

## **CHAPTER II**

### **LITERATURE REVIEW**

#### **2.1 Depression**

Depression is an emotional disorder that interferes and disturbs a person's life, whether it's on social environment i.e. work place, or within their own families. WHO (World Health Organization) stated that depression is a common form of mental disorder, which characterized by feelings of guilt, sadness, low self-esteem, lost of interest and passion, lost of appetite and even sleep disturbances. Seligman (1973) further elaborates that depression is the psychiatric world's version of common cold, due to its frequent appearances on psychological diagnosis around the world. Many cases of depression has a relation with biological factors, as Freud (1917) stated. However, Some cases were also occurred due to external factors like rejection and loss of loved ones. Summarily, depression is often happened naturally as a reaction to the loss of something irreplaceable, namely valuable relationships and companions.

A person who suffers from depression may developed psychotic attitude, become delusional, and even experiences hallucination. It is because they no longer have any interest in activities that offers them satisfaction and pleasure, having difficulties to maintain focus and concentration, become amnesiac, loss of appetite, become indecisive, and even capable to thought or attempting suicide (Parker, 2004:2). And then, these are the characteristics of depression on people that caused problems above, which includes low self-esteem (feeling worthless),

feeling irrationally guilty, and becoming extremely nihilistic (thinking that there is nothing good left in this world).

## **2.2 Aaron Beck's Cognitive Theory of Depression**

Aaron Beck, one of the cognitive behavioral theorists that developed his own unique way of cognitive thinking, stated that the primary cause of depression is the negative thoughts that born from the so-called “dysfunctional beliefs”. Later, this concept is widely known as “negative cognitive triad” or “cognitive triad of depression” (Beck, 1978: 11). These dysfunctional beliefs or cognitive triad consists of three elements:

1. Negative view towards self

A person that suffers from depression tend to think himself as inadequate, defective, and lacking of anything. They tend to blame the cause of every bad events in their life to themselves, thinking that they are truly incompetent and helpless. In short, they think that nothing good comes from themselves, no matter how hard the efforts. In other words, “I am worthless”.

2. Negative view towards experiences of the surrounding environment

A depressed people will think that the world around them presents the endless, ever-changing challenges for them to reach their life goals. Unfortunately, when they failed, they will think negatively towards the world around them, for it caused them to experiences the bitter taste of failure. As the result, the depressed people will negatively interprets anything in the world and becomes very

pessimistic, even though there is always an alternative way for everything. In other words, “the world is unfair to me and to me only”.

### 3. Negative view towards future

A depressed person will think that there is no need to concern about the future, for they think their situation will remain the same: constant failures, grief, and bad events, without hope for change to better. It is somewhat related with previous element, as when they feel their first failure, the stigma of that failure will keep intact in their mind, causing them to thinking that everything they do will fail without exception. In other words, “things will never change to better”.

## **2.3 Symptoms of Depression**

According to Aaron Beck, there are five major symptoms of depression:

### 1. Affective Symptoms

This symptom also known in other names as “mood symptom” and “emotional symptom”. This symptom is the most related with depression, for it includes the feeling of sadness, guilt, shame, anxiety, and anger. Sadness will occasionally render the depressed person incapacitated to do anything, Guilt will makes the depressed people fail to realize that there’s a consequence for anything, whether it’s good or bad. Depressed people tends to view consequences in only one form, which is the negative one. Shame will make the depressed people think that they’re inferior compared to others. Anxiety will make the depressed people think negatively to any possible outcome of their actions, somehow becoming

pessimistic. And the last, anger will sometimes appear when depressed people starting to feel calm, possibly because they still need a media to release their pent-up frustration, which will never be enough.

## 2. Cognitive Symptoms

This symptom is marked with loss of self-confidence and feeling hopeless. A depressed people that lose their confidence will think that the primal source of all bad things that happened lies on themselves. They will occasionally blaming themselves and in the worst case, contemplating suicidal thoughts. They will also feels hopeless, exaggerating every matter no matter how big or small it is, and gives up even before trying.

## 3. Behavioral Symptoms

This symptom is marked with social withdrawal and excessive agitation. The depressed person will found him/herself cannot perform normally in the all area of his/her social life, due to their disorder. Also, they tend to get easily agitated when trying to socialize with their surroundings, because they fear that the other people will see their depressed state when socializing with him/her.

## 4. Physical Symptoms

This symptom is also known as “somatic symptom”. This symptom consists of sleep disturbances and appetite disturbances. Sleep disturbances have two different forms: insomnia and hypersomnia. On insomnia case, the depressed

people will find themselves hard to falling asleep, waking up several times in the midnight, and waking up too early in the morning. On hypersomnia case, the depressed people will soundly asleep for a very long time, no matter how early or late their sleep began in the first place. Both of these happened due to their problems in reality. While insomniac case happened because they keep remembering the mistakes they did in reality, the hypersomnia case happened because they attempted to escape from reality in subconscious level. Also, depressed people will find themselves have a little to no appetite at all for anything, because they don't want to do anything in the first place, not even to eat.

#### 5. Motivational Symptoms

This symptom appears in two forms. The first form is the lack of any positive motivation to do something. In this case, the depressed people knows exactly what to do in their life, but doesn't have any strong drive or desire to accomplish it because they already feel content with whatever they currently have. However, the static condition of their life will eventually accumulate enough stress due to boredom or lack of reasons for living, causing them to start avoiding their usual routines and developed suicidal thoughts in the end. The second form is that the depressed people will find themselves helpless and increasingly dependent to other people. They will constantly whining and begging for help to do their routines, for they believe they are incapable to do so.

## 2.4 Types of Depression

Aaron Beck, as cited on Hjertaas (2010: 66) categorized depression into two types: sociotropic depression and autonomous depression. Sociotropic depression is a type of depression that occurred due to loss or rejection on interpersonal level, which appears in the form of feeling lonely or grief. Also, the depressed person of this type have special needs for positive interpersonal relationships with others, and showing the behavior that seeks the approval of others. Toru Sato and Doug McCann (2006) further explained that sociotropy itself is a culmination of beliefs, behavioural tendencies and attitudes that leads a person to rely on others for personal satisfaction and happiness. Individuals with sociotropic attitude is characterized as focusing on interpersonal relationships that involves relatedness, empathy, approval, affection, protection, guidance, and help.

The second type, the autonomous depression occurred when a person desperately needs to success and to achieve his goals (Hjertaas, 2010: 66). The depression occurred due to loss of achievements, self-loathing, and low self-esteem (thinking themselves as failures). According to Toru Sato and Doug McCann (2006), autonomous is an opposite of sociotropy, for its a culmination of beliefs, behavioural tendencies and attitudes that leads a person to solely rely on themselves, taking advantage their own uniqueness, physical function, and control over their surrounding environments. Individuals with autonomous attitude is characterized as individualistic, self-reliant, having personal goals and achievements, and possess the feelings of power to do anything they want. Summarily, both of these types are fragile to be potentially affected by depression

for reasons. The former one, sociotropy, is fragile because of the uncertainty that surrounds every human relationships. While the latter type, autonomous, is fragile because of human's inability to control their surrounding environments or achieving success in the way that they want.

## **2.5 Semiotics**

Semiotics is the study of the sign process or signification of symbols which both grouped and divided into the system of signs (semiosis). All life forms engage in semiosis, but only humans know that they exist, as Deely (1990) stated, "at the heart of semiotics is the realization that the whole of human experience, without exception, is an interpretive structure mediated and sustained by signs". The aim of semiotics is to define the meanings behind signs in any forms like words, sounds, pictures, and gestures (Chandler, 2002). Also, semiotics can be found in every subject, whether its psychology, anthropology, or even the cognitive science such as philosophy and linguistics (Porcar, 2011). It is concerned as how signs like languages, texts, images, and objects could represent meanings and capable to stimulate our senses in order to comprehend the meanings behind them.

According to Peirce (1958), signs can be both verbal and non-verbal. In this study, a text could be a sign that represents a certain object (referent) in the mind of interpreter, while the interpreter itself refers to a sign as the representation of a certain object. However, a text also could exist in different medias, whether it's verbal, non-verbal, or both. Text also can be a cluster of

signs such as words, pictures, sounds, and gestures that has relation with convention that associated in a particular media of communication.

There are two versions of semiotics studies. The first version came from Ferdinand Saussure (1857-1913) and the second version came from Charles Sanders Peirce (1839-1914). Both of them were acknowledged by many as the co-founder of semiotics that introduced the two prime theory of semiotics.

Saussure divided signs into two parts (dyadic), which are *signifier* and *signified*. The signifier is the form or shape of the sign itself; while the signified is the concept or the meaning behind the object it refers (Saussure, 1983). A signifier is described as the material aspects of a sign which can be felt through our senses of smell, hearing, touch, and sight. While signified is the mental concept of the sign itself, which cannot be separated from signifier. Also, the relation between these two is called as signification.

Charles Sanders Peirce also developed his own model of semiotics study. He introduced the three-part model of sign (triadic) that consists of *representament*, *interpretant*, and *object*. Representament is the form in which the sign takes shape, interpretant is the sense that made from the sign, and object is something beyond the sign to which it refers to (Peirce, 1931). The interaction between these three elements is what Peirce refers as 'semiosis' (Chandler, 2002: 33).

### **2.5.1 Roland Barthes' Semiotics**

Roland Barthes (1915) is a French literary theorist and semiotician and also one of the most influential theorists of the way visual images transmit their meanings. He is also considered as a structuralist, for he follows the approach of Ferdinand Saussure and considered to be the main influence of his works. His work pioneered ideas of structure and signification which have come to underpin cultural studies and critical theory today (Robinson, Andrew. 2011).

Barthes categorized meanings of sign into two forms, denotative meaning and connotative meaning. Denotative meaning refers to the meaning that already displayed in an object, while connotative meaning refers to the deeper meaning of an object. According to Chandler (2002: 142), denotative meaning involves a consensus, in which the member of a same culture would agreed upon the meaning of a sign so that every member of that culture will recognize that sign with the agreed meaning in universal level. Meanwhile, connotative meaning is not entirely subjective, because some connotations can only be recognized within a certain culture and determined by the codes that the interpreter has access to in that culture.

Connotative and denotative meaning often displayed within terms of levels of representation or levels of meaning. Roland Barthes adopted Louis Hjelmslev's notion that there are different orders of signification. In this semiotic framework, connotation is a sign that derived from the signifier of a denotative

sign. That makes denotative itself leads into a chain of connotations (Chandler, 2002) . Below is the figure of semiotic framework system that discussed in above.

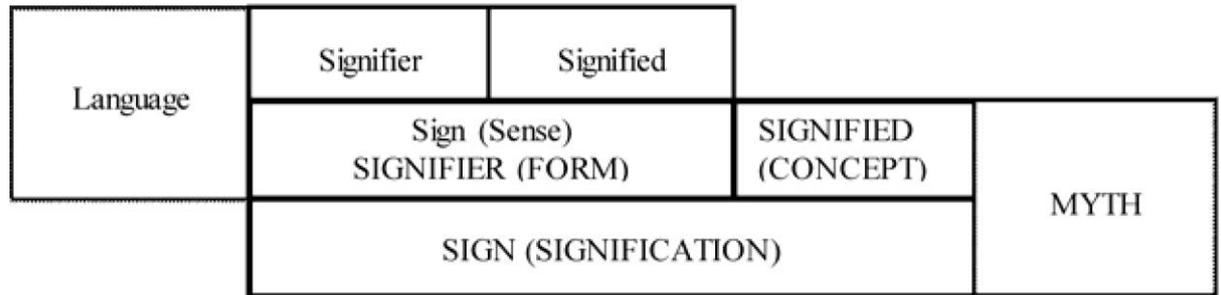


Figure 2.1. Rolan Barthes' Semiotic Model

The orders of signification are consist of denotation; where a sign is constructed by signifier and signified; and connotation, which uses denotative sign as the signifier, which in turn also attached by a signified, creating a chain of connotations. Shortly, denotation refers to the literal meaning of a sign, while connotation refers to the figurative meaning of a sign. Barthes also introduced *Myth* as a part of second-order meaning of signifier and signified, which contains more cultural meanings (Chandler, 2002). According to Barthes, connotative meanings can achieve the mythological-like status when the text or media, along with ideology, works together to provide a deeper meaning.

Chandler (2002) stated that there are three main aspects which are the main cause of denotative meaning's transformation into connotative meaning. The first is association, which is defined as the relation between signifier and signified. The second is convention, where the meanings of a sign is determined by social

and cultural convention. The last aspect is cultural value, where the value of a sign is determined by its relation with another signs within the same system or place, because in every different places exist different value for each signs.

Barthes introduced another part of order of signification called *myth*. Barthes argued that the orders of signification called denotation and connotation combined into one to produce an ideology called *myth* (Chandler, 2002). This part of order of signification often called by other researchers as the third order of signification (Fiske & Hartley 1978, 43). *Myth* is described as a sign that reflects major culturally-variable concepts that being underpinned on a particular worldview such as femininity, masculinity, individualism, objectivism, and freedom. Barthes stated that *myth* serves the ideological function of naturalization— an act of naturalizing the culture - in order to make dominant cultural and historical values, attitudes, and beliefs become seemingly natural and normal. Lakoff & Johnson (1980, 185-6) also added that *myth* can be interpreted as an extended metaphor, which helps people to understood their experiences within culture. In signification, connotative meanings can achieve the mythological-like status when the text or media, along with ideology, works together to provide a deeper meaning. When a connotative meaning enters the permanent state, then it could be called as *myth*, where people accepts the agreed meaning through convention of the sign and making it as something relevant. Therefore, *myth* is a message that used by creators of meaning to convey their ideas.

In this study, the writer will not use *myth* as a part on his analysis and instead will be focused entirely on the usage of Roland Barthes' denotative

meaning and connotative meaning model to analyze these poems. The writer intends to make this as the limitation of study for this thesis' analysis.

## 2.6 Author's Biography

Edgar Allan Poe was born on January 19, 1809, Boston, Massachusetts, United States. He is a short-story writer, poet, critic, and editor. He has published 66 short story tales and 71 poems over the course of his life.

In 1830s, Poe has published one of his most well-known work, a collection of short stories named as *Tales of the Grotesque and Arabesque*. Some of his famous short stories are included here, like “*The Fall of the House of Usher*”, “*Ligeia*”, and “*William Wilson*”. The haunting, spine-tingling sensation contained on these stories are critically acclaimed by the public. Years later, he published “*The Murder in the Rue Morgue*”, which considered as the “new detective genre fiction”. In 1843, Poe won the literary prize and award for his work “*The Gold Bug*”, a suspenseful stories of treasure hunting and secret codes. He received \$100 as the prize, which is the biggest prize he ever received from a single work.

However, the most impactful work from Poe comes from *The Raven and Other Poems*, a collection of poems that he published on 1845. It contains Poe's most famous poem of all time, *The Raven*. Poe instantly become public sensation, for he picked the unusual theme on that time for his poems – love and death. It is considered as one of the best works of Poe and American literary of all time.

Poe's work as an editor, a poet, and a critic had a significant impact on not just America, but also on international literature. His works mark him as one of

the originators of both horror and detective fiction. Many literary historians and anthologists credit him as the “founder” of the modern short story. He was also one of the first critics to focus mainly on the effect of style and structure in a literary work; and for that, he has been seen as a forerunner to the “art for art’s sake” movement. Today, Poe is still remembered as one of the first American writers to become one of the major figures in the literature world.

## **2.8 Theoretical Framework**

Based on the previous literature reviews, the writer of this study intends to analyze the portrayal of depression within Edgar Allan Poe’s poems. The writer will use Roland Barthes’ theory to find the connotative meaning of a word/phrase/clause/sentence, then relate its meaning with Aaron Beck’s negative cognitive triad of depression and categorize it. After that, the said meaning will also be classified in its respective symptoms and types of depression.