ANXIETY AND DEPRESSIVE DISORDER TOWARD THE MAIN CHARACTER IN PAULA HAWKINS' NOVEL *THE GIRL ON THE TRAIN* (PSYCHOANALYSIS)

A THESIS

Presented to the Faculty of Letters Bosowa University Makassar in Partial Fulfillment of the Requirement for the Sarjana Degree at the English Department

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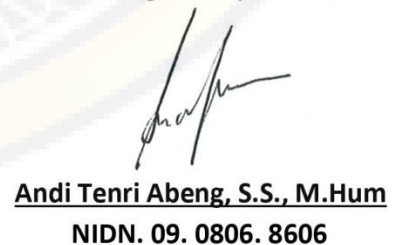**NIDN. 09. 1209. 6701**

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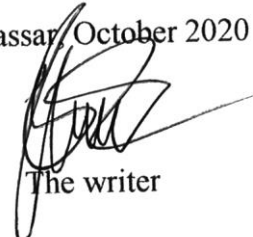
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First of all, all praises due to ALLAH SWT, Thank you for the glorify Allah because of the favours and all the blessings so this thesis can be finished and sholawat and salam are always given to our Prophet Muhammad SAW who has taught the people respectively in order to attain happy and prosperous life in this world and here after.

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Makassar, October 2020

The writer

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THE LETTER OF ORIGINALITY

Dengan ini saya menyatakan bahwa skripsi yang berjudul **ANXIETY AND DEPRESSIVE DISORDER TOWARD THE MAIN CHARACTER IN PAULA HAWKINS' NOVEL** *THE GIRL ON THE TRAIN* beserta seluruh isinya adalah benar-benar hasil karya saya sendiri bukan karya hasil plagiat. Saya siap menanggung resiko/sanksi apabila ternyata ditemukan adanya perbuatan tercela yang melanggar etika keilmuan dalam karya saya ini, termasuk adanya klaim dari pihak lain terhadap keaslian karya saya ini.

Makassar, 19 Oktober 2020

Yang membuat pernyataan

Armyati Siregar

ABSTRAK

Armyati Siregar. 4516051009. *Gangguan Kecemasan dan Depresi terhadap Karakter Utama dalam Novel The girl on the Train oleh Paula Hawkins*. Program Bahasa dan Sastra Inggris, Fakultas Sastra. Universitas Bosowa. Di bimbing oleh: Dahlia D. Moelier dan Asyrafunnisa.

Tujuan dari penelitian ini adalah mengkategorikan dan menjelaskan jenis dan penyebab dari gangguan kecemasan, gejala dan penyebab dari gangguan depresi, serta bagaimana karakter utama melakukan mekanisme pertahanan diri dalam novel "The Girl on the Train" ditulis oleh Paula Hawkins.

Metode yang digunakan dalam penelitian ini yaitu metode deskriptif, dengan pendekatan. psikologis. Peneliti memahami isi novel dengan membaca secara berulang,, mencatat, lalu mengkualifikasikan data-data yang berhubungan dengan penelitian ini.

Hasil penelitian menunjukan bahwa karakter utama Rachel memiliki 3 jenis gangguan kecemasan yang disebabkan oleh lingkungan, ancaman, frustasi, gender dan rasa takut. Rachel juga memiliki gejala depresi yang disebabkan oleh kemandulan, perselingkuhan dan perceraian, kehilangan pekerjaan serta alcohol. Untuk mengatasi gangguan kecemasan dan depresi Rachel menggunakan 3 jenis mekanisme pertahanan diri yaitu, repression, displacement and rationalization. Peneliti menemukan 44 data dan dapat dibedakan menjadi: jenis gangguan kecemasan 8 data, penyebab gangguan kecemasan 8 data, gejala depresi 16 data, penyebab gangguan depresi 6 data dan mekanisme pertahanan diri 6 data. Dari penjelasan diatas dapat disimpulkan bahwa gangguan kecemasan dan depresi dapat terjadi pada setiap invidu secara bersamaan dengan penyebab yang berbeda.

kata kunci : kecemasan, depresi, meknisme pertahanan, pendekatan psikologis

ABSTRACT

Armyati Siregar. 4516051009. *Anxiety and Depressive Disorder toward the Main Character in Paula Hawkins' Novel The Girl on the Train*. English Language and Literature Program, Faculty of Letters. Universitas Bosowa. Supervised By: Dahlia D. Moelier and Asyrafunnisa.

The purpose of the study was to categorize and explain about kinds and causes of anxiety, symptoms and causes of depressive disorder and what are the defense mechanism of main character to overcome her anxiety and depressive disorder in novel "The girl on the Train" by Paula Hawkins.

The method used of this research is descriptive method with psychological approach, the researcher understand the novel with reading repeatedly, quoting and qualified the data who related with the research.

The result of study showed that the main character had 3 kinds of anxiety and caused by environment, threat, frustration, gender, and fear. Rachel also had a symptoms of depression and caused by infertility, infidelity and divorced, loss a job and alcohol. To overcome her anxiety and depression Rachel used 3 kinds of defense mechanism such as repression, displacement, and rationalization. The writer found 44 data and could be devided into: the kinds of anxiety disorder 8 data, the causes of anxiety disorder 8 data, the symptoms of depressive disorder 16 data, the causes of depressive disorder 6 data and defense mechanism 6 data. From the explanation it could be conclude that anxiety and depressive disorder which is commonly faced by people nowadays and could be happen together with the different main caused.

Keyword: Anxiety, depression, defense mechanism, psychological approach.

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CHAPTER I

INTRODUCTION

A. Background

Human life as reflected in literature, mutually connected and cannot be separated. In literary work, human is one of an object of literature and literature can be a tool to learn about the relationship created by the author through their works. Literature is imaginative writings including drama, prose fiction and nonfiction, and even poetry. (Hornby, 1995: 931) State that prose is the written or spoken language is not in verse. Fiction is not real, describing imaginary events and people. Therefore, Prose Fiction is a literary works that tells people and things not based on fact and just imaginary writing that is written in sentences or paragraph. Novel is one of prose fiction.

The word "Novel" comes from Italian language that is "novella", novella means "little new stuff and then interprets as "short story" in prose (Abrams, 2009:226). Novel is narrative text informing of prose with a long shape that including some figures, fiction event. Novel also has a genre, the genre of a novel has encompassed and extensive range of types: mystery, horror, psychological, romance and thriller and in this research the writer will analysis novel with the genre psychological.

The writer chooses The Girl on the Train novel by Paula Hawkins as a material object. The Girl on the Train is a novel by British author Paula Hawkins and about psychological thriller, the novel published in the number on spot on The

New York Times Fiction Best Seller 2015 on 1 February 2015. The writer really interests to the main character, Rachel Watson, describes as a depressive woman and full of anxiety because her divorce, cannot have a baby and all the things who related with her life. The point is, Rachel cannot move on and be drunken woman. Rachel wants to life as quiet and pleasant without any once and problems in their live, all her problem make her so frustrated, despair, worry and frightened about something worst and it affects to her psychology.

"Literary work viewed as psychological phenomena, the psychological aspect will appear through the character if the text likes drama or prose" (Endaswara, 2011:96). Psychoanalysis is study to analyses about human psychology, and will focus on *id, ego, and superego* of human related with conscious mind and unconscious mind. The writer is interested in psychoanalysis who reflected in the novel, it is challenging for researcher to know more about psychological theory through a literary work especially about anxiety disorder and depressive disorder.

For analyzing anxiety problem the writer uses a Sigmund Freud's theory and for depressive disorder the writer will use Johnson and Lumongga Theory . Freud said that anxiety related for something which is disarray (Hilgard, 1975:420). A conflict between any aspects can cause anxiety, and it can be a danger sign. This condition is followed by unhappy, feeling worried, fear and kinds of emotion which can be felt. In case, depression is also existed in social life. Some human being feel depressed in their life, as a reaction when people broke up, a death in the family or a soul mate, losing job, or get disease. Anxiety

and depression can happen together and can affect to all the kind of people, old and young, rich and poor, famous or unpopular famous. Therefore, a person who felt anxiety and depression must do maneuver through defense mechanism. Defense mechanism which is believed as a protection to reduce anxiety, this mechanism protects people from external threatening which appears from internal anxiety or depression by distorting with some ways. With the purpose of defense mechanism in human' psychological life, People are not only to check it in reality but also need to observe in literary work.

From the definition above, the writer decides to do psychoanalysis of the anxiety and depression that faced of Rachel Watson in the novel The Girl on the Train, it can be helpful for people to know more about anxiety and depression, and the defense mechanism.

B. Reason for Choosing the Title

This topic is chosen because anxiety and depression is a problem which is commonly faced by people nowadays, even it can be more serious and someone who has both can also commit suicide. So, the writer decided to do analysis about the kinds, causes, symptoms and the way to overcome correctly from novel The Girl on the Train, it is not only for entertainment but also people can know more about anxiety, depressive disorder and how to overcome.. Therefore, it is hoped that this study may give contribution to the readers any input about anxiety and depression so that it can be avoided or cured when it comes.

C. Research Question

1. What are the kinds and causes of Rachel Watson's anxiety in The Girl on the Train novel?

2. What are the symptoms and causes of Rachel Watson's depression in The Girl on the Train novel?

3. What are the defense mechanism done by Rachel Watson to overcome her anxiety and depression?

D. Objective of the Research

1. To find out and explain the kinds and causes of Rachel Watson's anxiety in The Girl on the Train novel.

2. To find out and explain the symptoms and causes of Rachel Watson's depression in The Girl on the Train novel.

3. To find and explain the defense mechanism done by Rachel Watson to overcome her anxiety and depression?

E. Scope and Limitation of the Research

This research discussed about Rachel Watson's psychological problem especially her anxiety and depression. The writer focused on identifying the kinds, symptoms and causes of Rachel Watson's anxiety and depression, and the way Rachel to overcome her anxiety and depression.

F. Significance of the Research

There are two significances of this research such as theoretically and practically as follows:

1. Theoretically

   The writer expects this research could show that literary work could be a reflection of the real life through the characterization, condition of life, even the psychological condition. Particularly, in the psychological condition such as anxiety and depressive disorder is an abnormal behavior that gives a negative impact of daily activities.

2. Practically

   The writer also expects that this research can be as reference for people who are doing psychoanalysis in literary work.
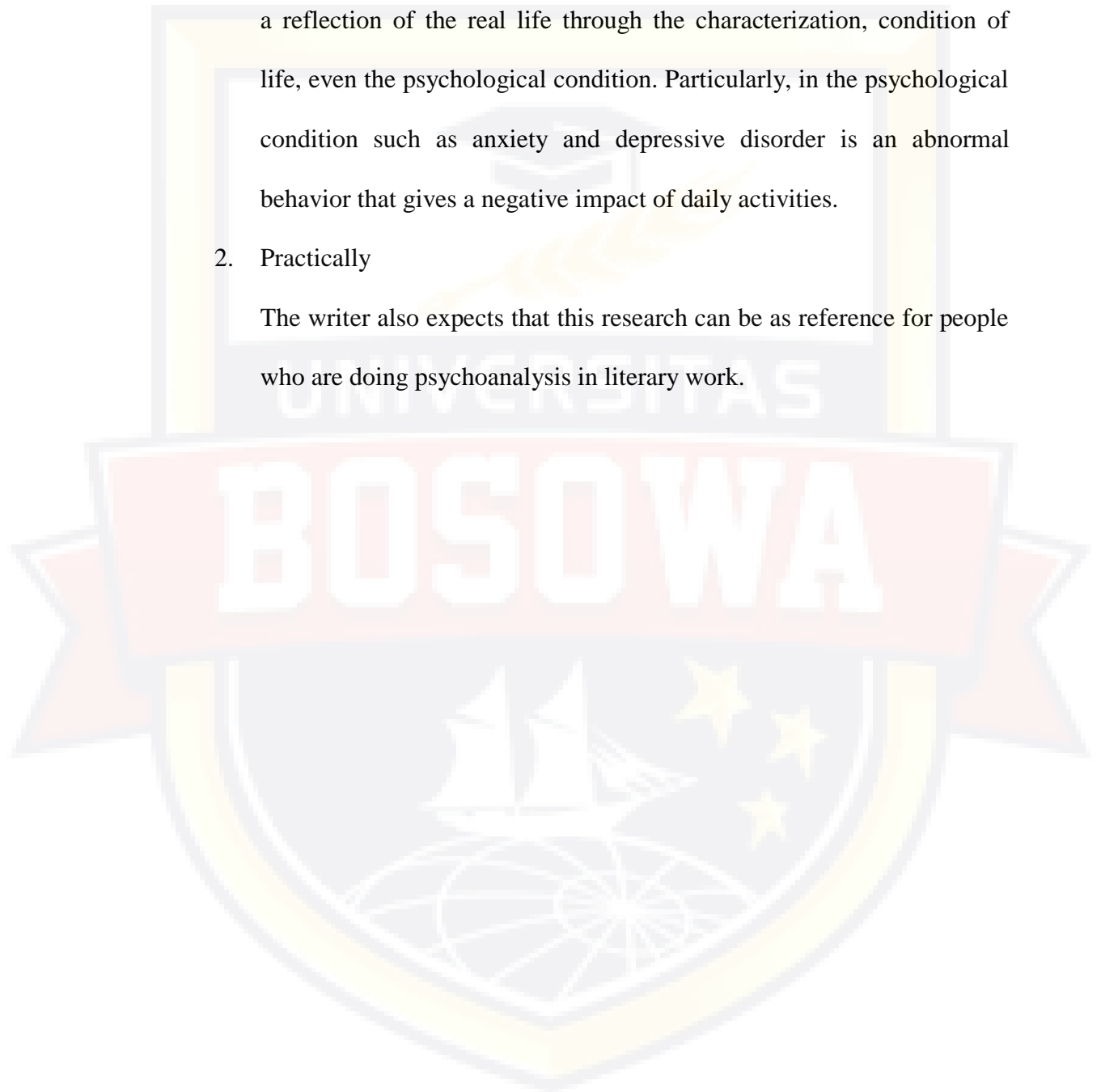
CHAPTER II

REVIEW OF RELATED LITERATURE

A. Previous Studies

There are several previous studies that related to this study, such as:

Farokhah (2015) *"Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor"*. The result of this research that Elizabeth Holland experiences internal conflict which happens between Ego and Superego namely Moral, realism and neurotic anxiety. Elizabeth always feels panic and fright. Her anxiety is generally caused by the threats from her school husband and her environment as well. To decrease those anxious feelings, Elizabeth shows her self-defense mechanism: repression, sublimation, displacement, rationalization, reaction, formation, projection, aggression, fantasy, denial, and asceticism.

Sarjono (2016) *"Dr. Leidner's Anxiety Reflected in Agatha Christie's Murder in Mesopotamia"*. This research describes a reflection of psychological phenomenon in reality, it is showed by the character's behavior. The result of this research, Dr. leidner has a conflict between his ego and superego which concludes moral anxiety that always feel worried and threatened. The anxiety generally caused by threatening from people around. In reducing moral anxiety, he does self-defense mechanism namely aggression, suppression, regression.

Kurniawan (2017) *"Maleficent' Depression in Change of Personality: A Psychoanalytic Study on the Curse of Maleficent Novel"*. This research analyzing change personality of Maleficent caused by depression on Elizabeth Rudnick's the curse of maleficent novel by psychoanalytic theory. The result of this research: the

symptoms of maleficent depression in her change personality, the cause of maleficent' depression and the impact of her depression.

Hikmah (2020) "Anxiety Disorder in Josh Malerman's Bird Box". The result of this study, the writer founds that the main character was felt by 3 kinds of anxiety, they are: reality, neurotic and moral anxiety, and ued three types of defense mechanism.

The similarity of with four previous studies and this research is they are talking about mental health such anxiety and depressive disorder using Freud's theory. The difference between previous research and this research used a different novel as a literary work to analyzed.

B. Novel and Literature

Novel is the long story that including the complex plot, character and setting (Sumardjo, 1998:29). The novel was developed from narrative nonfiction such as letters, biographies, and history. By development time the novel not only based on data nonfiction, the novel can be reflects from daily life and lifted by social problems, economic and culture. There are several intrinsic elements of novel that theme, plot, characterization, setting, point of view, and style. Especially, character and characterization is an important element of fiction.

The character becomes a striking thing in this research because it focuses on the figure Rachel Watson. "Character is the description of a real that shows in the story" (Nurgiyantoro, 2007:165) and here some ways to get picture of character:

a. What the character looks like

b. What character said and the way character said

c. What the character thinks

d. How the character acts every different situation

e. What other character changes as the play goes on

f. How character's words match their actual deeds

In literary works, characters are divided into two types. They are major and minor characters. Major character is a main character where almost appear in the whole of the story and also associated with other character in the story. On the other hand, minor character is when only some pieces of the story, the minor character would appear if it has a correlation with the main character. In addition with types of character above, there are also two types of character. It is flat and round character. Main character is a round character because is complex. And flat character usually is a minor character, it is not gives surprised for readers because it is not affect the other side of their life and moral values in story still flat.

Process of developing character is called characterization, there two methods of characterization is telling and showing. Telling is when the writer describe about character and showing is when presented the character's expression. It has been assumed that there are four level of characterization are:

a. Physical, it is level of basic facts as sex, age, and size. It just reveals external traits only.

b. Social, it is about social condition of character includes economic status, profession, family, social relationship or all factors which place a character in his environment.

c. Psychological, it is about habitual responses, attitudes, motivation, like and dislike, desire. The psychological level is the most important parts of characterization.

d. Moral, it is about moral decisions to examine his motivates and values. The choices made by character when he is faced with a moral crisis to show whether he is selfish, or always acts according about what he beliefs.

C. Psychology and Literature

Literature is a product of human thought and also called as work of art. Literary works are mirror of human life, sometimes have a relation with author's life such as telling about what author's feel, see and face in this social life, but sometimes it comes from author's imagination or looking from interesting issues. There are many massages can be learn in the literary works, but the massage cannot be caught easily and that is the reason why people around looking at the artistic side.

"Psychology may be defined as the science that studies behavior of people" (Hilgard, 1983:100). Psychology derived from Greek's words, "psyche" and "logos". Psychology is a scientific study of behavior and mental processes, therefore by observing someone's behavior it brings to understand about psyche condition. Briefly, we can learn about someone characteristic and psyche condition through his behaviors. As a general theory of behaviors and impression psychology ideas developed by the study of the biological and social sciences, behavior, history, philosophy and literature.

Psychology is science of branch in it, the following are some of the major areas of research and application within psychology:

a. Abnormal psychology is a study of abnormal behavior. It is focus on research and treatment of mental disorders variation and linked to psychotherapy and clinical psychology.

b. Biological psychology also knows as biopsychology, study about how biological processes influence the mind and behavior.

Psychological aspect focuses on particular aspect, such as:

a. Intelligence, general capacity for thinking and reasoning that a very one effect the ability to perform well on a wide variety of task. More intelligence people adapt better to their environment by reasoning clearly.

b. Emotion, response to the world around us and they are created by the combination of our trough feeling and action. Emotion can serve as as motivators for behavior and motives can be rather emotional. Similarly, love can motive people engage in a number of different behaviors, from the simple act writings or making a phone call to the major step of getting married or moving. There are many kinds of emotional, such as: sadness, anxiety, anger, hated and happiness.

c. Personality, Characteristic of behaviors and emotional patterns of evolved from biological and surroundings factors.

There is a relationship between literature and psychology in human life. Both of them deal about human behaviors, expression, thought and motivation.

Psychological elements would be present in the literary works as long as human as the theme of text. Starts with benefit from one another between psychology and literature, it gives a new analysis which is called literary psychology. Literary Psychology almost comprise everything what we want to know about literature, because literature is a product of human thought. Wellek and Warren (1997:81), explain that there are several definition of literary psychology based on the subject of research, such as:

a. Psychology of literature that learn about author's psychology as an individual it means that author cannot be separated from desire and emotion. Based on the emotional background author can creates a literary works.

b. Psychology of literature that learn about creative process. It looks at how the process of a work can be made a whole literary work.

c. Psychology of literature that learn about types and principle of psychology that applied to literary work. It means this study look how the topic and cases in in psychology are applied on the character of literary work.

d. Psychology of literature that learn about influence of literary work on the reader.

There are three ways in psychological analysis. First, the writer could analysis about author's psychological when he writes a literary works. Second, the writer could analysis psychological condition of the characters' in the literary works. The last, the writer could analysis about readers psychological condition

while read the literary works (sterra, 2011:110). When researcher does psychoanalysis, the writer needs theory of psychology to apply and helps to analyzing deeply about the psychological phenomenon.

D. Psychoanalysis

Psychoanalysis is presented and created by Sigmund Freud. "the study about psychoanalysis theory of human behavior and personality by researching desire , sexuality, unconscious mind, and repression to increasingly our understanding about language and symbols are by showing their ability to reflect unconscious fears or desire".

Freud divided the minds into three parts i.e. conscious, Pre-conscious and unconscious mind. Conscious mind is the process of human mind receiving information, doing analysis, thinking and something that is consciously done by someone. The information can be through five sense (visual, audio, kinesthetic, gustatory, olfactory). Preconscious mind is dimension between conscious and unconscious minds. It is function is to be bridge that will deliver information, information may come from conscious to unconscious or otherwise. For example, when you smell perfume on the street (the process is conscious), then the smell reminds (process of calling the information from unconscious) you to someone who has long ago been unable to meet. Unconscious mind is a dimension where all information is stored into mind programs such beliefs, values, and skills. This can be either an existing program or an instilled program. The existing program is all that we do to automatically do need to think and practically, all these things are

controlled by unconscious mind like blink of an eye, breathe. While the instilled program that must be trained in advance such as walking, driving, playing music.

Psychoanalysis has an aim to knowing about unconscious mind in human life (Freud, 2006:440). Freud believes that unconscious is dominated by the most individual. Unconscious is a source of motivation which hidden behind thought and hard to reach. Those feelings keep alive under unconscious and it could appear at any-time. Hoeksema (2001:9) state that unconscious mind is hiding behind dreams and physical behaviors. In other word, we can understand about how unconscious work by investigating those action. Henceforth, according to Freud that human's mind like Iceberg, it means half of the Iceberg cannot be seen by eyes, Human's mind to have substance of unconscious level which dominates most of all those parts (Sternberg, 2004:537). Someone realizes about what he is doing, but he does not know about his mental process behind his act, it driven by unconscious mind. It seems unconscious mind which appear in real life, and it always be in active and never dies. However, to enquire deeper, it will be found that conscious mind has a big relation with caused by unconscious mind.

There are several aspects in humans that turned out to be under the control of the unconscious mind, such as: beliefs, creativity, intuition, personality, habits. Programs embedded in unconscious mind of person do vary. However, being able to control the program's negative thoughts is essentially the same, i.e. using conscious minds. Unconscious mind is the place of various kinds of programs, it is necessary to be very careful when conveying an information. Behavioral and mind problems may occur when not careful in conveying information.

Some disturbing behavior happen such as the difficulties of forgetting the past, anxious and overanxious, gaming addiction, be alcoholic person, cigarettes, or even having a disorder in sexual function. All these behaviors are closely related to the program embedded in unconscious mind.

E. Structural Personality by Sigmund Freud

Structural personality have three systems, there are: Id, ego and superego. The Id is like a king or queen, the ego is like prime minister, and the superego is like pastor. Human attitude are coming from the result of the interaction in human personality, they are related to each other.

First, the Id never looks about the reality or the moral society, his aim just pleasure (Sternberg, 2004:538). The Id based on the pleasure principle, people are motivated to get all the pleasure and avoid discomfort zone, the id acted like an absolute ruler, respected, spoiled, selfish and greedy (Minderop, 2010:21). This is the most of human motive and the guiding principle of the Id.

Second, the Ego develops from the Id, The ego is a part of rationalizes thought and behaviors which involved with the external world. Ego is always dealing with the reality. Freud describes The Id as a horse and The Ego as a horse's rider. Horse gives a power and movement, but horse's rider as a lead to guide and give direction. Without rider, the horse is going to be loitering anywhere and doing anything it wants. Corey states that the role of The Ego as a security to controlling The Id and reality (Corey, 2010: 15).

The last, the Superego is sociological aspect of personality like moral, principals and ethics. The Superego focuses on the social behaviors and guide to

do something right or wrong, worth or unworthy, true or false in society. The Superego controlled The Id desire especially sexual desire and aggressive which is prohibited by the society, propel The Ego to do moral activity than realistic and wants to get perfection. For example, Anna really hungry, she walks on the street and look the mango hanging on the tree in front of the neighbor home but she does nothing because she has a superego. Her superego tells her that it is wrong behavior and if you take someone's property without permission it means you stealing that.

F. Anxiety Disorder

1. Definition of anxiety

Anxiety has a several theory by the expert about the meaning. Anxiety is a fear without direction and without reason. There is often normal anxiety in normal people (Sarwono, 2019:251). Moreover, Freud states that anxiety is an ego function to warn people about something dangerous so he can gives adaptive reaction which is appropriate (Alwisol, 2009:22).

Anxiety is a response to situation that threaten, it can be feel by anyone, it is a normal things to happen accompanies development, give a new experiences, and discovering identity but excessive anxiety will be distractions for human life (Fauziah & Widuri, 2007:74). Anxiety is emotional feeling that is worries about something bad will happen and an unpleasant tension (Nevid & Spencer et al., 2005:163).

Anxiety has a function as mechanism to protects Ego, it gives a signal to us if something danger happen or inappropriate action until Ego can be defeated.

From explanation above the writer takes the conclusion that anxiety is feeling afraid and worry in certain situations which is threatening and fear that something bad will happen.

2. Kinds of Anxiety

According to Freud (1960:79), he divides the kinds of anxiety into three kinds, including:

a. Neurotic Anxiety

Neurotic anxiety is fear of getting punishment or feeling worry, anxious, or afraid about unknown danger that something bad is going to happen. This fear does not occur because the Id but is fear about what will happen next if the Id is satisfied. Neurotic anxiety can be recognized from bad thoughts or panic reaction.

b. Realistic Anxiety

Realistic anxiety induced feelings of threatening danger in the real world, it called "fear". This anxiety sometime makes people afraid to go outside. For example a child fears a snake.

c. Moral Anxiety

Moral anxiety is conflict between Id and Superego. Inherently, is the fear of own conscience. When a people is motivated to express something that contrary with the moral values, then he felt embarrassed and very guilty. Moral anxiety describes how Superego develop. Like Neurotic anxiety, moral anxiety also has a basis in real life. Children will get punishment by their parents if they break the rules, and adult

also get punishment if they violate the norms, shame and guilt associated Moral anxiety.

Based on the opinions above, the writer concluded that there are many kinds of anxiety depend of someone's feeling like worries or afraid about future, afraid to solve the problem and the way to solve the problem, and think that everything is uncontrolled.

3. Causes of Anxiety

Freud said that caused by conflict between ego and superego, but the problems outside also give a big roles, i.e.

a. Environment

Environment influences the way of individual's mind about himself and others. This is due to unpleasant experience toward the individuals with family, friend or coworkers. So the individuals feel uncomfortable with their environment.

b. Threat

Feeling threatened can come from inside feeling or outside person. Inside feeling is like there is a kid is watching the horror movie but his age not enough to watch the movie, after that he always feels worried and scared by the ghost. From the outside person is like when there is a person who always feels in danger, or danger will come to him when he alone and someone will comes to kill him.

c. Repression

Human needs to socialize to another people as a social creature. Communication is hard, sometimes there are misunderstand. This condition makes there is violence that is done by some people. Like when there is a person who feels he is stronger, more beautiful, smarter than the other, they will use their authority to torture the other person. It can happen when he is envious with the other person who has a better life than him.

d. Frustration

People will be satisfied if can get what they want, on the other side when they cannot fulfill them they will be upset. Frustration also happened when there are obstacles to achieving a goal and emotional state caused by disappointment, unfettered and defeats. Feel upset and sad can bring them in to frustration. If people cannot handle this condition, it will be acute anxiety.

e. Gender

Women are more sensitive while men are more relax and explorative. Therefore, women are more anxious than men.

f. Fear

Fear of something will caused anxiety, such as: fear of losing people we love, fear of outside world, fear of failing the exam, etc.

g. Age

Older people get more experiences and his knowledge increases. person

will be more ready to face problem if his knowledge increase.

G. Depression Disorder

1. Definition of Depression Disorder

Depression is a condition when individuals feeling unhappy, broken heart,

losing someone or a thing in their life and offers a foul mental influences for

individuals who feel it (Goodman, 2011:32). However, Lubis states that

Depression is a mood disorders by dysforic affect (loss of joy and passion) along

with the other symptoms such as: trouble sleeping and lost appetite, depression

usually happen if the stress by someone does not subside and depression

experienced correlates with dramatic tragedy who happen to someone (Lubis,

2009:13).

Depression is feelings sad and anxiety, also has a trouble sleeping, feeling

loss of desire and energy, this disorder usually will disappear in a few days but

can also continue and it can affect with daily activities (*National Institute of

Mental Health*, 2010).

2. Symptoms of Depression

According to Johnson, there are ten symptoms of depression (Johnson,

2018: 320-323), such as:

a. Appetite's change: when people feel depressed, one loosed his appetite

and not want to eat something.

b. Insomnia: had sleep disturbances, his brin thinking all the time. Consequently, his brain cannot relax.

c. Shinning responsibility: one just stays in bedroom or couch every day, avoiding to work and the other activities.

d. Believing no one cares: one feels that there is one cares to himself anymore.

e. Feeling it is impossible to reach god: one stops to pray, one thinks that the burden is too heavy and god not fair.

f. Living in the past: one still cannot to move on, one not want to face the fact nowadays.

g. Self- centeredness: one does not care to anyone, he just thinks about himself and ignoring everything.

h. Lose of hope: one thinks that there is not a reason to live for anymore.

i. Losing interest in one surrounding: one ignores everything around him, loses his energy to do activities.

j. Difficult in making decision: a depressed person hard to making decision, one does not know what to do when he must decide something.

While, Lumongga (2016,22-25) mention symptoms of depression as following:

a. Physical symptoms

1) *Sleep patterns disorder* : insomnia or too much sleep

2) *Decreased activity level*: People with depression show passive behavior, activities that do not involve other people. Like watching TV, eating and sleeping.

3) *Decreased work efficiency*: Depression of people is difficult to focus on one thing or job, they just do the useless things like dreamy, continuous smoking, snacking or be alcoholic. People affected in depression will be visible from the less structured working method or it works so sluggish.

4) *Decreased in productivity*: Loss of interest and motivation to engage in activities, always feel run out of energy.

5) *Tired and have no energy:* Depression is a negative feeling, If someone keep all the negative sense. It is obviously exhausting because it weighs thoughts and feelings.

b. Psychic symptoms

1) Loss of confidence: always negative thinking, looking at everything from negative way, including judging himself. They love to comparing themselves with others.

2) Sensitive: irritable, offended, sad, always suspicious of others and love to be alone.

3) Feeling useless: a feeling cannot do anything rights and worthless.

4) Feeling of guilt: always thinking that incident that befalls them as a punishment or a result of their failure to carry out the responsibility.

5) Feeling of sadness or being blue: Sadness feeling is human emotion when loss a job, divorce, financial problems, etc.

6) Poor of concentration: get difficult to concentrating and focus.

7) Thought of death: when one thinks to how to kill himself.

From the explanation above, there are many kinds symptoms of depression and could be indicators to analyzing Rachel Watson' depression in *The Girl on the Train* novel.

3. Causes of Depression

Causes of depression include: loneliness, financial issues, get stress or in life experiences, childhood abuse, negative thoughts and feelings, lack of social support, divorce or broken relationships. (Lynne,2009: 3)

One and another person could also has a totally different causes of depression, depression could occur as a result of changes that happen in life. These changes may causes feeling of stress. Younger people may find it difficult to get job and get problem of financial, or sometimes breakup of a romance. Middle age people may the death of parents, divorce, and problem financial. And older people may loss of income due to retirement. Many of these experiences can lead people to stress and depression.

H. Defense Mechanism

Defense mechanism are used to overcome anxiety and depression. The self defense mechanism will help someone to reducing a pain which caused by mental health (Freud, 2006:431). According to Freud, there are 7 kinds of defense mechanism, such as:

a. Repression

A person has a desires, mind impulses, unsuitable wills and disrupts the motivation, is removed from the conscious and pressed into the unconscious. Unconsciously someone presses the thought that are inappropriate, uncomfortable and painful out of the conscious to the unconscious.

For example a man sees the death of his friend by the car accident, then tomorrow he forgot about the incident.

b. Sublimation

Someone changes unacceptable bad habits into measures which can be acceptable and appropriate in human life.

c. Projection

According to Kalat, projection is throw an ego which unacceptable by superego and criminate it to other people. In other word, a person which protects himself from awareness of his unkind habits and blaming others about his difficulties, failure or unkind craving (Kalat, 2005:497).

For example: a student did not pass the test and blaming his teacher has a sentiment to him

d. Displacement

Displacement is an emotional overflow against a person or object is transferred to another person or object.

e. Rationalization

Rationalization is defense mechanism to prove his behavior is rational, can be approved, justified and acceptable to himself and society.

For example: corruption by a reason of salary is insufficient.

f. Reaction formation

Reaction formation is a reaction to prevent a dangerous desire by exaggerating attitudes and performing the opposite behaviors to using them as obstacles for his dangerous desire.

For example: a fanatical man forbids gambling and the other crimes with the intent of being able to suppress his own likelihood in that direction.

g. Regression

Regression is defense mechanism when individuals returning to the early period of his life is more enjoyable and free of frustration currently faced. In the other words, a person who returns to the previous level of development and less mature in the adaptation.

Based on the expert opinions, there are many kinds to overcome the anxiety and depression, it is depends of the people problem.

CHAPTER III

RESEARCH METHOD

This chapter presents method of the research design, sources of the data, procedures of collecting data and technique of data analysis.

A. Research Design

In this research, the writer uses descriptive qualitative method by using psychology of literature approach. The purpose of the descriptive method is to describe a phenomenon and their characteristics relating to research topic. In this research, the writer would be analyzing by events of the novel, and conversation of the novel to find the data.

B. Sources of The data

The writer take the data from the novel of Paula Hawkins' "The Girl on the Train" as the main object of the research and the supporting data are thesis, journal, article, book and some literary theory.

C. Procedures of Collecting Data

In this research, there several steps to collecting data: first, the writer readsrepeatedly to understand what the story means in the novel. Second, the writer collects all the information which related to the topic that the writer wants to analysis. Third, reading and highlight rext such as books, thesis, journal and some literary theory about anxiety, depressive disorder based on psychoanalysis.

D. Techniques of Data Analysis

Psychoanalysis is created by Sigmund Freud. According of Sigmund Freud, psychoanalysis has an aim for knowing and understanding about unconscious mind in mental life (2006: 440). This research for anxiety disorder uses Sigmund Freud Theory and for depressive disorder uses Johnson and Lumongga Theory. In psychology analysis the writer adopted interactive model which is proposed by Miles and Huberman (2014: 14) it consists of some procedures.

First, Data condensation is refers to the process of selecting, focusing and transforming data. It means that the qualitative data is transform into textual data. Subsequently the writer identifies and chooses the important part which related to the topic.

Second, data display means organized information that causes the writer to draw conclusion which include displaying the writing of the data text in extract terms.

The last, conclusion drawing is made by researcher based on the data display like the new theory and also will can answer the writer question. After that, the writer will identify word, phrase, sentence, paragraph, and dialog that containing of anxiety, depressive disorder and self-mechanism.

CHAPTER IV

FINDINGS AND DISCUSSION

1. Kinds and causes of Rachel's anxiety in *the girl on the train*.

a. Kinds of Rachel Watson's Anxiety:

Based on the data classification, the writer found 8 quotation from Paula hawkins' novel The girl on the Train with 478 pages showed that Rachel Watson used 3 kind of anxiety. All the quotation would be shown in the table below:

No	Data	Neurotic	Realistic	Moral
1	Data 1: "I feel nauseated, dizzy. I run my hand through my hair, over my scalp. I flinch. There's a lump, painful and tender, on the right side of my head. My hair is mated with blood. I'm stumbled, that's it. On the stairs at Witney station. Did I hit my heat? I remember being on the train but after that there is a gulf of blackness, a void. I'm breathing deeply, try to slow my heart rate to quell the panic rising in my chest. Think. What did I do? I went to the pub, I got on the train. There was a man there. I remember now, reddish hair. He smiled at me. I think he talked to me but I can't remember what he said" (Hawkins, 2015: 58).	✓	✓	

2	Data 2: "I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145).	✓		✓
3	Data 3 "I close my eyes and snap the laptop shut. I'm cringing, literally, my entire body folding into itself. I want to be smaller; I want to disappear. I'm frightened, too, because if Tom decides to show this to the police, I could be in real trouble. If Anna is collecting evidence that I'm vindictive and obsessive, this could be a key piece in her dossier" (Hawkins, 2015:154).	✓		
4	Data 4: "when the train stop at the signal, I look up and see Jason standing on the terrace, looking down at the track, I feel as though he is looked at me like that before; I feel as though he is really seen me. I imagine him smiling at me, and for some reason I feel afraid" (Hawkins, 2015:76).		✓	

5	Data 5: "He offered his hand and I took it. He gestured for me to enter the house, but for a moment I didn't move. I was afraid of him. Up close he is physically intimidating, tall and broad-shouldered, his arms and chest well defined. His hands are huge, it crossed my mind that he could crush me, my neck, my rib cage without much effort" (Hawkins, 2015: 169-170).		✓	
6	Data 6: "I'm too afraid now, even to go out in the middle of the night to buy booze. I'm too afraid to let myself sleep, because that's when I make myself vulnerable" (Hawkins, 2015:386).		✓	
7	Data 7: "I can feel panic rising in my chest. He thinks I can help him. He is pinning his hopes on me and all I have for him is a lie, a bloody lie" (Hawkins, 2015:274).			✓
8	Data 8: "I feel treacherous. He left me just hours ago and here I am, on my way to see Kamal, to meet one again the man he believes killed his wife" (Hawkins, 2015: 305).			✓

Table 1.1 kinds of Anxiety (Neurotic anxiety, Realistic anxiety, and Moral anxiety)

1) Neurotic Anxiety

Neurotic anxiety is fear of getting punishment or feeling worry, anxious, or afraid about unknown danger that something bad is going to happen. This fear does not occur because the Id but is fear about what will happen next if the Id is satisfied. Neurotic anxiety can be recognized from bad thoughts or panic reaction.

Data 1:

"I feel nauseated, dizzy. I run my hand through my hair, over my scalp. I flinch. There's a lump, painful and tender, on the right side of my head. My hair is mated with blood. I'm stumbled, that's it. On the stairs at Witney station. Did I hit my heat? I remember being on the train but after that there is a gulf of blackness, a void. I'm breathing deeply, try to slow my heart rate to quell the panic rising in my chest. Think. What did I do? I went to the pub, I got on the train. There was a man there. I remember now, reddish hair. He smiled at me. I think he talked to me but I can't remember what he said" (Hawkins, 2015: 58).

The sentence of "*Did I hit my heat?*" it showed that she got drunk last night and got the blackness, the panic increasingly when she got a blood in her head, there was a lump, painful and tender. Something bad happened, she knew it did, even could not picture. The other sentence of *"Panic rising in my chest, what did I do? I went to the pub and I got on the train but after that there is a gulf of blackness"* Rachel got panic and fear about what she had done last night. She knew the consequence that every time she drunk she would lose control and blackout, but she still followed her instinct (Id) to went to the pub.

Based on the explanation, it came to conclusion that data 1 was a neurotic anxiety because Rachel had an instinct (Id) to fulfilling her pleasure , after the Id satisfied she worried about what would happen next, why there was a blood in her head, was it something bad had happened or not. She filled of bad thought.

Data 2*:*

"I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145).

Based on the quotation, it could be seen from the sentence *"The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police"*, Rachel wondering to her-self and feeling afraid about some possibilities that would happen if she followed her instinct (id) to going to Witney station and met red haired man because if she met Anna in there, she would get into more trouble. Tom as ex-husband from Rachel and Anna his wife. Anna had warned Rachel to never show up in Witney station or she would report her. Anna thought that Rachel still vindictive and obsessive to Tom. The other side, Rachel needed to found a red haired man to know about what happened about last night because the only things Rachel remembered that she was helped by red haired man in Witney station.

As the result of the explanation, it was obvious that data 2 showed the kind of neurotic anxiety because she feared and worried about punishment and afraid about unknown danger that something bad had happened to her when her Id satisfied.

Data 3*:*

"I close my eyes and snap the laptop shut. I'm cringing, literally, my entire body folding into itself. I want to be smaller; I want to disappear. I'm frightened, too, because if Tom decides to show this to

the police, I could be in real trouble. If Anna is collecting evidence that I'm vindictive and obsessive, this could be a key piece in her dossier" (Hawkins, 2015:154).

According to Freud, Neurotic anxiety is fear of getting punishment, worried with something unrealistic or about unknown danger would happen. Neurotic anxiety could be recognized from panic reaction, it showed *"I'm cringing, literally, my entire body folding into itself. I want to be smaller; I want to disappear. I'm frightened".* And in the sentence *"if Tom decides to show this to the police, I could be in real trouble".* She filled of bad thought and afraid to get punishment for something she had done last night, she got drunk and send an e-mail to Tom with the worst words. She could not move on and annoyed Anna. Based on the data 3, it showed that Rachel experienced neurotic anxiety.

2) Realistic Anxiety

Realistic anxiety is feelings of threatening danger in the real world, it called "fear". This anxiety sometimes makes people afraid to go outside from home.

Data 1:

"I feel nauseated, dizzy. I run my hand through my hair, over my scalp. I flinch. There's a lump, painful and tender, on the right side of my head. My hair is mated with blood. I'm stumbled, that's it. On the stairs at Witney station. Did I hit my heat? I remember being on the train but after that there is a gulf of blackness, a void. I'm breathing deeply, try to slow my heart rate to quell the panic rising in my chest. Think. What did I do? I went to the pub, I got on the train. There was a man there. I remember now, reddish hair. He smiled at me. I think he talked to me but I can't remember what he said" (Hawkins, 2015: 58).

Based on the data 1, in sentence *"I flinch"* it pictured that she got afraid about something had done because there was lump, painful and tender

in her head. Some of the people could be recognize when feeling afraid was body flinch because that was a first reaction when brain sending a signals to body.

> **Data 4:**
>
> "when the train stop at the signal, I look up and see Jason standing on the terrace, looking down at the track, I feel as though he is looked at me like that before; I feel as though he is really seen me. I imagine him smiling at me, and for some reason I feel afraid" (Hawkins, 2015:76).
>
> Realistic anxiety it is called "fear" or feelings of threatening danger outside

world. Based on the data 4 in sentences *"for some reasons I feel afraid"* it showed that Rachel feels intimidated and afraid. There was an odd sensation when her eyes met Jason, even not really met it just her imagined.

> **Data 5:**
>
> "He offered his hand and I took it. He gestured for me to enter the house, but for a moment I didn't move. I was afraid of him. Up close he is physically intimidating, tall and broad-shouldered, his arms and chest well defined. His hands are huge, it crossed my mind that he could crush me, my neck, my rib cage without much effort" (Hawkins, 2015: 169-170).
>
> For the first time Rachel came to Scott's house (Megan's husband) to giving

her witness about Megan's disappearance. When she looked Scott she felt intimidated and afraid, it showed in sentence *"for a moment I didn't move. I was afraid of him. Up close he is physically intimidating"*. Scott taller than her, bigger than her and his arms and chest well defined. Rachel's imagined that Scott could crush her neck and rib without effort.

According to Freud that realistic anxiety is feeling threatening in the real world and Rachel experienced that when she was standing in front of Scott.

Data 6:

"I'm too afraid now, even to go out in the middle of the night to buy booze. I'm too afraid to let myself sleep, because that's when I make myself vulnerable" (Hawkins, 2015:386).

Scott knew all the Rachel's lies. He got angry and lost control, Scott imprisoned her for half an hour in his home, and he threatened Rachel, he said that he would break her neck and grabbed her until she was bruising. After that night Rachel always felt threaten and fear even in her own home, she was too afraid to stepped outside from her bedroom, it showed in sentence *"I'm too afraid now, even to go out in the middle of the night to buy booze"* Rachel just want to hiding in her bedroom to made her-self feeling safe. and the other sentence *"I'm too afraid to let myself sleep, because that's when I make myself vulnerable"* showed that Rachel had to be strong, because when she let herself to sleep that was be a moment she would vulnerable.

The writer concluded that based of the explanation above, it was showed that Rachel's experienced realistic anxiety.

3) Moral Anxiety

Moral anxiety is conflict between Id and Superego. Inherently, is the fear of own conscience. When a people is motivated to express something that contrary with the moral values, then he felt embarrassed and very guilty.

Data 2:

"I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about

that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145).

Moral anxiety is feeling guilty and embarrassed if people doing something that contrary with the moral value. Based on the data 2 in sentence showed that Rachel's felt the moral anxiety, Rachel felt guilty to Anna because she wanted come to Witney Station and hang around in there, Anna had talked to Rachel that she hate it when looked Rachel in the station and around her home, Anna felt disturbed with Rachel presence but Rachel need to found a witness so she have to come to Witney Station and felt guilty to Anna after that.

Data 7:

"I can feel panic rising in my chest. He thinks I can help him. He is pinning his hopes on me and all I have for him is a lie, a bloody lie" (Hawkins, 2015:274).

According to Freud, Moral anxiety is feeling guilty or embarrassed when Id satisfied but contrary with moral value. It showed in *"his pinning his hope on me and all I have for him is a lie, a bloody lie".* His referred Scott, she lied to him, provoking him, told him that she was a friend from his wife, she had been telling all the sorts of the stories and Scott was under a great deal of strain and was extremely distressed.

Rachel wanted to achieve the satisfaction from her wishes (id) to help Scott, but help with lied is a wrong way. It was contrary with moral value and that was a conflict between her id and superego, she felt guilty because he was pinning his hope to her and all she had for him just a lie, a bloody lie.

Data 8:

"I feel treacherous. He left me just hours ago and here I am, on my way to see Kamal, to meet one again the man he believes killed his wife" (Hawkins, 2015: 305).

Data 8 in sentence *"I feel treacherous"* was described about Rachel's feeling. She followed her instinct (id) to meet Kamal (the man whose Scott believed killed his wife). Scott really trusted her and she felt like a betrayer now because she was on her way to meet Kamal. Scott would be very disappointed if he knew the fact, but the other side she had to find out the truth, she was trying to help Scott although contrary with the her moral values, she felt guilty about her appointment to meet Kamal.

b. Causes of Rachel Watson's Anxiety:

According to Freud, there are seven causes of Anxiety, such as: Environment, threat, repression, frustration, gender, fear and age. The writer found 5 caused of Rachel watson's anxiety and it would be shown in the table below:

No	Causes of Anxiety	Data
1	Environment	Data 9: "Half on hours goes by. Every time I hear footsteps on the steps, my heart rate goes up, every time I hear the clacking of high heels, I am seized with trepidation. If Anna sees me here, I could be in trouble. Tom warned me. He's persuaded her not to get the police involved, but if I carry on. . ." (Hawkins, 2015:228).

		Data 10: "The policeman got up. The plainclothes one very tall and slightly stooped, shook my hand and introduced himself as Detective Inspector Gaskill. He told me the other officer's name as well, but I don't remember it. I wasn't concentrating. I was barely breathing" (Hawkins, 2015:101-102).
2	Threat	Data 11: "I was almost too afraid to open the bedroom door, but when I did, there was no one there, of course. I went to downstairs and turned on the television again" (Hawkins, 2015:239).
		Data 12: "His right hand slides up, he grabs hold of my hair at the nap of my neck and he twist. He keeps dragging me, spitting and cursing. He's taking me upstairs and I'm trying to resist, but he's so strong. I can't, I'm crying. I'm blind with tears and terror. He shoves me into a room and slams the door behind me. The key twists in the lock. Hot bile rises to my throat and I throw up onto the carpet" (Hawkins, 2015:367).
		Data 13: "I've barely slept. I drank a bottle and a half of wine in an attempt to get off to sleep, to stops my hands shaking, to quieten my startle reflex, but it didn't really work. Every time I started to drop off, I'd jolt awake. I felt sure I could feel him in the room with me" (Hawkins, 2015:371).

3	Frustration	Data 14: "I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145).
4	Gender	Data 15: "…..but for a moment I didn't move. I was afraid of him. Up close he is physically intimidating, tall and broad-shouldered, his arms and chest well defined. His hands are huge, it crossed my mind that he could crush me, my neck, my rib cage without much effort" (Hawkins, 2015: 169-170).
5	Fear	Data 16: "Reading the stories of these who claimed that they had recovered memories through hypnotherapy, realized that I was more afraid of success than failure, I'm afraid not just what I might learn about Saturday night, but so much more" (Hawkins, 2015:151)

Table 1.2 Causes of Anxiety

1) Environment

Environment influences the way of individual's mind about himself and others. This is due to unpleasant experience toward the individuals with family, friend or coworkers. So, the individuals feel uncomfortable with their environment.

Data 9:

"Half on hours goes by. Every time I hear footsteps on the steps, my heart rate goes up, every time I hear the clacking of high heels, I am seized with trepidation. If Anna sees me here, I could be in trouble. Tom warned me. He's persuaded her not to get the police involved, but if I carry on. . ." (Hawkins, 2015:228).

One of the caused of Rachel's anxiety was from her social environment. Tom (ex-husband of Rachel) had warned her to never came to the Witney station again because his wife annoyed by Rachel's presence around her home environment. But the only way to meet the man Rachel was looking for, she had to wait in Witney station. It was full of anxiety moment, she could be in trouble if Anna (Tom's wife) saw her because Rachel would be reported to the police for making Anna uncomfortable, it showed in sentence *"If Anna sees me I could be in trouble"*. This situation made Rachel's felt afraid and filled with anxiety caused by her surroundings and it was pictured on a sentence "*every time I hear footsteps on the steps, my heart rate goes up, every time I hear the clacking of high heels, I am seized with trepidation*"

Data 10:

"The policeman got up. The plainclothes one very tall and slightly stooped, shook my hand and introduced himself as Detective Inspector Gaskill. He told me the other officer's name as well, but I don't

remember it. I wasn't concentrating. I was barely breathing" (Hawkins, 2015:101-102).

The caused Rachel had neurotic anxiety is environment. Based on the situation described in data 10, a police came to finding Rachel and asked her a few question about where she was on the Saturday night because a witness said that she saw Rachel standing in front of Megan's house in that night when Megan reportedly disappear by her husband. The sentence *"I wasn't concentrating, I was barely breathing"* it showed the unpleasant situation between Rachel and polices, sitting in front of two strangers and made Rachel felt uncomfortable due to the situation and environment.

2) Threat

Feeling threatened can come from inside feeling or outside person. Inside feeling is like there is a kid is watching the horror movie but his age not enough to watch the movie, after that he always feels worried and scared by the ghost. From the outside person is like when there is a person always feeling like in danger, or danger will come to him when he alone and someone will comes to kill him.

Data 11 :

"I was almost too afraid to open the bedroom door, but when I did, there was no one there, of course. I went to downstairs and turned on the television again" (Hawkins, 2015:239).

The sentence *"I was almost too afraid to open the bedroom door"* pictured about Rachel's fear. She was feeling threatening and it came from Rachel's inside feeling because she looked the news that the police had confirmed that the body of a Megan had been found, her body was buried in the woods. The fact, it was worse than she imagined. Since she looked the news, she kept feeling as though

there was someone else in flat, she could not stop imagining her, her ruined face in the mud, pale arms exposed, reaching up, rising up as though she were clawing her way out of the grave.

Data 12:

"His right hand slides up, he grabs hold of my hair at the nap of my neck and he twist. He keeps dragging me, spitting and cursing. He's taking me upstairs and I'm trying to resist, but he's so strong. I can't, I'm crying. I'm blind with tears and terror. He shoves me into a room and slams the door behind me. The key twists in the lock. Hot bile rises to my throat and I throw up onto the carpet" (Hawkins, 2015:367).

The one of caused Rachel's anxiety is feeling threatens, based on the data 12, Rachel got physical abuse, she was really in threatening situation, it could picture in sentence *"His right hand slides up, he grabs hold of my hair at the nap of my neck and he twist. He keeps dragging me, spitting and cursing"*. She crying until her eyes got blind and how frightened she thought what next would be to overwrite her.

Data 13:

"I've barely slept. I drank a bottle and a half of wine in an attempt to get off to sleep, to stops my hands shaking, to quieten my startle reflex, but it didn't really work. Every time I started to drop off, I'd jolt awake. I felt sure I could feel him in the room with me" (Hawkins, 2015:371).

Based on the Data, described about Rachel's trauma over the previous incident when she got tortured by Scott over her lies, it showed in *I "drank a bottle and a half of wine in an attempt to get off to sleep, to stops my hands shaking"* Even in her room, her hands still trembling and full of anxiety. Rachel

feels in the situation of being threatened until she cannot sleep, she always jolt awake like he was in the room with her.

3) Frustration

People will be satisfied if can get what they want, on the other side when they cannot fulfill them they will be upset. Frustration also happened when there are obstacles to activities directed toward achieving certain objectives and emotional state caused by disappointment, unfettered and defeats. Feel upset and sad can bring them in to frustration. If people cannot handle this condition, it will be acute anxiety.

> **Data 14:**
>
> "I spent yesterday evening sitting on the sofa in jogging bottoms and a T-shirt, making list of things to do, possible strategies. For example, I could hang around Witney station at rush hour, wait until I see a red haired man from Saturday night again. I could invite him for a drink and see where it leads, whether he saw anything, what he knows about that night. The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable" (Hawkins, 2015:145)

Caused by anxiety is frustration. Frustration come when there were obstacles to achieving a goal and emotional state caused by disappointment, unfettered and defeats. Based on the data 14, there were so much things she wanted to do but the other side she afraid about the consequence, she had a doubts and fears about the obstacles she would face to get her desires. It showed in sentence *"The danger is that I might see Anna or Tom, they would report me and I would get into trouble (more trouble) with the police. The other danger I might make myself vulnerable".* It is conflict between her Id and her Ego.

4) Gender

Women are more sensitive while men are more relax and explorative. Therefore, women are more anxious than men.

Data 15:

"…..but for a moment I didn't move. I was afraid of him. Up close he is physically intimidating, tall and broad-shouldered, his arms and chest well defined. His hands are huge, it crossed my mind that he could crush me, my neck, my rib cage without much effort" (Hawkins, 2015: 169-170).

The one of caused anxiety is gender, women were sensitive than men, women easier got anxiety or panic. Based on the sentence *"Up close he is physically intimidating"* it showed that Rachel as woman felt afraid and intimidated by the man standing in front of him because he was bigger than her, stronger than her and she felt like that man can break her bone without much effort.

5) Fear

Fear of something will caused anxiety, such as: fear of losing people we love, fear of outside world, fear of failing the exam, etc.

Data 16:

"Reading the stories of these who claimed that they had recovered memories through hypnotherapy, realized that I was more afraid of success than failure, I'm afraid not just what I might learn about Saturday night, but so much more" (Hawkins, 2015:151).

Based on the data 16, it showed about Rachel's fear. One of the fears that Rachel felt was about what happened on a Saturday night. She always got drunk and blackout. She forgot everything and the only way to get her memories back

she must do hypnotherapy and her greatest fear after hypnotherapy that she would remember all the things she had done when she is drunk. It is described in sentence *"I'm afraid not just what I might learn about Saturday night, but so much more"* she afraid about the other things especially her memories about Tom (her ex-husband), about the awful things, to hear the words she said in spite, to remember the look on Tom's face as she said them, she too afraid to venture into that darkness. Too much fear that Rachel's feels caused anxiety.

2. Symptoms and causes of Rachel's depression in *the girl on the train*.

a. Symptoms of Rachel Watson's depression

The writer found 7 symptoms of depression with 16 quotation, The data would be shown in table below:

No	Symptoms of depression	Data
1	Insomnia	Data 17: "I've been up for hours; I can't sleep. I haven't sleep in days. I hate this, hate insomnia more than anything, just lying there, brain going round, tick, tick, tick. I itch all over. I want to shave my head."(Hawkins, 2015:32). Data 18: "I'm having trouble sleeping, and it's not just the drinking now, it's nightmares" (Hawkins, 2015:220).

		Data 19: "I am not a girl I used to be. I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep" (Hawkins, 2015:26)
2	Living in the past	Data 20: "In the old days we might have driven to Corly Wood with a picnic and the papers, spent all afternoon lying on a blanket in dappled sunlight, drinking wine" (Hawkins, 2015:3).
		Data 21: "In another life, I woke early, too, the sound of the 8:04 rumbling past; I opened my eyes and listened to the rain against the window. I felt him behind me, sleepy, warm, hard. Afterwards, he went to get the papers and I made scrambled eggs, we sat in the kitchen drinking tea, we went to the pub for a late lunch, we fell asleep, tangled up together in front of TV" (Hawkins, 2015:54).
		Data 22: "I can't remember what I was watching at the some point I must have felt lonely, or happy, or something, because I wanted talk to someone. There's no one I want to talk to except for Tom, the call log on my phone says I rang four times: at 11:02, 11:12, 11:54: 12:09. Judging from the length of the calls, I left two messages" (Hawkins, 2015:17-18).

Data 23:

"I don't want to see the other houses; I particularly don't want to see the one four doors down, the one that used to be mine. I look. I can't help myself, even though anything I do see will hurt me. I looked up and noticed that the cream linen blind in the upstairs bedroom was gone, replaced by something in soft baby pink; even though I still remember the pain I felt when I see Anna watering the rosebushes near the fence, her T-shirt stretched tight over her bulging belly, and I bit my lip so hard, it bled."(Hawkins, 2015: 9).

Data 24:

"I close my eyes and let the darkness grow and spread until it morphs from a feeling of sadness into something worse: a memory, a flashback. I didn't just ask him to call me back. I remember now, I was crying. I told him that I still love him, that I always would" (Hawkins, 2015:19).

Data 25:

"I imagine it is different for him now, no lazy Saturday sex or scrambled eggs, instead a different sort of joy, a little girl tucked up between him and his wife, babbling away. She'll be just learning to talk now, all "Dada" and "Mama" and secret language incomprehensible to anyone but parent. The pain is solid and heavy, it sits in the middle of my chest" (Hawkins, 2015:54).

3	Sensitive and loss confidence	Data 26: "There are familiar faces in these trains, people I see every week, going to and fro. I recognize them and they probably recognize me. I don't know whether they see me, though, for what I really am." (Hawkins, 2015:7).
		Data 27: "I look at the man in the seat opposite mine. He looks up suddenly and meets my eye; his glance travels over me, over the little bottle of wine on the table in front of me. He looks away. There's something about the set of his mouth that suggests distaste. He finds me distasteful. I am not a girl I used to be. I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep; it's as if people can see the damage written all over me, can see it in my face, the way I hold myself, the way I move" (Hawkins, 2015:15-16).
4	Feeling worthlessness	Data 28: "Let's be honest: women are still only really valued for two things, their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless" (Hawkins, 2015:118).

		Data 29: "In Cathy's flat I always feel like a guest at the very outer limit of her welcome. I feel it in the kitchen, where we jostle for space when cooking our evening meals. I feel it when I sit beside her on the sofa, the remote control firmly within her grasp, ill at ease and powerless" (Hawkins, 2015:12).
5	Decreased work efficiency and decreased in productivity	Data 30: "The day stretches out in front of me, not a minute of it filled. I could go to the farmer's market on the broad; I could buy venison and pancetta and spend the day cooking. I could sit on the sofa with a cup of tea and Saturday kitchen on TV. I could go to the gym I could rewrite my CV" (Hawkins, 2015:53-54).
6	Tired and have no energy	Data 31: "I feel exhausted this evening. I am sober, stone cold. Some days I feel so bad that I have to drink; some days I feel so bad that I can't. Today, the thought of alcohol turns my stomach. But sobriety on the evening trains in challenge, particularly now, in this heat. A film of sweet covers every inch of my skin, the inside of my mouth prickles, my eyes itch, mascara rubbed into their corners"(Hawkins, 2015:21).
7	Feeling of guilt	Data 32: "It's my fault. I was a drinker any-way, I've always liked to drink. But I did become sadder, and sadness gets boring after a while,

		for the sad person and for everyone around them. I went from being a drinker to being a drunk, and there's nothing more boring than that" (Hawkins, 2015:118).

Table 2.1 symptoms of depression

1) Insomnia

The first symptom of depression is insomnia, depressed person hard to sleep, her brain thinking all the time and cannot relax.

Data 17:

"I've been up for hours; I can't sleep. I haven't sleep in days. I hate this, hate insomnia more than anything, just lying there, brain going round, tick, tick, tick. I itch all over. I want to shave my head."(Hawkins, 2015:32).

Data 18:

"I'm having trouble sleeping, and it's not just the drinking now, it's nightmares" (Hawkins, 2015:220).

Data 19:

"I am not a girl I used to be. I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep" (Hawkins, 2015:26)

Sleeplessness was an early symptom of depression, and when sleep problem were not handled, depression would continue to grow and affect one's quality of life. Rachel had a trouble in sleeping, it pictured in data 17 on sentence *"I can't sleep. I haven't sleep in days"*, data 18 on sentence *"I'm having trouble sleeping"* and data 19 on sentence*"the lack of sleep"*. It caused her brain never stop thinking, thinking all the things and all the time. Moreover, she also had a problem in alcohol, she was an alcoholic and too much alcohol it could disrupt

sleep and disturbing appearance, it showed in data 20 on sentence *"I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking"* she lost her confidence. And the other things, she also had a nightmares every time she felt asleep, it described in data 18 on sentence *"it's not just the drinking now, it's nightmares"*.

Based on the explanation, the writer concludes caused by Rachel's insomnia is thinking too much, an alcohol and nightmares.

2) Living in the past

Living in the past is you always thinking about the past and suddenly makes you sad, or still cannot to move on.

Data 20:

"In the old days we might have driven to Corly Wood with a picnic and the papers, spent all afternoon lying on a blanket in dappled sunlight, drinking wine" (Hawkins, 2015:3).

Data 21:

"In another life, I woke early, too, the sound of the 8:04 rumbling past; I opened my eyes and listened to the rain against the window. I felt him behind me, sleepy, warm, hard. Afterwards, he went to get the papers and I made scrambled eggs, we sat in the kitchen drinking tea, we went to the pub for a late lunch, we fell asleep, tangled up together in front of TV" (Hawkins, 2015:54).

Based on data 20, they had a similarity. It talked about Rachel kept getting flashback of her ex-husband, it pictured in data 20 on sentence *"in the old days"* and data 21 on sentence *"in another life"*. Every time she was doing or seeing something who related with Tom, she would remember the moment when she was together or her daily routines with him. She always spent a lot of time to reminiscing her past.

Data 22:

"I can't remember what I was watching at the some point I must have felt lonely, or happy, or something, because I wanted talk to someone. There's no one I want to talk to except for Tom, the call log on my phone says I rang four times: at 11:02, 11:12, 11:54: 12:09. Judging from the length of the calls, I left two messages" (Hawkins, 2015:17-18).

Rachel felt lonely, and the only one she remembered and missed is Tom, it described in sentence *"There's no one I want to talk to except for Tom,"*, she was stuck with Tom.

Data 23:

"I close my eyes and let the darkness grow and spread until it morphs from a feeling of sadness into something worse: a memory, a flashback. I didn't just ask him to call me back. I remember now, I was crying. I told him that I still love him, that I always would" (Hawkins, 2015:19).

The writer quote the sentence of "*a memory, a flashback. I didn't just ask him to call me back. I remember now, I was crying. I told him that I still love him, that I always would"* showed that every time she was drunk, she always calling or texting Tom because when she drunk her defense were down and all the emotions and actions she had been suppressing, tends to rise to the top to seek emotional relief. When she said I love you to Tom while she drunk, it was mean she expressed her true feelings which she had withhold so far to get emotional relief.

Data 24:

"I don't want to see the other houses; I particularly don't want to see the one four doors down, the one that used to be mine. I look. I can't help myself, even though anything I do see will hurt me. I looked up and noticed that the cream linen blind in the upstairs bedroom was gone, replaced by something in soft baby pink; even though I still remember the pain I felt when I see Anna watering the rosebushes near the fence, her T-shirt stretched tight over her bulging belly, and I bit my lip so hard, it bled."(Hawkins, 2015: 9).

The sentence of *"I particularly don't want to see the one four doors down, the one that used to be mine. I look. I can't help myself, even though anything I do see will hurt me."* It clearly showed that Rachel's still broken, she still got hurt when she looked her old house. She could not move on, she still loved Tom but Tom had a new family who lived in that house, the one used to be hers. When she saw everything about that house changed, she got more pain until she bit her lips so hard to hold her pain.

Data 25:

"I imagine it is different for him now, no lazy Saturday sex or scrambled eggs, instead a different sort of joy, a little girl tucked up between him and his wife, babbling away. She'll be just learning to talk now, all "Dada" and "Mama" and secret language incomprehensible to anyone but parent. The pain is solid and heavy, it sits in the middle of my chest" (Hawkins, 2015:54).

The quotation in sentence "*I imagine it is different for him now, no lazy Saturday sex or scrambled eggs, instead a different sort of joy, a little girl tucked up between him and his wife, babbling away. She'll be just learning to talk now, all "Dada" and "Mama" and secret language incomprehensible to anyone but parent",* she was Imagining tom's new life with his new family. And in sentence "*The pain is solid and heavy, it sits in the middle of my chest"* Showed that Rachel still got pain every time she thought and imagined about Tom's new relationship.

There were six quotation above showed that Rachel still living in the past, she could not move on. She always reminiscing her past with Tom, always doing drunks text, always imagines about Tom's new life with her wife and got hurt

with that. She still could not deal with the pain of seeing her ex-husband with his new life.

3) Sensitive and loss of confidence

Sensitive is feeling irritable, offended, sad and always suspicious of others. Meanwhile, loss of confidence is always negative thinking or looking at everything from negative way, including judging himself. They love to compares themselves with others. Sensitive and loss of confidence is related to each other.

Data 26:

"There are familiar faces in these trains, people I see every week, going to and fro. I recognize them and they probably recognize me. I don't know whether they see me, though, for what I really am." (Hawkins, 2015:7).

Rachel had a habit of observation her surroundings, she always looked something from negative way, showed in *sentence "I don't know whether they see me, though, for what I really am"*. She lost her confidence and always felt that someone judging her based off of what they would see. The one symptoms of depression it showed clearly in quotation on data 27.

Data 27:

"I look at the man in the seat opposite mine. He looks up suddenly and meets my eye; his glance travels over me, over the little bottle of wine on the table in front of me. He looks away. There's something about the set of his mouth that suggests distaste. He finds me distasteful. I am not a girl I used to be. I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep; it's as if people can see the damage written all over me, can see it in my face, the way I hold myself, the way I move" (Hawkins, 2015:15-16).

The writer quote the sentence of *"There's something about the set of his mouth that suggests distaste. He finds me distasteful"*, based on the sentence it

showed that Rachel always lost her confidence, she always had negative thinking. She also had insecurity and felt that everyone judging her, sometimes she tried ignore when people saw her in the eye, but that was hard for her because she always feel not good enough, it pictured in sentence *"I am no longer desirable, I'm off-putting in some way. It's not just that I've put on weight, or that my face is puffy from the drinking and the lack of sleep; it's as if people can see the damage written all over me, can see it in my face, the way I hold myself, the way I move"* .

4) Feeling useless or worthlessness

Worthlessness can be describe as a desperation feeling, the individuals who feel worthless may feel useless or believe that nothing valuable in herself

Data 28:

"Let's be honest: women are still only really valued for two things, their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless" (Hawkins, 2015:118*).*

Society put so much worth of a woman on the fact that she had to had children and that made Rachel struggling in fertility. She could not have a baby, she had tried everything but still could not. Every day she woke up feeling empty, broken, unfeminine and worthless, it showed in sentence "*so what does that make me? Worthless* "Feeling useless every day is an early symptom of depression.

Data 29:

"In Cathy's flat I always feel like a guest at the very outer limit of her welcome. I feel it in the kitchen, where we jostle for space when cooking our evening meals. I feel it when I sit beside her on the sofa, the remote control firmly within her grasp, ill at ease and powerless" (Hawkins, 2015:12).

The sentence *"In Cathy's flat I always feel like a guest at the very outer limit of her welcome."* Showed about Rachel's feeling, she felt awkward in Cathy's Flat, in every corner Cathy's flat. She tried to make her-self enjoyed, watching tv, cooking but she felt that her presence is never wanted and could not do anything..

5) Decreased work efficiency and decreased in productivity

Decreased work efficiency is symptoms of depression, makes people difficult to focus on one thing or job, they just do the useless things like dreamy, continuous smoking, snacking or be alcoholic. Meanwhile, Decreased in productivity is Loss of interest and motivation to engage in activities, always feel run out of energy.

Data 30:

"The day stretches out in front of me, not a minute of it filled.
I could go to the farmer's market on the broad; I could buy venison
and pancetta and spend the day cooking.
I could sit on the sofa with a cup of tea and Saturday kitchen on TV.
I could go to the gym
I could rewrite my CV" (Hawkins, 2015:53-54)

Based on the data 30 in sentence *"the day stretches out in front of me, not a minute of it filled"* showed that Rachel lost her interest, she preferred doing useless things like lying in the bed, snacking and drinking alcohol when there was so much things she could do to made her day more productive, it showed in sentence "*I could go to the farmer's market on the broad; I could buy venison and pancetta and spend the day cooking. I could sit on the sofa with a cup of tea and*

Saturday kitchen on TV. I could go to the gym. I could rewrite my CV" but it was all her imagination and at the end she would decide not to do anything. She decreased work efficiency and productivity, both of them is early symptoms of depression.

6) ***Tired and have no energy***

Depression is a negative feeling, if someone saves negative feelings. It obviously make weary because it is weighing thoughts and feeling.

Data 31:

"I feel exhausted this evening. I am sober, stone cold. Some days I feel so bad that I have to drink; some days I feel so bad that I can't. Today, the thought of alcohol turns my stomach. But sobriety on the evening trains in challenge, particularly now, in this heat. A film of sweet covers every inch of my skin, the inside of my mouth prickles, my eyes itch, mascara rubbed into their corners"(Hawkins, 2015:21).

Rachel was jobless, she came and went every day with train. In the morning, she was sitting on the train and her head leaning against the carriage window, she watched a warehouses, water towers , bridges and sheds, she also watched those houses roll past her like a tracking shot a film. Arrived on the station, she went to library and when the night came, she back to the home and sitting on the train again, doing the same activities as in the morning. Every day she was doing unproductivity, but always got tired even she looked increasingly messy. Sometime she wanted to drink alcohol to reduce her stress, it showed in sentence *"Some days I feel so bad that I have to drink; some days I feel so bad that I can't"* but sometimes she too tired to drink. If someone exhausted any time, it was mean

she had a difficulties in her life because she saved all the negative feelings in her mind.

7) Feeling of guilt

Feeling of guilt is always thinking that incident that befalls them as a punishment or a result of their failure to carry out the responsibility.

Data 32:

"It's my fault. I was a drinker any-way, I've always liked to drink. But I did become sadder, and sadness gets boring after a while, for the sad person and for everyone around them. I went from being a drinker to being a drunk, and there's nothing more boring than that" (Hawkins, 2015:118).

Based on the quotation in sentence *"It's my fault.",* showed that she thought all the things happened to her because her mistakes. She could not had a baby and thought that because her fault. She turned into a drunk and everyday got blackout until one day her husband left her because her bad habit. It was her greatest regret because could not control herself and made her life worse than before.

b. Causes of Rachel Watson depression:

One and another person may be had a different caused of depression, depression could occur because a changed that happened in life and these changed may cause feeling of stress The writer found 4 caused of rachel's depression, that were : infertility, infidelity and divorce, lose a job and alcohol. All the data that had been found would be shown in the table below:

No	Cause of depression	Data
1	Infertility	Data 33: "It didn't happen. No doctor has been able to explain to me why I can't get pregnant. I'm young enough, fit enough, I wasn't drinking heavily when we were trying. My husband's sperm was active and plentiful. It just didn't happen. I didn't suffer the agony of miscarriage, I just didn't get pregnant. We did one round of IVF, which was all we could afford. It was, as everyone had warned us it would be, unpleasant and unsuccessful. Nobody warned me it would break us. But it did. Or rather, it broke me and then I broke us"(Hawkins, 2015:116).
		Data 34: "You asked me, last time about "how the drinking started." He nods. "I became depressed," I say. "We were trying . . . I was trying to get pregnant. I couldn't, and I became depressed. That's when it started."(Hawkins, 2015:306).
2	Infidelity and divorced	Data 35: "'What happened? He asks. "You left your husband. Was there someone else?" I shake my head. "Other way round. Anna happened""(Hawkins, 2015:232).
		Data 36: "I told him that my marriage broke down, that I was depressed. "Your marriage broke down, so . . . you left your husband, or he left you, or . . . you left each other?" "He had an affair," I said. "he met another woman and fell in love with her". He nodded"(Hawkins,

		2015:284).
3	Lose a job	Data 37: "I was sacked months ago for turning up blind drunk after a three-hour lunch with a client during which I managed to be so rude and unprofessional that I cost the firm his business"(Hawkins, 2015:216).
4	Alcohol	Data 38: "I told him that for four years I'd had problems with alcohol, that my drinking had cost me my marriage and my job, it was costing me health, obviously, and I feared it might cost me my sanity, too"(Hawkins, 2015:281-282).

Table 2.2 Causes of Rachel depression

1) Infertility

The first cause of Rachel's depression is infertility, infertility has link with depression. She thinks that woman has valued for two things, their looks and their role as mothers. But she doesn't have both of them, and makes her feel useless.

Data 33:

"It didn't happen. No doctor has been able to explain to me why I can't get pregnant. I'm young enough, fit enough, I wasn't drinking heavily when we were trying. My husband's sperm was active and plentiful. It just didn't happen. I didn't suffer the agony of miscarriage, I just didn't get pregnant. We did one round of IVF, which was all we could afford. It was, as everyone had warned us it would be, unpleasant and unsuccessful. Nobody warned me it would break us. But it did. Or rather, it broke me and then I broke us"(Hawkins, 2015:116).

The quotation on data 33, in sentence *"It didn't happen. No doctor has been able to explain to me why I can't get pregnant. I'm young enough, fit enough, I wasn't drinking heavily when we were trying. My husband's sperm was active and plentiful. It just didn't happen. I didn't suffer the agony of miscarriage, I just didn't get pregnant. We did one round of IVF, which was all we could afford."* Showed that Rachel used IVF treatment but still could not get pregnant and she could not find the reason even the doctor could not explain to her. She was hard to accept the reality because her greatest desire is to be a mother and had the real family like the others but she could not, it was made her stress because there was a lot of pressure in her mind. Another factors that caused depression of IVF treatment is hormones, it was involve the use of hormones and could affect a person's mood, increasing the risk of depression.

Data 34:

"You asked me, last time about "how the drinking started." He nods.
"I became depressed," I say. "We were trying . . . I was trying to get pregnant. I couldn't, and I became depressed. That's when it started."(Hawkins, 2015:306).

One of caused Rachel's depression is infertility, pictured in "*I was trying to get pregnant. I couldn't, and I became depressed. That's when it started"* Infertility lead to Rachel's depression, she could not deal with infertility, and could not handle it. At the end, she ruined anything and lost everything, be alcoholic woman and to be abandoned by her husband.

2) Infidelity and divorced

The second cause Rachel gets depression is infidelity and divorce.

Data 35:

"'What happened? He asks.
"You left your husband. Was there someone else?"
I shake my head. "Other way round. Anna happened""(Hawkins, 2015:232).

The sentence of *"other way round, Anna happened"* showed that her husband cheating from her, and that was Anna.

Data 36*:*

"I told him that my marriage broke down, that I was depressed. "Your marriage broke down, so . . . you left your husband, or he left you, or . . . you left each other?"
"He had an affair," I said. "he met another woman and fell in love with her". He nodded"(Hawkins, 2015:284).

Based on the data 36, *"He had an affair," I said. "he met another woman and fell in love with her"*. Showed that Rachel's marriage broke down, it started with her drinking habits, she got depressed because could not had a baby and turned into an alcoholic, there was no affection anymore in her relationship. She was stuck in her mind and her problem, and forgot everything, forget to take care her husband even herself, there was no warm communication anymore. Until one day her husband found another girl, he had an affair and felt in love. In fact, Rachel still loved her husband but she had divorced and that was what made her increasingly depressed.

3) Loss a job

The third cause of Rachel's depression is losing a job.

Data 37:

"I was sacked months ago for turning up blind drunk after a three-hour lunch with a client during which I managed to be so rude and unprofessional that I cost the firm his business"(Hawkins, 2015:216).

Based on the data 38, it showed she lost her job. She was unemployed and had no income. One of the causes of depression is losing a job, financial problems and there was no productivity days anymore.

4) Alcohol

The last causes of Rachel depression is alcohol, alcohol is more likely to cause major depression than the other way around.

Data 38:

"I told him that for four years I'd had problems with alcohol, that my drinking had cost me my marriage and my job, it was costing me health, obviously, and I feared it might cost me my sanity, too"(Hawkins, 2015:281-282).

The quotation showed that Rachel had been an alcoholic for four years, it started when she could not be mother and turned into drunk, but after that she lost all she had. Firstly, drunk triggers many deviant behaviors in relationship and made it harder to control herself in relationship, that was why her husband left her. Secondly, she lost her job because she drunk in job affair, and turned into rude and unprofessional. She thought that drinking alcohol could cure the depression that is being experienced. However, the fact alcohol actually caused more severe depression.

Based on the all caused above, the writer conclude that the main caused of Rachel's depression is infertility, it started from she was trying to had a baby and doing IVF treatment but she still could not be a mother. She was dealing her stress with drink a bit, and then a bit more and finally she went from being drinker to being a drunk. Rachel's marriage broke down, her husband had an affair because

her drinking habit drove him away and that was why he stopped to loving her anymore. Afterward her drinking habit getting worse, and ruined everything she had.

3. Defense mechanism done by Rachel to overcome anxiety and depression

The writer found 3 kind of defense mechanism done by Rachel that were: Repression, displacement and rationalization. It was showed in table below:

No	Defense Mechanism	Data
1	Repression	Data 39: "Something is wrong, for a second, I feel as though I'm falling, as though the bad has disappeared from beneath my body. Last night. Something happened. The breath come sharply into my lungs and I sit up, too quickly, heart racing, head throbbing" (Hawkins, 2015:57). Data 40: "He examines my head for a good few seconds and then says. "Is that so?" he stands back and looks me in the eye. "It doesn't look like it. It looks more like someone's hit you with something," he says, and I go cold. I have a memory of ducking down to avoid a blow, raising my hands. Is that a real memory? The doctor approaches again and peers more closely at the wound. "something sharp, serrated maybe" (Hawkins, 2015:77).

2	Displacement	Data 41: "I pull the filthy plaster of the end of my finger and look at pale, wrinkled flash beneath, dried blood caked at the edge of my fingernail. I press the thumbnail of my right hand into the centre of the cut and feel it open up, the pain sharp and hot. I catch my breath. Blood starts to ooze from the wound. The girls on the other side of the carriage are watching me, their faces blank." (Hawkins, 2015:22-23).
		Data 42: "I couldn't breathe and I couldn't stop my brain from racing or my skin from itching, so I got to my feet and walked to the corner shop on Titchfield street and bought four gin and tonics in cans, then went back to my spot in the park. I opened the first one and drank it as fast as I could, and then opened the second" (Hawkins, 2015:49).
3	Rationalization	Data 43: "I left three months ago. My flatmate . . . well she's my landlady, really . . . I haven't told her. I'm trying to find another job, I didn't want her to know because I thought she would worry about the rent. I have some money. I can pay my rent, but . . . anyway, I lied to you yesterday about my job and I apologize for that"(Hawkins, 2015:110).
		Data 44: ""I wanted to help you" I say. "I knew that the police always suspect the husband, and I wanted you to know there was someone else . ." "So you made up a story about knowing my wife? Do you have any idea how insane you sound?" "I do"" (Hawkins, 2015:364).

Table 3.1 defense mechanism done by Rachel

a. Repression

Repression is defense mechanism unconsciously someone presses the thought that are inappropriate, uncomfortable, and painful out of the conscious to the unconscious.

Data 39:

"Something is wrong, for a second, I feel as though I'm falling, as though the bad has disappeared from beneath my body. Last night. Something happened. The breath come sharply into my lungs and I sit up, too quickly, heart racing, head throbbing" (Hawkins, 2015:57).

Based on the data 39, it showed that Rachel pressing her painful memory from conscious into unconscious mind. She drunk and made her brain to forget the painful memory about last night.

Data 40:

"He examines my head for a good few seconds and then says. "Is that so?" he stands back and looks me in the eye. "It doesn't look like it. It looks more like someone's hit you with something," he says, and I go cold. I have a memory of ducking down to avoid a blow, raising my hands. Is that a real memory? The doctor approaches again and peers more closely at the wound. "something sharp, serrated maybe" (Hawkins, 2015:77).

The quotation in line *"I have a memory of ducking down to avoid a blow, raising my hands. Is that a real memory"* showed Rachel had a wound and could not remember the causes of the wounds. She remembered something little by little but she was not sure that it was real or just her delusion. She used repression as defense mechanism to pressing her painful memory from conscious mind to unconscious mind to protect herself from painful memory.

b. Displacement

Displacement is an emotional overflow against a person or object is transferred to another person or object.

Data 41:

"I pull the filthy plaster of the end of my finger and look at pale, wrinkled flash beneath, dried blood caked at the edge of my fingernail. I press the thumbnail of my right hand into the centre of the cut and feel it open up, the pain sharp and hot. I catch my breath. Blood starts to ooze from the wound. The girls on the other side of the carriage are watching me, their faces blank." (Hawkins, 2015:22-23).

Instead of revealing anger to the object, she is reacting by injuring herself. *"I press the thumbnail of my right hand into the centre of the cut and feel it open up, the pain sharp and hot. I catch my breath. Blood starts to ooze from the wound. "*. She hurt herself when she got phone call from her ex-husband with words that make her hurt.

Data 42:

"I couldn't breathe and I couldn't stop my brain from racing or my skin from itching, so I got to my feet and walked to the corner shop on Titchfield street and bought four gin and tonics in cans, then went back to my spot in the park. I opened the first one and drank it as fast as I could, and then opened the second" (Hawkins, 2015:49).

Displacement is an emotional toward the person or the object is transferred to another person or abject, in sentence *"I couldn't breathe and I couldn't stop my brain from racing or my skin from itching"*. Rachel Received messages from her ex-husband's wife, her feeling hurt and she transferred her emotional with drinks a tonic, it showed in *"I opened the first one and drank it as fast as I could, and then opened the second"*

Defense mechanism in displacement by Rachel Watson is injuring herself and drinking a tonic.

c. Rationalization

Rationalization is defense mechanism to prove his behaviour is rational, can be approved, justified, and acceptable to himself and society.

Data 43:

"I left three months ago. My flatmate . . . well she's my landlady, really . . . I haven't told her. I'm trying to find another job, I didn't want her to know because I thought she would worry about the rent. I have some money. I can pay my rent, but . . . anyway, I lied to you yesterday about my job and I apologize for that" (Hawkins, 2015:110).

Based on data 43, she talked with police that she lied about her job yesterday because her landlady in there and hearing. She tried to prove her behaviour is rational and acceptable that she didn't want the landlady know that she jobless and make her worry about the rent, it pictured in line *"I haven't told her. I'm trying to find another job, I didn't want her to know because I thought she would worry about the rent. I have some money. I can pay my rent, but . . . anyway, I lied to you yesterday about my job and I apologize for that"*. That was the reason why she was lying yesterday with the police.

Data 44:

""I wanted to help you" I say. "I knew that the police always suspect the husband, and I wanted you to know there was someone else . ."
"So you made up a story about knowing my wife? Do you have any idea how insane you sound?"
"I do"" (Hawkins, 2015:364).

She was lying about knowing Scott's wife. She explained to Scott that her idea is insane but acceptable, it showed in sentence *"I wanted to help you" I say.*

"I knew that the police always suspect the husband, and I wanted you to know there was someone else . ." police always suspect the husband, if she was not lying about knowing Megan as Scott's wife, Scott would never want to hear about Rachel evidence because Scott would not have taken seriously if she would just been some girl on the train.

BAB V

CONCLUSION AND SUGGESTION

A. CONCLUSION

After analyzing this research, the writer arrived to conclusion. Rachel Watson had 3 kinds of anxiety: Neurotic anxiety, Realistic anxiety and Moral anxiety that were caused by many problems such as environment, threat, frustration, gender and fear. Rachel's neurotic anxiety could be identified from her bad thought and feel panic, she always wondering to herself and feeling afraid about some possibilities will happen when she followed her Id or when her Id satisfied. Rachel's realistic anxiety could be identified from her fear, she always feeling intimidated and afraid with her ex-husband or Scott, sometimes she just hiding in home to make herself feeling safe. Moral anxiety is conflict between Id and superego, Rachel's moral anxiety could be identified when she felt embarrassed and guilty when she was doing something who contrary with the moral value.

In this novel, Rachel also got depression with caused by infertility, infidelity and divorce, loss a job, alcohol. Rachel's had a symptoms are insomnia, living in the past, difficult to making decision, sensitive and loss of confidence, feeling useless, decreased work efficiency and decreased in productivity, tired and have no energy, feeling of guilt. To overcome Rachel's anxiety and depression she used three kinds of defense mechanism are repression, displacement, and rationalization.

Based on all the data, it comes to conclusion that anxiety and depression was a different problem but could happen together. Rachel's anxiety and depression was happen together with the different main causes, Rachel depression caused by her infertility and infidelity until she lost everything, she had become frustrated whereas Rachel's anxiety caused by her involvement about Megan's disappearance and Rachel was the only one who knew the truth. At the end, when people faced an anxiety and depression in nowadays, the only way to overcome that mental illness was tried to embrace the anxiety and depression than avoid, because suffering was part of life, people could learn how to build a positive relation with pain like get support, think positively, take up a new hobbies, be open with family and reduce the emotional distress by taking care of wellbeing. But if the anxiety and depression was getting bigger and could not handle it anymore, the final decision was starting therapy with psychiatrist, psychologist to taking charge of anxiety and depression disorder.

B. SUGGESTION

After finishing this research, the writer expected that this research could useful and gave more understanding for the next researcher especially the writers of English Department at Bosowa University. It was important to the next researcher who wanted to analysis about psychological analysis. The writer also expected that this research would useful for the reader to reducing their anxiety and depression disorder.

This research was still far from being perfect. So, the writer would accept and listen all the good criticism about this research to be more perfect.

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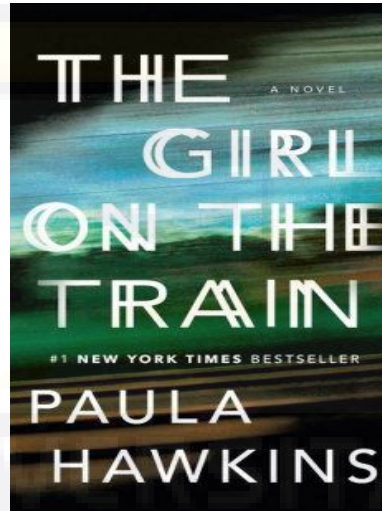Wellek, Rene and Austin Warren. 1997. *Theory of Literature*. New York: A Harvest Book

APPENDICES

APPENDIX 1

SYNOPSIS *THE GIRL ON THE TRAIN*

Rachel Watson is an alcoholic woman who takes the same commuter every morning and night since losing her job and her marriage, her husband having an affair with their Real Estate agent, Anna Boyd. During her marriage with Tom, Rachel struggling with her infertility and become alcoholic woman, after divorce she lives with her friend Cathy and spends her day in commuter. During the train journey, Rachel sometimes observes the lives of Tom's neighbors, Scott and Megan Hipwell. She sees them through the windows, They are a young couple who Rachel believes live in a perfect marriage. But the truth is Scott is an aggressive person and Megan unfaithful woman. Megan is in a relationship with many men, including her psychiatrist, Dr. Kamal Abdic.

From the train, Rachel get angry when she look Megan kissing a stranger. But hours later Megan goes missing that show on the news. Rachel tried to contact Scott, she want to give her pretending to be Megan's friend, to tell him

about their affair. Scott pulls up a picture of Megan's psychiatrist Dr. Kamal Abdic, and Rachel identifies him as the man she saw kissing Megan.

Megan is found murdered and tests show she was pregnant, but that neither Scott nor Abdic was the father. Scott enters Rachel's house and aggressively confronts her for lying to him about knowing Megan, directing the police towards Abdic, and leaving him as the new suspect. Rachel tries to report the assault to the police, believing Scott's violence suggests he may have murdered Megan, but the detective says that he has been ruled out as a suspect as there is CCTV footage of him at a bar at the time.

On the train Rachel sees Martha, the wife of Tom's former boss, and apologizes for her behavior at the barbecue where she believes she broke a platter, threw eggs, and insulted Martha. Martha says she did nothing wrong and she was told that Rachel was sick and needed to sleep in their spare room. It turns out Tom had been fired for having sex with co-workers. Rachel realizes that Tom planted false memories in her head during her drinking binges. He was also violent toward her during her blackouts, which accounts for the injuries she had when she awoke.

Anna suspects Tom of cheating and secretly finds a strange cell phone hidden in their house; the voicemail revealing that the phone belongs to Megan. A sober Rachel goes back to the tunnel, and remembers that on the day of her disappearance she caught Megan meeting Tom, who beat her when she tried to confront the two. Realizing that Tom killed Megan when she refused to abort his baby, Rachel warns Anna, who already knows. When Tom arrives home, both

women confront him about his affair with Megan. Tom tries to force Rachel to drink alcohol again, throws the drink at her face, and knocks her unconscious.

When Rachel awakens, she flees for the front door, but it is locked. Tom tries to strangle her as Anna watches from the top of the stairs. Rachel doubles back through the kitchen and grabs a corkscrew. She gets outside, but Tom chases her and grabs her. As she turns, she stabs him in the neck with the corkscrew. He falls; as Anna reaches him, she twists it deeper into Tom's neck, killing him.

Interviewed by Detective Riley, Rachel and Anna tell identical stories about killing Tom in self-defense after he admitted that he was Megan's killer; with Anna admitting that Rachel had been right about everything. Later, Rachel visits Megan's tombstone at a cemetery and states "We are tied forever now, the three of us, bound forever by the story we shared." Later, she sits on the opposite side of the train, hopeful for a new life.

APPENDIX 2

BIOGRAPHY OF THE AUTHOR

PAULA HAWKINS, was born on August 26, 1972, in Harare, Zimbabwe (then Rhodesia). She was a financial journalist and published romantic comedies under a pen name before she hit the best-seller lists with her psychological thriller, *The Girl on the Train*, in 2015.

Paula Hawkins grew up among intellectuals, diplomats, and artists in Zimbabwe before her family moved back to England in 1989. She graduated from Oxford University with a degree in philosophy, politics, and economics. An interest in economics and finance ran in the family—her father was an economics professor, and she worked at the financial desk for *The Times* and various other publications until the market crash in 2008–09. In 2009 Paula Hawkins turned to fiction, publishing four romantic comedies under the pen name Amy Silver with little success. In what she calls a last effort to establish herself as a fiction writer, Hawkins borrowed money from her father and holed up in her apartment for six months to write a thriller. Desperate for a contract so she could put food on the table, Hawkins had her agent send the manuscript to publishers before it was finished, creating a bidding war. The rest, as they say, is history.

The Girl on the Train, a departure from romance and exploring the darker subjects of alcoholism and domestic abuse, met with overwhelming commercial and critical success. Hailing the expertly drawn characters and the unique structure of the novel, critics helped catapult *The Girl on the Train* to best-seller lists all over the world. The novel has been published in some 50 countries in more than 40 languages, selling more than 18 million copies worldwide. One year after its publication in 2015, the novel was made into a star-studded motion picture directed by Tate Taylor, starring Emily Blunt as Rachel Watson, Haley Bennett as Megan Hipwell, Rebecca Ferguson as Anna Watson, and Justin Theroux as Tom Watson.

APPENDIX 3

BIOGRAPHY

Armyati siregar, She was born in Makassar, 27 october 1997. She is the last daughter of three children from Amir Siregar and Siti Aisyah. Her father is an employee and her mother is a housewife. Her hobbies are reading novel, watching drama and sometimes writing poems. Her principle life is "when you can't find the sunshine, be the sunshine".

She completed her elementary education in SDn Karuwisi III from 2004-2010, after that, she continued in MTs Negeri Model Makassar from 2010-2013, then she continued in MAN 2 Model Makassar from 2013-2016. English literature is one of interesting subject for her, she thinks that beautiful sounding language in this world is English and she gets interest to know more about English.