

MAJOR DEPRESSIVE DISORDER OF THE MAIN CHARACTER DESCRIBED IN KRAUKER'S *INTO THE WILD*

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Abstract

In this analysis, the researcher discussed major depression felt by Christopher McCandless as the main character *Into the Wild* novel. It is about a young man, Christopher who became depressed because of his disharmony relationship with his parents. It is caused by the attitude of his parents who never pay attention to him and give him affection or real careful. In this novel Christopher and his parents had a difference of perception about happiness that made his relationship with his parents until finally Christopher got major depressive disorder. In this analysis, the researcher applied psychological approach and some theories to support the analysis. Those theories were psychodynamic theory, humanistic theory, needs theory, and the theory of major depression. The researcher also applied library research in finding and gathering the data needed. The data in this novel were taken from the narration of *Into the Wild* novel which described about major depression felt by Christopher McCandless. In conclusion of this analysis, there were seven characteristics of major depression described in Krauker's *Into the Wild* novel. The major depressive disorder was feeling a lot of sadness, irritable mood most of the day, feeling of loneliness, change in weight or appetite, lost of interest, feeling desperation, and suicidal thoughts. Those become the main focus of the researcher in this analysis

Key words: Depressive Disorder, Main Character.

INTRODUCTION

People have days where they feel down, or sad. When someone feels a lot of sadness, it will make them stressed then depressed. People with depression may be irritable instead of sad. There are many things that cause people become depressed such as loss, disharmony relationship between parents and child (Febriantini et al., 2021), lack of affection from parents. When someone feels those things, it will leads them depressed. It means that depression is related with mood disorder ((Sulistiani et al., n.d.), (Sulistiani et al., 2021)). It involves all aspects of life. Someone with depression will not be able to experience the pleasure. They tend to be sad and hopeless. In the long term people with depression tend to have suicide action. There are many kinds of depression. One of them is major depressive disorder that becomes the main issue in this analysis. Someone with major depression experiences a range of moods from low spirits to a severe problem that affects their daily

life. In major depression, a person experiences a fundamental change in mood that impedes its ability to function properly.

There are many characteristics associated with major depressive disorder, including irritable mood most of the day, the feeling a lot of sadness, loneliness nearly every day, changes in weight or appetite, tiredness and loss of energy, feeling guilty or worthless, difficulty in concentrating or making decisions, thoughts of death or suicide, depressed mood, loss of interest or pleasure in daily activities ((Mandasari & Aminatun, 2019), (Ayu, 2019), (Sari, n.d.-a), (Apriyanti & Ayu, 2020)) profound disappointment. major depression is a serious mental disorder that profoundly affects an individual's quality of life. Major depression becomes a serious illness because it affects one's thoughts, feelings, behavior (Kuswanto et al., 2020), (Kuswanto et al., 2019), mood and physical health. people with major depressed always feels sad or blue. Major depression is the most common type of depression. Major depressive disorder causes a lengthy period of gloom and hopelessness, and may rob the sufferer of the ability to take pleasure in activities or relationships that were previously enjoyable. In some cases, depressive episodes seem to be triggered by an obviously painful event (Puspita & Pranoto, 2021). Mental efficiency is affected ((Pranoto & Afrilita, 2019), (Aguss & Yuliandra, 2021), (Zuhud, 2014)), causing even simple tasks to be tiring and irritating. Many people with major depressive disorder become withdrawn and avoid any type of social activity ((S Suprayogi & Pranoto, 2020), (Suprayogi Suprayogi & Pranoto, 2020), (Mandasari, 2017), (Aguss, 2021)). For some, the pain and suffering accompanying major depressive disorder become so unendurable that suicide is viewed as the only option.

Psychological theories of psycho dynamic links suicide with the perception that life is hopeless or having no purpose ((Muliyah & Aminatun, 2020), (Sukerti & Yuliantini, 2018), (Abudhahir et al., 2015)). Individuals who attempt suicide are individuals who are trying to communicate (Pranoto & Suprayogi, 2020) his frustrations to someone who is important to the individual. Lose control of the individual ego, the cause of the individual commit suicide. Major depression that condition more than a sad state and that condition of depression cause the disruption of their daily social activities. People who suffer this kind of depression often will see or experience the feeling that the whole world on his shoulders. People will not always look interested in all activities. People also felt that he would

always be in a state of despair. People will lose interest in in daily activities ((Pustika, 2018), (Meliasari et al., 2018)).

In this major depressive disorder, people usually will not find interest in activities. They used to enjoy earlier. They will be in a depressed mood and suffer from fatigue, feelings of guilt and worthlessness, because people with major depressive disorder tend to do suicide in extreme cases, when people get major depressive for a long time. People will find it too hard to concentrate on anything. They can even get thoughts of suicide in that condition. This case seen in *Into the Wild* novel and become the main focus of the researcher. The researcher tries to analyze psychology condition of the main character due to the disharmony between parents and children that appear in this novel. Christopher the main character in *Into the Wild* novel, lost love from his parents. The difference of perception of happiness between parents and children is reflected clearly in this novel. Parents only measure happiness by material while Christopher needs love from his parents. Here Christopher is very disillusioned with his parent's attitude and got a great depression so he decided to leave his family and all of his wealth and decide move to Alaska woods and just live with nature until he eventually die in Alaska forest. This analysis is useful for all people especially for them who felt in depression. This analysis will give them the knowledge about major depression disorder and also the information related to psychology disorder. Hopefully, when the readers read this analysis it will influence them to be care for their mental, and they can anticipate the symptom of major depression disorder to prevent the emergence of depression.

LITERATURE REVIEW

Major Depressive Disorder

Major depression is the most common type of depression. People usually experience major depression during their life. In major depression, a person experiences a fundamental change in mood that impede its ability to function properly. The word major depression is use to describe a range of moods from low spirits to a severe problem that interferes with everyday life. Unlike normal emotional experiences of sadness, loss or passing mood states, major depression is persistent and can significantly interfere with an individual's thoughts, behavior, mood, activity and physical health.

Someone categorized has major depressive disorder if preceeded by the existance of the symptom of major depressive disorder. Currently, to qualify for a diagnosis of major

depression, a patient must experience a depressed mood or loss of interest or pleasure. The symptoms must last for two weeks or more and cause clinically significant distress or impairment in social (Evayani & Rido, 2019), occupational, or other important areas of functioning. The symptoms of major depressive disorder are depressed or irritable mood most of the day, the feeling a lot of sadness, loneliness nearly every day, changes in weight, tiredness and loss of energy, feeling guilty or worthless, difficulty in concentrating or making decisions, thoughts of death or suicide, depressed mood, loss of interest or pleasure in daily activities, profound disappointment.

Feeling a lot of Sadness

Sadness is emotional pain associated with, or characterized by feelings of disadvantage, loss, despair, helplessness and sorrow. These feelings are usually negative. In major depression disorder sadness became the main symptom. Sadness is caused by family's problem such as disharmony relationship, loss, lack affection etc.

Feeling of Loneliness

Loneliness is a complex and usually unpleasant feeling in which a person feels a strong sense of emptiness and solitude. People can experience loneliness for many reasons and many life events may cause it, like the lack of friendship relations during childhood and adolescence (Aguss, 2021), or the physical absence of meaningful people around a person. At the same time, loneliness may be a symptom of another social or psychological problem, such as major depression.

Irritable Mood

Irritable is an emotion related to one's psychological interpretation of having offended, wronged. Irritable mood has many physical and mental consequences, Even can mobilize psychological resources. Uncontrolled irritable mood negatively affect personal or social well-being. Ricard stated people who has major depressed disorder tend to be irritable.

Lost of Interest

Lost of interest is one symptom of major depression. During depression, people feel sad and lose interest (Pustika, 2018) in usual activities. You might even lose the capacity to experience pleasure ((Rido, 2011), (Sari & Putri, 2019)). For instance, eating longer appealing. Formerly enjoyable activities seem boring or unrewarding and the ability to feel and offer love may be diminished or lost.

Suicidal Thoughts or Intentions

People who has depressed for a long time usually has the tendency to commit suicide as the reaction of their hopelessness. Sometimes, individuals become so discouraged and hopeless that death seems preferable to life. These feelings can lead to suicidal ideation, attempts and death by suicide.

Feeling of Desperation

The characteristics of major depression often come together to produce a strong feeling of desperation, or a belief that nothing will ever improve. These feelings can lead to thoughts of suicide. During periods of depression, people dwell on memories of losses or failures and feel excessive desperation and helplessness. depressed people tend to think that they are a loser or the world is a terrible place, this thinking may take over and increase the risk of suicide.

Changes in Weight or Appetite

Many people with major depression experience a decrease in appetite and, sometimes, noticeable weight loss. Depressed people usually loss their weight because they have problem with their appetite so that they don't have that appetite in eating.

METHOD

To collect the data and to support my analysis the researcher applied library research to get all of the information related to this analysis. To elaborate the idea the researcher use descriptive qualitative method. In this analysis qualitative research to portray the phenomena or information in detail. Descriptive qualitative method is used in which the information/source are collected and analyzed an also for the conclusions drawn without making generalization first. Qualitative means that this analysis does not use statistic method. This analysis is based on producing the descriptive data that is formed by words. Beside from library the researcher also browsed the information from the internet because internet also has the important role in process of collecting the data, where the data are really needed to support my analysis

RESULTS AND DISCUSSION

In this chapter the analysis focuses on Christopher McCandless who becomes the main character in *Into the wild* novel. In this page the researcher analyzed the main issue of this analysis to elaborate how major depressive disorder of the main character is described in *Into The Wild* novel.

Feeling a lot of Sadness

Sadness is emotional pain associated with, or characterized by feelings of disadvantage, loss, despair, helplessness and sorrow. These feelings are usually negative. When one is sad, people often become less outspoken, less energetic, and emotional. The feeling sadness is one of symptoms of major depression, because someone with major depression felt a lot of sadness during their life. People with feeling of sadness occurs because of lack of affection from family, profound dissatisfaction, feeling guilty, and psychological traumatic. It stated that

Since they won't ever take me seriously, for a few months after graduation I'm going to let them think they are right, I'm going to let them think that I'm "coming around to see their side of things" and that our relationship is stabilizing. And then, once the time is right, with one abrupt, swift action I'm going to completely knock them out of my life. I'm going to divorce them as my parents once and for all and never speak to either of those idiots again as long as I live. I'll be through with them once and for all, forever. (Krauker, 2005:53)

The quotation above tells about Christ's feeling to his parents because Christ's parents never pay attention to Christ especially after Christ's graduation. In this quotation Christ as the main character stated that he likes to let his parents, under his condition. In fact Christ thought that they are right, but finally he can not survive in that condition until he likes to ask his parents to stay away from his life.

Irritable Mood Most of the Day

Irritable is an emotion related to one's psychological interpretation of having offended, wronged. Irritable mood has many physical and mental consequences, Even can mobilize psychological resources. Uncontrolled irritable mood negatively affect personal or social well-being. The form of irritability of the main character, toward his parents was happened since he was teenagers, this is because the attitude of his parents. It is stated that:

I've told them a million times that I have the best car in the world, a car that has spanned the continent from Miami to Alaska, a car that

has in all those thousands of miles not given me a single problem, a car that I will never trade in, a car that I am very strongly attached to—yet they ignore what I say and think I'd actually accept a new car from them! I'm going to have to be real careful not to accept any gifts from them in the future because they will think they have bought my respect. (Krauker, 2005:20)

This quotation shows Christ's anger toward his parents. He becomes angry because his parents will give him a new car, but angrily he rejects that prize. He does not want to receive the car given by his parents. He stated that he does not need a new car, he already has a car, a car that has spanned the continent from Miami to Alaska, a car he considers has in all those thousands of miles not given him a single problem, a car that he is very strongly attached to. He explicitly stated he does not need any car or another gift from his parents, he only needs a real care and affection from them.

Feeling of Loneliness

Loneliness is a complex and usually unpleasant feeling in which a person feels a strong sense of emptiness and solitude. The causes of loneliness are varied, but it can be affected by social, mental, emotional, and spiritual factors. Loneliness has also been described as social pain, a psychological mechanism meant to alert an individual of isolation. People can experience loneliness for many reasons and many life events may cause it, such as the lack of friendship relations during childhood and adolescence, or the physical absence of meaningful people around a person. At the same time, loneliness may be a symptom of another social or psychological problem, such as major depression. Chronic loneliness is a serious, life-threatening condition. Psychodynamic stated someone with major depression tends to be alone. The feelings of loneliness in this analysis experienced by the main character in this novel. It can be seen from the quotation below:

I need your help. I am injured, near death, and too weak to hike out of here. I am all alone, this is no joke. In the name of God, please remain to save me. I am out collecting berries close by and shall return this evening. Thank you, Chris McCandless. (Krauker, 2005:159)

The quotation above explains how the feelings of sadness are experienced by Christ. This quotation shows about his condition when he is in the wilderness of Alaska forest. He is in

a bad condition, in suffering, almost death. He needs the helps from the others especially his family but unfortunately there is no one who can help him because he is alone in that forest. The feeling of loneliness appear when he was near to death and he has no helps from his parents.

Changes in Weight or Appetite

According to the explanation, the researcher above states that someone with major depressive disorder is not able to do their activities normally. Not only in daily activities but they also have a problem with their appetite. This case be seen in *Into the Wild* novel where the main character do not have a willingness to do any kinds of activity even eating. It is because depressive mood is experienced by Christ. He has a trouble with his mood, like sad, anxious, hopeless, irritable, and agitated. Because of these mood, it is possible for him to enjoys the pleasure or do the activity normally. It can be seen from quotation below :

As soon as I heard he was home,” says Carine, “I ran to his room to talk with him. He was on the bed, asleep. He was *so* thin. He looked like those paintings of Jesus on the cross. When Mom saw how much weight he’d lost, she was a total wreck. She started cooking like mad to try and put some meat back on his bones.
(Krauker, 2005:97)

The narration above is about the physical condition of Christ. From this dialogue Carine states that his brother has reduces his weight significantly. Even when carine (his sister) come to his room he is sleeps in his bed. Carine stated he is very thin. He looks like the painting of Jesus on the cross. When his mother sees how much his weight is reduced, she says a total wreck.

Lost of Interest

Someone with major depressive disorder feels this symptom. Lost of interest is one syntom of major depressive disorder. During depression, people feels sad and loses interest in usual activities. They might even lose the capacity to experience. Pleasure. For instance, eating longer appealing. Formerly enjoyable activities seem boring or unrewarding and the ability to feel and offer love may be diminished or lost. It can be seen from quotation below:

Early in his senior year at Woodson, Chris informed his parents that he had no intention of going to college. When Walt and Billie suggested that he needed a college degree to attain a fulfilling career, Chris answered that careers were rejecting. (Krauker, 2005:92)

The narration above is one of the example of lost of interest feels by the main character in this novel. Someone with major depressive disorder will not be able to enjoy all of the activities in their life. In this quotation Christ does not have any interest to continue his education and he had no intention going to college. When Walt and Billie suggested that he needs a college degree to attain a fulfilling career, Chris directly refuses that suggestion. When Christ feels depressed, He usually feels tired, feels a lot of sadness so that he is will not able to enjoy the pleasure during this condition. He loses of interest in many activities such as eating, sleeping, school, and soon. This condition affects his mood.

Feeling Desperation

Desperation or loss of hope occurs because of two conditions, such as internal factors and external factors. Internal factors such as the quality of self-related knowledge, skills (Oktaviani, 2017), motivation (Sari, n.d.-a) and mental attitudes ((Sinaga & Pustika, 2021), (Puspita & Pranoto, 2021), (Mulyah et al., 2020), (Sari, n.d.-b)) that are necessary to achieve an expectation. Although sometimes these internal factors are also influenced by external factors. Because this factors relates with external factors. It can be seen from quotation below :

a man who has given away a small fortune, forsaken a family, abandoned his car, watch and map and burned the last of his money before traipsing off into the 'wilderness' west of Aaska. (Krauker, 2005:58)

Based on the quotation above, states that Christ very disappointed toward his parents. He decides to leave all of his family and commits to live alone in the wilderness of Alaska forest. Even before he goes to the wilderness of Alaska he change his name, abandon his car, map and watch on the street and also he burns his money. He is very desperate about the condition around him, and really wants to separates from his parents.

Suicidal Thoughts or Intentions

People with major depressive disorder tend to be low self-esteem and hopelessness. The symptoms of major depressive often comes together to produces a strong feeling of hopelessness, or a belief that nothing will ever improves. These feelings can leads to thoughts of suicide. During periods of major depression, people feels excessive of frustration and helplessness. They usually think that their life is unusefull or the world is a terrible place may take over. This feeling existed it will increase the risk of suicide. It can be seen from quotation below :

McCandless was a weak swimmer and had confessed to several people that he was in fact afraid of the water. In his journal he now wrote, "Disaster Rained in. River look impossible. Lonely, scared." He concluded, correctly, that he would probably be swept to his death if he attempted to cross the Teklanika at that place, in those conditions. It would be suicidal; it was simply. (Krauker, 2005:137)

The quotation above is the evidence of intentions of Christ's Suicidal thoughts. when he is in Alaska forest he seen Teklanika rivers very ekstrem and dangerous. Then he has intentions to commit suicide by acrossing the rivers because basically he is very worry about water and can not swimming. In this quotation states that McCandless is a weak swimmer and has confesses to several people that he is in fact afraid of the water. In his journal he writes that he has an intention to across the rivers eventhought he is very afraid of the water. He is lonely and scares. He concludes, correctly, that he will probably be swept to his death if he attempts to cross the Teklanika river. It is a simply the action to commit suicide.

CONCLUSION

This chapter contains of the conclusion that is acquired from analysis. Major depressive disorder in this analysis because appears because of the disharmony relationship between Christopher and his parents. As a child, Christopher argued that he needs the psychological needs, such as affection, love, motivation, and real careful from his parents. It is suitable with the theory used by the researcher in this analysis. Unavailability of psychological needs for the child can lead them become depressed. *Into the Wild* is one of literary works describing about the main character who feels disappointed toward his parents. In this story Christopher does not have a good relationship with his parents. It is because the

difference of happiness view between Christopher and his parents. The meaning of happiness for Christopher is when he has a harmonious family, get the real affection from his parents, meanwhile for his parents happiness is only measured by money. This condition happens for a long time then finally affect the psychological of the main character, it then leads Christopher become depressed. Major depressive is related with mood disorder, and major depressive disorder is the main focus or the issue in this novel. According to Ricard there are some characteristics of major depressive disorder. The analysis is then focused on feeling a lot of sadness, irritable mood most of the day, feeling of loneliness, changes in weight or appetite, lost of interest, feeling desperate, thoughts of death or suicide. as the mood disorder in major depressive disorder.

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