

The Depression of Helen Knightly in *The Almost Moon* Alice Sebold's Novel

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ABSTRAK

Penelitian ini berfokus pada depresi yang dialami oleh Helen Knightly sebagai tokoh utama dalam novel *The Almost Moon* karya Alice Sebold yang diterbitkan pada tahun 2007. Helen Knightly sebagai tokoh utama adalah model tanpa busana di fakultas kesenian yang akrab dengan masalah kesehatan mental. Berbagai kejadian dalam hidupnya membuat Helen mengalami trauma dan depresi, kemudian ia melakukan tindakan yang tidak terduga. Oleh karena itu, penelitian ini bertujuan untuk mengetahui depresi Helen dengan menggunakan teori depresi dari Aaron T. Beck untuk mengkaji jenis-jenis depresi pada Helen. Selanjutnya, peneliti menggunakan metode penelitian kualitatif dalam penelitian ini. Data yang dikumpulkan berasal dari kalimat, paragraf, dan dialog yang menunjukkan depresi yang Helen alami pada novel. Secara teori, terdapat tujuh dari tiga mekanisme jenis depresi, yaitu pandangan negatif terhadap dunia, pandangan negatif terhadap masa depan, skema diri negatif, inferensi sewenang-wenang, abstraksi selektif, personalisasi, dan pemikiran dikotomis. Penemuan menunjukkan bahwa depresi di buktikan melalui karakterisasi, yaitu: karakter yang terlihat oleh orang lain, ucapan, reaksi, dan pikiran. Berdasarkan dari penemuan tersebut, dapat disimpulkan bahwa karakter Helen mengalami depresi sehingga melakukan tindakan tidak terduga seperti membunuh ibunya dan memasukan mayat ibunya kedalam lemari pendingin, kemudian bersembunyi, dan melakukan hubungan *sex* bersama anak sahabatnya yang kemudian membuat Helen masuk dalam daftar pencarian polisi. Dengan melihat kasus tersebut, teori depresi dihadirkan dalam rangka memahami perilaku tokoh yang membingungkan, sebagaimana istilah tersebut merupakan upaya untuk meningkatkan kesadaran pembaca mengenai depresi.

Kata kunci: psikoanalisis, depresi, novel

ABSTRACT

This research focused on the depression experienced by Helen Knightly as the main character in Alice Sebold's *The Almost Moon* novel, which was published in 2007. Helen Knightly, the main character, is a nude model in an art department school who is familiar with mental health problems. The various incidents in her life made Helen traumatized and depressed, then she took unexpected actions. Therefore, this research aims to determine Helen's depression by using the depression theory of Aaron T. Beck to examine the kinds of depression in Helen. Furthermore, the researcher used a qualitative research method in this research. The data are generated from sentences, paragraphs, and dialogues that showed Helen's depression in the novel. Theoretically, there are seven in three mechanisms of the depression types, they are negative view about the world, negative view about the future, negative self-schemas, arbitrary inference, selective abstraction, personalization, and dichotomous thinking. The findings show that the depression was represented through characterization, namely: character as seen by another, speech, reactions, and thoughts. From the findings, it can be concluded that Helen's character is depressed, so she took unexpected actions such as killing her mother and dumping the body in a deep freeze, hiding, and having sex with her best friend's son, which then made Helen on the police wanted list. By looking at the case, the theory of depression is presented to understand the confusing behavior of the characters, as the term is an effort to raise the readers' awareness about depression.

Keywords: psychoanalysis, depression, novel

A. INTRODUCTION

Human has various kinds of feelings when faced with problems. Humans' feelings can be sad, hopeless, tired, and lonely. These feelings can cause humans to experience depression. In a book entitled *The Depression Cure*, Ilardi explained depression as a problematic word, it brings out confusion and misunderstanding. Depression is an illness that takes a human's energy, memory, sleep, concentration, vitality, happiness, and even the will to live (26). It means the human who experiences it may also feel hopeless and worthless. The human who experiences it does not have the optimism to still do something that can change their lives. The condition certainly hurts the thoughts of actions and feelings. Of the many mental health problems that humans experience, depression is discussed in this research. One of the branches of literary studies that discuss depression is psychoanalysis.

Psychoanalysis is a study about a human's natural personality as a character and becomes the symbol of the world and exemplary existence to expose the meaning of life (Wellek & Warren 102). Psychoanalysis explains the human personality, and analyzes deeply the psychological phenomenon that expresses feelings, communicates thoughts, and attitudes towards life, including the presented motive. Thus, the characters' analysis and attitudes are a psychological treatment for each character asserting a unique personality and individual differences. Psychoanalysis becomes the medium to analyze elements in literary works.

Literary works consist of many forms, such as a poem, short stories, dramas, films, and novels. In this research, the researcher focuses on one of the literary works that is novel. Novel as one of the fictions is interesting because it can portray the world living phenomena adopted from the writer's living experiences, the way, the description, and dialogue and many explore basic human in depth (Little 68). The researcher decided to look thoroughly at *The Almost Moon* novel as published on October 16th, 2007 by Alice Sebold. Alice Sebold becomes one of the famous writers who exploits psychological themes in her works. Alice Sebold is the author of the multimillion-copy bestseller *The Lovely Bones*, the memoir *Lucky*, and *The Almost Moon*. *The Almost Moon* novel talks about Helen Knightly's life, Helen Knightly as the main character is a nude model in an art department school. She is so familiar with mental health problems. She lives with her mother who has dementia (a general term for memory loss and disconnection from reality). Helen has a way of revealing the core of the person affected by it. Helen connects this to a big idea about her relationship with her mother. Helen as the main character tells us the successively crazier things, having sex with her best friend's son, killing her mother come easily, and also dumping her mother's body in the deep freeze.

In short, this research aims to reveal the psychological depression state of Helen Knightly as the main character in *The Almost Moon* novel by Alice Sebold. Therefore, this novel would be an interesting novel to be analyzed. The contents of this novel such as the ideas presented and the culture of the society in the story will guide the researcher in revealing the psychological disorder of the main character.

B. LITERATURE REVIEW

1. Novel

Wellek and Warren state that a novel represents life, and life may be a social reality, even though the natural world and the inner or subjective world of people even have objects of literary imitation (94). Meanwhile, in a book titled *A Glossary of Literary Terms*, Abrams said that a “novel is characterized as the fictional attempt to give the effect of realism by representing characters with mixed motives who are rooted in real-life, interact with many other characters, and everyday modes of experiences” (119).

Based on the whole description of the novel, novel is a part of literature. The researcher concludes that novel is a representation or picture of the condition of human life. It tells the story about the experiences of the human being as the author could see, experience, knowledge, and imagine. Novel is one of the literary works that are believed to teach something about different lives, cultures, moral beliefs, experiences, and so on.

2. Character and Characterization

A character is a subject who plays a role in fiction to establish a story. According to Abrams, a character is a person who appears in literary works sort as a novel, play, and other genres, which will be interpreted by readers. It also features a moral quality and certain preferences that are expressed in what they say – the dialogue, and what they do – the action (2). Characterization is the clear delineation of character in the story. Klarer defines the characteristics and attitude of life as a character that indicates quantity. Characterization is a literary device used gradually in the literature to highlight and explain a character’s details in a story. This is a method of portraying characters in a story. In fiction, it is depicting clear images of a person (165).

In a book titled *An Introduction to English Poetry and the English Novel for Overseas Students* (161-173), Murphy states nine types of characterizations that can be easily separated, they are:

a. Personal Description

Personal description is an essential part of creating any character. The look of the character and everything from them are dressed to the appearance of their skin and facial expression make a quick and rough estimate of who this person is.

b. Character as Seen by Another

The author may describe the character through the eyes and opinions, attitudes, views, and comments of another character. It is the way to help the readers understand the character described in the story.

c. Speech

The author may describe the character by giving us insight into the way a character speaks. Characters are depicted through the language conveyed by the characters in the conversation. A character’s dialogue between characters becomes a medium between their actions and thoughts.

d. Past life

The author describes the character by giving us clues related to past events that could help to share a person’s character. The author can also direct the readers to an event when the readers can see the true characteristics of the characters depicted in the novel.

e. Conversation of Others

The author can explain the character through the conversation of other people and the things they say about him or her. In this way, the author gives the clue for the readers from what others say about the character presented in the story.

f. Reactions

The author describes the character by telling us how the character responds to various situations and events. The characterization of the character can be observed by the point of view of other characters. The characterization is the way to presenting the character and make them acceptable to the audience.

g. Direct Comment

The author may describe the character by giving a description or comment to a person's character directly. The author gives an overview as well as the character portrayed in the story. Meanwhile, the reader will often have to guess and recognize the meaning of the author's comments.

h. Thoughts

The author describes the mind of the character and emotion that contain secret, fantasies, unspoken thoughts, aspirations, and so on. It is a method of characterization that varies by story and point of view. As in psychology, the way that a character's mind works reveal a lot about who they are.

i. Mannerism

The author describes the character's mannerism, habit, or idiosyncrasies, it is can be characterized by the author to tell the readers something about the character's characteristics.

3. Psychoanalysis

Psychoanalysis is a study about a human's natural personality as a character and becomes symbols of the world and exemplary existence in order to expose the meaning of life. (Wellek & Warren 102). The same thing prevails in analyzing the characters within the story because the characters are the reflection of human life. The characters present a spread of personality and behavior which relate to the psyche and psychological experience or problems which are felt by a person within the real world.

4. Depression

Aaron T. Beck's theory about depression is basic to analyze and discuss the data. He studied people suffering from depression and found that they negatively appraised events. Beck identified three mechanisms that he thought of depression, those are:

a. The Cognitive Triad (of negative automatic thinking)

Beck assumes that a person affected depression principally a cognitive disorder characterized by three negatives thinking that are typical of individuals with depression, namely:

1) Negative view about the self

According to Beck, the people who are in the condition of negative view about the self usually think they are defective, deficient, and worthless when they are depressed. This condition leads a person to not be confident and tend to look down on themselves. This can be seen from the following examples: develop a schema like "I'm ugly, worthless, and a failure", "I'm unloveable", "I'm useless", "I do not deserve anything", etc.

2) Negative view about the world

According to Beck, the people who are in the condition of negative view about the world usually think they are given the difficulties or pressures of living in this world and believe the world is making unreasonable demands on them. This can be seen from the following examples: “no one loves me”, “everybody hates me because I’m worthless”, “my parents hate me”, “the world is unfair to me”, etc.

3) Negative view about the future

According to Beck, the people who are in the situation of negative view about the future seem pessimistic and believe they have no future, whatever is done is such a waste. This can be seen from the following examples: “I’m hopeless because this things will always be this way”, “I’m never be good at anything because everyone hates me”, “this things will never get better”, or “I will lose the person that I love” etc.

b. Negative Self-schemas

Beck believes that individuals who are prone to depression develop negative self-schemas. They have an inherently negative and pessimistic set of beliefs and expectations about themselves. Beck claims that negative self-schemas can be acquired in childhood as a result of traumatic events. Experiences that may contribute to a negative scheme include (1) death of a parent or close relative of the person, (2) the criticism or reprimand of the parents who are too harsh or too protective of children, and also sexual violence, (3) bullying at school, or exclusion from a peer group.

c. Error in Logic (faulty information processing)

Beck identified five forms of error in logic that are typical of individuals with depression, namely:

- 1) Arbitrary inference (make a negative conclusion without any valid data). Beck assumes that arbitrary inference is a process of thinking about the interpretation of an event, situation, experience, and so on, when there is no valid data for supporting this thinking or situation.
- 2) Selective abstraction (usually thinking in the worst aspects of the mindset). Beck assumes that selective abstraction is a thought process that focuses on one negative thing while the positive aspects of their lives are ignored.
- 3) Magnification and minimization (if the depressed people have a problem they make it appear bigger than it is, while if they have a solution they make it smaller). Beck assumes that the people who have this mindset usually exaggerated the problems but when they have solutions they make it seem there are no problems.
- 4) Personalization (depressed people think negative events are interpreted as their fault). In this case, depressed people are easily offended tend to blame themselves for everything was happened, even though the problem is not necessarily because of them.
- 5) Dichotomous thinking (everything is seen as black and white, there is no in-between). When people using dichotomous thinking it means the people only see the bad or good things, right or wrong, the people see everything as only one way without accepting the possibility that existed between these two cases (6).

C. METHOD

1. Research Design

In this research, the researcher used the qualitative method with psychoanalysis approach. Psychoanalysis according to Wellek and Warren presented a study about a human's natural personality as a character and becomes the symbol of the world and exemplary existence to expose the meaning of life. The reader could identify themselves with the characters, who might as well be perceived as real people (102). This research focused on the depression of the main character presented in *The Almost Moon* novel.

Bogdan and Biklen explained that qualitative research is descriptive data, it means that the data collected is in the form of words or pictures rather than numbers (27). Based on the explanation above, qualitative research may be a way to analyze the data which are within the sort of words. It has a natural setting as a direct source of data. It also tries to understand human action, social behavior, and evidence.

As explained above, this research is a qualitative research method. The result of the data from qualitative research presented in forms of words, the researcher used qualitative research because the data were described and explained in the form of words through the main character's actions and dialogues.

2. Data and Data Sources

To make this research a proper one with credibility, the researcher collected some data to support it in the process. The understanding data were the depression of the main character taken from actions and dialogues, including sentences or paragraphs. The data source for this research was taken from *The Almost Moon* novel by Alice Sebold which was published in 2007 that contains fifteen chapters. The novel deals with the mental health problem which is depression experienced by the main character. This data is supported to help the researcher find answers to the research question.

3. Data Collection

To collect all the necessary data, the researcher observed the data source. The researcher reads the novel, focused on the data that supported the research, chose or highlighted the words, sentences, paragraphs, or dialogues that related to the depression of the main character.

4. Data Analysis

After the data had been collected, the next step was analyzing the data. The researcher took the following steps to provide a better understanding of the data. According to Dobie in *Theory into Practice: An Introduction to Literary Criticism*, psychoanalysis deals with the characters because such studies can look at all the characters presented, from a single character, the relationships among characters, meaningful symbolism, or even the life of the author. In this research, the researcher analyzed the main character that presents in *The Almost Moon* novel. In this case, there are several ways of analyzing psychology in literature based on Dobie's statements related to this research in the next few steps:

1. The researcher had to know more about the data by reading the novel repetitively.
2. The researcher identified the kinds of depression that were represented in the main character.

3. The researcher identified the process of depression using characterization theory.
 4. The last, the researcher drew conclusions based on the findings.
- Through the steps above, it easier for the researcher to conduct research. After being done with the data collection, these data supported the finding of the research. The psychological analysis is one occasion in which a reader may welcome a summary conclusion (76).

D. FINDINGS AND DISCUSSION

1. The Kinds of Depression in Helen Knightly's Character

After analyzing the novel, the researcher found the kinds of depression in Helen Knightly's character and their causes. Helen Knightly experienced depression from three mechanisms: the cognitive triad, negative self-schemas, and error in logic. From the cognitive triad mechanism, there are two characteristics, they are negative view about the world, and negative view about the future. Negative self-schemas because of the bullying and death of parents. In error of logic mechanism, there are four characteristics, they are arbitrary inference, selective abstraction, personalization, and the last one dichotomous thinking. The researcher would show Helen's experiences of depression based on the process of depression. Accordingly, the analysis is presented below.

a. The Depression of the Cognitive Triad

Beck identified three forms of the cognitive triad that are typical of individuals with depression, but in this case, Helen Knightly as the main character in this novel reflected two forms of the cognitive triad. The researcher will explain the first negative view from Helen below.

1) Negative view about the world

Data 1:

"I believed, as my mother always had, that there was them and there was us. "Them" were the happy, normal people, and "us" were the totally fucked." (Sebold 23).

The quotation of this situation belongs to the category depression of the cognitive triad, namely negative view about the world because Helen thinking about her family was going on the destruction, from what she was looking at her mother, her traumatic, divorce, and her daughter who gave her a choice to killed her mother. Helen has felt other people have a normal and happy life in this situation. Helen has felt the world is unfair in all aspects of her life, even though Helen did not know for sure how other people's lives happened. Helen once felt what she got in this world, and what other people got was unfair to her life, this was influenced by the words of Helen's mother which made Helen has a negative view about the world. As well as events in life that Helen has witnessed seem to provide clear evidence that her world is a totally messed up. From this explanation, it can be seen the characterization that reflected from Helen as the main character through the thoughts. Characterization through the thoughts can be seen from the mind of Helen's emotions that one of containing thoughts about her family situation which have a negative view about the world, and believe the world is making unreasonable demands in herself.

2) Negative view about the future

In the story, Helen divorced her husband and lived separately with her daughter. Her father died after he shot himself and now she was living together with her mother who has dementia

(a general term for memory loss and disconnection from reality). Helen has spent her time taking care of her mother. When looking at her mother's sleeping face, Helen has negative thinking about her future that disturbing her mind. The data below belongs to the cognitive triad especially negative view about the future.

Data 2:

My mother began to snore. Her head tilted back over my shoulder so that I could see her ancient mottled face and neck. I looked at her cheekbones, as sharp as they had always been – almost painful now in her cadaverous flesh. “Who will love me?” I thought and then banished this question by looking out at the birch leaves in the fading sunlight (Sebold 9).

The representation of cognitive triad in the form of negative view about the future is when Helen is looking at her mother's sleeping face. At that time she was having a flashback about her father's death. It is hard for Helen to live without her father, and now Helen imagined a day without her mother would be like. This quotation explained Helen asked herself about her future, and she felt like she would soon lose her mother. Helen imagined the situation would happen, then Helen thoughts, “who will love me?” even though Helen knew that her mother did not really loved her, but she still thinking about her future without her mother. In this story, Helen has a best friend, two daughters, an ex-husband, and neighbors who are kind, and caring, but she did not think about this. The depression oftenly made people who suffered from it unable to think in a positive way. The quotation had happened when Helen as the main character in this novel reflected the negative thoughts from this situation presented in the story. It can be seen the characterization reflected from the main character through the thoughts. In this data Helen presented the thoughts about her mother's death, even though her mother often bullies and did not really loved her, but Helen still has concerned about her mother's death. From this data is included characterization through the thoughts because the mind of the character and emotion that Helen reflected in this data. This thought triggered Helen to think pessimistically and had no future because she lost her father and would lose her mother. The researcher can understand the cognitive triad, especially negative thinking about the future, from the thoughts of Helen that are represented in the novel. Before Helen lost her mother, she thought about who would love her. From this situation, it can be seen that Helen is depressed due to her negative view about the future and presented through the character's thoughts.

b. The Depression of Negative Self-Schemas

The negative self-schemas in this part was presented experience Helen with the bullying of her mother. Unlike Helen's father, Helen and her mother did the opposite, making Helen feel compelled to hate her mother—remembering memories with her father. Helen is also back to remembering memories with her mother. Helen felt that her mother always said harsh words to her even though she did good things or got the achievements in her life. It started when Helen was pregnant with her first daughter, Emily.

Data 5:

*“Well, are you proud of yourself?” she asked
“There are no awards given out” (Sebold 82).*

The quotation of this situation belongs to the category depression of the negative self-schemas, especially experience bullying of her mother, represented through Helen's mother

comment to her because of Helen's first pregnancy. Helen got the bad reaction from her mother for a long time. The comment from Helen's mother has felt all this time there is no change that Helen's mother has made other than criticizing her daughter. Helen was silent for a moment, and began to cry. So that made Helen not see the good side of her mother. "I did not want to be like my mother" – Helen said to herself (Sebold 84). Helen expressed negative self-schemas because of the bullying of her parent that is from her mother. It can be seen the characterization that is reflected in this case, is a character as seen by another. Then, the researcher can understand the negative self-schemas, especially the bullying of parent from the character as seen by another that is represented in the story because of Helen's mother viewpoint. Helen's mother has given all of her negative comments for Helen, and this experience made Helen go went depression negative self-schemas. From the explained above, Helen thought about her mother's reaction, which then made Helen think negatively about her mother. For all of the negative comments above from her mother, Helen said that she just had discovered a level of affection from her father, and this feeling has given her full strength to keep spirit. From this situation, it can be seen that Helen is depressed due to her mother's negative comments and presented through the character as seen by another.

c. The Depression of Error in Logic

Beck identified five forms of error in logic that are typical of individuals with depression, but in this case, Helen Knightly as the main character in this novel reflected four forms of error in logic. The researcher will explain the thoughts below.

1) Arbitrary Inference

In this story Helen as the main character also reflected the depression of error in logic namely arbitrary inference. Helen talked to Mr. Forrest that her mother let her father death, the evidence of Helen experienced the error in logic was also found in the following data.

Data 12:

"I hate her," I said.

"She let Billy Murdoch die," I said (Sebold 117).

The quotation of this situation belongs to the category depression of error in logic, namely arbitrary inference because of the view of Helen that said her mother let her father death. There is no proof that her mother let her father suicide. This situation was just Helen's assumption to blame her mother on the case. Then, Helen was explained that she did not know why her father left her. There is no valid data for supporting Helen's thinking or this situation. Then, Helen talked to her neighbors that her mother was the reason for her father's death. That it can conclude Helen as the main character, presented the depression of arbitrary inference because of her interpretation of the death of her father, and her hatred for her mother made Helen was blamed her mother for this incident. In the novel, no one know the reasons for his father's death and how the suicide took place. From the explanation about the case above, it can be seen that characterization is reflected from the main character through the speech. Characterization through the speech can be seen from speaks of Helen that express in this situation. Helen's dialogue with Mr. Forrest becomes a medium between Helen's actions and thoughts, which she expressed through her speech to Mr. Forrest that her mother let her father suicide. From the quotation above the researcher can conclude that Helen is depressed in the form of arbitrary inference, which can be seen from the character's speech.

2) Selective Abstraction

Data 13:

"I leaned my body over my mother's, took the towel I had used to suffocate her, and covered her face with it. Then I made the sign of the cross "You are so not catholic!" Natalie said to me growing up, as I tried to imitate her. My cross remained a sort of failing X marks the spot. "I'm sorry, Mom," I whispered. "I'm so sorry." (Sebold 27).

Before, Helen explained that she had tried to get her mother to move into a retirement home, but she would not budge, and Helen said she admired her mother for it. There was Mrs. Leverton behind her, Mr. Forrest five houses down, and the long-suffering widow of Mr. Tolliver. Later, Helen explained how her mother admonished Helen for wearing such tight clothes. "It's a turtleneck," Helen said. Her mother burst out laughing. "I guess you're right. The boy's a perv," she said, Helen's remind about this situation. After all these said and done, Helen killed her mother to finish everything. Then, Helen explained how she handled her mother. Helen walked back onto the stoop and towered over her. Helen said she was afraid if Mrs. Leverton was watching her. Helen smiled down at her mother and thought that her mother would have loved that, loved that in reporting the way Helen handled her dead body. Helen nudged her mother's body with the edge of her jazz flats. Then there was nothing left but cursing and exertion. Drawing a cross is Helen's proof to her daughter that she is a catholic. Now, in Helen's mind, the spread wings of these birds fluttered like a warning. "I would be a different person when I saw them next." (28); what Helen meant were her father and her mother.

This condition finally caused Helen to have error in logic, namely selective abstraction, which makes Helen act to kill her mother, with the excuse of ending her mother's suffering then herself. From this explanation, it can be seen that characterization that reflected from the main character through the reactions. The characterization through reactions explains the character by telling us how the character responds to various situations and events. Helen responds to the situation presented in her life while her mother full of the critic, killed her mother was the only way. Helen has shown the readers through the quotation that this reaction is the response she will give what her mother gave, which is presented in the novel. From the quotation above, Helen is depressed in the form of selective abstraction, which can be seen from the reactions the character presented.

3) Personalization

Data 20:

"I knew when to shut up. My mother's problem was my fault." (Sebold 95).

In this case, when Helen's father disappeared, Helen blamed herself for what had happened, for her mother's problems. Helen thought that she needed her father, and so does her mother. Her mother, who was afraid, Helen explained that her mother felt safer in her father's arms. She felt safer in the house or under blankets. Helen said that she knew when to shut up and her mother's problem was her fault. From this situation, it can be proved that the data belongs to the category depression of error in logic, especially personalization because Helen blamed herself for her father who disappeared for ninety days, even though this problem is not because of her. And the problems and sadness that her mother feels are not because of her. From the explanation

about Helen's thoughts above, it can be seen the characterization that reflected from the main character through the thoughts. Helen has blamed herself for the one situation, and it is not because of her. And her mother's problem with this incident is not because of her. This incident is not anyone's fault and there is no need to find out who is at fault. Helen is depressed in the form of personalization which can be seen from thoughts of the character.

4) Dichotomous Thinking

Natalie and now thirty-year-old Hamish had lived inside the gingerbread palace for eight years. While waiting for Jake, Helen drove her car to Natalie's house, but Helen did not meet Natalie at her house. After a while discussing Natalie with Hamish, as if something had caught up with Helen and then Helen teased Hamish, it did not take a long to get what Helen wanted. Helen wants to have sex with Hamish, her best friend's son and her daughter's crush.

Data 25:

"I'm cold, I just want to feel your body on top of me" I wanted to fuck him. "I don't know what you want," he said. "I want all of you on me," I said, opening my eyes. "Hell, I'm..." He glanced down his body instead of finishing the sentence. "Just put your full weight on me," I said, "It's fine." (69).

"Fuck me," I said, and hope that no one's God was watching (71).

The quotation of this situation belongs to the category depression of error in logic, namely dichotomous thinking because Helen lost control and started doing other bad things, from this situation Helen has a problem with normal thinking and feels what she doing was the normal thing to do. Helen said that morality was just a security blanket that did not exist, from the text Helen said that she was cold and just want to feel Hamish's body on top of her. In this case, Helen does not think this relationship is forbidden and does not think about the side effects for her future life. The explanation fits perfectly with the notion of dichotomous thinking, which explains Helen sees everything as only one way without accepting the possibility that existed. From the explanation about the situation above, it can be seen the characterization that reflected from the main character through the reactions. Characterization through the reactions can be seen from the action Helen express in this situation. Helen expressed her feeling by the bad reactions and felt it is the good things and normal to do. Helen expresses her emotions by teasing her best friend's son and asks to have sex with her. This condition is explained in this novel from Helen's reactions presented. It was proven that Helen experienced the depression of error in logic, namely dichotomous thinking due to the reactions presented by her negative actions.

2. Discussions

This research is concerned about Helen Knightly's character in *The Almost Moon* novel as the main character portrayed the depression and killed her mother in the story. The researcher took Helen Knightly as the main character, an object of the research. She has a story that she experienced seven kinds of depression and lives with her extreme actions. Seven kinds of depression that Helen experienced are negative view about the world, negative view about the future, negative self-schemas, arbitrary inference, selective abstraction, personalization, and dichotomous thinking. All of these depressions are represented through characterization, namely character as seen by another, speech, reactions, and thoughts.

In the findings, the researcher found that the kind of depression in Helen Knightly as a dominant was negative self-schemas. This kind is caused by the long trauma that Helen

experienced. It can be seen that the bullying from Helen Knightly's mother is a big influence that made Helen experienced depression. The researcher found many negative comments that Helen's mother presented in this novel, from Helen's physical comments, Helen's behavior, and the awards Helen has achieved. From the findings above, it was concluded that negative self-schemas are the suitable type of depression that Helen experienced. After all of the bullying from Helen's mother, Helen connected her thoughts with this case. Helen thought that the childhood of her dreams would come true, and this dream was killed her mother. Then, Helen killed her mother with her consciousness. She broke her mother's nose, took the towel that she had used to suffocate her mother, and covered her mother's face with it. Then, Helen made the sign of the cross and put her mother's body in the freezer. From the finding above, it can be concluded that selective abstraction is the suitable kind of depression that Helen experienced because Helen ignored all the positive aspects of her life and focused on the negative aspect; thus, killing her mother is the right choice. After killing her mother and hiding her mother's body, Helen went to her best friend's house and met Hamish. Helen wants to have sex with Hamish, her best friend's son and her daughter's crush. In this case, Helen's thoughts were completely misdirected, thinking that morality was just a security blanket that did not exist; then, Helen was done with this. It can conclude error in logic, namely dichotomous thinking to be a suitable kind of depression that Helen experienced because of her logical error in this case.

Further, there are types of depression from Beck's depression theory that are not found in this research. First, in the cognitive triad's category, negative view about the self is not found, Helen did not show a negative view of herself, for the example she is still confident in doing her nude modeling job even though she has received a lot of negative comment from her mother. Helen is very confident with her father's opinion that "flowers and grass grow better here than they do anywhere else." Is like the owner of the flower, flowers and grass represent her. Helen never showed a negative view about herself because of the support from her father. The last, in error in logic's category, magnification and minimization is not found, there is no data or events to suggest that Helen has this thought, Helen did not seem to exaggerate the problem, and when she has a solution, she did not thoughts it was not a problem, this can be proved when her ex-husband wants to help solve the murder case of Helen's mother, Helen felt that this case still be a big problem for her.

According to the finding, the researcher finds that Helen experienced depression mostly because of negative self-schema resulted from the bullying of her mother. This research is equivalent with other researchers contained in previous study entitled "*The Wife's Depression in Charlotte Perkins Gilman's The Yellow Wallpaper*" (2018). The present research finding is inline with Maitun (21) which found that the female characters in *The Yellow Wallpaper* experienced depressions is also because of her husband's critics and medical practice that her husband limit all of his wife's activity. Beck (13) also emphasized that family critics, negative comments, or bullying can have a big impact on someone's mental health, it is understandable that Helen's experienced depressions. It leads to an assumption that the biggest cause of a person who got depressed can be said because of the inappropriate treatment, negative comments, or the amount of critics they got from those closest to them, since both studies are about critics' dominant theory.

Further findings, the researcher finds that Helen experienced depression because of negative self-schemas resulting from her father's death by suicide. This condition made Helen out of control and killed her mother. This research is equivalent with other researchers contained in

previous study entitled *An Analysis on Depression Faced by Charlie in Stephen Chbosky's Novel "The Perk of Being a Wallflower"* (2014). The present research finding is inline with Musrina (34) which found that fifteen-year-old Charlie was sad with the suicide of his friend. This condition made Charlie experiment with drugs and drinking, and he made friends, lost them, and gained them back. Charlie had severe mental disorders like depression and ended up hospitalized. Beck (13) also emphasized that the person who experiences contribute to a negative scheme include death of a parent or close relative of the person, the criticism, and also bullying, can make an inherently negative and pessimistic set of beliefs and expectations about themselves, this allows the experienced person to take unexpected actions and cause depression.

D. CONCLUSION

The researcher concluded that the kinds of depression reflected in the main character in *The Almost Moon* Alice Sebold's novel are three mechanisms: the cognitive triad, negative self-schemas, and error in logic. From the cognitive triad mechanism, there are two characteristics, the first is a negative view about the world that is shown when Helen believed that her family is completely messed up, different from her friends or her neighbors, who had a happy life and life as normal people. The second is negative view about the future that is shown when Helen expressed the feeling from the negative thinking about the future. Helen presented her thoughts about her mother's death and asked herself "who will love me". From the error in logic mechanism, there are four characteristics, the first is arbitrary inference that is shown when Helen told Mr. Forrest that her mother let her father suicide, this situation made Helen experience arbitrary inference because of her assumption. The second is selective abstraction that is shown when Helen killed her mother, this situation made Helen experience selective abstraction because Helen ignored all the positive aspects of her life and focused on the negative aspect. The third is personalization that is shown when Helen blamed herself for what had happened, for her mother and her ex-husband's problems. The fourth is dichotomous thinking that is shown when Helen went to her best friend's house and she met Hamish who is her best friend's son and her daughter's crush, then Helen had sex with Hamish. Helen experienced dichotomous thinking because of her logical error in this case. The depression in Helen Knightly as the main character was reflected because of the death of her father and the bullying from her mother then made Helen experience the depression of negative self-schemas. The depression of Helen Knightly is presented through the character as seen by another, speech, reactions, and thoughts.

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