
**DEPRESSION AS THE IMPACT OF UNFULFILLED DESIRE
IN THE NOVEL *SENSE AND SENSIBILITY***

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Abstract	Article Information
<p><i>This study focuses on unfulfilled desires that cause depression in the novel <i>Sense and Sensibility</i>. There are two problem formulations in this study, namely 1) to find out the forms of unfulfilled desires in the novel <i>Sense and Sensibility</i> and; 2) to find out the impact of depression due to unfulfilled desires in the novel <i>Sense and Sensibility</i>. The theory used in this research is an analysis of the literary psychology approach using the dream interpretation theory of Sigmund Freud; Based on the study's results, the researcher found several forms of unfulfilled desires through the interpretation of dreams from Sigmund Freud: desire fulfillment, regression, and conscious and unconscious. Based on the results of this study, researchers found that depression had more of an impact on desire, and loss of the ability to love had the most significant effect.</i></p> <p>Keywords: <i>depression, desire, unfulfilled desire, novel</i></p>	<p><i>Received:</i> Jun 11, 2024</p> <p><i>Revised:</i> Jul 11, 2024</p> <p><i>Accepted:</i> Jul 13, 2024</p>

INTRODUCTION

Depression is similar to an accident that causes fatal injury to death because hopeless is one of the effects of depression that may cause catastrophic damage to the end. Depression is killing when somebody's unfulfilled desires cannot be achieved. A specific life event generally precedes depression. But the life event is not always grounded by depression; the thing that allows the cause of depression to occur due to the onset of some other factors that influence the event.

Depression is a disorder not realized by those who suffer from depression or the people around them. Depression can also interfere with physical and social life since it can be an emotion characterized by unconscious incompetence or constant sadness. People suffering from depression are characterized by feelings of irritability, anxiety, lack of enthusiasm, depression, sadness, and self-blame.

For example, when they fall in love, they are delighted, and then when one of them leaves for some reason, the person left behind can get depressed because they have loved that person. We can conclude that depression is a constant sadness that affects thoughts and behaviors in our daily lives. The leading cause of depression is usually the loss of a loved one.

"Depression is a common mental disorder with depressed moods, loss of interest or pleasure, feelings of guilt or inferiority complex, disturbed sleep or appetite, low energy, and poor concentration. This problem can become chronic or recurrent and cause substantial disturbances in the individual's ability to carry out daily responsibilities" (Bhowmik, 2012, p. 37)

Depression also causes mood swings. Depressed people usually feel sad and lose interest in doing something. According to Sigmund Freud, in his book mourning and melancholia. Depression is a mood disorder with sadness and loss of interest. It was different from the mood swings that people experience daily as part of their lives. Major life events such as bereavement and unemployment can lead to depression from reliable sources. However, doctors consider feelings of sadness to be part of depression only if the sadness persists.

Unfulfilled desires are personality disorders affected by ego, ego, and super-ego. Since id is the pure personality system in which we were born, id causes unfulfilled desires. Id contains all aspects of derived psychology, including instincts, impulses, and impulses. The ego is an part of human personality. The ego is commonly referred to as identity. Ego is usually focus on mutual self-interest or prioritize themselves and justify themselves. Next is the super-ego, the aspect of the personality that carries all morals and ideals. This is commonly referred to as determining the right and wrong values.

For example, for the average person, depression is a state of bad mood and sadness. People who have failed in love relationships may think about suicide. However, what replaces or powers the activities of the life instinct is the need for sexual gratification a means of providing intense pleasure, satisfaction, and meaning in one's life. For the general public, depression is a sad mood state.

People who have failed in a romantic relationship may think about suicide. But the need for sexual gratification stimulates or promotes the spontaneous activities of life. It is a way to bring intense joy, happiness, and meaning to life.

Desires have existed since man was born on this earth, so it is almost impossible for man to live without desire. Desire is a hope or desire that is not based on nature. Humans are creatures with many different aspects. One of the aspects that are also decisive in a person's life is desire, so almost all beings have no desires. Sigmund Freud

"associates desire as an unfounded hope or desire. This hope or desire is related to "fullness" because man always lives in a state of deprivation to give birth to. Insatiable desires." (Freud, 1949, p. 49)

The fulfillment of desires is only the result of the censorship of dreams. It is only the substitution and the impact of denial of the passions that are censored in the plan. An example in this novel: is Marianne, who wants to marry Willoughby, but Willoughby marries someone who is much more deserving of living with him. In the end, Marianne married Colonel Brandon. The example above explains that the desire to marry Willoughby was not fulfilled and caused depression in Marianne. When Marianne could sleep well, she dreamed of meeting

someone who loved her very much. Then, a few years later, she met Brandon and married Marriane.

LITERATURE REVIEW

Theoretical Review this section explains the idea that the researcher has chosen to study the research variables. The theory used in this study is Psychoanalysis Sigmund Freud's.

Psychoanalysis

Psychoanalysis provides the idea that all conscious thoughts and actions are unconscious processes which are summarized in the phrase of the unconscious mind. Behavior in everyday life is conscious behavior in the unconscious, because in conscious behavior there is hidden behavior that is not realized which ultimately affects conscious behavior.

Humans have psychic impulses that are based on basic pleasures nested in the id or das Es, but these drives are hindered by the reality principle, namely ego or das Ich which is in charge of limiting primitive impulses in accordance with the reality principle and das Uber Ich which is commonly called norm-principled super ego. The psychic drive of the id is the greatest impulse that forms psychic energy so that all forms of behavior originate from ideas.

Interpretation Of Dreams

The dream world is a part of the human unconscious that gives unlimited freedom even though the symbolization in dreams gets contradicted by the world of reality, because in dreams, the dreamer cannot limit the dreams that will arise. Unfulfilled desires are personality disorders affected by ego, ego, and super-ego. Since id is the pure personality system in which we were born, id causes unfulfilled desires. Unfulfilled desire are dream because unfulfilled desires arise from the unsatisfied desires of the unconscious mind. The forms of unfulfilled desire through interpretation of dreams by Sigmund Freud are;

1. Wish Fulfilment

The dream of the burning child affords us a welcome opportunity to appreciate the difficulties confronting the theory of wish fulfillment. That dream should be nothing but a wish-fulfillment must undoubtedly seem strange to us all and not only because of the contradiction offered by the anxiety dream.

"a dream is thinking that persists (in so far as we are asleep) in the state of sleep. Since, then, our daytime thinking produces psychical acts of such various sorts—judgements, inferences, denials, expectations, intentions, and so on—why should it be obliged during the night to restrict itself to the production of wishes " (Freud S. , 1955, p. 551)

2. Regression

In this last chapter Freud already distinguished between three types of regression: topographical regression, in the sense of the psychic system; temporal regression, in

the case of a return to earlier psychic formations; and formal regression, where primitive modes of expression and representation replace the usual ones.

“Dreams are psychical acts of as much significance as any others; their motive force is in every instance a wish seeking fulfilment; the fact of their not being recognizable as wishes and their many peculiarities and absurdities are due to the influence of the psychical censorship to which they have been subjected during the process of their formation” (Freud S. , 1955, p. 535)

Regression is an unconscious defense mechanism that causes the ego's temporary or long-term reversion to an earlier stage of development. Regression is typical in normal childhood and can be caused by stress, frustration, or a traumatic event. Children usually manifest regressive behavior to communicate their distress. Addressing the underlying unmet need in the child usually corrects the regressive behaviour.

3. Conscious And Unconscious

Freud (1955) described the conscious mind, which consists of all the mental processes we are aware of, and this is seen as the tip of the iceberg. For example, you may be feeling thirsty at this moment and decide to get a drink. According to Freud, the unconscious mind is the primary source of human behavior. Like an iceberg, the essential part of the mind is the part you cannot see.

“any psychological evaluation of the observations made by physicians upon abnormal mental states was out of the question. The physician and the philosopher can only come together if they both recognize that the term ‘unconscious psychical processes’ is ‘the appropriate and justified expression of a solidly established fact.’” (Freud S. , 1955, p. 606)

The conscious mind contains all the thoughts, memories, emotions, and desires we are aware of at any given time. It is the aspect of our mental processing that we can rationally think and talk about. It also includes our memory, which is not always part of consciousness but can be easily retrieved and brought into consciousness.

Depression

This section explains depression using Sigmund Freud's approach through melancholy psychoanalytic aspects. In the book *Mourning and Melancholia*, Sigmund Freud describes that psychoanalytic theories relate to depression which shows that a person's condition is unable to pursue happiness. (Armstrong, 2016, p. 114)

In Sigmund Freud's psychoanalysis, there are three structural aspects of personality, namely the id, ego, and superego, which make each individual's mental state and reason determine their behavior and their intentions which are driven by conscious and unconscious aspects. Id refers to each individual who involves seeking pleasure and avoiding pain that he has for behavior or action. Every human has an unsubstantiated id because every individual has a basis for defending themselves.

1. Loss Of Interest

According to Sigmund Freud, "the 'ego' or willingness to pursue one's desires in people with depression is seen as poor and empty." (Freud S. , 2009, p. 22)

The meant is, in this condition, the individual will not try again what he has tried has failed and left what they have done, which was initially very interested in the object, and then the ego arises to pursue it and is not achieved fails. In other words, the ego that is no longer considered valuable will experience symptoms of depression that have lost interest. The loss of interest is a symptom of depression, indicating that each individual does not display any interest in the object they liked before.

2. Loss Of Ability To Love

According to Freud, "the inability to love in people with depression indicates how they turn away from activities that remind them of what they are missing." (Freud S. , 2009, p. 20)

What is meant is the loss of a loved one is the loss of one's sense of ability to love and refers to individuals who are not interested in the outside world because every individual has a way of dealing with it by avoiding something that is the source of the pain they face.

3. Self-Destruction

Freud explains that self-destruction involves feelings of worthlessness and self-deprecation in which a person will criticize and hurt himself negatively. Freud (Freud S. , 2009, p. 22)

The meant is that individuals who are depressed will show their behavior negatively because they have marked themselves as very low in the eyes of others. This self-destruction is a symptom of depression seen by the individual unconsciously or consciously visiting himself as unfit to live.

RESEARCH METHODOLOGY

In this chapter, the researcher describes the research methodology. It consists of research design, data and data sources, data collecting method, the technique of data verification and data analysis, and the synopsis of the novel *Sense and Sensibility* by Jane Austen. The researcher concludes the research methodology is a way or method to prepare and complete the research to reach the goal of the research. In this study, the researcher used descriptive qualitative research to find and describe the forms of unfulfilled desire through the second theory of depression.

The researcher divided the data source into primary and secondary sources. The primary data source for the analysis was acquired from the novel "Sense and Sensibility" by Jane Austen. Then, the secondary data was taken from any kinds of books of literature theories, books of psychoanalysis and social psychology journal, articles from the internet, and PDF. States that in qualitative research, the data may be from novel, psychology books, journals, Thus, the writer collected data by choosing the novel, read the novel, identifying the

depression to find the related data, classifying and selecting the relevant data. The writer also conducted library research to get information about the depression.

FINDINGS AND DISCUSSIONS

Forms of Unfulfilled Desire

1. Wish fulfillment

Excerpt 1:

"Remember, my love, that you are not seventeen. It is, yes, too early in life to despair of such happiness. Why should you be less fortunate than your mother? in one circumstance only, my Marianne, may your destiny be different from hers" (Austen, 2018, p. 26)

The quotation above showed Marianne, who is desperate because her dream is not fulfilled because she doesn't have the same hobby as Edward as the man she wants. Therefore Marianne is desperate because Edward doesn't have the same taste as Marianne, who has the same taste as her.

Based on the excerpt above, the researcher explain that Marianne's dreams apply a wish fulfillment in a dream of Marianne wishing to see the man she wants one taste for life together to discuss material daily. This quotation is an unfulfilled desire from Marianne because she doesn't want the man, not one taste Marianne.

2. Regression

"what!! I improve this dear cottage! No. that I will never consent to. Not a stone must be added to its walls, not an inch to its size if my feelings are regarded" (Austen, 2018, p. 101)

In the excerpt above, when Mrs. Dashwood has plans to repair his house in the spring, Willoughby refuses because he thinks the home is perfect enough. Marianne also refused her mother's wish because it would not be done. After all, her mother did not have enough money to fix it.

The researcher explains the regression shown by Willoughby was an extreme rejection when Mrs. Dashwood wants to fix his house and hopes Mrs. Dashwood remains a poor man, so nothing has changed his place of residence. After he heard it would be repaired, Willoughby left Marianne to go to the hills alone and ponder Mrs. Dashwood's wishes if she really did fix her house.

3. The Concious and Unconcious

"one had rather, on such occasions, do too much than too little. No one, at least, can think I have not done enough for them. Even themselves, they can hardly accept more" (Austen, 2018, p. 14)

From the above, Mr. John Dashwood doesn't want to be seen as being mean to his younger siblings, even though his younger siblings ignore Mr. John Daswood when doing something to give some of his wealth to his younger siblings.

The researcher explains that Mr. John Dashwood had a painful feeling when his younger siblings neglected him for not providing enough money for their daily life, even though Mr. John Dashwood also gave part of his property to his brother and son.

Depression as the Impact of Unfulfilled Desire

1. Loss of Interest that impacts of Unfulfilled Desire

"yet it certainly soon will happen. But two advantages will proceed from this delay. I shall not lose you so soon, and Edward will have a greater opportunity of improving that natural taste for your favorite pursuit which must be so indispensably necessary to your future fortune" (Austen, 2018, p. 31)

Based on the excerpt above, the researcher found the dreams of Elinor about her dreams to Marianne. Because Elinor was in no hurry to marry Edward, Elinor's dream of marrying Edward will come true but not as quickly as Elinor would like, so that Edward can develop his taste to be one with Elinor's. In his family, if you have a partner, you must have one taste with your partner's taste, which is very important for them and their future.

The researcher explains that Elinor has lost her interest in marrying Edward because Elinor is also not interested in men who didn't have the same taste. In contrast, Edward and Elinor have nothing in common.

2. Loss of Ability to Love that impacts of Unfulfilled Desire

"and so much on the strength of our imagination, that the commendation I can give of him is comparatively cold and insipid." (Austen, 2018, p. 73)

From the excerpt above, Marianne listened to Elinor's exaggerated imagination and uttered excessive words to Willoughby. Elinor deeply imagined that Willoughby was a wise young man from a good family broad-minded and gentle demeanor.

The researcher explains that Marianne, who has the same dream as her sister, has lost her ability to love others. Because of that dream, Marianne hopes for Willoughby more and loses interest in loving other people.

3. Self Destruction that impacts of Unfulfilled Desire

"but I thought it was right, Elinor, to be guided wholly by the opinion of other people. I thought our judgments were given us merely to be subservient to those of neighbours. This has always been your doctrine." (Austen, 2018, p. 130)

From the excerpt above, they have dreams that they agree with what other people say and believe that and then dream that someone is more cheerful or moody, smarter or stupider than they really are. Sometimes they judge others by their words and often by the opinions of others without giving themselves time to consider and think about others.

The researcher explains Marianne imagines her words are the same as those of others. When Elinor told me everyone had a different opinion, Marianne couldn't control herself. She immediately fell into her room and contemplated herself.

CONCLUSION

The conclusion of this research analysis is based on data findings and discussion. The findings and discussions in this research are forms of unfulfilled desire and depression as the impacts of unfulfilled desire. The first conclusion of this research is the forms of unfulfilled desire that existed in the novel *Sense and Sensibility*. The researcher concludes that there are four forms of unfulfilled desire committed by the main character's, which are wish fulfilment, regression and unconscious and conscious. From the analysis, the forms of unfulfilled desire done mainly by the main character's The second conclusion of this research is that each depression as the impact of unfulfilled desire of the main character to become self-destruction, which has some traits clearly shown in this novel. There are loss of interest, loss of ability to love and self-destruction.

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