Journal of Language
Volume 8 Number 2, pp: 428-439
e-ISSN: 2685-8878 | p-ISSN: 2655-9080
DOI: https://doi.org/10.30743/jol.v8i2.14442

Depression in Tess Wakefield's Novel *Purple Heart*

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Article Info

Article history:
Received: Oktober 02, 2026
Accepted: November 05, 2026
Published: November 10, 2026

Keywords:
Protagonist;
Depression;
Causes;
Symptoms.

ABSTRACT

There are three objectives to achieve in this study. They are firstly to analyze the causes of protagonist's depression in the novel, secondly, to clarify the symptoms protagonist's depression in the novel, and thirdly, to describe the causes and symptoms that affect the protagonist. Research methods are the technique the researcher uses to do research. The techniques are to identify, collect, select, process, and analyze information. This chapter presents the research design, data collection, and data analysis. From the analysis of the Purple Heart novel, there are several findings found. And also here are the causes and symptoms of depression in the protagonist It was found that there are three causes and symptoms of depression found in the novel. Depression can worsen a person's way of thinking, acting and affect their feelings. The causes of protagonist depression can be biogenetic and social environmental, family factors and difficult life changes. The symptoms of protagonist depression can be loss of interest and enjoyment in activities, loss of energy and worry and withdrawal from social activities. What the protagonist experienced in life is just complex and complicated. However, the kindness of his foster parents and other people around him makes him feel the warmth of family love and even stronger.

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1. Introduction

The literary work reflects of the depiction of society, real life or social condition. In social life, depression is existed (Xiang, 2022). Depression is a neurosis with decreased emotionality, slowed thinking, and impaired speech and movement. People who experience depression, their lives and work are thrown into disarray and intervention, which is a significant burden on them, their families and society. We as human beings sometimes feel depressed of something in our life or at least we run short of hope. Depression may cause someone to feel hopeless and try to do anything, Regardless of the danger.

Depression is a serious disorder that has a negative impact on a person's feelings, thoughts and actions. A person with depression may have decreased interest and pleasure in daily activities, significant weight loss or gain, insomnia or oversleeping, a lack of energy, an inability to concentrate, feelings of worthlessness or excessive guilt. Røseth (2015) clarifies that depression and empirical findings support this: Compared with people who are not depressed, people who are depressed show lower reactions to various positive emotional stimulants, reduced activity of the appetite system, and moodiness.

As noted by Azzahra Putri Hidayat et al (2022), depression is a condition that affects a person's behavior, affective, physiological and cognitive, causing loss of loved ones, uncertainty and boredom in life. It is excessively sad feeling until it may make someone think that his life is meaningless. Depression is usually thought of being a disorder or disturbance in mood. Everyone, at various times in life, feels sad or blue. Sadness or grief is a normal

response to death, loss, separation or difficult life events. Depressed people are potentially capable of doing very well on tests of memory abstract thought, but their perceptions about the world and their reactions are askew.

Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that experience loss of appetite or overeating, having problems to concentrate, remembering details, or making decisions. In severe cases, they may contemplate or attempt suicide. Additionally, they might suffer from insomnia, excessive sleeping, fatigue, loss of energy, or persistent aches, pains, or digestive issues that do not respond to treatment. However, the focus is to analyze the causes and symptoms of depression experienced by the protagonist.

2. Literature Review

2.1 Depression

Depression, often classified as a mood disorder, extends beyond fleeting emotions to encompass a prolonged emotional state that significantly influences an individual's thoughts, emotions, and behaviors (Ferguson, 2021). It manifests as feelings of helplessness and despair, coupled with a pervasive sense of sadness and disinterest in previously enjoyable activities, as articulated by Nolen-Hoeksema and Hilt (2008). Furthermore, the World Health Organization (WHO) recognizes depression as a prevalent mental health condition characterized by persistent feelings of sadness and a notable lack of pleasure in once enjoyable experiences.

Psychologists, represented by Beck and Alford (2009), provide further insights into depression, delineating it as a psychological disorder characterized by disruptions in an individual's feelings, thoughts, and behaviors. These disruptions can manifest as feelings of sadness, loneliness, and a diminished sense of self-worth, often accompanied by withdrawal from social interactions and everyday activities. Similarly, Hidayat et al. (2022) offers a nuanced perspective, describing depression as an unpleasant emotional state marked by subjective feelings of tension, fear, and worry.

2.2 Causes of Depression

According to Nikbakhtzadeh (2020), anxiety and depression are one of the causes that affect the quality of our life and daily tasks. There are people who experience depression only once in their life. There are also those who experience it repeatedly or what is known as major depression which can lead to suicide. It is important to know that there are many things that can be done to help people who have an urgency to take this action, one of which is by understanding the factors that can cause depression. Santrock (2003) delineates several key factors contributing to depression:

2.2.1 *Biogenetic and Social Environmental Factors*

Biogenetic and social environmental factors play a significant role in the development of depression. Genetic factors within the family can increase an individual's vulnerability to depression. However, it is not only genetic factors that play a role. Social environment also plays a major role. For example, stress caused by problems in the family, work, or interpersonal relationships can trigger depression or exacerbate existing conditions. Thus, depression often results from the complex interaction between genetic and environmental factors.

2.2.2 *Cognitive Schemas in Childhood*

Traumatic or stressful experiences during childhood can shape negative cognitive schemas in individuals, which can then increase the risk of depression in adulthood. For

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example, children who experience frequent harsh treatment or neglect may develop negative self-perceptions and feelings of worthlessness that persist into adulthood.

These negative cognitive schemas can influence how individuals interpret their experiences, evaluate themselves, and respond to challenges throughout their lives. Individuals who experience childhood trauma may develop maladaptive beliefs, such as perceiving themselves as unlovable, viewing the world as unsafe, or expecting rejection from others. Such beliefs can become deeply rooted and may be activated when individuals encounter stressful situations, interpersonal conflicts, or significant life changes. Consequently, they may interpret neutral or ambiguous experiences negatively, experience difficulties in maintaining healthy relationships, and struggle to regulate their emotions. In literary analysis, cognitive schemas provide a useful framework for understanding how a character's childhood experiences influence their thoughts, feelings, and behavior in adulthood. By examining the protagonist's perceptions of himself and his relationships with others, researchers can identify how earlier adverse experiences may contribute to depressive symptoms and shape the character's psychological development throughout the narrative.

2.2.3 *Learned Helplessness*

Learned Helplessness is a concept that suggests when someone feels they have no control over their circumstances, they are more likely to experience feelings of despair and vulnerability to depression. For instance, if someone experiences repeated failures in life and feels they cannot change their situation, they may feel trapped in a cycle of hopelessness that can lead to depression.

Furthermore, learned helplessness can affect an individual's motivation, decision-making, and ability to cope with challenging situations. When individuals repeatedly encounter negative experiences that they perceive as uncontrollable, they may gradually lose confidence in their ability to influence the outcomes of their lives. As a result, they may stop trying to overcome difficulties, withdraw from social relationships, and develop negative expectations about the future. These responses can reinforce feelings of hopelessness and contribute to the development or persistence of depressive symptoms. In literary analysis, the concept of learned helplessness can be used to examine how a character's repeated experiences of failure, rejection, or adversity influence their psychological condition and responses to conflict. By analyzing the character's reactions to difficult circumstances, researchers can explore whether the character demonstrates passivity and hopelessness or gradually develops resilience and a renewed sense of personal agency. This perspective is particularly useful for understanding the relationship between adverse life experiences, perceived control, and the protagonist's psychological development throughout a novel.

2.2.4 *The family*

The family environment can also influence the development of depression. A family history of depression, such as having parents who suffer from depression, can increase the risk of depression in offspring. Family conflicts, divorce, or economic problems can also trigger depression. Instability in the family environment can create feelings of insecurity and instability.

Moreover, the quality of family relationships can influence an individual's emotional development and vulnerability to depression. Persistent family conflict, inadequate parental support, and a lack of emotional warmth may contribute to feelings of insecurity, loneliness, and low self-esteem. Conversely, a supportive family environment can serve as a protective factor by providing emotional security, affection, and a sense of belonging. Juwariah et al. (2022), in their systematic review, found that childhood adversities, including parental

separation, family dysfunction, and other adverse family circumstances, were associated with various mental health problems, including depression. Therefore, in literary analysis, the family environment can be examined to understand how a protagonist's early family experiences influence psychological well-being, interpersonal relationships, and responses to adversity. This perspective also highlights the importance of supportive relationships in helping individuals cope with emotional difficulties and develop resilience.

2.2.5 *Limited Social Relationships*

Lack of social support and positive relationships with peers or friends can also worsen depression. Positive social interactions can provide emotional and psychological support needed to cope with stress and life pressures. When someone feels isolated or unsupported by their social environment, they are more vulnerable to depression.

Moreover, limited social relationships can influence how individuals perceive themselves and respond to stressful life experiences. When individuals lack meaningful connections with friends, family members, or other people in their communities, they may experience loneliness, reduced self-esteem, and difficulties managing negative emotions. Zhang and Dong (2022), in a meta-analysis of 177 studies involving 113,427 participants, found a significant negative association between social support and loneliness, indicating that greater social support was associated with lower levels of loneliness.

2.2.6 *Difficult Life Changes*

Difficult life change, such as parental divorce or school transitions, can cause significant stress in individuals. Major changes in one's routine or living environment can trigger feelings of uncertainty and anxiety that can lead to depression. In addition, difficult life changes can disrupt an individual's sense of stability, security, and belonging, particularly during childhood and adolescence. Events such as parental separation, relocation, changes in family circumstances, and transitions between educational settings may require individuals to adapt to unfamiliar environments while managing emotional uncertainty.

2.3 Symptoms of Depression

According to Sulistiyana (2019), depression is a complex mental disorder and involves a variety of different symptoms, which can affect various aspects of a person's life, some of which are:

2.3.1 *Loss of interest and enjoyment in activities*

people who are depressed often lose interest and enjoyment in activities they previously enjoyed. Everything that used to be enjoyable, such as hobbies, work, or social relationships, suddenly feels bland and meaningless. They may feel uninspired to do anything and tend to withdraw from activities they usually enjoy. Furthermore, the loss of interest and enjoyment in activities, clinically referred to as anhedonia, is an important symptom associated with depression. According to Su et al. (2022), anhedonia involves difficulties in experiencing pleasure, anticipating rewarding experiences, and maintaining motivation to participate in previously enjoyable activities. These difficulties may cause individuals to become less enthusiastic about their hobbies, social interactions, and everyday responsibilities. Consequently, they may experience reduced motivation, emotional detachment, and withdrawal from activities that once provided satisfaction. In literary analysis, this concept can be used to examine how a protagonist's declining interest in daily activities reflects emotional distress and psychological struggles.

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2.3.2 Pessimism

Symptoms of depression are often also characterized by a pessimistic attitude and negative interpretation of everything in life. People who are depressed tend to see everything from a negative perspective, feel that nothing will work out, and see no hope in any situation. Furthermore, pessimism in individuals experiencing depression may be associated with cognitive biases that lead them to focus more on negative information while overlooking or discounting positive experiences. According to Noworyta et al. (2021), pessimistic judgment bias is an important cognitive feature of depression, characterized by the tendency to overestimate the likelihood of negative outcomes and underestimate the likelihood of positive ones. Such thinking patterns may cause individuals to interpret difficulties as evidence of future failure, maintain negative expectations, and struggle to recognize opportunities for improvement.

2.3.3 *Loss of energy*

Depression often causes excessive fatigue and a constant feeling of exhaustion. People who are depressed may feel tired all the time, even after getting enough rest. They also tend to lose enthusiasm for daily activities and feel like they don't have the energy to do anything. Moreover, loss of energy can significantly interfere with an individual's ability to perform daily activities, maintain social relationships, and fulfill personal responsibilities. Persistent fatigue may make even simple tasks, such as getting out of bed, concentrating on schoolwork, or interacting with others, feel overwhelming.

2.3.4 *Withdrawal from social activities*

People who experience depression tend to withdraw from social interactions and avoid situations that require interaction with other people. They may not respond to phone calls, avoid meeting friends, or isolate themselves at home. This can be caused by feelings of low self-esteem, social anxiety, or an inability to enjoy social interactions. Moreover, withdrawal from social activities can create a cycle in which reduced social interaction intensifies loneliness and makes it more difficult for individuals to seek emotional support. People experiencing depression may avoid social situations because they anticipate rejection, feel uncomfortable around others, or lack the motivation to maintain relationships.

2.4 Causes and Symptoms Affect

There are several studies that have examined how causal factors such as past trauma, social environment, and internal conflict affect the protagonist in the story. According to Smith (2016), past trauma often shapes the protagonist's motivations and actions.

Symptoms that arise as a result of these causes, such as stress, depression, and defensive behavior, also play an important role in the development of the story. According to Goldstain (2019), these psychological symptoms are often visible in the protagonist's actions and dialogue, giving readers deep insight into their emotional state. Plath uses these symptoms to create an immersive narrative about mental struggle and the search for identity. Behavioral Psychology Theory by Skinner (1965) in the book entitled Science and Human Behavior talks about past trauma

2.4.1 *Past Trauma*

Skinner (1965) stated that human behavior is greatly influenced by the reinforcement and punishment received during his life. In this context, how the impacts and symptoms affect the main character can be described by analyzing the protagonist's traumatic experience.

Past trauma can have a lasting influence on an individual's emotional development, thought patterns, and behavioral responses. Traumatic experiences, such as childhood neglect, physical or emotional abuse, family conflict, or the loss of a loved one, may shape how individuals perceive themselves and interact with others. When these experiences remain unresolved, individuals may develop persistent feelings of fear, insecurity, guilt, or worthlessness, which can affect their ability to cope with stressful situations. From a behavioral perspective, Skinner's theory of operant conditioning emphasizes that behavior is shaped by its consequences, including reinforcement and punishment. However, trauma cannot be explained solely through behavioral conditioning, as it may also involve cognitive, emotional, and social processes. In literary analysis, examining a protagonist's traumatic past can help explain the origins of particular behavioral patterns, emotional difficulties, and interpersonal conflicts. This approach allows researchers to explore how earlier adverse experiences contribute to the protagonist's psychological struggles and influence their responses to events throughout the narrative.

2.4.2 *Social Environment*

The environment also plays an important role in shaping the protagonist's behavior. According to Skinner's environmental theory, individuals are influenced by external conditions around them, including social, cultural and economic interactions. For example, a protagonist who grows up in an environment filled with violence and instability may develop symptoms such as high anxiety, hypervigilance, and defensive behavior. On the other hand, a supportive and positive environment can encourage the development of healthier and more resilient characters (Bandura, 1977).

2.4.3 *Internal Conflict*

Internal Conflict is also an important factor in behavioral psychology theory. This conflict often arises from a mismatch between personal values and life experiences. For example, a protagonist who has experienced past trauma may experience an internal conflict between the desire to forget a bad experience and the need to face it. This conflict can manifest itself in the form of psychological symptoms such as stress, anxiety and depression. According to Freud (2015), internal conflict is often not realized by individuals, but can significantly influence their behavior and decisions.

3. Research Method

The method is used in this research to identify, collect, select, process and analyze information. The most suitable method to be applied is descriptive qualitative method. Cresswell (2023: 274) clarifies that descriptive method of research is to gather information about the present existing conditions. He also verifies that the purpose of descriptive method is to find a detailed explanation and description of the object of research systematically. This method is used to analyze, describe and interpret emerging phenomena. It enables the researcher to do the analysis to the all the types of depression identified in the part I of this research. The data related to the analysis i.e. causes and symptoms of the protagonist's depression are collected to be chosen as points to be analyzed in part IV of this research.

4. Discussion

The protagonist, Cassie experiences depression when she is childhood. This research gives the theory that explains about protagonist depression. As described previously, depression is a condition that affects a person's behavior, affective, physiological and cognitive, causing loss of loved ones, uncertainty and boredom in life. It is excessively sad feeling until it may make someone think that his life is meaningless. The focus on this study

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gives indication to every point connected to Cassie the protagonist depression in the novel, which deal with his journey from finding his self-identity until finding the warmth of family love and her lover.

4.1 The Causes of Depression

Cassie is a woman who faces various kinds of depression in her life. Cassie is a woman who, due to the demands of life, is forced to deal with all the problems that occur in her life alone. There are several causes of depression experienced by the protagonist in the novel. The most relevant are three causes such as biogenetic and social environmental factors, family factors, and difficult life changes.

4.2 Biogenetic and Social Environmental Factors

The first causes biogenetic and social environmental factors, Genetic factors within the family can increase an individual's vulnerability to depression. However, it is not only genetic factors that play a role. Social environment also plays a major role. For example, stress caused by problems in the family, work, or interpersonal relationships can trigger depression or exacerbate existing conditions. As Cassie experienced high glucose levels:

> “It didn't look like my glucose levels varied enough to have to take insulinyet?
> So for now, we would try meal planning and exercise?
> Here were some good on-the-go meals?
> For a snack, Nancy recommended nuts?
> The nuts weren't that bad. And neither was Nancy. She was just trying to help.” (Wakefield, 2017:37)

Cassie has high glucose levels, so she needs to take insulin. Tjandrawinata (2016) Insulin is a peptide hormone that is synthesized and secreted by beta cells in the Langerhans islets of the pancreas. It regulates carbohydrate, fat, and protein metabolism by providing glucose in the blood to pass to fat, liver and skeletal muscle cells. The body converts carbohydrates into glucose when consuming foods containing carbohydrates, which is then distributed throughout the body to help absorb glucose in the body's cells to restore blood sugar levels. The insulin hormone functions to convert glucose into energy, which is then distributed throughout the body. Cassie is experiencing it now.

4.3 Family Factors

The second causes family factors. A family history of depression, such as having parents who suffer from depression, can increase the risk of depression in offspring. Family conflicts, divorce, or economic problems can also trigger depression. Instability in the family environment can create feelings of insecurity and instability, which can increase the risk of depression in those involved.

> "I'm on my way to The Handle Bar, so, go to the next grind, I guess."
> "You're taking this well." Mother said.
> "What about your health insurance?"
> "There are government programs."
> "What about your rent?" my mom interrupted. "I'm worried," she said, and, as if the word "worried" were some sort of password, a coiled spring released and she began to rant.
> (Wakefield, 2017: 3)

The above quotation describes when Cassie wants to work according to her wishes, her mother forbade her. This shows that Cassie experienced family factors. Cassie just wanted her mother to understand her decision but instead it was the opposite.

4.4 Difficult Life Changes

The thirdly causes give difficult life changes, such as parental divorce or school transitions. That can cause significant stress in individuals. Major changes in one's routine or living environment can trigger feelings of uncertainty and anxiety that can lead to depression.

> Deep down, I had known this all along. Mom couldn't do so much as think about looking for a different job, going back to school, moving back to San Juan, until she was no longer the person who would catch me if I failed. If I was broke, if I was sick, I still relied on her. But not anymore. Luke and I were married now. Sham or not, I had his extra income and health insurance. And maybe that was something she needed to hear.
> "Don't freak out," I said, as quiet as a little girl. "But I might have one now. A safety net."
> "Like what?" mother said
> I swallowed, and lifted my hands. "I got married."
> "What?" (Wakefield, 2017:81)

Cassie has undergone a major change, as shown in the quotation above; she got married to get health insurance and additional income. Because her mother was always worried about her and fought for her with all her might, she gave up. Because she did not want to bother her mother, Cassie chose to marry one of the soldiers, even though the marriage was fake. She also told her mother that by getting married she would have health insurance. Although her mother was very surprised to hear it. She married a soldier named Luke, whom she knew from her close friend, Frankie.

4.2 The Symptoms of Depression

The symptoms experienced by the protagonist in the novel are three symptoms depression. There are:

4.2.1 *Loss of interest and enjoyment in activities*

Loss of interest and enjoyment in activities. people who are depressed often lose interest and enjoyment in activities they previously enjoyed. Cassie thinks that are used to be enjoyable, such as hobbies, work, or social relationships, suddenly feels bland and meaningless. They may feel uninspired to do anything and tend to withdraw from activities they usually enjoy.

> "I found out I have diabetes, and-" Frankie's face twisted in concern. I stopped him. "No, it's okay. I'll be okay. Hear me out."
> "But that's so scary," Frankie continued, softer.
> "It is. And I just lost my day job." Before Frankie could pity me further, I said quickly, "So here's what I'm thinking. With your army Contract, married couples get two thousand dollars extra a month, and the spouse gets covered under your health care. So, like-" I paused, (Wakefield, 2017:47)

Cassie has lost her interest and pleasure; she has lost her direction and interest because that is the only way to cure her illness. Cassie has forgotten all the events she has gone through. She says that her life is the same as before. Cassie starts thinking about my future. Actually, imagining it is not that hard. Cassie wakes up and takes a blood sugar test. Cassie

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goes to her shift at the Handle Bar, passes out, wakes up, and does the same thing again. Cassie is completely exhausted, breaks, or both. If Cassie is lucky, she will find a new office job that does not require much thought, and Cassie will listen to better music.

4.2.2 *Loss of energy*

Symptoms in loss of energy that means people who are depressed may feel tired all the time, even after getting enough rest. They also tend to lose enthusiasm for daily activities and feel like they don't have the energy to do anything.

> Maybe if things got a little better, I would get a cat or a dog, or maybe if things got a little worse, I would move in with Mom. I would probably be paying off my medical bills and student loans until I had gray hair, or until I gave in and finally went to law school. (Wakefield, 2017: 97)

Cassie has given up on her life; she has surrendered and accepted what happened in her life, but she still hopes that her life will be better in the future. Cassie is helpless, she hopes someone will understand and give her a better life, she hopes to get alimony from the forced marriage that was her idea.

4.2.3 *Withdrawal from social activities*

Symptoms withdrawal from social activities people who experience depression tend to withdraw from social interactions and avoid situations that require interaction with other people. They may not respond to phone calls, avoid meeting friends, or isolate themselves at home.the quotation below explains the inability to enjoy social interaction. The quotation below depicts Cassie's inability to enjoy social interactions when no one knows her job, which causes her to avoid them.

> Yeah, so? Why is it so hard to understand that this is my work? No one would be giving me shit if I were leaving for my job at the firm. This is my real work."
> I tempered myself, realizing I was just talking aloud to an invisible version of Mom. (Wakefield, 2017:236)

Cassie is upset because her work is considered not good, no one understands her. Cassie has worked hard for his living needs and treated the illness he suffered from, from the quotation shows that Cassie is annoyed by being treated inappropriately and makes her lazy to continue the problem and would rather avoid the situation.

4.3 The Causes and Symptoms Affect the Protagonist

4.3.1 *Past Trauma*

The first past trauma, in this context how the impacts and symptoms affect the main character can be described by analyzing the protagonist's traumatic experience.

> The cars ahead were braking. I followed suit, holding out my hand to make sure the box on my front seat didn't slide. Inside was a picture of my mom and me at Disneyland when I was five, a coffee mug with David Bowie's face emblazoned on it, and three stale granola bars I found buried under some old depositions. My personal effects. (Wakefield, 2017:01)

Cassie is a bartender who works nights in Oceanside, California to make ends meet, and pursue her dream of becoming a singer. Cassie has diabetes which causes her medical bills to skyrocket. Although her dream is to become a singer, her mother forbids her from

doing so because she thinks about her condition. Her mother tells Cassie to pursue her education first instead of earning money and supporting herself. Even so, Cassie doesn't want to bother her mother who lives alone without a father.

4.3.2 Social Environment

The secondly social environment on the other hand, a supportive and positive environment can encourage the development of healthier and more resilient characters like this quotation.

> I heard a small tap on the door, footsteps on the stairs. I looked through the keyhole. It was Rita, holding Dante, who appeared to be half asleep. I opened the door.
> "Wanna smoke?"
> "I don't have any." I'd stopped buying when I got diagnosed. Every penny I earned went to bills, medical supplies, or music now.
> "I didn't ask if you did," she said, and pulled a joint from behind her ear.
> (Wakefield, 2017: 139)

Rita is Cassie's neighbor and also has her own apartment. When Cassie is lonely, Rita always comes to Cassie's apartment when she is lonely. One time, Cassie was daydreaming and stuck after learning that her husband, Luke, had an accident while in Afghanistan, and she was confused about how to contact Luke's family, but luckily Rita came to help her. Cassie put on Donovan. The quotation below tells Rita that:

> Of course, I should do a Google search. "Rita, you're a genius."
> "Tell that to my job," Rita said. "They just fired me."
> "Damn, Rita," I said. "I'm sorry."
> She shrugged, stretching as she stood. "Everyone's losing their jobs these days."
> Now, what was his first name? The e-mails. Luke's e-mails with the questions I was
> supposed to ask during our Skype calls-Luke had written the name there.
> "Let me know if there's anything I can do. (Wakefield, 2017:140)

In conclusion, Rita is very kind and she cares about her neighbors. Rita gave information to Cassie who was confused by the news that her husband had been shot in battle, Cassie was confused about who to contact, until an idea came to Cassie's mind that she should contact Luke's father, namely Jacob Morrow, Cassie looked for the information from Google, her heart was mixed. After finding out Luke's father's address, he immediately went to Luke's father's address and left Rita alone in her apartment. Rita with other things quoted above, the social environment can strengthen relationships like siblings.

4.3.3 *Internal Conflict*

The thirdly internal conflict. This conflict often arises from a mismatch between personal values and life experiences. The following quotation shows the protagonist's feeling when a mismatch between personal values and life experiences.

> All right, so, then, what's going on?" When he didn't answer, I raised my voice. "What do you need? "He groaned, turning jerkily to face me. "I need to have never gotten myself into this situation in the first place. How's that?"
> "Well, I can't help you with that one." I grabbed my purse from the couch, heading toward the door. I needed out of this den of sadness,
> what used to be my haven. Where I was now apparently a situation.

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"I didn't mean you." "Right." Before I slammed the door, it slipped out. "Enjoy wasting away." (Wakefield, 2017:200)

In her life Cassie has been filled with problems. she is depressed with the diabetes she suffers from. Since long ago, Cassie has lived as a strong and persistent woman who struggles to survive while fighting for her dreams. Cassie is a woman who demands of life is forced to deal with all the problems that occur in her life alone. With her condition, she became an empowered woman, dared to say no, even fought back when one of the male bar visitors tried to harass her. But on the other hand, Cassie is also seen as someone who feels she doe not need anyone in this world but herself. She feels she can handle everything independently, even though in reality it might not be.

5. Conclusion

Based on the analysis of the protagonist's depression in Tess Wakefield's novel Purple Hearts, several conclusions can be drawn. First, depression can negatively affect a person's thoughts, behavior, and emotional well-being. Second, the causes of the protagonist's depression are associated with biogenetic factors, the social environment, family circumstances, and difficult life changes. Third, the symptoms of depression experienced by the protagonist include a loss of interest and enjoyment in activities, decreased energy, persistent worry, and withdrawal from social interactions. Fourth, the protagonist's life experiences are complex and challenging; however, the kindness and support of his foster parents and the people around him help him experience the warmth of family love and develop greater emotional strength. Finally, despite the difficulties he faces, the protagonist continues to struggle for a better future. His painful past does not extinguish his determination to pursue his dreams. Although his life journey is filled with irony, suffering, and unexpected challenges, these experiences ultimately help him discover a sense of purpose and meaning in life.

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