

**DEPRESSION PORTRAYAL OF RACHEL REFLECTED IN
THE GIRL ON THE TRAIN (2015) BY PAULA HAWKINS:
A PSYCHOANALYTIC PERSPECTIVE**



**Submitted as a Partial Fulfillment of the Requirements for Getting Bachelor
Degree of Education in English Department**

by:

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2020

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A handwritten signature in black ink, reading "Titis Setyabudi". The signature is written in a cursive style with a large, stylized initial 'T'.

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ACCEPTANCE

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Abstrak

The Girl On The Train adalah novel thriller psikologis yang dibuat oleh Paula Hawkins. Karakter Rachel dalam cerita tersebut digambarkan sebagai seseorang yang sangat depresi dan terlihat nakal. Penulis tertarik untuk menganalisis depresi Rachel karena ia digambarkan sebagai karakter yang kompleks dan tindakannya membingungkan bagi para pembaca. Tujuan dari penelitian ini adalah: 1) untuk menganalisis karakteristik Rachel dilihat dari perspektif psikoanalisis; 2) untuk menjelaskan gejala depresi pada Rachel dalam novel ini; 3) untuk menggambarkan bagaimana depresi Rachel dalam novel ini. Penulis menerapkan metode penelitian kualitatif dalam melakukan penelitian. Sumber data primer dari penelitian ini adalah novel "The Girl On The Train" oleh Paula Hawkins. Dokumentasi, studi perpustakaan, metode penjelajahan, dan teknik pencatatan adalah metode untuk mengumpulkan data. Analisis data menggunakan teknik deskriptif kualitatif tentang pengumpulan data, mengurangi, menampilkan, kemudian memverifikasi dan menyimpulkan. Hasil penelitian menunjukkan bahwa: 1) Karakter psikoanalitik yang dominan pada Rachel dalam novel The Girl On The Train adalah Id. Dia memiliki id yang dominan karena dia hanya mengikuti keinginannya sendiri tanpa mempertimbangkan moral dan norma yang ada di masyarakat. Rachel hanya mengikuti keinginannya sendiri meskipun itu tidak dapat diterima di masyarakatnya. Id Rachel selalu ingin mabuk; 2) Gejala depresi oleh Rachel dalam novel The Girl On The Train adalah: gelombang percaya diri yang rendah, kelelahan atau kekurangan energi, dan akan menjadi putus asa. Gejala-gejala ini mengarah ke tipe depresi Dysthymia. Dysthymia adalah gangguan mood yang terdiri dari masalah kognitif dan fisik yang sama dengan depresi berat, dengan gejala yang lebih ringan tetapi lebih tahan lama. Dysthymia kurang akut dan parah daripada gangguan depresi mayor; 3) Penggambaran depresi oleh karakter Rachel ditunjukkan dari: Pertama, Rachel mulai depresi ketika dia tidak bisa hamil dan dia diceraikan oleh suaminya. Kedua, dia menjadi wanita miskin dan tunawisma dan dia kehilangan kendali dalam hidupnya. Ketiga, ia menjadi wanita alkoholik dengan imajinasi yang terlalu aktif. Keempat, Dia menjadi seorang wanita yang mengalami gangguan kepribadian dengan memori yang suram dan buruk.

Kata kunci: gejala depresi, perspektif psikoanalisis, novel The Girl On The Train

Abstract

The Girl On The Train is a psychological thriller novel that is created by Paula Hawkins. Rachel's character at the story is described as someone who is very depressed and bad-girl looks. The writer is interested to analyze Rachel's depression because she is described as a complex characters and her act was confusing for the readers. The purposes of the study are: 1) to analyze the characteristics of Rachel

seen from psychoanalytic perspective; 2) to explain the symptoms of depression of Rachel in this novel; 3) to describe how the depression of Rachel in this novel is. The writer applies the qualitative research method in conducting the research. The primary data source of the study is “The Girl On The Train” novel by Paula Hawkins. Documentation, library, browsing method, and notes taking techniques are method to collect the data. Analysis of the data uses the descriptive qualitative technique about collecting the data, reducing, displaying, than verifying and conclusion. The result of study shows that: 1) The dominant character psychoanalytic of Rachel in the The Girl On The Train novel is Id. She has a dominant id because she only follows her own desires without considering the morals and norms that exist in the society. Rachel just followed her own desire even it is not acceptable in her society. Rachel’s Id always wanted to take a drunk; 2) The symptoms of depression by Rachel in The Girl On The Train novel are: have low self-esteem, tiredness or lack of energy, and going to be hopelessness. These symptoms headed for Dysthymia type of depression. Dysthymia is a mood disorder consisting of the same cognitive and physical problems as depression, with less severe but longer-lasting symptoms. Dysthymia is less acute and severe than major depressive disorder; 3) The portrayal of depression by Rachel’s character are shown from: First, Rachel started to depression when she cannot get pregnant and she is divorced by her husband. Second, she becomes poor and homeless woman and she loses control in her life. Third, she becomes an alcoholic woman with an overactive imagination. Fourth, she becomes a woman who gets personality disorder with a blackout and shoddy memory.

Keywords: symptoms of depression, psychoanalytic perspective, The Girl On The Train novel

1. INTRODUCTION

Literature is a study about how to express something beautiful that contains the value of kindness based on the author’s feeling. It can be form: novel, poetry, film, drama, music and other literary works. Literature becomes a part of human life, given much not only to entertain but also information, critics, moral messages, and educations for the readers. Literature is a work of art of human life in a small scope. We can say that literature can give influence on the way of our life. According to *Oxford Advanced Learner’s Dictionary*, literature is writing that are valued as works of art, especially fiction, drama, and poetry (in contrast with technical books and newspaper, magazine, etc.) (Hornby 1995).

Human behavior is the result of interaction between three parts of the mind: id, ego, and superego. This is a Freud opinion based on psychoanalytic personality

theory. This theory, known as Freud's personality theory of personality, plays a major role in unconscious psychological conflict in shaping behavior and personality. Theory of psychoanalytic according to Sigmund Freud in (Newman and Newman 1983:385) is mental process of an individual that has three systems, namely is id, ego, and superego. According to the psychoanalytic theory, "psychoanalytic can be described in terms of the degree to which we are aware of phenomena; the conscious relates to phenomena we aware at any given moment, the preconscious to phenomena we are able to be aware of it we attend to them, and cannot become aware expect under special circumstances." (Pervin 1984:71)

Hoffman in (Isaoğlu 2015:501) stated psychoanalysis focused on the causes of repression. Freud believed that most behaviors are caused by thoughts, ideas, and wishes that are in a person's brain but are not easily accessible by the conscious part of the mind. In other words, your brain knows things that your mind doesn't. This reservoir of conceptions of which we are unaware is called the unconscious. Psychoanalytic theory proposes that personality characteristics are mostly a reflection of the contents of the unconscious part of the mind.

In this paper, the writer wants to analyze about novel. The writer chooses the novel to analyze because it is very interesting work to review and the story in the novel occasionally happens in the reality. The author of novel has the ability to dramatize to make a long story. The content of the novel also makes the writer always curious about what will happen next in the story. As a branch of literature, a novel is useful sources in studying literature. It is broadly accepted, familiar and popular work in our time for most people because it uses simple and denotative language, and has a little complexity. No wonder if many people prefer reading novel to other literary texts (Utami 2006). *The Girl On The Train* is a psychological thriller novel that is created by Paula Hawkins. The theme of *The Girl On The Train* is the woman's struggling from betrayal which makes her depressed. *The Girl On The Train* has some lessons that can be learned by the readers. We can learn from one of the characters, she is Rachel Watson.

In the story of this novel, Rachel Watson becomes a drunker after the doctor told her that she could not get pregnant. She becomes so depressed and drunk alcohol

too much. Rachel Watson (main character) is a 32 years old alcoholic woman reeling from her broken marriage with Tom, who left her for another woman, Anna Watson. Rachel drunk since reportedly, she could not have a baby and then Tom started a cheating with Anna, finally he divorced her. She rides commuter train to London every day. She also passed her old home together with her ex-husband, but now occupied by Tom with his new wife, Anna, and their daughter named Evie. However, when the train stopped at a crossing signal, Rachel always pays attention on their neighbors. The house number fifteen through the window train. Rachel did not know the husband and wife owners of the house but she always imagines how their lives, who then named them Jess and Jason (Megan and Scott). Rachel thought Jess and Jason reminded with her old household with Tom. She dreamed about a household that full of happiness. Not much different from her life that just disappeared. Rachel also lied to his roommate, Cathy, who did not know that Rachel had dismissed from office because she comes into work and drunk after lunch. She had pretended to go to London every day to trick Cathy.

Rachel watched Megan every morning and afternoon from the train. She saw Megan having fun with another man. She was so angry with Megan and she began remembering her old life was broken due to her. She became very frustrated because that. After a heavy drunk in the night, Rachel woke up with a bloody body. She did not remember anything but certain that she has done something she will regret even though she did not remember what happened. Soon she knew about the story the most she remembered was Megan had been lost. The police came and questioned Rachel after Anna reported her that she saw Rachel drunks around her house and staggered around the night when Megan disappeared.

One day, Rachel was remembering what happened. She wants to contact the police and tells them that Megan had cheated on her husband. She also contacts her husband about the cheating and she was lying to him that she is Megan's friend. She tells him about the man who had a cheating with Megan. The man kissed her on the day of Megan disappeared. He is Kamal, a therapy that always helps Megan to solve her problem. Rachel was always curious about the disappearance of Megan. Then, she decided to start investigate. Finally Megan was not drinking a few days but her

craving for drinking is always there. Besides that she keeps contacting, visiting and, harassing new tom family. Then Megan's body was found and was pregnant. Rachel began to think again and again to remember all of her memories. Rachel then thought and expected that Tom has killed Megan. Rachel warned Anna and when Anna questioned it to Tom. There was a fight between Rachel and Tom, Rachel defended herself and when she found out Tom was going to kill her, Rachel stabbed his neck with a bottle opener and Anna made sure Tom had died and called the police. The police came, Rachel and Anna told them all the truth. Anna also tells the truth to support their action having been in self-defense.

Depression portrayal becomes an important issue in this story because there are so many important events in this story caused by changing personality of the main character. Depression is a mental or mood disorder, and everyone in this world has an opportunity to get depression. The people who got the depression, they will look like loss their happiness or pleasure, having troubles in their sleep, feeling so sad, having no energy or fatigue to do activities, furthermore they will lose their passion. In common, depression usually followed by anxiety too.

Depression is not just like sadness, but it is more. Losing a person who loved one, losing a job, losing a hope or something that make someone feeling so bad, sad, lonely, scared, anxious, or helpless can lead someone depression. According to (Coltrera, Junge, and Leinwand 2008), there are three types of depressions: Major Depression, Dysthymia, and Bipolar Disorder

The main character in this story, Rachel, is a woman who is described with mind memory problems caused by alcohol consumption. The writer is interested to analyze Rachel's depression because she is described as a complex characters and her act was confused for the readers. She got depression after her ex-husband was cheating her love. Although she got a bad condition with her life, Rachel also has a motive to help the others to solve the case about why is Megan disappeared. Meanwhile, the other characters like Megan and Anna in this story also have different psychological emotion in their life but they will not discuss here.

The reasons why the writer is interested in depression portrayal viewed from a psychoanalytic perspective to analyze this novel are as follows; first, seen from the

made of this novel. The author appointed the psycho thriller genre in this novel. It is a poison for the novel lovers to have it. Then, this novel also became a best-selling novel in New York and sold more than 18 million copies in worldwide. The novel which created by Paula Hawkins is a novel which is later appointed and produced into the world of cinema. After glancing at this novel and seeing a study review of this novel, the writer was finally interested to analyze that novel. The main character is very interesting to review. In that novel, there are two other characters; Anna and Megan, they told to make the storyline more interesting. The story plot is very confusing because the storyline is mixing between chronological plot and reverse chronology.

Second, after reading this novel, the writer also found some events that could not be predicted in the storyline. The complicated storyline makes the change of Rachel's character also unpredictable when we just read at a glance. Being explained in the previous discussion above, Rachel's character at the beginning of the story described as someone who was very depressed and bad-girl looks. She often got drunk, did not have a job, and looks like a chaotic person, but the fact is not she. She is actually a very kind person and full of sympathy to the others. The prolonged depression she got because of her ex-husband. At the end of the story, Rachel also helped to solve a murder case of Megan. Basically, the chaos that happens to her is inseparable from hers own bad habits of drinking alcohol and loss of control after she divorced.

Third, the moral value contained in this novel is very good. It cannot deny that the negative effects of consuming alcohol are very dangerous for the body and personality. Alcohol can damage a person's mind, psycho, or mental state and from this novel, we can more realize it. The struggling of a woman to move from the 'X' zone to better zone also very useful value for us, as well as for the writer.

Based on illustration and explanation above, the writer encourages depression portrayal become an issue and decided to this paper with title "Depression Portrayal of Rachel Reflected In *The Girl On The Train* (2015) By Paula Hawkins: A Psychoanalytic Perspective".

Based on the title of this research, the problem statements are as follows: *First*, what are the characteristics of Rachel seen from psychoanalytic perspective?; *Second*, what are the symptoms of depression of Rachel in this novel?; *Third*, how is depression portrayal of Rachel portrayed in this novel?.

The purposes of the study are to analyze the characteristics of Rachel seen from psychoanalytic perspective, to explain the symptoms of depression of Rachel in this novel, and to describe how is the depression of Rachel in this novel portayed.

2. METHOD

The type of this research is descriptive qualitative research, because it does not need statistic data to get the fact. Descriptive qualitative research is a paper study that is the result of the data is a written data. Sandelowski (2000:334) states, "Descriptive research is typically depicted in research texts as being on the lowest rung of the quantitative research design hierarchy."

The object of the study is *The Girl On The Train* Novel by Paula Hawkins, published in 2015 by Riverhead Books. The type of data in *The Girl On The Train* novel consists of words, phrases, and sentences. The primary data source of the study is *The Girl On The Train* novel by Paula Hawkins that was published in 2015. Arikunto (2005:206) states, "Documentation is the act of looking for data which concern with matters such as note, book, newspaper, magazine, transcript, and agenda". Then, the second technique is taking note. Hornby (1995) defines that it is the action of pay attention to something and be sure to remember it. In collecting the data, the writer used the documentation, library, browsing method, and notes taking techniques. Analysis of the data uses the descriptive qualitative technique. It starts with collecting the data, reducing, displaying, than verifying and conclusion.

3. FINDING AND DISCUSSION

3.1 The Characteristics of Rachel Seen From Psychoanalytic Perspective

Theory of psychoanalytic according to Sigmund Freud in (Newman and Newman 1983:385) is mental process of an individual that has three systems, namely is id,

ego, and superego. These systems are interacted each other in order to organize human behavior.

Rachel's character Id works when she wants to take a drink; she does not rationalize her action. She gets drunk without feeling guilty and she does not care about the problem after that. She simply just does what she wants.

"I take another sip, and another, the can's already half empty but it's OK. I have three more in the plastic bag at my feet. It's Friday, so I don't have to feel guilty about drinking on the train. The fun starts here." (Page. 3)

Rachel feels her life is empty, without the presence of someone she loves, sometimes she missed the presence of someone to give meaningful hugs. It is the basic instinct or desire of a human being, it is her Id. She always felt hurt when she remembered her happy life with Tom was ended.

Rachel's id works when she decided to take a drink again. She did not think how about her effort in a few days to sober. She only followed her pleasure.

"But I've been building up to it all day. It's not just the anticipation of solitude thought; it's the excitement, the adrenaline. I'm buzzing, my skin is tingling. I've had a good day." (page 137)

Rachel's ego works when her id said that she wanted to call Tom, but her ego said that she could not call him because she was really ashamed about what happened yesterday.

"I'm on the 8.04, but I'm not going into London. I'm going to Whitney instead. I'm hoping that being there will jog my memory, that I'll see everything clearly, I'll know. I don't hold out much hope, but there is nothing else I can do. I can't call Tom. I'm too ashamed." (Page. 77)

Rachel's superego works when she talked to herself to stop lying. Her superego realized that the lies that she made already complicated the situation. She kept regretting the lies that she made.

"I could feel the blood pulsing in my neck, sweat at the base of my spine, the sickening rush of adrenaline. I shouldn't have said that, shouldn't have complicated to lie." (page. 149).

The dominant psychoanalytic character of Rachel in *The Girl On The Train* novel is Id. Rachel's Id always wanted to take a drunk. She gets drunk without feeling guilty and she does not care about the problem after that. She simply just does what she wants. She has a dominant id because she only follows her own desires without considering the morals and norms that exist in the society. Rachel just followed her

own desire even it not acceptable in her society. When she wants to drink she just drunk even it in the train that actually it breaks the moral value in her society because drank alcohol in the public place is not acceptable.

Freud said that the id aims to satisfy our biological urges and drives. It includes feelings of hunger, thirst, sex, and other natural body desires aimed at deriving pleasure. The id is totally unconscious, that we are unaware of its workings. The id is not rational; it imagines, dreams, and invents things to get us what we want. Freud said that the id operates according to the pleasure principle, it aims toward pleasurable things and away from painful things.

The Id demands and insists that it needs be met. Pleasure results when the needed was fulfilled. A satisfaction result in an organism tension-discharge and the release of tension is experienced as pleasure. The goal of the Id is to reduce tension, minimize discomfort and to increase pleasure by gratifying inner desires, wishes and impulses. The energy of the Id is the motivating force that powers all her thoughts, feelings and behaviors. Repressing these drives leads to painful tension and anxiety. The id seeks to fulfill your deepest needs.

Rachel's Id is dominant because her ego and superego are very small. Her ego just follows her Id and ignores the moral values in the society. Her id wants to gain happiness and forget her unpleasant feelings by drinking alcohol. Her Id fights against her superego which urges her to stop her drinking habit because it can alienate her from society. However, her id is stronger than her superego in persuading her ego. She keeps drinking a lot of alcohol. As a result, she becomes lonely since no body wants to be close to a drunk woman like her. This makes her even more depressed.

3.2 The Symptoms of Depression of Rachel on Paula Hawkins's Novel: *"The Girl On The Train"*

Depression is a condition that can cause a variety of symptoms in everyone. Symptoms of depression can be recognized psychologically, physically, even in social interactions. Besides looking sad, someone who is depressed can experience difficulty to sleep, changes in eating patterns, to social disorders such as

withdrawing. Likewise with what is experienced by Rachel character in the *The Girl On The Train* novel.

Rachel feels depressed and then starts to appear the symptoms of depression such as, she drinks alcohol and makes her a drunk. Rachel starts to a lack of confidence. It causes negative thoughts about one's ability to fit in with peers, reach goals, or acceptance and support. Rachel becomes a woman who could not have a child and it makes her lack of confidence. It's shown in the quotation:

“...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.” (Page, 112)

Rachel thinks that her deficiency makes her as useless woman. According to her, the woman would be special with beautiful face and her ability to have a child, while she did not have that. So that thing makes Rachel lack of confidence. She is also not good in career, so she feels there is nothing she can be proud of herself.

“So I drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk. I lost and I drank and I rank and I lost. I liked my job, but I didn't have a glittering career, and even if I had, 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. (Page, 40)

Rachels' symptoms of depression in *The Girl On The Train* novel are: have low self-esteem, tiredness or lack of energy, and going to be hopelessness. These symptoms headed for Dysthymia type of depression. Dysthymia is also known as persistent depressive disorder (PDD), is a mood disorder consisting of the same cognitive and hysical problems as depression, with less severe but longer-lasting symptoms. Dysthymia is a serious state of chronic depression, which persists for at least two years (one year for children and adolescents). Dysthymia is less acute and severe than major depressive disorder.

As dysthymia is a chronic disorder, sufferers may experience symptoms for many years before it is diagnosed, if diagnosis occurs at all. As a result, they may believe that depression is a part of their character, so they may not even discuss their symptoms with doctors, family members or friends. Dysthymia is replaced by

persistent depressive disorder. This new condition includes both chronic major depressive disorder and the previous dysthymic disorder. The reason for this change is that there was no evidence for meaningful differences between these two conditions (Grohol 2013).

The symptoms of dysthymia on Rachel character are shown when Rachel's self-esteem drops caused she cannot have a child. Rachel loses her self-confidence. Rachel goes to be hopelessness. Rachel feels inferior because of her great hope of having a child does not manifest. She feels worthless because according to her principle that women will have values for two things: her beauty and running her role as a mother. Rachel does not have that all. She is also not good in career, so she feels there is nothing she can be proud of herself.

3.3 The Depression Portrayal of Rachel on Paula Hawkins's Novel: "*The Girl On The Train*"

Rachel's character is a depression woman and experiences a psychological setback. The portrayals of depression on Rachel's character are shown in: First, Rachel starts to depression when she cannot get pregnant and is divorced by her husband. Second, she becomes poor and homeless woman and she loses control in her life. Third, she becomes an alcoholic woman with an overactive imagination. Fourth, she becomes a woman who gets personality disorder with a blackout and shoddy memory.

Rachel starts to depression when she cannot get pregnant and she is divorced by her husband. She wants to get pregnant but it did not happen. Rachel and Tom did not have any children from their marriage after two years. Rachel never gets a miscarriage; that means she just could not get pregnant.

"No doctor has been able to explain to me why I can't get pregnant...I didn't suffer the agony of miscarriage, I just didn't get pregnant." (Page, 110)

Rachel feels depressed when she loses the job. She becomes a poor and homeless woman. She runs away from the problems by drunk. That is make her fired from the job.

"I should just say it now, she's already angry with me. I should go after her and tell her: 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. When I close my eyes, I can still remember the tail end of that lunch, the look on the waitress's face as she handed me my jacket, weaving into the office, people turning to look. Martin Miles taking me to one side. I think it's best if you go home now, Rachel." (Page 195).

Rachel becomes a drunker woman. Rachel gets stressed because she loses her husband, her job, and becomes homeless. She becomes lonely and drinks to worsen her depression.

"I can't blame all this for my drinking – I can't blame my parents or my childhood, an abusive uncle or some terrible tragedy. It's my fault. I was a drinker anyway – 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. And then I went from being a drinker to being a drunk, and there's nothing more boring than that." (Page, 113).

Rachel develops a personality disorder. Rachel feels unconfident because of the change of herself. She feels that she is not an attractive woman anymore because of her weight gain or her puffy face from the drunks and lack of sleep. Then she is admitted that her habit gives a bad impact to her.

"It's my fault. I was a drinker anyway – I've always liked to drink. (Page, 112)

Rachel blames herself as the reason of Tom's affair. It appears when she wished a baby. It could be seen in quotation below.

"Maybe that was the moment when things started to go wrong... when I imagined us no longer a couple, but a family;... Was it then that Tom started to look at me differently, ... After all he gave up for me, for the two of us to be together, I let him think that he wasn't enough. (Page, 77)

The portrayal of depression by Rachel's character are shown in: First, Rachel starts to depression when she cannot get pregnant and she is divorced by her husband. Second, she becomes poor and homeless woman and she loses control in her life. Third, she becomes an alcoholic woman with an overactive imagination. Fourth, She becomes a woman who gets personality disorder with a blackout and shoddy memory.

The novel is shown that Rachel wants to get pregnant (63). Therefore, Rachel and her husband started to try several programs to get pregnant (95). However, she still could not get pregnant. That reality causes her to suffer from the reality stress. Rachel's second reality stress occurs when her husband decides to leave her.

Rachel's wants her husband to calm her down when she is in difficulties. She wants her husband to take care of her when she is in depression. However, the reality talks in contradiction. When Rachel sank on depression and was extremely difficult to live with, her husband gave up on her and sought solace elsewhere. She is divorced.

Since divorced with Tom, Rachel gets a messed life. She does something useless such as rode a train without any purposes. She also becomes a slovenly woman. Then she is fired from her job because her boss found her drunk when she came to the office. She becomes an alcoholic because every time she felt her life was very miserable she always drank alcohol to forget the burden of her life. She became a poor girl because her money was spent to buy alcohol. And the last, she loses the trust of the people around of her for lying and being drunk.

Rachel's depression is triggered when she gets the problems with her fertility so she cannot have a children, unemployment, and her failed marriage with Tom. She becomes poor and homeless woman and she loses control in her life. She becomes an alcoholic woman with an overactive imagination. She becomes a woman who gets personality disorder with a blackout and shoddy memory.

4. CONCLUSION

This part provides the conclusion of this research. This conclusion refers to the answer of the research questions that have been presented by the researcher in the previous chapter. On the other side, this chapter also provides the suggestion that the researcher gives for the next researcher.

The characteristics of Rachel in Paula Hawkins's Novel: "*The Girl On The Train*" seen from psychoanalytic perspective. The dominant character psychoanalytic of Rachel in the *The Girl On The Train* novel is Id. She has a dominant id because she only follows her own desires without considering the morals and norms that exist in the society. Rachel just follows her own desire even it is not acceptable in her society. Rachel's Id always wants to take a drunk. She didn't hear anything that people said, she always refused advice from her friends and her family. Rachel has small ego when she needs to do something, she tries to find the truth information about Megan cases. But she still drinks in the morning before the investigation; it

makes all her statements unreliable. She also has a small superego when she wants to forget her misery and starts a new life. She didn't drink alcohol and she is also not disturbed by Tom's new family. She realizes that she will be happy without Tom and she can adopt children. But sometimes her Id stills suggested to her ego; she stills drinks an alcohol even happy or sad.

The symptoms of depression by Rachel in *The Girl On The Train* novel are: have low self-esteem, tiredness or lack of energy, and going to be hopelessness. These symptoms headed for Dysthymia type of depression. Dysthymia is a mood disorder consisting of the same cognitive and physical problems as depression, with less severe but longer-lasting symptoms. Dysthymia is less acute and severe than major depressive disorder;

The portrayals of depression by Rachel's character are shown from the first, Rachel starts to depression when she cannot get pregnant and divorced by her husband. Second, she becomes poor and homeless woman and she loses control in her life. Third, she becomes an alcoholic woman with an overactive imagination. Fourth, She becomes a woman who gets personality disorder with a blackout and shoddy memory

Rachel's depression begins when her attempt to have a child with Tom could not be realized. Rachel's depression worsens after she is divorced by Tom. Rachel's depression is caused by her unharmonious relationship with Tom. And the behavior disorder worsens after her post-divorce because she feels very lonely.

Rachel's depression becomes very high when Anna snatched her husband, and her jealousy because she sees Anna acould have a child which is the thing she really wants. And the last is her inferiority that she feels as a worthless woman because she could not play her role as a mother. She is not beautiful and unbrilliant in career that also triggers her behavior disorder.

Rachel's depression brings many negative impacts in her life. First, she is divorced by her husband because Tom could not accept Rachel's bad habit as alcoholic and take action out of control that was so damaging to Tom. Secondly, she is fired from her job because her boss found her drunk when she came to the office. Third, she becomes an alcoholic because every time she felt her life was very

miserable she always drinks alcohol to forget the burden of her life. Fourth, she becomes poverty because her money was spent to buy alcohol. And the last she loses the trust of the people around her for lying and being drunk.

The writer would like to presents some suggestions, as follow: This analysis might not be perfect, so the writer wants to the readers give the critics and suggestions to make this thesis more perfect. The writer hopes this analysis can be add our knowledge about literature and can motivate the other to develop these thesis it can be more useful. The writer suggests for the next researchers who want to analyze *The Girl On The Train* novel that this novel can be analyzed by using another perspective. The writer also hopes that this writing will give the contribution especially to the English Department Faculty of Literature students and whoever may be interested in subject being discussed.

The Girl On The Train novel is a recommended novel for those who like psychological thriller. By reading this novel, the readers can feel the punch of adrenaline that makes them excited and scared at the same time. The readers can take a moral message from this research.

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