

CHAPTER 1

INTRODUCTION

1.1 Background of the Research

Pregnancy is counted as a blessing yet somehow pregnancy can cause many problems to the mothers, especially if the pregnancy is unplanned. The problems that mothers will face are not only during pregnancy but also after they give birth. And the problems are not always about physically, but also psychologically. The most common psychology problem that the mothers should face is postpartum depression that occurs after they give birth. The unplanned pregnancy raises risk for those psychological problems. The postpartum depression could happen to every mother in the world, including Indonesian mothers.

Based on Journal of Psychology titled *Postpartum Depression: What We Know* (<http://sci-hub.tw/https://onlinelibrary.wiley.com/doi/pdf/10.1002/jclp.20644>), postpartum depression is a term applied to depressions that are prevalent during the postpartum period, which is increasingly viewed as up to 1 year after childbirth. There is no category of postpartum depression in the Diagnostic and Statistical Manual (American Psychiatric Association [APA], 2000); however, there is a “postpartum onset” specifier that is applied if the episode begins within 4 weeks of childbirth (APA). Additional symptoms that are commonly observed with postpartum depressed women include mood fluctuations or mood lability and overconcern with the infant (APA). Additionally, postpartum depression is often comorbid with anxiety disorders or significant anxiety symptoms. Postpartum depression should be distinguished from the postpartum blues, which refers to mood symptoms that are common in the first week to 10 days after delivery and that usually resolve within a few days without any intervention. Symptoms include mood lability, irritability, interpersonal hypersensitivity, insomnia, anxiety, tearfulness, and sometimes elation (O’Hara & Segre, 2008). At the other end of the spectrum is postpartum psychosis, which is characterized by severely depressed mood, disorganized thinking, psychotic thoughts, and hallucinations. Often the presentation is of bipolar disorder with prominent manic symptoms. Postpartum psychosis often has its onset in close proximity to childbirth.

According to *Postpartum Depression in Indonesian Women: A National Study* (<https://media.neliti.com/media/publications/56266-EN-postpartum-depression-in-indonesia-women.pdf>), the prevalence of Postpartum Depression (PPD) is 10-15 among women who give birth. This figure varies among different ethnic groups and depends on the diagnostic criteria used. Postpartum blues was found in connection with mild symptoms. The prevalence rate of baby blues ranges from 30 to 75%, and generally appears on day 3 or 4 after birth. Postpartum psychosis, which is the most severe disorder, usually appears between 48 to 72 hours after birth and generally continues through the first two weeks. Basic Health Research in 2010 or Basic Health Study (Riskesdas) 2010), a nationwide health study was conducted to evaluate the achievement of the Millennium Development (MDGs), and among others, to explore depressive symptoms experienced in Indonesian women. The objective of this analysis was to determine several factors which contribute to postpartum depression in mothers who gave birth.

The novel *And Now We Have Everything* provides knowledge about motherhood, anxiety, postpartum depression, relationship, and self-love in different perspectives. *And Now We Have Everything* itself tells about the main character named Meagan O'Connell. Meagan finds out that she is pregnant, it's an unplanned pregnancy because she and her fiancé don't think they are ready to be parents. The unplanned motherhood causes so many problems that Meagan has to face. Those problems effect her relationship with her fiancé and also has inner conflict as a woman, a fiancé, and a mother. Throughout the story, I find out the postpartum depression happens to character Meagan. She shows it through her motherhood life after she gives birth.

The reason why I choose this novel to be analyzed is because the story contains explanation and experience about motherhood that no one ever told us before. During her pregnancy and what she's been through after she gives birth, Meagan shows how she faces problem and how she struggles from postpartum depression. Through her actions, she has shown the postpartum depression symptoms.

According to the summary of the novel above, the story focuses on the postpartum depression that is shown through the main character in this novel. I would like to

analyze this literary work through intrinsic and extrinsic approaches. Through intrinsic approach, I use the characterization, plot, and setting. Through extrinsic approach, I use psychology literature and the concept of postpartum depression to analyze the main characters. This study is expected to provide positive contributions in psychology literature, in terms of educating people about mental illness especially postpartum depression that mothers to be might have to face.

1.2 Identification of the Problem

Based on the background of the research above, I identify that the symptoms of postpartum depression are reflected on the main character of the story. I assume that the theme of the novel is The Reflection of Postpartum Depression on the Main Character in Meagan O'Connell's Novel *And Now We Have Everything*.

1.3 Limitation of the Problem

According to the identification of the problem above, the problem of this research is limited to the reflection of postpartum depression of the main character. The applied concepts are through intrinsic approach, such as showing and telling methods, characterization, plot, and setting, as well as through extrinsic approach, i.e. psychological aspect: postpartum depression

1.4 Formulation of the Problem

Based on the limitation of the problem above, the problem is identified according to postpartum depression on the main character in Meaghan O'Connell's Novel *And Now We Have Everything*. The problems in this research are formulated as follows:

1. What are the characterization through telling and showing method?
2. What are the setting and plot in the novel?
3. What is the reflection of postpartum depression in the novel?
4. What is the theme that can be developed through intrinsic and extrinsic approaches?

1.5 Objective of the Research

Based on the formulation of the problem above, the objective of the study in this research are to understand the postpartum depression that is suffered by the main

character in the story and to serve the best answer based on the problem of the study above. To achieve the objectives of this research, there are several steps that must be performed such as:

1. To find out the characterization through telling and showing methods.
2. To find out the setting and plot in this novel.
3. To find out the reflection of postpartum depression in the novel.
4. To develop theme through intrinsic and extrinsic approaches.

1.6 Methods of the Research

In this research, I use a variety of qualitative research methods with the type of library research, the nature of the research in the form of analysis using the method of data collection in the form of a text literary work of Meagan O'Connell's novel *And Now We Have Everything* that was published by Little, Brown, and Company on April 2018 in New York, USA as a primary source and supported by several references related to the theory and concept suitable as a second sources.

1.7 Benefits of the Research

This research is expected to provide benefits for those who are interested in learning and obtaining a deep understanding about the novel *And Now We Have Everything*, because it is done through a new perspective that is using psychology as the extrinsic approach, particularly based on the theory about postpartum depression.

1.8 Systematic Organization of the Research

Based on the research benefit above, systematic organization of the study is structured as follows:

CHAPTER 1 INTRODUCTION

It consists of the background of the problem, identification of the problem, limitation of the problem, formulation of the problem, the objectives of the research, the methods of the

research, the benefits of the research, and systematic organization of the research.

CHAPTER 2 THEORITICAL FRAMEWORK

It consists of the explanation of the concepts and theories. It includes intrinsic and extrinsic approaches. Intrinsic approaches are characterization – showing and telling methods, setting, plot, and theme. Through extrinsic approach, I use theoretical framework psychological approach that is postpartum depression.

CHAPTER 3 THE INTRINSIC APPROACHES IN MEAGAN O'CONNELL'S NOVEL *ANDNOW WE HAVE EVERYTHING*

It consists of characterization of the characters, plot, and setting of the novel. The concepts above must be appeared in the number of sub-chapter.

CHAPTER 4 THE REFLECTION OF POSTPARTUM DEPRESSION ON THE MAIN CHARACTER IN MEAGAN O'CONNELL'S NOVEL *AND NOW WE HAVE EVERYTHING*

It consists of the analysis of the novel which reflects the postpartum depression. The analysis above is shown in some sub-chapters.

CHAPTER 5 CONCLUSION

It consists of an evaluation from the previous chapters and the implication of the evaluated result.

ENCLOSURES

ATTACHMENTS

The chapters above are followed by references, scheme of the research, research poster, curriculum vitae, and other required attachments.

