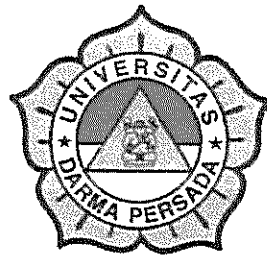


**CORRELATION OF THE TRAUMATIC EVENTS TO DEPRESSION IN  
THE NOVEL *JAZZ* BY TONI MORRISON**

TERM PAPER

Submitted In Partial Fulfillment of the Requirements

for Strata One (S1) Degree



MUHAMMAD BAGAS ERSTYANTO

2009130072

STRATA ONE (S1) OF ENGLISH DEPARTMENT

FACULTY OF LETTERS

DARMA PERSADA UNIVERSITY

JAKARTA

2015

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Name : Muhammad Bagas Erstyanto

Reg. Number : 2009130072

Signature : 

Date : 1 September 2015

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Term paper submitted by:


Name : Muhammad Bagas Erstyanto

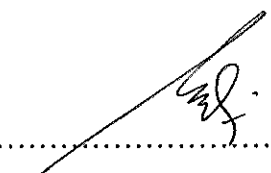
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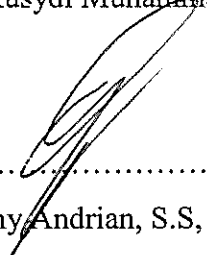
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Advisor :   
Dra. Karina Adinda, M.A

Reader :   
Drs. Rusydi Muhammad Yusuf, M.A

Head of English Dept :   
Tommy Andrian, S.S, M.Hum

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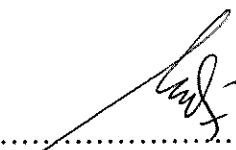
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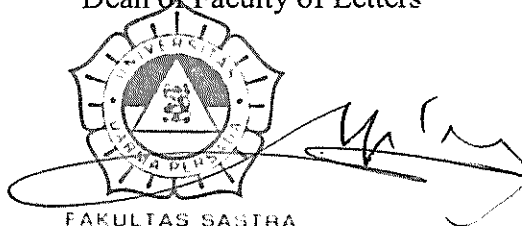
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Tommy Andrian, S.S, M.Hum

Dean of Faculty of Letters



FAKULTAS SASRA

Syamsul Bachri, S.S, M.Si

## PREFACE

Praise be to Allah, God who has been giving His blessing and mercy so I can complete the research that title "Correlation of The Traumatic Events to Depression in The Novel *Jazz* by Tomi Morrison" as scheduled. The research is a partial fulfillment of requirements for obtaining strata one degree of literature in English Department, Faculty of Letters, Darma Persada University.

I would like to give appreciation to all people who have given their contribution so I can finished the research. I realized that I can not accomplish the research without any supports of them. I express the deep and sincere gratitude.

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12. To my classmates of 2009 and everyone who I cannot mention them one by one.

I hope this research could give contribution for the readers in order to apply literary approaches and how to combine intrinsic and extrinsic elements so they can find the right theme for the novel. Furthermore I hope this research could help the readers who have interest in psychological literature.

Jakarta, 1 September 2015

Muhammad Bagas Erstyanto

## ABSTRACT

Nama : Muhammad Bagas Erstyanto  
Program Studi : Sastra Inggris S1  
Judul : Correlation of The Traumatic Events to Depression in The  
Novel Jazz by Toni Morrison

*The aim of this research is to analyze and show that the psychological trauma experienced by individuals from childhood can affect the appearance of major depressive disorders in later life. The analysis method used in this study through a literal approach to the intrinsic elements are applied to the concept of characterization, plot, and background, and with extrinsic elements through psychological approach uses the theory of psychological trauma and major depressive disorders. The use of the theory is based on mental development of one character in the novel since childhood until adulthood. The research is analyze through all traumatic experiences that occur on the character which have an effect to major depressive disorder in later life. The type of this research is a literature, a method that uses research materials derived from the text of the literary works of Jazz novel by Toni Morrison's works as a primary source and supported by theory of iterature research and theory of psychology books and also some journal of mental health that related to the concept of the study.*

*Keywords: Psychological, trauma, major depressive dissorder, literature, Jazz*

## ABSTRACT

Nama : Muhammad Bagas Erstyanto  
Program Studi : Sastra Inggris S1  
Judul : Correlation of The Traumatic Events to Depression in The  
Novel Jazz by Toni Morrison

*Penelitian ini bertujuan untuk menganalisis dan menunjukkan bahwa trauma psikologis yang dialami individu semenjak kanak-kanak dapat mempengaruhi munculnya gangguan depresi berat di kemudian hari. Metode analisis yang digunakan dalam penelitian ini melalui pendekatan sastra dengan unsur intrinsik yaitu diterapkan konsep perwatakan, alur cerita, dan latar, dan dengan unsur ekstrinsik melalui pendekatan psikologi menggunakan teori trauma psikologi dan gangguan depresi berat. Penggunaan teori yang ada didasari pada perkembangan mental yang dialami salah satu tokoh dalam novel semenjak masa kanak-kanak hingga dewasa. Penelitian yang dilakukan melalui analisa semua pengalaman traumatik yang dialami tokoh tersebut yang dapat menjadi timbulnya gangguan depresi berat di kemudian hari. Jenis penelitian ini adalah kepustakaan, yaitu metode yang menggunakan bahan-bahan penelitian yang berasal dari teks karya sastra dari novel Jazz karya Toni Morrison sebagai sumber utama dan didukung oleh buku teori mengenai penelitian karya sastra dan teori psikologi dan juga berbagai macam sumber jurnal kesehatan mental yang terkait dengan konsep penelitian.*

*Kata kunci: Psikologis, trauma, gangguan depresi, sastra, Jazz*



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# CHAPTER 1

## INTRODUCTION

### 1.1 Background of The Study

As we know sometimes life can bring us full of excitement or sadness. Most of us would be happy if we could get high score, promotion, or affection from people that we loved. And we would be sad if we failed in exam or don't have money. This is normal expression from our emotions. This temporary state of mind or feeling is called mood. The term "mood" describes one's emotions or emotional temperature. It is a set of feelings that express a sense of emotional comfort or discomfort. Losing someone in life can make traumatic experience for everyone. Normally we would be able to cope this events in short times. However for some people this traumatic experience become extended and interfere their normal function seriously. It can be happen because they have mood disorder. People with mood disorder do not know how to cope with the reduction in the amount of positive reinforcement that is experienced (Lewinsohn, 1974:443). They are no longer receiving positive reinforcements like they were before.

Major depressive disorder is one of mood disorder that commonly in society. This disorder is characterized by mood changes are moving downward. Thus making the sufferer lose the spirit of life and tend to close themselves or loss of interest and pleasure in activities for a period of at least 2 weeks (APA, 2013:160-161). Major depression cause impairment in a person's ability to fulfill its responsibilities common in their daily lives (Judd L. L, 2000:375). This can lead to feeling of alone, despair, loss of self-esteem, and angry. Furthermore there are correlation between depression and violence (Seena Fazel, 2015:230). Mood instability can be important as common causes of both depression and violence. People with major depressive disorder may also experience delusion events in their life. There are several factors that increase a person's risk for major depressive disorder, there are age, socioeconomic status, and marriage condition.

Similarly to the story in the novel *Jazz* by Toni Morrison that I analyze for this research. It is about black woman named Violet who lived in New York City in 1920. Violet grows up in a poor household in Virginia with her mother Rose Dear. Her grandmother, True Belle, comes from Baltimore to live with them when Violet's father abandons the family. Soon afterwards Violet's mother, Rose Dear, commits suicide by throwing herself into a well. After married with a man named Joe Trace, she lived in apartment with her husband who worked as a cosmetic salesman. Violet also worked as hairdresser. They have to worked hard to provide their needs. As we know at that time black people live in lower social class. However they try to achieve their dream to live in big city. Because of this pressure and inability to cope the problems in her life, Violet begin to suffer major depressive disorder. There are many factors that makes Violet under pressure. Since she was a child, Violet experiences traumatic events. She have to lost both of her parents. Then she have to struggle work in the fields far away from her grandmother. At the first time she start to stop talking with everyone including her husband. She also walk in street without purpose. There is a moment when her husband find her sit on the sidewalk. And their neighbour start talking bad about them. Due to pathetic situation of his wife, Joe begin to feel lonely. One day he meets a young woman named Dorcas. She is the niece of Alice Manfred. Joe came to the Alice's house to sell cosmetic equipment. After a brief meeting they decided to meet again. Joe rent an unused space in the Malvonne's apartment. After cheating with the young girl Joe kills his young lover. He kills her because Dorcas abandons him. Dorcas wants to find another guy because she feels bored having an affair with an old man. Meanwhile Violet feel something is stranged with her husband. She has a feeling that Joe Trace has cheated on her. After she knows it, Violet comes to Dorcas' funeral and cut her dead face. This incident makes Alice Manfred and everyone in church shocked. They decided to throw out from the church. Then Violet decided to go to Alice Manfred house and she talk to her about Dorcas. At the first time Alice Manfred feel strange with Violet because how can she talk to women who has cut her niece's corpse. Violet is very curious and want to know about Dorcas look like and everything that can make Joe Trace likes her. Alice Manfred and Violet become friends after the tragedy. In

the other hand, Joe still remembers Dorcas. He regrets the murder and miss her so much. After that in spring Joe and Violet try to save their marriage. They maintain the communication between them. Moreover they helped by Dorcas friends Felice. Felice try to explain to Joe and Violet concerning the truth of Dorcas personality. Dorcas was not good as he thought. Dorcas just want to gain an advantage from him. All this time Joe always give a present to her. Meanwhile Dorcas starts relationship with another guy named Ashton. Dorcas give the present from Joe to his new guy. After knowing the truth of his young lover, Joe talk to his wife and build their new life together. Joe work at Paydirt a speakeasy night job so he can be together with Violet in the next day. They shared their joy together and play poker with Joe's friends Gistan and Stuck. They try to forgive each other and starts their new life.

After I read the novel *Jazz*, I was finding a problem that can be analyzed, that is a women who suffer major depressive disorder because of traumatic events when she was a child and pressure from socioeconomic condition. I analyzed this novel through the theory of major depressive disorder which can be seen in the characterization of Violet, who grew up from broken families.

## **1.2 Identification of the problem**

Based on the background of the above issues, I identify psychological problems and personality in Violet character. She had childhood experience that teach her so hard. Her family life also not like commonly people. Her father left her and her mother committed suicide. Then she was raised by his grandmother. This condition can be stressor in her mind. Furthermore socioeconomic pressure in adulthood become trigger to her depression. In my assumption, theme of this novel is woman who suffer major depressive disorder because of traumatic events when she was a child and pressure from socioeconomic condition. This theme can be observed through elements such as characterization, plot, setting, and extrinsic elements through theory psychological trauma and major depressive disorder.

### **1.3 Limitation of the Problem**

Based on the identification of the problem above, I limit the problem to observe the psychological aspect of Violet character. As a black woman who have hard life since she was a child and her way to save her marriage when she suffer depression. I will use the concept of psychological problems which is formed by major depressive disorder in psychological trauma.

### **1.4 Statement of the Problem**

Based on the limitation issue above, I formulated the problem : if my assumption correct that the theme of this novel is woman who suffer major depressive disorder because of traumatic events when she was a child and pressure from socioeconomic condition?. To answer this question, I formulate the problems as bellow :

1.4.1 Can the novel can be explored through the analysis of the novel *Jazz* characterizations, settings, and plot?

1.4.2 Can the dispositive study to demonstrate the concept of psychological literature?

1.4.3 Can the study of themes can be built through the analysis of the results of characterization, setting, and plot combined with the psychological concepts of literary analysis?

### **1.5 Objectives Of The study**

Based on formulation of the problem above, I aim to show that the theme of the novel is a woman who suffers major depressive disorder because of traumatic events when she was a child and pressure from socioeconomic condition. To achieve this objective I do the following steps :

1.5.1 To analyze characterizations to prove the influence of major depressive disorder to Violet.

1.5.2 To analyze themes through the analysis of characterization, setting, and plot which is correlated to the concept of major depressive disorder in psychological trauma.

1.5.3 To analyze psychological trauma as a major cause of Violet's major depressive disorder in adulthood.

## **1.6 Framework of Theories**

Based on the above research purposes, I use the theories and concepts covered in the intrinsic and extrinsic. Theories that I use are :

### **1.6.1 Intrinsic Elements**

#### **A. Characterization**

Disposition is the quality of thought and feelings of the characters in a work of fiction that includes behavior or habits and appearance. Character is an individual within a literary work. They also said in glossary, characterization is the process by which an author creates, develops, and presents a character (Pickering and Hoepfer, 1981: 295). Characterization methods in the study of fiction that I use is the method of characterization through methods of telling and showing. Characters can be presented by the description in their action, speech, and also their mind.

#### **B. First Person Omniscient**

First-person point of view "I" consists of "I" as a main character or first-person participant is the narrator who had a role as the main character, reported the story from the perspective of "I" and become the focus or center of the story. Second, "I" as an additional character "First-person Observant" is the narrator who did not participate in the story, is present as an additional active character as listeners or viewers and only reported the story to the reader from the point of view of "I". In this term paper, I will use the First-person as a main character technique.

## C. Plot

A plot is a narrative of events arranged in their time sequence (Pickering and Hoeper, 1981: 13). Plot is a literary term defined as the events that make up a story, particularly as they relate to one another in a pattern, in a sequence, through cause and effect, how the reader views the story, or simply by coincidence. These are the elements of plot, with following details:

### 1. Exposition

The exposition is the beginning section in which the author provides the necessary background information, sets the scene, establishes the situation, and dates the action. It may also introduce the characters and the conflict, or the potential for conflict (Pickering and Hoeper, 1981: 16).

### 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 (Pickering and Hoeper, 1981: 17).

### 3. Crisis

The crisis (also referred to as the climax) is that moment at which the plot reaches its point of greatest emotional intensity; it is the turning point of the plot, directly precipitating its resolution (Pickering and Hoeper, 1981: 17).

### 4. Falling Action

Once the crisis, or turning point, has been reached, the tension subsides and the plot moves toward its appointed conclusion (Pickering and Hoeper, 1981: 17).

### 5. Resolution

The final section of the plots is its resolution; it records the outcome of the conflict and establishes some new stability (however tentative and momentary). The resolution is also referred to as the conclusion (Pickering and Hoeper, 1981: 17).



### C. Setting

Setting is the act or state of setting or the state of being set. Setting shows about the place and time which the action of works. There are five elements of setting, there are:

#### 1. Setting as Background for Action

Setting as Background for Action is a setting which explained about the place where an event is happening.

#### 2. Setting as Antagonist

Setting as Antagonist is a setting which explained about the scenes of conflict in the works.

#### 3. Setting as a Means of Creating Appropriate Atmosphere

Setting as a Means of Creating Appropriate Atmosphere is a setting which explained the situation or atmosphere in the works so it could make the readers feel it.

#### 4. Setting as a Means of Revealing Character

Setting as a Means of Revealing Character is a setting which explained about the character through their appearance, action, and so on.

#### 5. Setting as a Means of Reinforcing Theme

Setting as a Means of Reinforcing Theme is a setting which explained about the clarification of the author about the message of the works so the readers could get the idea of the works.

### D. Theme

According to Pickering and Hoepfer, theme may mean the moral or lesson that can be extrapolated from the work. Theme is also used sometimes to refer to the basic issue, problem, or subject with which the work is concerned. Theme in literature, can be said to represent the vehicle an author uses to establish a relationship with the larger world in which he or she lives and works (Pickering and Hoepfer, 1981: 61).

## 1.6.2 Extrinsic Elements

### A. Psychological Trauma

Psychological trauma is disturbing experience or emotional shock following a stressful event or a physical injury which may lead to long-term neurosis. According to Lenore Terr, trauma is an events that come from external and become incorporated into the mind and assault the person from the outside (1990:8). There are many events that can lead traumatic experience in individual mind. According to Substance Abuse and Mental Health Services Administration (SAMHSA) in 2002 page 2-3, some of the example condition such as : Physical, emotional, or sexual abuse, neglect, war experiences, outbursts of temper and rage, alcoholism, physical illnesses, surgeries, and disabilities, sickness in your family, lost of close family members and friends, natural disasters, accidents. Not all of potentially traumatic events lead to psychological damage. Some people can move quickly from the most tragic and shocking experiences. While others are devastated by the experiences. A number of risk factors make people susceptible to emotional and psychological trauma.

However the most important thing that damage mind person is not the traumatic experience itself. When a person have traumatic experience in their life, the individual mind will react and give response in their own way based on the experience that that have been collected in their life (Van der Kolk, 1989:1530-1540). From the description above I conclude that when someone get traumatic event, his mind will try to search the same event and his way to cope the traumatic itself. If there is no same event, his mind will move this event to deep memory. This bad memory that can make a stressor in someone's life. People can get trauma by a stressful experience if they are already under heavy stress load or have recently suffered a series of losses.

They also get psychological damage if the earlier trauma occur in childhood (Understanding Depression, Harvard Medical School, 2008:9). When children suffer traumatic experience they have different way of thinking than an adult. They have lack of experience so the children will more suffer and

sometimes it is hard to talk about their feelings to others when traumatic experience is occur. Psychological trauma in childhood have severe and long lasting effect. Children who get traumatic experience see the world as a frightening and dangerous place. When childhood trauma is not resolved, the fundamental sense of fear and helplessness can continued into adulthood as a further trauma (NCTSN, 2015:6). This traumatic event need to receive psychological treatment to decrease the effect and symptoms of trauma (APA, 2013:267). So they can reduce and overcome the traumatic experiences by make the right perception to establish the children mental's health. In addition participation of near person like family have big impact for the individual ability to cope the stress (APA, 2013:267). In times of extreme stress, individuals often fail to use their true ways of coping. Mental health professionals can help families navigate these real life challenges. Thus, helping children and families figure out how to apply their existing skills to a new and unfamiliar type of event is in order. In the other hand, individuals need to build new skills to be able to handle a traumatic event. Training in coping skills and problem solving is often a part of based treatment. Mental health professionals must be sensitive to providing training that is consistent with children's developmental level and the family's cultural or ethnic background.

The example of various psychological symptoms of trauma are shock, anger, guilt, shame, sad or hopeless, etc. And physical symptoms of trauma are insomnia, nightmares, racing heartbeat, fatigue, and difficulty concentration, etc. This symptoms are normally for people who deal with abnormal situations. There are no right or wrong according to human reaction (Lawrence Robinson, 2015:2). If the reaction is can not to be blame, what is the reason that can make people suffer from psychological trauma?. From this explanation I conclude that the different thing between wrong or right process due to traumatic experiences are based on how long individual can conform or accommodate the situation after the traumatic event. If the individual take long time to feel sad and mourn in negative way. It can make worse for the individual mind.

Although the effects of specific traumas are well established, many individuals in clinical and research settings have experienced more than one major traumatic event in their lives (Breslau, Chilcoat, Kessler, Peterson, & Lucia, 1999:813). Of these, some report symptomatology that appears to reflect the combined effects of these multiple experiences, as opposed to solely their last or most severe trauma exposure. For example, a growing research literature indicates that the lifetime number of different traumas experienced by an individual predicts the severity of his or her symptoms in a number of different areas, including posttraumatic stress, dissociation, anxiety, depression, anger, and somatic complaints (Cloitre, Cohen, Edelman, & Han, 2001:1-17).

From the explanation above, I can conclude that psychological trauma could be happen because of lack information for specific event that hard to be acceptable and unprepared mind for abnormal situation which can lead reaction for the individual physic and mind. Therefore the symptoms are disserve for the individual itself and environment. Particularly if the trauma experiences by children. Because it can lead long time effect that can injure individual mind in the future. That is the reason why mental health professional is needed to overcome the mind damage cause of traumatic experiences. Moreover family role can give positive energy for the individual to increase self confident and ability to give direction on how to cope the traumatic experiences.

#### B. Major Depressive Disorder

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people can 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, attempt, or commit suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains, or digestive problems may also be present. Depressive episode involves symptoms such as depressed mood, loss of interest and enjoyment, and

increased fatigability. Major depressive disorder is one of the common psychological problems in daily life. According from researcher, one in four women and one in six men experience depression during their lifetime (Kessler, 2010:225), and up to 65% of people have recurrent episodes of disorder (Eaton, 2008:513).

According from APA (American Psychiatric Association) in 2013 page 160-161, there are criteria for Major Depressive Episode based on DSM-5 classification. There are:

a. Five (or more) of the following symptoms have been present during the same 2- week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure. Note: Do not include symptoms that are clearly due to a general medical condition, or mood-incongruent delusions or hallucinations.

- Depressed mood most of the day, nearly every day, as indicated by either subjective report (feels sad or empty) or observation made by others (appears tearful). Note: In children and adolescents, can be irritable mood.
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation made by others).
- Significant weight loss when not dieting or weight gain (a change of more than 5 percent of body weight in a month), or decrease or increase in appetite nearly every day. Note: In children, consider failure to make expected weight gains.
- Insomnia or hypersomnia nearly every day.
- Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down).
- Fatigue or loss of energy nearly every day.

- Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).
  - Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others).
  - Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.
- b. The symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning.
- c. The symptoms are not due to the direct physiological effects of a substance (a drug of abuse, a medication) or a general medical condition ( hypothyroidism).

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe. An individual with a mild depressive episode will have some difficulty in continuing with ordinary work and social activities, but will probably not cease to function completely. During a severe depressive episode, on the other hand, it is very unlikely that the sufferer will be able to continue with social, work, or domestic activities, except to a very limited extent.

Major depressive disorder are divided into two main classification: major depression without psychosis symptoms and major depression with psychosis symptoms. Individuals with psychotic depression experience the symptoms of a major depressive episode, along with one or more psychotic symptoms, including delusions and/or hallucinations. Delusions can be classified as mood congruent or incongruent, depending on whether or not the nature of the delusions is in keeping with the individual's mood state. Common themes of mood congruent delusions include guilt, punishment, personal inadequacy, or disease. Half of patients experience more than one kind of delusion. Delusions occur without hallucinations in about one-half to two-thirds of patients with psychotic depression.

Delusion can be divided into five subtypes. There are different symptoms and explanation for each delusion. And to cope the problems of the delusion, people around the individual has to know about how to understand each of the types. In érotomanie type, the central theme of the delusion is that another person is in love with the individual. The person about whom this conviction is held is usually of higher status (a famous individual or a superior at work) but can be a complete stranger. Efforts to contact the object of the delusion are common. In grandiose type, the central theme of the delusion is the conviction of having some great talent or insight or of having made some important discovery. Less commonly, the individual may have the delusion of having a special relationship with a prominent individual or of being a prominent person (in which case the actual individual may be regarded as an impostor). Grandiose delusions may have a religious content. In jealous type, the central theme of the delusion is that of an unfaithful partner. This belief is arrived at without due cause and is based on incorrect inferences supported by small bits of "evidence" (disarrayed clothing). The individual with the delusion usually confronts the spouse or lover and attempts to intervene in the imagined infidelity. In persecutory type, the central theme of the delusion involves the individual's belief of being conspired against, cheated, spied on, followed, poisoned, maliciously maligned, harassed, or obstructed in the pursuit of long-term goals. Small slights may be exaggerated and become the focus of a delusional system. The affected individual may engage in repeated attempts to obtain satisfaction by legal or legislative action. Individuals with persecutory delusions are often resentful and angry and may resort to violence against those they believe are hurting them. In somatic type, the central theme of the delusion involves bodily functions or sensations. Somatic delusions can occur in several forms. Most common is the belief that the individual emits a foul odor; that there is an infestation of insects on or in the skin; that there is an internal parasite; that certain parts of the body are misshapen or ugly or that parts of the body are not functioning.

There are some risk and prognostic factors that can affect an individual for Major Depressive Disorder, the explanations are :

### 1. Temperamental.

Neuroticism (negative affectivity) is a well-established risk factor for the onset of major depressive disorder, and high levels appear to render individuals more likely to develop depressive episodes in response to stressful life events.

### 2. Environmental.

Adverse childhood experiences, particularly when there are multiple experiences of diverse types, constitute a set of potent risk factors for major depressive disorder. Stressful life events are well recognized as precipitants of major depressive episodes, but the presence or absence of adverse life events near the onset of episodes does not appear to provide a useful guide to prognosis or treatment selection.

### 3. Genetic and physiological.

First-degree family members of individuals with major depressive disorder have a risk for major depressive disorder two- to fourfold higher than that of the general population. Relative risks appear to be higher for early-onset and recurrent forms. Heritability is approximately 40%, and the personality trait neuroticism accounts for a substantial portion of this genetic liability.

### 4. Course modifiers.

Essentially all major nonmood disorders increase the risk of an individual developing depression. Major depressive episodes that develop against the background of another disorder often follow a more refractory course. Substance use, anxiety, and borderline personality disorders are among the most common of these, and the presenting depressive symptoms may obscure and delay their recognition. However, sustained clinical improvement in depressive symptoms may depend on the appropriate treatment of underlying illnesses. Chronic or disabling medical conditions also increase risks for major depressive episodes. Such prevalent illnesses as diabetes, morbid obesity, and cardiovascular disease are often complicated by depressive episodes, and these episodes are more likely to become chronic than are depressive episodes in medically healthy individuals.

A recent World Health Assembly called on the World Health Organization and its member states to take action in this direction (WHO, 2012:6). Depression is a common mental disorder that presents with depressed mood, loss of interest or



pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life (WHO, 2012:6). There are multiple variations of depression that a person can suffer from, with the most general distinction being depression in people who have or do not have a history of manic episodes.

According to Kessler in 2010 page 225, he stated that women have more risk to suffer major depressive disorder than man. The ratio is 1:2 between women and man risk. There are few factors which could cause women are more at risks. The depression manifest because of these reasons ; hormonal changes during puberty, menstruation, pregnancy miscarriage, and menopause. Other factors that boost the risk of clinical depression in women who are biologically vulnerable to it include increased stress at home or at work, balancing family life with career, and caring for an aging parent. Raising a child alone will also increase the risk.

### **1.7 Research Methodology**

In this study I use qualitative research methods to the data source novel of *Jazz* written by Toni Morrison and supported by several supporting books such as : *Concise Companion to Literature* (1981) by James H. Pickering and Jeffrey D. Hooper, *Too Scared To Cry: Psychic Trauma In Childhood* (1990) by Lenore Tarr, *Human Development* (2008) by Diane E. Papalia, *Abnormal Psychology in a Changing World* (2003) by Jeffrey S. Nevid, and many experts' thoughts. Types of research literature and the nature of interpretive research is the method of data collection through literature research and theory assessment inductive pattern is from the particular to the general.

## 1.8 Benefits of Research

This study is beneficial for those interested in deepening their knowledge about the connection of childhood traumatic experiences with risk of major depressive disorder in their lives in the future and what lies behind the infidelity. This study also for those who are interested in deepening knowledge about literary approaches analysis which correlate with psychological approaches that could be beneficial for students or researches who want to explore more deeply about *Jazz* novel.

## 1.9 Systematics Presentation

This term paper will be arranged in chapters as follows:

- CHAPTER 1      Contains introductory chapters that research stages background, problem identification, barring problems, formulation of the problem, objectives of the study, the theoretical basis, methods of research, the benefits of research, and systematic research.
- CHAPTER 2      This chapter contains the analysis of literary works through an approach that includes intrinsic characterization, setting and plot.
- CHAPTER 3      This chapter contains of theme analysis with intrinsic and extrinsic elements.
- CHAPTER 4      This chapter contains the conclusion of novel analysis *Jazz* by Toni Morrison with moral message and the connection with the real life.