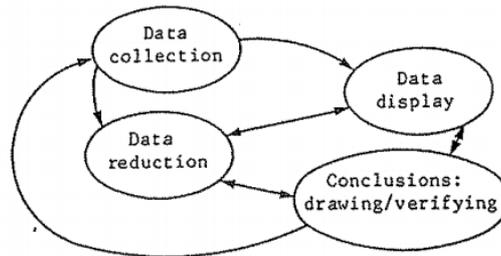


Fig.2. Component of data analysis: Interactive Model (Miles and Huberman12).

6. Triangulation

The triangulation that was used in this research is the triangulation of data. It was used to increase the validity about the depression symptoms of Virginia Woolf as portrayed in the characters Septimus Warren Smith and Clarissa Dalloway in *Mrs Dalloway* by looking at the data from other source such as from author's biographies.

D. FINDINGS AND DISCUSSION

1. The Depression Symptoms of Virginia Woolf as the Author Portrayed in the Characters Septimus Warren Smith and Clarissa Dalloway

a. Emotional Manifestation

Dejected Mood

Dejected mood is stated by depressed people that they feel hopeless and worried (Beck 18). There were three data found by the researcher. Here is the example of the dejected mood as Virginia Woolf's depression symptom portrayed in the character Clarissa Dalloway.

"Very lonely. L.out to lunch. Nessa has Quentin & don't want me. Very useless. No atmosphere round me. No words. Very apprehensive. As if something cold & horrible - a roar of laughter at my expense were about to happen...(Woolf in Lee 200).

From the biographical information above, the words **“very lonely”, “don’t want me”, “very apprehensive”** indicated that Virginia Woolf ever experienced dejected mood signified by those feeling of hopeless and worried. This is also portrayed in the character Clarissa Dalloway.

and “Richard, Richard!” she cried, as a sleeper in the night starts and stretches a hand in the dark for help. Lurching with Lady Bruton, it came back to her. **He has left me; I am alone for ever**, she thought, folding her hands upon her knee (Woolf 43).

From the narration above, Clarissa Dalloway also experienced dejected mood signified by the feeling hopeless and worried. The words **“He has left me; I am alone for ever”** indicated that Clarissa felt hopeless and worried about her husband who left her and she was being alone forever. Therefore, it can be said that dejected mood as one of Woolf’s depression symptoms as portrayed in the character Clarissa Dalloway.

Negative Feeling toward Self

Negative feeling toward self is experienced by depressed people marked by the feeling of self dislike. They often express negative feeling toward themselves. They feel that they are disappointed in themselves and suppose themselves as terrible person who do anything right (Beck 19). Here the data of this symptom.

In September she had moments of deep depression in which **she described herself in her diary as an “eldery dowdy fussy ugly incompetent woman ; vain, chattering and futile”** ... (Bell 123).

Based on biographical information above, Virginia Woolf had the negative feeling toward herself signified by that she described herself as an **“eldery dowdy fussy ugly incompetent woman ; vain, chattering and futile”**. Those words have no positive meaning to describe herself. This symptom is also portrayed in the character Clarissa.

Instead of which she had narrow pea-stick figure; ridiculous little face, beaked like a bird’s ... But often now this body she wore (she stopped to look at a Dutch picture), **this body, with all its capacities, seemed nothing – nothing at all** (Woolf 10).

From the Clarissa’s utterance above, when she was compared to herself to Lady Bexborough, she felt that **“she had narrow pea-stick figure; ridiculous little face, beaked like a bird’s”** and she saw her body’s capacities seemed nothing at all. It indicated that Clarissa disappointed herself and supposed herself as terrible person who cannot do anything. Therefore, it can be known that the

negative feeling toward self as one of Woolf's depression symptoms as portrayed in the character Clarissa Dalloway.

b. Cognitive Manifestation

Low Self Evaluation

According to Beck, depressed people tend to see themselves as deficient about their ability, performance, intelligence, health, strength, personal attractiveness, popularity, or financial resources. It can drive them to have low self esteem (23). Here is the data for this symptom.

It is possible to disengage a number of connected elements from Virginia's melancholy reflections: **a perennial and incurable regret that she had no children; a natural jealousy of Vanessa in this respect and – a further source of envy – Vanessa's ability, despite her parental commitments, to lead a freer, a more adventurous life than Virginia** (Bell 89).

From the biographical information above, Virginia Woolf saw herself as deficient about their ability, health, strength, personal attractiveness. She compared herself to her sister Vanessa. She felt jealous toward Vanessa because Vanessa had children, more ability, and more adventurous life than herself. This symptom is also portrayed in the character Clarissa Dalloway.

But it might be only a phase, as Richard said, such as all girls go through. **It might be falling in love. But why with Miss Killman?** (Woolf 10)

From Clarissa's utterance above, she asked that why Elizabeth should be falling in love with her caretaker. It indicated that Clarissa feels jealous toward Miss Killman who has been successful for making Elizabeth falls in love with her. It is because Clarissa cannot bear her daughter like Miss Killman who has more ability to bear Elizabeth. Therefore, it can be said that low self evaluation is one of Virginia Woolf's depression symptoms portrayed in the character Clarissa Dalloway signified by the feeling of deficient about personal ability.

Negative Expectation

Depressed people often have the negative expectation. They are closely related to gloomy outlook and pessimism. They see that the future is as black, unpromising, and hopeless. They state that the problems cannot be better and

no one can solve (Beck 24). Here is as the example of data that Virginia Woolf experienced this symptom as quoted below.

...really doctor is worse than a husband! ... never has a time been more miserable ... If only that pigheaded man Savage will see that this is the sober truth and no excuse!(Woolf in Lee196).

Virginia Woolf's opinion toward her doctors could be said negative and even hateful. In her diary, she described her doctor Savage as **"the pigheaded man who was worse than a husband"**. Dr Savage advised that Virginia should be taken away from her home and deprived of all communication, personal or written with her family. It is also portrayed in the character Septimus.

... "What right has Bradshaw to say 'must' to me?" he demanded... The brute with the red nostrils was snuffing into every secret place! (Woolf 136).

There was another Septimus' doctor named Sir William Bradshaw. Bradshaw was able to recognize what illness that Septimus suffered. He said that Septimus was in a case of complete breakdown. He said that Septimus might take a rest in bed, rest in solitude, rest in a rest cure without friends, without books, without message, and might be separated with his wife Rezia. From Septimus' utterance above that he said **"the brute"** referred to Bradshaw. It indicated that Septimus totally did not like him and that kind of treatment. He considered Holmes and Bradshaw were as the brute and he totally hated them. Therefore, it can be said that negative expectation is one of Woolf's depression symptoms that portrayed in the character Septimus.

Self Blame and Self Criticism

Self blame and self criticism is usually done by depressed people. They are likely to blame themselves that they should take the responsible of any fault happens in the world. They see themselves as the cause of those faults (Beck 25). As like as what was suffered by Virginia Woolf.

She was in the depth of melancholia and despair; she scarcely spoke, refused to believe that she was ill and **insisted that her condition was due to her own guilt**; at the height of this stage she tried to commit suicide (Lee 190).

Virginia Woolf believed that everything that led her to worse condition such as food refusal, insomnia, and anxieties were caused by Virginia herself. She did not need any medical treatment, because she insisted that it was **"her own fault"**. Medical treatment would be useless for her. At the height of her stage of despair, she had ever tried to commit suicide. Similarly, the character

Septimus Warren Smith also blamed himself for everything had happened to him.

From Septimus' utterance "**I have - I have,**" he began, "**committed a crime -**" (Woolf 89) can be seen that Septimus Warren Smith admitted himself that he had committed a crime. He obsessed that he had done something wrong. He felt that he had fallen, human nature that was considered as remorseless, has no kindness, charity, nor faith as like as Holmes and Bradshaw, now human nature was on Septimus himself. Septimus himself did not know actually what crime he had done, but he still blamed himself. Probably, the crime that he had done is "**He had not care when Evans was killed — that was worst —**" (Woolf 84). Therefore, he blamed himself and felt that he had been condemned to death by human nature. In conclusion, the depression symptom self blame and criticism suffered by Virginia Woolf and portrayed by the character Septimus Warren Smith.

c. Motivational Manifestation

Paralysis of the Will

Depressed people often experienced the loss of positive desires. They have no desires to do anything, although that thing is important for their life. Sometimes they should be pushed by other to go out of bed and doing some activities (Beck 28). As was experienced by Virginia Woolf, she lost of her positive desires to do anything.

In the first stage she was violently opposed to the nurses and **they had the greatest difficulty in getting her to do anything** (Woolf in Lee 191).

Leonard Woolf described Virginia Woolf in the depth depression, hardly to talk or eat, talking incessantly for long periods of time. She refuses the nurses. She was violent with her nurses who tried to get her to do activities. Virginia Woolf lost her positive desires. She did not do anything. It should be forced to get her to do some activities. Although it was important for her, such as eating, she refused to do that. It is also portrayed in the character Septimus.

Wouldn't it be better to do something instead of lying in bed? ... And next time Dr Holmes came he hoped to find Smith out of bed and not making that charming little lady his wife anxious about him (Woolf 85).

It can be seen from Holmes' utterance that what can Septimus did was only lying in bed. Therefore, Holmes expected that for the next coming, he would find Septimus out of bed. From the explanation above, Virginia Woolf suffered from paralysis of the will that was signified by the loss of positive desire to do some activities. It is also portrayed in the character Septimus Warren Smith that suffered from the same symptom. He also experienced the

lost of positive desire, even to go out of bed and do some activities were really hard to be done by him.

Avoidance, Escapist, and Withdrawal Wishes

In this case, depressed people often have the wish to avoid or escape. Staying in bed for long is usually done by them. They feel that they want to get away from people and everything (Beck 30). Virginia Woolf herself suffered from this symptom as is quoted below.

In the second stage of violent excitement, **she was violently hostile to me, would not talk to me or allow me to come into her room.** She was occasionally violent with the nurses ... (Woolf in Lee 191).

Leonard Woolf described Virginia Woolf in her second stage of violent excitement that she avoided Leonard. She did not want to talk to him, and did not allow him to come into her room. She was also violent with her nurses. Similarly, Septimus Warren Smith also experienced this symptom.

...Their only chance was to escape, without letting Holmes know; to Italy — anywhere, anywhere, away from Holmes (Woolf 85).

Septimus Warren Smith really hated doctor Holmes. He refused Holmes to visit him. When Holmes came to see him, it can be known from the narration above that Septimus thought he and Rezia might escape far away from home, went to Italy in order to avoid Holmes. Therefore, it can be concluded that the depression symptom avoidance, escapist and withdrawal wishes was experienced by Virginia Woolf as portrayed in the character Septimus Warren Smith.

Suicidal Wishes

Depressed people often have the strong desire to die. They sometimes express their suicidal wishes by saying "I want to kill myself" as a repetitive. They feel that if they die, everything will be better. In severe case, they do the suicidal attempt (Beck 31). Here is the example of data found by the researcher about this symptom.

Leaving her stick on the bank she forced a large stone into the pocket of her coat. Then she went to her death. "the one experience", as she said to Vita, "I shall never describe," (Bell 226)

From the biographical information above, on Friday 28 March, 1941 in the morning Virginia Woolf Mrs. Woolf had killed herself by drowning herself into the river. She was found dead on 18 April, 1941. Similarly, Septimus Warren Smith also ended his life by committing suicide.

“I’ll give it you!” he cried, and flung himself vigorously, violently down onto Mrs Filmer’s area railings (Woolf 138).

It can be seen from Septimus’ utterance like **“I’ll give it you”** that means he would give his life to Holmes, because at that time he talked to Holmes who entered his room. Moreover, his action that is explained through narration **“flung himself vigorously ...”**. Therefore, it can be said that Virginia Woolf experienced the symptom of depression called suicidal wishes signified by having the desire to die was experienced by Virginia Woolf and portrayed in the character Septimus Warren Smith.

d. Vegetative and Physical Manifestation

Loss of Appetite

The loss of appetite is experienced by depressed people. In this case, the desires for food may be gone. They may even be forced by other to eat. Therefore, it is often happen that depressed people experience loss of weight (Beck 33).

... Always in her worst phases of depression she hardly ate, and shed weight frighteningly (Lee 197)

Virginia Woolf experienced the loss of appetite. She was extremely hard to eat especially when she was in the worst phase of depression. It made her weight was down drastically. This symptom is also portrayed in the character Septimus Warren Smith.

... six months’ rest; until a man who went in weighing seven stone six comes put weighing twelve (Woolf 92).

When Dr Holmes came to see Septimus, he found Septimus’ weight below eleven stone six. It can be seen from Holmes’ utterance that he said if Dr Holmes found himself just a little bit below eleven stone six, he would ask her wife to cook porridge. The loss of weight that Septimus experienced is as the effect of the loss of appetite that can be seen from other character’s utterance. Therefore, it can be said that Virginia Woolf experienced the symptom of depression called the loss of appetite that was signified by the action to refuse to eat and it caused to the weight loss. This symptom is also portrayed in the character Septimus Warren Smith. Septimus’ weight was very less, therefore the doctor recommended to eat more porridge and to take a rest in a rest cure for six months.

Sleep Disturbance

Depressed people also often experienced the difficulty in sleeping. They sleep less than the normal people do. They frequently awaken from their only four hour sleep and feel hard to return to sleep. They sometimes claim that during the night they do not sleep, but they feel that are thinking continuously during the night (Beck 34).

All through the 1930s the symptoms of **fevers, faints, headaches, jumping pulses and insomnia increased to danger points** (Lee 199).

Virginia Woolf often experienced the sleep disturbance such as insomnia. In Virginia's *State of Mind*, she wrote that she woke up perhaps at 3 for several times and thought about her painful heart that tossed her up. She felt such sensations spread over her spine and head directly, such as an exaggerated tiredness such anguishes and despairs, and heavenly relief and rest. Similarly, this symptom was also portrayed in the character Septimus Warren Smith.

"Talking nonsense to frighten your wife?" **But he would give him something to make him sleep** (Woolf 87).

Septimus Warren Smith often talked suddenly to himself. When he was sleeping, he used to think about his horrible feeling and suddenly talked that he would kill himself that made her wife felt frightened. From the narration that Dr Holmes gave him something to make him sleep, it can be seen that Septimus experienced sleep disturbance. Therefore, it can be said that Virginia Woolf experienced the symptom of depression which is called the sleep disturbance. It was also portrayed in the character Septimus Warren Smith.

Loss of Libido

Depressed people also experience the loss of interest in sex. It is highly correlated with loss of appetite, loss of interest in other people, and depressed mood. Their sexual desire is reduced. Therefore, they may be responsiveness to any sexual stimulus (Beck 35). Based on the biographical information of Virginia Woolf, she had ever experience the loss of libido.

... she never had understood or sympathized with sexual passion in men. Apparently she still gets no pleasure at all from the act, which I think is curious (Bell in Lee 354).

Lee also said that the marriage life between Virginia Woolf and her husband Leonard Woolf did not live up to the marriage standard. Both Virginia and Leonard slept separated from early on in their marriage. Virginia Woolf is sexually frigid, she did not get the excitement of any sexual activities. It is also portrayed in the character Septimus. **"His wife was crying, and he felt nothing; ...** (Woolf 84)".

It can be seen from that narration, Septimus did not give any response when his wife was crying. His wife Rezia told him that Mrs. Filmer's daughter was expecting a baby. She was very lonely, very unhappy, and could not grow old without having children. Rezia expected to have children too. Therefore, the purpose of telling that to Septimus was to make Septimus knew that she also expected to have children. They might have children for they had been married for five years. Rezia cried for the first time since they were married. Septimus heard her sobbing, but Septimus did not give any notice for that. He never cared about her wife that it could lead to the loss of sexual interest toward her wife. Therefore, it can be said that Woolf experienced the depression symptom called loss of libido as portrayed in the character Septimus.

e. Delusion

Delusion of Worthlessness

Feeling that they are useless, they can do anything worthwhile, and also the regret of being born in the world is also experienced by depressed people (Beck 36). Virginia Woolf had the feeling that she felt herself useless and could not do anything worthwhile. Before she ended her life by drowning herself in a river, she wrote letter for her husband as below.

... I know that I am spoiling your life, that without me you could work.
And you will I know. You see I can't even write this properly. I can't read.
... I can't go on spoiling you life any longer.... V. (Lee 805).

Before Virginia Woolf left home, she wrote letters for Leonard Woolf and Vanessa. The two letters for Leonard were quite similar. In those letters, Virginia described that the disease she suffered had broken all of the happiness of them, Virginia and Leonard. She thought that she was useless, because she believed that her disease could not be recovered and she felt that she only spoilt and wasted Leonard's life. Therefore, without her, Leonard's life would be much better. Similarly, the character Clarissa Dalloway also experienced the delusion of worthlessness.

"She knew nothing; no language; no history; she scarcely read a book now, except memoirs in bed —" (Woolf 7).

From Clarissa's utterance above, she described herself that she saw herself as someone worthlessness. She felt that she knew nothing, she was silly. She felt that she could not bear her marriage. For Elizabeth, she preferred to be closer with her tutor Miss Kilman who could teach and accompanied Elizabeth and for her husband who left her to the Lady Bruton's lunch party without her, and Lady Bruton who seemed closer to Richard Dalloway because both of them had the same interest to talk about politics in which Clarissa had no knowledge for that. What thing she knew was the memoirs in bed. It made her felt useless,

because she gave nothing to the life of her daughter Elizabeth and her husband Richard Dalloway. Based on the explanation above, it can be said that the depression symptom delusion of worthlessness experienced by Virginia Woolf and portrayed in the character Clarissa Dalloway.

f. Hallucination

The last symptom of depression is hallucination. Depressed people often experience hallucination as if they see the dead people. Depressed people also experience that they often hear voices (Beck 38). Virginia Woolf had ever experienced this symptom. The evidence was found in her biographical information as below.

Possibly **her memory of seeing the figure of a man sitting beside her dead mother could be taken as a hallucination**, a precursor to or a symptom of breakdown (Lee 188).

From the information above, Virginia Woolf experienced hallucination as she saw a man sitting beside her dead mother. Virginia experienced it after her first breakdown when her mother Julia died in 1895 and followed by the death of her father Leslie Stephen in 1904. Virginia Woolf talked about her feeling after her breakdown that she saw a man and heard horrible voices. The hallucination of seeing dead people is also experienced by the character Septimus Warren Smith.

There was his hand; there the dead. White things were assembling behind the railings opposite. But he dare to look. Evans was behind the railing!“What are you saying?” said Rezia suddenly, sitting down by him (Woolf 23).

Septimus Warren Smith and his wife were in Regent’s Park. Rezia went alone to see the fountain. There Septimus himself was sitting alone on the seat, staring, and talking loudly that he saw her dead friend Evans was behind the railing. From the narration above it can be seen that Septimus experienced hallucination as if she saw the dead Evans. This hallucination might come from when Septimus saw her friend was killed in the world war. Evans was killed in the opposite of the railings. To conclude, the depression symptom of Virginia Woolf called hallucination portrayed in the character Septimus Warren Smith.

E. CONCLUSION

The conclusion of this research is about finding out the depression symptoms of Virginia Woolf as the author portrayed in the characters Septimus Warren Smith and Clarissa Dalloway in *Mrs Dalloway* novel. It could be done by looking from the biographical information of Virginia Woolf in order to find out her depression symptoms and determined the symptoms based on Beck’s cognitive

theory of depression. Then, the researcher also analyzed the characters Septimus and Clarissa through narrations and utterances that refer to Woolf's depression symptoms as portrayed in both characters in the novel.

Therefore, the depression symptoms of Virginia Woolf that were portrayed in the character Clarissa Dalloway such as dejected mood, negative feeling toward self, low self evaluation, delusion of worthlessness, and suicidal wishes. In Septimus Warren Smith, the depression symptoms of Virginia Woolf that were portrayed such as negative expectation, self blame and self criticism, paralysis of the will, avoidance, escapist, and withdrawal wishes, suicidal wishes, loss of appetite, sleep disturbance, loss of libido, and hallucination.

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