

IMPACT OF THE PROTAGONIST'S DEPRESSION IN JAY ASHER'S NOVEL *THIRTEEN REASONS WHY*

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Received: 2024-02-07

Accepted: 2024-04-16

Published: 2024-05-15

Abstract

This study delves into an analysis of depression portrayed in Jay Asher's novel *Thirteen Reasons Why*, with a focus on the protagonist, Hannah Baker. The aims of this study are twofold: to discern the type of depression experienced by the protagonist and to elucidate the impacts of this depression as depicted in the novel. Employing a qualitative descriptive method, the analysis seeks to vividly describe and interpret the subject matter. The findings of this study reveal that the protagonist's depression falls within the category of severe depression, characterized by symptoms such as suicidal thoughts and actions. Furthermore, the analysis uncovers several impacts of the depression, including self-blame, feelings of inferiority, and persistent thoughts of death. The protagonist harbors self-reproach for negative events affecting her life and others, while also grappling with feelings of inferiority stemming from instances of bullying, betrayal, rape, and other traumatic experiences that mar her reputation. These experiences ultimately contribute to her belief that death is an escape from her overwhelming depression. By shedding light on the depiction of mental health, specifically depression, in this literary work, this study provides valuable insights. In conclusion, it underscores the importance of recognizing and addressing severe depression and its profound impacts.

Keywords: Depression, impact, inferiority, mental health, severe depression.

1. Introduction

Fakhirah (2021) defines depression as an emotional state marked by feelings of guilt, meaninglessness, profound sadness, self-isolation, sleep disturbances, decreased appetite, and loss of interest in previously enjoyed activities. Consequently, depression can affect individuals of all ages, from adolescents to the elderly. However, according to Wenzel (2017), depression is not merely a commonplace occurrence; rather, it is a significant and potentially severe illness. Therefore, it cannot be dismissed as a normal aspect of life without proactive prevention and intervention efforts.

In Jay Asher's novel, *Thirteen Reasons Why*, depression is vividly portrayed through the character of Hannah Baker, the protagonist. Hannah's journey unfolds as she grapples with a series of emotionally distressing events that ultimately lead her to take her own life. The author intricately weaves Hannah's experiences and interactions

with those around her in a compelling and distinctive manner (Afangka & Purwarno, 2021). The narrative begins with Clay Jensen receiving a package of cassette tapes anonymously, each containing recordings by Hannah herself. Through these tapes, Clay learns of the thirteen reasons why Hannah chose to end her life, with each tape revealing the role played by a different individual in her descent into depression and eventual suicide.

From this portrayal, it becomes evident that Hannah's depression stems from a culmination of distressing life events. While the novel is a work of fiction, it does not justify or condone suicide. Furthermore, Hannah's status as a teenager underscores the prevalence of depression among adolescents, as demonstrated by a large-scale epidemiological study in China which reported a 43.7% prevalence of depressive symptoms among middle and high school students aged 12-18 years (Hidayat, Setyoningrum, & Setiawati, 2022). Additionally, Beirão et al. (2020) emphasize the common occurrence of depression, particularly in the mid to late adolescent years.

Given the significant impact of depression on Hannah's life, it is imperative to delve into an analysis of her psychological state, the type of depression she experiences, and its ramifications. The focus of this research on depression is justified by the profound changes it brings about in Hannah's life. Despite being a fictional narrative, depression remains a prevalent emotional condition in today's society, particularly among teenagers. Therefore, it is hoped that this research will foster greater awareness and understanding of depression, encouraging individuals to seek support and intervention, and promoting empathy and sensitivity towards those struggling with mental health challenges.

2. Literature Review

2.1 Psychology of Literature

Psychology of literature is the study that analyzes a literary work based on human beings and its reactions, misery, fear, desire, world perception, conflict, reconciliation and individual or social concerns, through various concepts, methods and approaches. Concisely, psychology is a scientific study that explores and attempts to explain a person's behavior, including both observable external acts and internal thoughts. Literature, on the other hand, also discusses humans and their behavior. Therefore, psychology and literature have a strong and deep correlation with human life.

According to Meiliana (2020), psychology of literature is defined as a scientific study that regards literary works as containing several events in human life carried out by imaginary or even factual characters. Another viewpoint holds that psychology of literature is a science that explores and studies mental processes and human behavior, with a focus on ordinary elements in a literary work that are used to describe the psychology of the author, characters and readers (Sulistiyana and Widiarti, 2019). In other words, psychology of literature is a science that evaluates human behavior utilizing psychological considerations and related issues.

Moreover, psychology can be used to reveal the basis of behavior, the reasons why characters behave and character motivations as well as understand more deeply the message, characterization and other elements in the novel (Meiliana, 2020). In *Theory of Literature*, Wellek and Warren (1970) propose that the psychology of literature has four meanings: the first is the science that studies the author's psychology as an individual; the second is the science that studies the creative process; the third is the science that studies psychology applied in literary works; and the fourth is the science

that studies the reader's psychology. The third meaning of psychology of literature is applied in this research, where the research addresses the behavior of characters in a literary work. This behavior can vary depending on our point of view; such as, depression experienced by a character has a big influence on the character because it is directly related to the character's emotional condition and behavior.

2.2 Depression

Depression is a mood disorder that is common in society, where the sufferer feels restless, anxious and has difficulty carrying out normal activities due to certain reasons. According to Xiang (2022), depression is a type of mood disorder with symptoms of bad mood and feeling tired of the world. Depression is also defined as a condition of emotional instability due to mental stress that occurs in life (Fakhirah, 2021).

As we know, depression is a common emotional condition experienced by anyone, especially teenagers. The inability to deal with depression can have an impact on the sufferer's life. This idea is reinforced by Hidayat, Setyoningrum, and Setiawati (2022), who suggests that depression is a serious emotional condition that has an impact on a person's feelings, thoughts and actions. People suffering from a depressive disorder may have decreased interest and pleasure in daily activities, insomnia or excessive sleeping, a lack of energy and concentration, significant weight loss or gain, feelings of worthlessness or excessive guilt, and recurring thoughts about death or suicide. In addition, Remes, Francisco, and Templeton (2021) emphasizes that depression is one of the leading causes of disability, and if untreated, it might raise the risk of suicide. Moreover, Hariani, and Wulan (2019) define depression as a state of low mood and aversion to activities that are capable of impacting on a person's thoughts, behavior, feelings, worldview, and physical well-being.

Based on the definition above, it can be concluded that depression is a common emotional condition that has the potential to have a significant and detrimental impact on various aspects of a person's life. Depression is not only a common phenomenon, but it is also a serious disorder that has an impact on the well-being of those who suffer from it. Simply put, the impact of depression is not only an emotional burden, but it also has the potential to reduce the quality of life of individuals suffering from depression. It is critical to underline that the impact of depression can be so severe that the affected person may consider or have thoughts of harming themselves, including the urge to terminate their life.

2.3 Type of Depression

According to Billett, and Bays (2018), types of depression are mild depression, moderate depression and severe depression as described in the following sections.

1. Mild Depression

Mild depression is depression whose symptoms are mild than other types of depression, namely: (1) feelings of anxiety, (2) sadness, (3) difficulty sleeping, (4) lack of appetite, (5) difficulty concentrating, (6) feeling tired and lethargic, (7) lack of enthusiasm for carrying out activities as usual, and (8) feelings of hopelessness which often disappear very quickly. For example, when someone is facing the exam, he frequently worries about that he will not be able to answer the questions correctly, which causes him to become restless and have difficulties sleeping. However, once the

exam is over, he usually feels fine again. Therefore, this type of depression is the most common in anyone.

2. Moderate Depression

Moderate depression is depression with a more serious level of symptoms than mild depression but lower than severe depression. People with moderate levels of depression generally experience more intense and disturbing symptoms than those with milder levels of depression, namely: (1) greater feelings of sadness, (2) more significant loss of interest or pleasure, (3) more serious sleep disturbances, (4) weight changes, (5) greater feelings of tiredness, (6) difficulty concentrating, (7) social withdrawal, (8) avoidance of friends, (9) feeling useless and insignificant, and (10) having deeper negative thoughts about the future.

3. Severe Depression

Severe depression is depression with serious symptoms that may occur when someone experiences a tragic event that impacts themselves and hurts them emotionally. Apart from that, severe depression can also occur due to a lack of support from family or friends in overcoming the level of depression experienced previously. Thus, severe depression is the peak of the sufferer's emotional condition. As Billett & Bays (2018) states that people with severe depression will feel "like being pulled endlessly into deeper darkness, trapped in a vortex of negativity with no way out, and like being in a dark tunnel with no light at the end." It means that people with severe depression often feel empty, life no longer has meaning and suicide is often seen as a way to end suffering. In this case it can be concluded that the difference between the symptoms of severe depression and the two previous types of depression are: (1) suicidal thoughts, and (2) suicidal actions.

2.4 The Impact of Depression

Everything we do and experience has an impact on our lives and the lives of others, both positively and negatively. However, Yuniarti (2015) believes that the impact is more likely to be negative. In other words, impact is the negative outcome of anything done. As a result, the writer employs the term "impact" in this study. So, the writer focuses solely on the impact or negative effects of depression experienced by the protagonist in the novel *Thirteen Reasons Why*.

According to Sintami, Jayantini, and Juniarta (2022), self-blame, low self-esteem, loss of appetite, difficulty concentrating, difficulty sleeping and frequently think about died are some of the impacts of depression. While, Xiang (2022) emphasized that depression can have negative impacts on the lives of sufferers where sufferers often have thoughts of negative, pessimistic, always immersed in self-condemnation, inferiority, pessimism, and despair for the future. In addition, Utari and Manugeran (2021) establish three potential impacts of psychological issues (depression, anxiety, and trauma), they are: (1) insomnia, (2) loss of focus, and (3) truancy.

Based on the explanation above, there are many impacts of depression according to several previous studies. Some of the impacts of each theory also have similar meanings. Therefore, combining the impacts of depression identified by several of these thoughts can strengthen the ideas underlying the impact of depression experienced by a person. Some of these impacts of depression are also indicators in analyzing the

protagonist's depression in the novel *Thirteen Reasons Why*. They include self-blame, inferiority, and frequent thought about death.

3. Research Method

This study used qualitative research methods. Qualitative research is research that explores and understands the meaning of a person or group of people where the resulting data cannot be quantified (Asenahabi, 2019). In addition, Leavy (2017) states that qualitative research methods are methods used to examine the depth of the meaning of values and sub-qualitative approaches in society as well as the meaning-making process. In simple terms, qualitative research methods are research methods used to analyze, describe and interpret emerging phenomena.

Descriptive qualitative research method was applied in this study to analyze the impact of protagonist's depression in the novel *Thirteen Reasons Why*. According to Creswell, and Creswell (2023), the descriptive method in qualitative research is an analytical approach where the researcher approaches the data, uses limited frameworks and interpretations to explain the data, and catalogs information into themes. Therefore, the research design used in this study was carried out in descriptive form.

4. Discussion

This study reveals that the protagonist of *Thirteen Reasons Why*, Hannah Baker, grapples with severe depression. Hannah's harrowing experiences drive her to a profound state of despair, characterized by persistent contemplation of suicide and, ultimately, the tragic decision to take her own life. Her descent into this level of depression reaches a critical juncture, marked by incessant thoughts of ending her life as a means of escaping the overwhelming despair and profound disappointment that have consumed her.

"No. Like I said before, I can't say it. Suicide. Such a disgusting word
(Asher, 2007: 87)."

Based on the quotation above, it appears that Hannah is facing a very difficult inner battle. Thoughts of suicide occurred to her, but she felt unable to express them directly because of how taboo the act was in terms of social norms and religious values. In this situation, Hannah was still able to control her emotions and actions, she even tried to overcome her depression and suicidal thoughts. However, Hannah continued to think about suicide after the bad events kept coming up in her life. She believed that the never-ending problems followed her to the point where she thought maybe suicide was the best way to end her pain. It can be seen in the following quotation:

"Suicide. It's something I've been thinking about. Not too seriously,
but I have been thinking about it"
(Asher, 2007: 91)

The quotation above demonstrates that Hannah's thoughts of suicide continued to develop in her mind. Although at first she didn't think of it as something serious, these thoughts were one of the symptoms that showed Hannah was experiencing severe depression which would continue to mess with her thoughts until she ended in committing suicide if there is no effort to overcome it or support from the people around her.

"Because every time something bad happened, I thought about it. It?
Okay, I'll say it. I thought about suicide. After everything I've

talked about on these tapes, everything that occurred, I thought about suicide”

(Asher, 2007: 136)

The quotation above underlines Hannah's serious consideration of suicide as a means of putting an end to her misery. If in the previous two quotations Hannah was still doubtful about the thought of committing suicide because she knew how bad the act was, this time she is certain that it has entered her mind. She really thought about this despicable act, thinking about how and intend to carry it out. It means that Hannah's depression increased to a serious level where the support of her family or people around her should be very influential in overcoming her depression. Unfortunately, the lack of support made Hannah really decide to end her life. Hannah's suicidal action is proven in the following quotation:

“Hello, boys and girls. Hannah Baker here. Live and in stereo. I don't believe it. No return engagements. No encore. And this time, absolutely no requests. No, I can't believe it. Hannah Baker killed herself”

(Asher, 2017: 1)

Based on the quotations and descriptions above, it can be concluded that Hannah suffers from the most serious type of depression, namely severe depression. This can be seen by the discovery of several quotations referring to Hannah's suicidal thoughts and actions. As a result, her severe depression results in several impacts to herself. The followings are the impacts of the protagonist's depression found in the novel.

4.1 Self-blame

Those suffering from depression often have a tendency to blame themselves for the various difficulties they face. Depressed people are more likely to blame themselves for issues, mistakes, or difficult circumstances that happen in their lives. This misperception may trigger a vicious cycle in which people become locked in negative thoughts about themselves. It can lead to the severity of depressive symptoms over time, producing a spiral of negativity in which feelings of hopelessness and despair gradually degrade a person's mental health until they end in destructive behavior.

Self-blame is one of the impacts of depression experienced by Hannah Baker, the protagonist in the novel *Thirteen Reasons Why* by Jay Asher. In the novel, some quotations show that Hannah often blames herself for the bad events that occur in her life where these bad events not only harm herself but also the people around her. There are quotations were also found which showed that Hannah's self-blame was a form of Hannah's regret for what she had done. The following are some quotations that indicate that self-blame is one of the impacts of depression experienced by Hannah in the novel.

“I guess that's the point of it all. No one knows for certain how much impact they have on the lives of other people. Oftentimes, we have no clue. Yet we push it just the same.”

(Asher, 2007: 83)

The quotation above is Hannah's expression about the Peer Communication class at her school where usually students who take the class will discuss an issue or problem and exchange opinions with each other. Hannah hopes that by taking the class,

she will get solutions to her life problems. However, she instead received various responses that she did not expect and that was when she realized that there was a deep consideration for the impact of her and other people's actions and words on other people's lives. She claims that we often don't know how much our acts and words affect the lives of others. Regardless, we keep moving forward without recognizing all the consequences of every act and word. Hannah felt that her actions and words had consequences in this case, and she was aware that her behavior led to negative events in her life and the lives of those around her.

"But then, I went to a party. I went to a party to meet you. Why did I do that? To make myself suffer? Because that's what I was doing—hating myself for waiting so long. Hating myself because it wasn't fair to you"

(Asher, 2007: 114)

The quotation above clearly states that Hannah hates herself. Hannah blames herself for the decisions she made. She went to the party solely to meet Clay, notwithstanding her determination not to be close to anyone. However, when her relationship with Clay started to get closer at the party, she suddenly asked Clay to leave her, even though Clay had not done anything wrong. This also made Hannah blame herself because she felt unfair towards Clay.

Hannah's decision to attend the party also presented a new problem. Not long after Clay left Hannah in a room, she found a friend who had been very close to her, Jessica Davis, being raped by Bryce Walker while she was unconscious due to alcohol. Besides, Hannah felt guilty for letting such a bad event happen.

"No, you're right, you didn't rape her. And I didn't rape her. He did. But you...and I...we let it happen. It's our fault"

(Asher, 2007: 124)

The quotation above is Hannah's disappointment with Justin, Jessica's boyfriend, who also knew that Bryce raped his girlfriend but instead let it happen. When the door opened, Hannah first saw Jessica entering the room where she was with Justin. At that time, Hannah hid in a cupboard. Then Justin left the room and left Jessica who was drunk with alcohol asleep on the bed and not long after, it wasn't Justin who came back but his friend Bryce entered the room where Jessica and Hannah were and without thinking Bryce raped Jessica which caused deep trauma for Hannah until Hannah couldn't say a word or come out of hiding and stop this terrible incident. Therefore, she felt that the bad incident happened because it was her fault for allowing it to happen.

*"And once again, I could have stopped it...somehow.
..... There must have been something I could have said. At the very least, I could have taken your keys. Or at the very, very least, I could have reached in and stolen your phone to call the police"*

(Asher, 2007: 132)

Hannah again blamed herself for the bad event that happened based on the quotation above. When she wanted to return home from a party that caused discomfort and trauma, Hannah's friend Jenny Kurtz offered her a ride home. As if she understood what Hannah was feeling that night, Jenny was seen as Hannah's helper. Jenny let Hannah rest in her car without asking her to talk. However, a bad incident occurred

where Jenny hit a stop sign. Jenny, who didn't want to camp with the police, was reluctant to report what happened that night. This was different from Hannah, who asked Jenny to take responsibility and report it, which finally made Jenny leave Hannah and let Hannah go home on foot.

Furthermore, the next day an old man died in an accident right where Jenny hit a stop sign that night. People believed that the old man had an accident because he was drunk while driving. Even though Hannah knew very well that it was most likely that the old man had an accident because of the stop sign. This also made Hannah blame herself even more for this incident which also proven in the quotation below,

"If I had known two cars were going to crash on that corner, I would've run back to the party and called the cops immediately. But I never imagined that would happen. Never"
(Asher, 2007: 134)

Based on the quotations and description above, it can be concluded that self-blame is one of the impacts of Hannah's depression. Hannah always blames herself for bad things that happen to her or other people, even though it wasn't her fault, such as Bryce's rape of Jessica or the death of an old man because Jenny hit a stop sign. In the novel, even though she blamed the people who should be responsible, she also blamed herself.

4.2 Inferiority

Inferiority is a sense of being lower than the abilities or strengths of others. Inferiority is indicated by behavior, actions, or statements that frequently compare oneself to others. In other words, those who experience inferiority often think that they are not equal to those around them. Furthermore, those suffering from depression are more prone to feel inferior, which is usually the result of negative events in their lives.

Inferiority is seen in the protagonist in the novel *Thirteen Reasons Why* as one of the impacts of the depression she experiences. Hannah, as the protagonist in the novel, frequently believes that her reputation is poor in comparison to those around her. Bullying, betrayal, rape and various bad incidents that happened to her were the root of the problem where she began to feel that she no longer had a good reputation. Apart from that, Hannah's ideas about other people's perceptions of her following a series of negative events in her life made her feel even more inferior. This is demonstrated by the following quotation:

"Their reputations were more important than their faces. And Courtney's reputation was more important than my reputation"
(Asher, 2007: 60)

After another bad event happened to her and was related to Courtney, one of the characters in the novel, Hannah considers that Courtney's reputation is more important than her because her life problems that damaged her reputation were so numerous before her problems with Courtney that resulted in Hannah's feelings of inferiority increasing, and felt that there was no longer any good reputation about her.

Furthermore, Hannah also clearly compared her reputation with Clay's reputation. Just at the party that night, Clay and Hannah tried to get closer. Hannah feels inferior and doesn't deserve to be with Clay, this is also a result of her thinking about

other people's perspectives on her after various incidents that hurt her and given her a terrible reputation as evidenced by the following quotation:

"Everyone up to that night. Everyone who caused me to be so intrigued by Clay's reputation—how his reputation was so different from mine.

No, we were the same.

Clay, your reputation was deserved. But mine...mine was not"

(Asher, 2007: 116)

Hannah, apart from feeling like she has a negative reputation compared to the people around her, also feels too weak. Hannah thought she lacked the bravery to try what she should. She frequently gives up on what is going on in her life. Furthermore, when problems continue to occur, she tends to blame herself and believes that she is now different from other people. It is seen in the following quotation:

"At least, I thought I was too weak. But in truth, I was too weak to try.

The only thing I knew for certain was that I wanted to get out of there and not think about anything or anyone anymore"

(Asher, 2007: 129)

The above quotation reflects a low self-perception in which a person feels inferior, helpless, or not capable enough to overcome a situation or challenge. Moreover, the quotation above shows the urge to escape from stressful situations. This can be a response to feelings of inferiority, where a person may feel unable to face or overcome the situation, so the primary effort is to avoid or escape.

4.3 Frequent Thinking about Death

Frequent thinking about death is also an impact of depression experienced by Hannah Baker in the novel *Thirteen Reasons Why*. This thought is a form of negative thinking that is very influential in Hannah's life where Hannah feels that death is the best way to escape the inner pressure that she has been experiencing. Moreover, when she tried to find a way out to solve her problem but couldn't find it, the thought of ending her life was constantly on her mind. Below are quotations found in the novel *Thirteen Reasons Why* which prove that Hannah frequently thinks about death.

"Like things had been out of control for so long that whatever I did hardly mattered anymore. And I couldn't stand all the emotions anymore. I wanted the world to stop...to end"

(Asher, 2007: 122)

Hannah describes her feelings in the quotation above. She assumed that things had been out of her control for so long that her actions no longer seemed meaningful. She felt unable to bear all the emotional burden she was carrying, and her wish was for the world to stop, to end. It means that Hannah thinks the only obvious way forward is to end her life.

"On the day of the funeral, so those of you who attended wouldn't miss any work, the rest of us did nothing. In every class, the teachers gave us free time. Free to write. Free to read. Free to think. And what did I do? For the first time, I thought about my own funeral. More and more, in very general terms, I'd been thinking about my own death.

Just the fact of dying. But on that day, with all of you at a funeral, I began thinking of my own"
(Asher, 2007: 133)

The quotation above clarifies Hannah's thoughts about death. Hannah stated that, for the first time, she began to think about death, especially in relation to her own funeral at the time she attended someone else's funeral. However, it should be noted that Hannah's thoughts about death are a form of Hannah's despair over all life's problems that hurt her emotionally.

"I wish I would die. I've thought those words many times. But it's a hard thing to say out loud. It's even scarier to feel you might mean it. But sometimes I took things further and wondered how I would do it"
(Asher, 2007: 136)

The quotation above is proof that Hannah thought about death repeatedly. She also realized that sometimes she even thought about how she could end her life. Even though she found it difficult to say the phrase out loud, perhaps due to fear of how the statement would be received by others or because of a deep awareness of the seriousness of the thought, the thought continued to grow in her mind and was the result of the depression she was experiencing. As emphasized in the quote below:

"Before that party, I'd thought about giving up so many times. I don't know, maybe some people are just preconditioned to think about it more than others. Because every time something bad happened, I thought about it. It? Okay, I'll say it. I thought about suicide"
(Asher, 2007: 136)

The quotation above emphasizes that Hannah often thought about giving up. In this case, Hannah gives up on her life, which means that she no longer wants to live in the world. The quotation above also clarifies what was on Hannah's mind when all the bad things happened in her life. She thought about committing suicide. Thus, frequently thinking about death is proven to be one of the impacts of depression experienced by Hannah in the novel *Thirteen Reasons Why*.

Apart from thinking about death or suicide, Hannah also thought about how she should end her own life. This means that Hannah's thoughts about death are not just momentary thoughts but thoughts that keep repeating herself to the point where she thinks that she really has to do it in order to escape all the emotional burdens and suffering she has experienced all this time. This idea can be seen in the following quotation:

"So how did they find you? I've heard so many rumors. It became a sick sort of game, imagining ways to kill myself. And there are some pretty weird and creative ways"
(Asher, 2007: 136)

Hannah said she heard how people started talking about her when she was gone later. However, the most important is Hannah's expression of how her thoughts about death are not just momentary or impulsive. Instead, she described her thoughts as a form of play that frightened for her, in which she imagined various ways to end her life.

"I sit down on the curb of a dark, quiet intersection. I won't be around anymore...tomorrow"
(Asher, 2007: 137)

The quotation above can be interpreted as Hannah's contemplation at the edge of a dark and silent crossroads. There she said that maybe tomorrow she would no longer be there. It means that Hannah is thinking about her death again and planning to end her life.

*"I need it to stop.
—You need what to stop?
I need everything to stop. People. Life"*
(Asher, 2007: 146)

Based on the quotation above, it is known that Hannah tried to find another solution to dealing with her depression besides death. She visits Mr Porter, someone who is expected to be able to help those experiencing emotional difficulties. Hannah tried to tell what she experienced as seen in the quotation above. She even told Mr. Porter her thoughts about death where she said that she wanted her life to stop. However, there were imperfections in Mr. Porter's response regarding Hannah's psychological condition. In other words, Mr. Porter didn't help Hannah at all, he instead cornered Hannah about her thoughts, until finally Hannah decided to end her conversation with Mr. Porter at that time. It can be seen in the following quotation:

*"—I think there's more we can talk about, Hannah.
No, I think we've figured it out. I need to move on and get over it."*
(Asher, 2007: 152)

It shows that Mr. Porter does not understand the pain Hannah is going through. He also did not offer adequate support or understanding. Hannah's statement, "No, I think we've figured it out. I need to move on and get over it," shows that Hannah feels death is the only solution to end her suffering. It means that Hannah is thinking about her own death again.

Based on the description of Hannah's statements in the quotations above, it can be concluded that the expression about frequent thoughts of death and creative thoughts on ways to commit suicide reflects the very serious impact of depression experienced Hannah Baker in the novel *Thirteen Reasons Why* by Jay Asher.

5. Conclusion

In conclusion, the analysis conducted in this study sheds light on the profound impact of severe depression experienced by the protagonist, Hannah Baker, in the novel "Thirteen Reasons Why" by Jay Asher. Through a detailed examination of Hannah's inner turmoil and poignant reflections, it becomes evident that her struggle with depression reaches a critical juncture, culminating in the tragic decision to end her own life. The poignant quotation, "Suicide. Such a disgusting word," encapsulates the intense inner conflict Hannah grapples with. Despite her profound despair and thoughts of suicide, societal taboos and religious values constrain her from openly expressing her anguish. However, Hannah's struggle with suicidal ideation intensifies as a result of the relentless series of traumatic events she endures, pushing her to contemplate suicide as a means of escaping her overwhelming pain. As illustrated through Hannah's

introspective musings, her thoughts of suicide evolve from fleeting considerations to persistent, intrusive thoughts that permeate her consciousness. Despite initially regarding these thoughts as fleeting and inconsequential, Hannah's relentless battle with depression exacerbates her suicidal ideation, leading her to seriously contemplate the act as a means of ending her suffering. The poignant revelation of Hannah's decision to end her life, articulated in her haunting final message, "Hannah Baker killed herself," serves as a poignant reminder of the devastating toll of untreated severe depression. Hannah's tragic demise underscores the urgent need for increased awareness and support for individuals grappling with mental health challenges, particularly adolescents navigating the tumultuous terrain of adolescence. Furthermore, the impacts of Hannah's depression manifest in various forms, including self-blame, inferiority, and frequent thoughts of death. Hannah's pervasive sense of self-blame, exacerbated by the relentless barrage of negative events in her life, fuels her feelings of worthlessness and inadequacy. Additionally, her profound sense of inferiority, compounded by comparisons to others and a distorted perception of her own worth, further exacerbates her emotional turmoil. Finally, her frequent contemplation of death reflects the depths of her despair and the desperate search for relief from her relentless emotional pain.

Overall, the narrative of Hannah Baker serves as a poignant exploration of the devastating impact of severe depression and the urgent need for increased awareness, support, and compassion for individuals grappling with mental health challenges. By amplifying Hannah's voice and illuminating the complexities of her inner struggle, this study underscores the imperative of fostering a more empathetic and understanding society, where individuals are empowered to seek help and receive the support they need to overcome their mental health challenges.

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