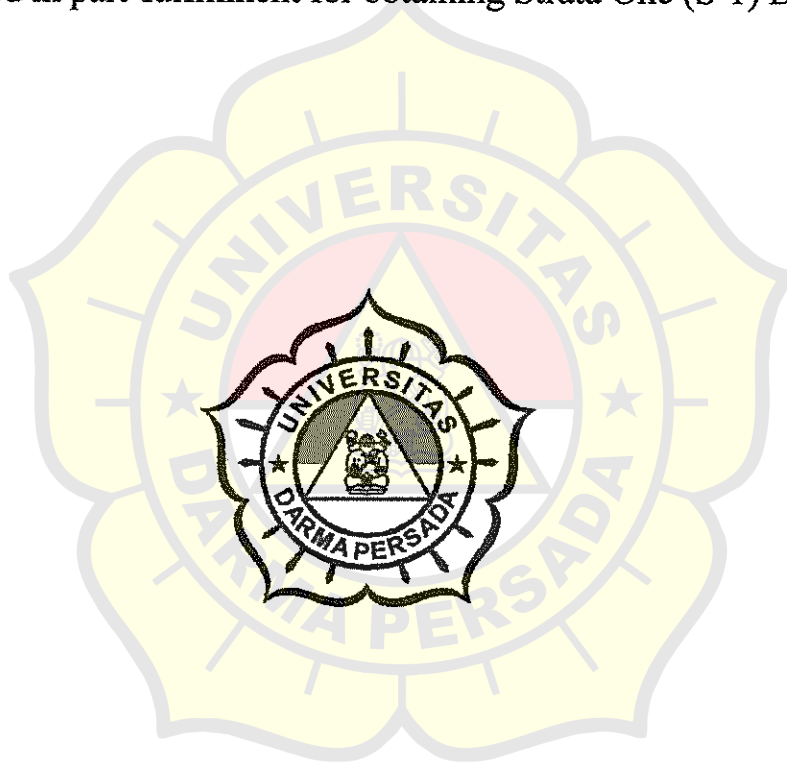


**THE REFLECTION OF TEENAGER'S DEPRESSION BY THE
INFLUENCES OF SOCIAL ENVIRONMENT AND FAMILY
PROBLEMS WHICH CAUSED DRUGS ABUSE
IN DAVID SHEFF'S NOVEL *BEAUTIFUL BOY***

TERM PAPER

Submitted in part-fulfillment for obtaining Strata One (S-1) Degree



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JAKARTA
2013**

INTELLECTUAL PROPERTY STATEMENT PAGE

I hereby declared that this term-paper is the result of my own work, and every sources quoted or referenced have been stated correctly.

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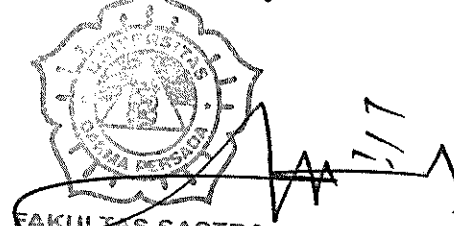
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Approved on _____

Head of English Department

Tommy Andrian, SS, M.Hum

Dean of Faculty of Letters


Syamsul Bachri, SS, M.Si

PREFACE

Alhamdulillah rabbil 'aalameen, this holy word I dedicate to Allah SWT as The most merciful, The most blessing, and The most appreciative God. With His blesses, I finally could finish my phase of education at The University of Darma Persada with this term paper, as my final last work in addition to obtain the Strata One (S-1) degree.

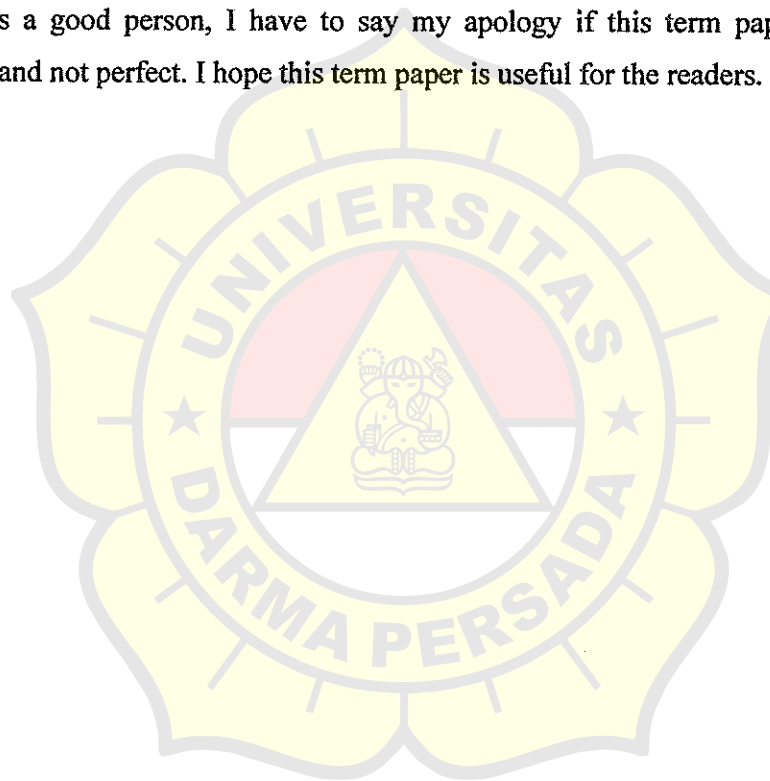
As the writer of this term paper I wish to express many thanks to whom have guided me in order to make my term paper in accordance with the provisions in force so that it becomes a term paper which is good and right. I have studied at The University of Darma Persada with the supports of my friends, lecturers, and family by means to get the ability and skills of English. Sincerely, there were many great special people behind the process of this term paper that I want to say my honest thanks to them who gave me great thoughts, injecting me with spirits to be stronger, and supporting me whatever my condition is. Those great people are :

1. Ms. Swany Chiakrawati, as the adviser who guided me patiently in making my term-paper, your suggestion and your help play important roles to create this term paper.
2. Mr. Rusydi M. Yusuf as the academic adviser and also the reader.
3. Mr. Tommy Andrian, SS, M.Hum as the head of English department
4. Mr. Syamsul Bahri, SS, M.Si as the Dean of faculty of letters.
5. All lecturers in Faculty of Letters, English Department. Thank you very much for teaching me English and considering me as your student however sometimes I'm a stubborn and lazy student.
6. My beloved Family. Thanks to H. Effendi as my father and Hj. Sofrida as my mother who never got bored supporting me whatever my condition is. Your support plays important role to help me to do this term paper. I only can wishing you for stay healthy. And also Adam Efriadi as my brother. Rahayu Efrida, and Nindya Efrida as my sisters. So many help you gave to me when I find difficulties in making this term paper with the program of Microsoft Office. With your

experience to use the program for years, finally I've made my research complete. Whatever happened I really care about you.

7. Ms. Yuni Herawati as my college friend who gave her term paper to me, by means to make it as a sample to work this term paper. Thank you very much for your kindness. Without your help, I may not finish this term paper. And also my other college friends : Teguh Novrianto, Andika Pratama, and Arry Bachriansyah to share knowledges and moments during my phase of study in the university. I am so grateful for your wishes. I can finish this term-paper with your support.

As a good person, I have to say my apology if this term paper has many mistakes and not perfect. I hope this term paper is useful for the readers.



Jakarta 2013

writer

A handwritten signature in black ink, appearing to read 'Isa Efriadi', written over the logo watermark.

Isa Efriadi

ABSTRACT

Name : Isa Efriadi
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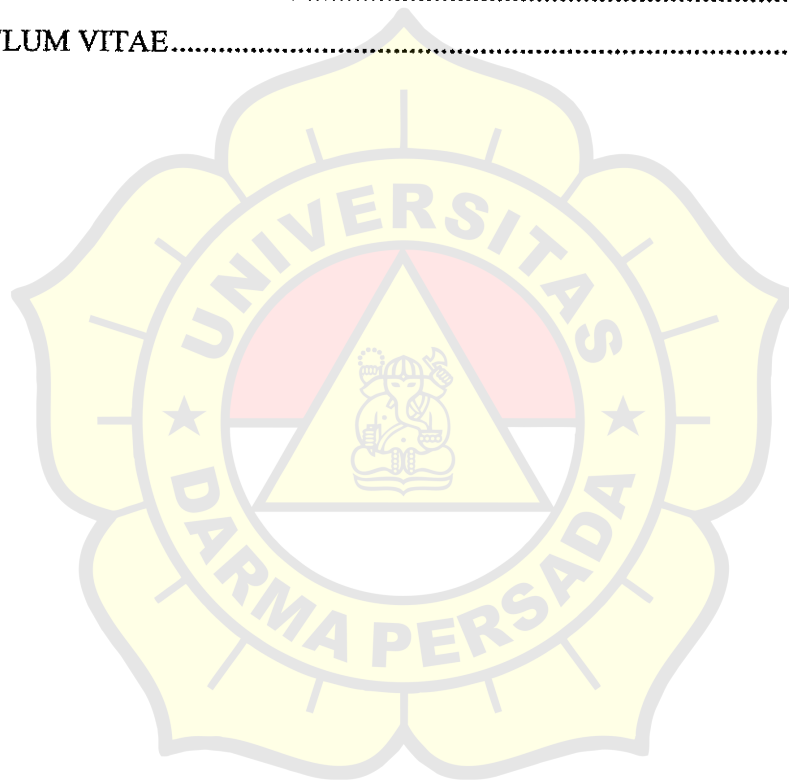
The term paper discusses about the theme of a literary work of novel using the intrinsic and extrinsic approaches. Through the intrinsic approach, I analyzed the characterization, setting, and plot. Through the extrinsic approach, I analyzed it through psychological approach i.e. Psychosocial Development, Drugs Abuse, and Theory of Depression. This term paper is categorized as a quality based research that combines the literature and psychology approaches, based on *Beautiful Boy* novel by David Sheff.

Key words : Intrinsic approach, Extrinsic approach, Psychosocial Development, Drugs abuse, and Depression.

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CHAPTER I

INTRODUCTION

A. Backgrounds of the Problem

I will analyze a novel entitled *Beautiful Boy* which written by David Sheff as the source of my research. This novel tells story of a father's journey to heal his son's drug addiction. This novel describes the situation about teenager's lifestyles nowadays. They were phasing a difficult phase of an age transitional moment, where at that moment usually teenagers want to find their true personal identity in their life. From this novel, that moment described to the parties they attend, the styles they wore, and the musics they like. Usually a teenage boy enjoys to listen rock and roll, alternative rock, and punk rock musics which very popular for boy teenagers and also the styles they wear such as like levis pants and converse shoes which also very popular for teenagers.

David Sheff is an American writer, the novel is written based on the reality experienced by himself. This novel achieved a New York times's awards in the category of the best non-fiction novel 2008¹. Now, the writer lives in Inverness, California, United States. *Beautiful Boy* is his first novel which he wrote based on his own experiences.

Basically he wrote the novel because he wanted to save his son from drugs addiction. In the other words, the novel was written because he want to share every problems that he had to the readers in order to fight against drug addiction.

There are two main characters in this novel. David Sheff and Nicky Sheff. David Sheff is a father of Nicky Sheff, Jasper Sheff, and Daisy Sheff. Nic (Nicky) is his first son from Vicky (his first wife) but, Jasper and Daisy are his children that he got from Karen his second wife. He came from middle economic backgrounds that he ever had trauma because of consuming drugs at his adolescence past. He lives normally with three children and wife until Nic's addicted to drugs.

¹ Sheff David, *Beautiful Boy*, (California : First Mariner Books, 2008), Back Cover.

Nic is actually a normal teenager who has good characters such as : smart, charming, joyous, and funny. Nic is also a caring brother who very kind to his half brother Jasper and his half sister Daisy. David educates and rose his children very well but, because of bad social environments, bad past experiences from him, teenagers emotional attitude from Nic, and other complicated life problems, their closest people's life feels the disturbances because of Nic's naughtiness which caused by the addiction. He ever tries many drugs in his life. But the drugs that he usually consume is crystal meth. This novel has many moral teaching which gave understanding to the reader about teenagers behaviour and his social environment which parents should understand, take good cares with pay attention and give right guidances or life direction into good things without pressing him and using any hard efforts in any shapes.

As a father, David was trying many things to save Nic from the addiction. He was sacrificing many things that make him loosing lot of things. Drugs have an addictive effects to the user so, Nic became naughtier after he has addicted to Drugs. Without drugs, he was so anxious and uncontrolled. He tries many thing to buy drugs. He often telling lies to cover his naughtiness, and he ever stole something to get money to buy drugs.

David is one of "AA (alcoholic anonymous)" meeting's member. The AA meeting is the meeting of drugs user's parents whose struggling to help their chlidren against drugs addiction. He often attended the meeting to have discussion between members. They were socialized, sharing experiences, and helping each other to find solutions to help their children free from drugs abuse.

Nic might have benefit from being forced into the drugs rehabilitation center when his parents were still legally able to compel him to go there, if only to keep him substance-free during a critical phase of adolescent development. It also ends with the demonstrably true idea that it is therapeutic both to read and to write stories like the David Sheffs'.

The process of teenagers growth is very deciding in Nic's character to where he choose his lifepath in his life, remembering teenagers are charged with various kinds of demand and other fundamentals changing of roles in their life. To

solve those problems, the individual should have consolidated knowledges which they knew about themselves, like their understanding as a children, student, club members, religion believers, and the other. So, he didn't have to loose himself in a condition in one environment guidelines.

Basically drugs and alcohol have negative effects to the body of the consumer but, alcohol has less negative effects than drugs. Teenagers are the main suspect of drugs abuse. Nic is one of the addict. A normal teenager usually is still productive at their ages. They can produces creative minds, ideas, spirits, and energies but, that hope could be dissappear if the teenage abusing drugs in his life.

Addiction is a compulsion to do the same thing over and over, despite knowing that the outcome will almost certainly be the same. Addiction memoirs often illustrate this same definition of insanity. They follow the same arc, voice the same helplessness, and arrive at the same set of conclusions. Yet the genre itself remains so addictive that readers keep hoping to discover something new.

The effect of drugs abuse is not only damaging the body, but also damage minds, mentals, and behaviours of the addicted persons. It is very difficult to set Nic free from drugs. He got nearly death again and again because over dosage to use meth. There were many people who can escape themselves from drugs abuse but, usually they escaped unsuccessfully. Usually the ex-drugs user still have traces in the organ of the body, physical appearances that caused by the damage of the drugs, and the behavior of the ex-addict, even it could be a serious disease after using drugs because the after effect of it in short or long term.

From the novel we can understand the image of teenagers background nowadays where most of drug users are coming from this ages which in the begining they are a good person who comes from good family and good social backgrounds. This novel also describes two sides of teenagers. There are who came from good social environments and bad social environments, where usually the majority sides of teenagers in one social environment could give their influences to the minority sides.

This novel also gives descriptions about the influences and the results of drugs abuse in short and long term. Many things can be learned from some of

cases that often happened in teenager's life when they tried to consume drugs and alcohol and some cases about drugs that the writer want to tell to the readers.

B. Identification of the Problem

Based on the background of the problem above, I identify the problem of Nicky Sheff who is addicted to drugs because of his naughtiness, his curiosity, and his bad environmental guidelines. He lives in bad social environment where many of teenagers addicted to drugs. Beside that, his curiosity leads him to taste drugs for the first time. After he had addicted to drugs, his behaviour became naughty. He stole money, and even he ever squeeze out his friend only to get the drugs, however sometimes he oftend got intimidated by his friends and his friend urge him to use drugs. He is also a victim of his parents divorce. His life behaviour is also bring him to use drugs when he reached the age of adolescent.

On the other side, David Sheff is a traumatic, possessive, and over protective father's character in the novel, which he make his son felt unfree to run his life because of many prohibitions he gave. David Sheff is an ex-drugs user. He blamed himself for Nic's addiction because he thought that his old behaviour makes Nic imitated his action at the past. In this story, David should take many penalties and should pay fines because of Nic's naughtiness. The attitude of Nic has changed to be naughty after he has been addicted to crystal meth. After addicted to crystal meth, he was a trembling wraith who lied, stole, and lived on the streets. Whereas before he was a good, smart, charming, joyous, funny, a varsity athlete, and honor student whose adored by his two younger half-siblings.

C. Limitation of the Problem

Based on my problem's identification above, I limitate the problem in this research to the behaviour and the personality of Nicky Sheff's character. I am going to use intrinsic and extrinsic side from this story as a method of approach

that using psychology theories such as Erik Erikson's stages of Psychosocial development, drugs abusive theory, and theory of depression.

D. Statement of the Problem

Based on my problem's limitation above I make statements : Is my assumption true that this novel reflects the concept of psychology to the character of Nicky Sheff from this novel. To answer that question, I make statements as follows :

1. Why Nic addicted to drugs?
2. Does the social environment have important roles to make the character of Nicky Sheff abusing drugs?
3. Based on Nicky Sheff's apperances and attitudes who always looks messy and naughty, why the writer gave "*Beautiful Boy*" as a title of the novel?

E. Objectives of the Problem

Objectives of the Problem, is the answer from the statments of the problem and the sentence which used is a statement as the "answer" of the question which asked in the statement of the problem.²

Based on my problem's statements above, I intend to show that the theme of this novel is "The Reflection of Teenager's Depression by The Influences of Social Environment and Family Problems Which Caused Drugs Abuse". To reach my objectives I make several steps as follows :

1. To analyze the novel of *Beautiful Boy* through literature intrinsic aproaches
2. To analyze the novel of *Beautiful Boy* by using extrinsic approach.
3. To analyze the theme through the novel of *Beautiful Boy* by the writer's statement from epilogue parts.

² Minderop, Albertine. *Metode Penelitian Kesusatraan*. Jakarta: Universitas Darma Persada, 2011

F. Framework of the Theories

Based on the objective of the problems above, to analyze this novel I use the intrinsic element of the story such as :

1. Intrinsic Approaches

Through this approaches I am going to use the concepts of characterization, setting, theme, and plot:

a. Characterization

“Perwatakan adalah kualitas nalar dan perasaan para tokoh di dalam suatu karya fiksi yang dapat mencakup tidak saja tingkah laku atau tabiat dan kebiasaan, tetapi juga penampilan.”³

It means that characterization is a logical quality and feeling of characters in a fiction works which may include not only the character or behaviour but also the appearance. In analyzing literature, a method can describe characteristic of characters in literary works. In analyzing the characteristic of characters, I am going to use this method as follow :

1) Characterization Through Telling Method

One method is telling, which relies on exposition and direct commentary by the author. Telling method is practiced by many fiction writers. We learn and look only at what is stressed by the author.⁴

2) Characterization Through Showing Method

The other method is the indirect the dramatic method of showing, which involves the author's stepping aside, as it were to allow the

³ Minderop Albertine, *Metode Karakterisasi Telaah Fiksi*, (Jakarta, Yayasan Obor Indonesia, 2005), Page: 95.

⁴ Pickering, James H. and Jeffrey. D Hooper 1981. *concise companion to literature*, Page: 27

characters to reveal themselves directly through and their actions. With showing, much of the burden of character analysis is shifted to the reader, who is required to infer character on the basis of the evidence provided in the narrative.⁵

b. Setting

Setting is very needed to help readers visualize the incident inside literary works and adding character's credibility. To understand the meaning and the function of setting, readers should pay special attention to a descriptive discourse which describing the setting in detail inside some short stories or novels. Setting should be described in the beginning of the story. It means the readers could make orientation and frame it to the next incident. Setting may serve (1) background for the action; (2) as an antagonist; (3) as means of creating appropriate atmosphere; (4) as means of revealing character, and (5) as a means of reinforcing theme

... setting helps the reader visualize the action work, and thus credibility and an air of authenticity to the character. ... to understand the purpose and function of setting, the reader must pay particular attention to the descriptive passages in which the detail of setting are produced, ... in established or near the beginning of the work as a mean of orienting the reader and framing the action that is to follow...⁶

1) Setting as Background for Action

This setting can be complex, in order to give a sense of life as it was in a particular historical past to the reader. Can be minimal or inferred, indicating the absurdity of setting.

⁵ Pickering and Hooper, *Op. Cit*, Pages: 27-28.

⁶ *Ibid*, Pages: 37-38.

Fiction requires a setting or background of some kind, even if it only resembles the stage set of a daytime television soap opera. Sometimes this background is extensive and highly developed, but in other cases, setting is so slight that it can be dispensed with in a single sentence or two or must be inferred altogether from dialogue and action.⁷

2) Setting as an antagonist

This setting helps to establish conflict in a story. The character can be human or not. It sinister force intimately connected with the characters.

Setting in the front of nature can function as a kind of casual agent or antagonist, helping to establish plot conflict and determine the outcome of event.⁸

3) Setting as a Means of Creating Appropriate Atmosphere

This setting arouses the reader's expectations and establishes an appropriate state of mind for events to follow.

Many authors manipulate their settings as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come. Some authors are not only provide the details of setting, but tells the reader just how to respond to them too.⁹

4) Setting as a Means of Revealing Character

This setting can be a metaphor for the character. From this setting, usually the author wants to give information about character in a literary work.

Very often the way in which a character perceives the setting, and the way he or she reacts on it, will tell the reader more about the character and his state of mind than it will about the actual physical setting itself. This is particularly true of works in which the author carefully controls the point of view. An author can also use setting to clarify and reveal

⁷Pickering and Hooper, *Op. Cit*, Pages: 38-39.

⁸ *Ibid*, Page: 39.

⁹ *Ibid*, Pages: 40-41.

character by deliberately making setting a metaphoric or symbolic extension of character.¹⁰

5) Setting as a Means of Reinforcing Theme

Through this setting readers can illustrate and clarify the central idea from a literary work.

Setting can also be used as a means of reinforcing and clarifying the theme of a novel or short story.¹¹

c. Theme

The most important element in a literary work is theme. It might the details of events surrounding this central conflict contain the major themes of the story.

In literature, theme is the central idea or statement about life that unifies and controls the total work. Theme is the comment or statement the author makes about that subject as it necessarily and inevitably emerges from the interplay of the various elements of the work. Theme is also the author's way of communicating and sharing ideas, preceptions, and feelings with his readers.¹²

d. Plot

Plot is a narrative of events arranged in their time sequence. A plot is also a narrative of events, the emphasis fallin on casuality.¹³ The elements of plot are as follows :

¹⁰ Pickering and Hooper *Op. Cit*, Pages: 41-42.

¹¹ *Ibid*, Page: 42.

¹² *Ibid*, Page: 61.

¹³ Pickering and Hooper *Op. Cit*, Page: 13.

1) Exposition

The exposition is the beginning section in which the author provides the necessary background information, sets, scene, establishes the situation, and dates the action. It may also introduce the characters and the conflict, or the potential for conflict. The exposition may be accomplished in a single sentence or paragraph, or, in the case of some novels, occupy an entire chapter or more. Some plots require more exposition than others.¹⁴

2) Complication

The complication, which is sometimes referred to as the rising action, breaks the existing equilibrium and introduces the characters and the underlying or inciting conflict (if they have not already been introduced by the exposition). The conflict is then developed gradually and intensified.¹⁵

3) Crisis

The crisis (also referred to as the climax) is that moment at which the plot reaches its point of the greatest emotional intensity; it is the turning point of the plot, directly precipitating its resolution.¹⁶

4) Falling Action

Once the crisis, or turning point, has been reached, the tension subsides and the plot moves toward its appointed conclusion.¹⁷

5) Resolution

The final section of the plot is its resolution; it records the outcome of the conflict and establishes some new equilibrium or stability (however tentative and momentary). The resolution is also referred to

¹⁴ *Ibid*, Page: 17.

¹⁵ *Ibid*.

¹⁶ *Ibid*.

¹⁷ Pickering and Hooper, *Op. Cit*, Page: 17

as the *conclusion* or the *dénouement*, the latter a French word meaning “unknotting” or “untying.”

2. Extrinsic Approaches

a. Psychology

Psychology is an academic and applied discipline that involves the scientific study of mental functions and behaviors. Psychology has the immediate goal of understanding individuals and groups by both establishing general principles and researching specific cases, and by many accounts it ultimately aims to benefit society.¹⁸

1) Drugs Abuse

Drug abuse, is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professionals. Substance abuse/drug abuse is not limited to mood-altering or psycho-active drugs. If an activity is performed using the objects against the rules and policies of the matter (as in steroids for performance enhancement in sports), it is also called substance abuse. Using illicit drugs – narcotics, stimulants, depressants (sedatives), hallucinogens, cannabis, even glues and paints, are also considered to be classified as drug/substance abuse. Substance abuse often includes problems with impulse control and impulsive behaviour.¹⁹

2) Erik H. Erikson Psychosocial Development Theory

Erikson's stages of psychosocial development as articulated by Erik Erikson explain eight stages through which a healthily developing human should pass from infancy to late adulthood. In each stage the person confronts, and hopefully masters, new challenges. Each stage builds on the successful completion of earlier stages. The challenges of

¹⁸ *Ibid.*

¹⁹ *Drugs Abuse*. http://en.wikipedia.org/wiki/Substance_abuse, Dec, 24th, 2012.

stages not successfully completed may be expected to reappear as problems in the future.²⁰

3) Depressive psychological approach

Depression is a state of low mood and aversion to activity that can have a negative effect on a person's thoughts, behavior, feelings, world view and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable; experience loss of appetite or overeating; have problems concentrating, remembering details, or making decisions; and may contemplate or attempt suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains or digestive problems that are resistant to treatment may be present.²¹

G. Method of the Research

In this research I am using qualitative research method with written source (text book), *Metode Karakterisasi Telaah Fiksi* and *Psikologi Sastra* by Dr. Albertine Minderop, MA, *Conchise Companion to Literature* by James H. Pickering and Jeffrey D.Hoeper, *Psikologi Kaum Muda Pengguna Narkoba* by Reza Indragiri Amriel and *Drugs In American Society* by Erich Goode.

H. Benefits of the Research

This reseach is very useful for those who want to make their knowledge deeper about family lifes in modern era. Through the result and the influence of social environment in direct ways, or the influence of psychological changes

²⁰ *Psychosocial Development*.

http://en.wikipedia.org/wiki/Erikson%27s_stages_of_psychosocial_development, Dec, 17th, 2012.

²¹ *Depression*. http://en.wikipedia.org/wiki/Depression_%28mood%29, Nov, 27th, 2012.

which obtained from the media in undirect ways. This research will be taken through new perspectives and not closing chances to make further research.

I. Systematic Presentation of the Term Paper

In this research, I arrange of this term paper consists of four chapters. Each chapter have its own topic and discussions as follows :

CHAPTER I entitled INTRODUCTION

This chapter discusses about research steps that are : backgrounds, Identification of the problem, limitation of the problem, statement of the problem, objectives of the problem, framework of the theories, method of the research, advantages of the research, and arrangement of the presentation.

CHAPTER II entitled ANALYZE BEAUTIFUL BOY NOVEL THROUGH INTRINSIC APPROACH

This chapter contents analysis of literary works through intrinsic approaches such characterization, setting, and plot.

CHAPTER III entitled THE REFLECTION OF TEENAGER'S DEPRESSION BY THE INFLUENCES OF SOCIAL ENVIRONMENT AND FAMILY PROBLEMS WHICH CAUSED DRUGS ABUSE IN DAVID SHEFF'S NOVEL BEAUTIFUL BOY

This chapter contents analysis of literary works through extrinsic approaches wich conclude psychological literary approach.

CHAPTER IV entitled CONCLUSION

This chapter contents of conclusions and closing words.