

CHARLIE'S DEPRESSION IN *THE PERKS OF BEING A WALLFLOWER*

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Abstrak

Penelitian ini dibuat untuk membahas tentang depresi yang dialami oleh karakter utama pada novel *The Perks of Being a Wallflower*, yaitu Charlie. Psikoanalisis oleh Jacques Lacan adalah teori yang akan digunakan dalam menganalisa penelitian ini. Fokus dari penelitian ini merupakan depresi yang dialami oleh Charlie akibat kejadian-kejadian di masa lalunya yang cukup traumatis dan sangat mempengaruhi kehidupan pribadi maupun sosial Charlie. Penelitian ini bertujuan untuk mencari tahu faktor-faktor yang dapat mengakibatkan depresi pada Charlie. Penelitian ini dilakukan dengan menganalisa keadaan Charlie sejak awal dengan menggunakan teori Psikoanalisis yang dikembangkan oleh Jacques Lacan. Analisa menunjukkan bahwa perilaku keluarga dan lingkungan sekolah menjadikan Charlie yang pemalu menjadi sosok remaja yang selalu merasa tidak dianggap keberadaannya serta tidak disayangi. Dalam analisa ini, Jacques Lacan membuktikan pada teori Psikoanalisis yang dikembangkannya, bahwa dunia luar menyumbang pengaruh besar pada tiap tahap kehidupan seseorang dalam membentuk siapa dirinya dan bagaimana ia bersikap. Dimana dapat ditemui juga pada hasil analisa ini jika pengaruh dunia luar pada diri seorang individu juga mampu mempengaruhi mental seseorang.

Kata Kunci: Depresi, Sikap, Mental Illness, Emosi.

Abstract

This study was made to discuss the depression experienced by the main character in the novel *The Perks of Being a Wallflower*, Charlie. Psychoanalysis by Jacques Lacan is a theory that will be used in analyzing this study. The focus of this study is the depression experienced by Charlie due to events in his past that are quite traumatic and greatly influence Charlie's personal and social life. This study aims to find out the factors that can cause depression in Charlie. This study was conducted by analyzing Charlie's situation from the beginning using the Psychoanalysis theory developed by Jacques Lacan. The analysis shows that family behavior and the school environment make shy Charlie a teenage figure who always feels unacceptable and unloved. In this analysis, Jacques Lacan proves in the psychoanalytic theory that he developed, that the outside world contributes a large influence on each stage of a person's life in shaping who he is and how he behaves. Can also be found here in the results of this analysis, if the influence of the outside world on an individual is also able to affect one's mentality.

Keywords: Depression, Attitude, Mental Illness, Emotion.

INTRODUCTION

At present, there are many cases of mental issues. Start from mild to severe cases. These mental issues, call it depression, are also getting more and more sufferers and it can develop because of many factors. But, by the increasing of mental issues, this issue does not make everyone aware of how important this is. Mental issues, especially depression are not something that can be underestimated, however, small maybe. But people today

cannot realize that it can have a very big influence on a person's life. Due to the increasing number of people who often self-diagnose if they are exposed to mental issues, it also affects the increasing number of people underestimating mental issues. Many people do not realize that there are also many people around them or even those closest to them who experience these mental issues. The unconsciousness of the person and the unwillingness of the patient to be considered crumb can be reasons why mental issues are difficult to know.

Stephen Chbosky's novel entitled *The Perks of Being a Wallflower* is the object to be analyzed in this study because this book has a very interesting story and has a very vulnerable issue. In his novel, Chbosky includes many elements, namely drugs, sexual harassment, alcohol, to depression. Stephen Chbosky's *The Perks of Being a Wallflower* is a literary work that was published in 1999. The book's author, Stephen Chbosky also filmed his book with the same title that was published in 2012. The book discusses the struggle for the life of a teenage boy named Charlie with all his traumatic experiences and depressed life. Charlie's life is very full of depression, anxiety, and trauma because he is a teenager who is traumatized by the abuse done by his aunt and knows his best friend committed suicide.

Charlie's character in Stephen Chbosky's *The Perks of Being a Wallflower* shows that the supports from people around for a person like Charlie who has a problem with his mentality to be a very important thing. Support, as provided by Sam and Patrick to Charlie able to change Charlie's personality slowly, becomes better. Because of all the support, Charlie could be a stronger, braver, and able to slowly face and fight all mental problems that have been blocking the way. Before Charlie knew them both, we all know his life is full of anxiety, trauma, and things not to who is the one who wants to keep followed Charlie. But his life now felt better with good people around him. With such a thing, the right action is done by Charlie's friends bringing a great influence that is seen at the end of this book.

To reveal what factors are the cause of depression experienced by Charlie and also the important role of people around him in changing Charlie's life, this study applies the concept of psychoanalysis in analyzing those problems. The concept to be applied to discuss problems in this study using psychoanalysis by Jacques Lacan to analyze the main behaviors that exist in the main character of this book. The main data in this study itself is Charlie, where he is a major character that just came out of the mental health care institution after finding his trauma, and also the difficulty of entering the high school. The data were taken later the tool to uncover the cause of depression that took place in Charlie. This study will be done with qualitative methods. Which means this study does not use statistical data or numbers in processing data for existing problems. This explains and discusses several related theories and will be a tool for analyzing significantly. The discussion of this thesis is about how depression takes over Charlie's life in *The Perks of Being a Wallflower*. Before analyzing this work, the psychoanalytic theory by Jacques Lacan will be used to uncover Charlie's habits and to uncover the factors and impact of depression in Charlie in this study. This study will describe more about the factors

and impacts of depression in Charlie's life. Because there are a lot of people using this book to do research but none of them talk about depression deeply.

METHOD

This study uses qualitative research methods. Data for this study were collected qualitatively by reading books. The data source for this study is *The Perks of Being a Wallflower* by Stephen Chbosky, written in 1999. This study uses quotation and material in Stephen Chbosky's *The Perks of Being a Wallflower* that is useful to support the presentation of data for this study. Psychoanalysis by Jacques Lacan was used in this study to analyze the character of *The Perks of Being a Wallflower* to find the cause of the presence of depression in the lives of the main characters that influence his life.

The steps used in analyzing this book are by reading, quoting, and classifying data according to the questions that have been made. The steps in analyzing are by starting the problem to throw a case for discussion, giving quotations and images to prove the problem on the object, interpreting the problem in the critical analysis which is then strengthened by theoretical understanding and summarizing the results of the findings.

Trauma

Trauma is an external stimulus that is strong enough to break down a person's defensive wall. If we follow the assumption that if there is no "normal" person in this world, then it can be said that everyone has their trauma, where trauma can be said as the foundation that defines everyone. In the *Four Fundamental Concepts of Psychoanalysis*, Lacan said that repetition and memory are assumed to be two sides of the same coin, where repetition and memory move and have the same movement, except in the opposite direction (Lacan, 1998). Here, Lacan puts limits on this backward repetition, which is the Real. It could also be said if the subject can recall his traumatic past. For the subject, trauma is something that cannot be symbolized. When the subject remembers something, it is nothing but a fantasy that is self-woven by the subject. This is where repetitive motion is directly related to trauma.

Trauma is in the subject's original self. In this case, the whole process of desire, substitution, object objection, and fantasy can be seen as coercive repetition. All this experience is not controlled by the subject, but on the contrary this is what produces the subject. Traumatic experiences become unreadable situations and also force our minds to remember and rethink past events and memories that occurred in the past. Most people who experience a traumatic event, tend to show stress due to traumatic events in their past. Its characteristics can be in the form of exposure to stress, experiencing more events

that have occurred and also avoid. These things happen for a long time on the subject of suffering. Often these things also disrupt daily life. For example, avoidance that can make someone stay away from their environment and make that person anti-social. A person who is traumatized can also experience or perform self-destructive behaviors which in turn can make that person into such an emotional individual. In every traumatic event or experience, it is known that trauma must contribute to it, this includes feelings and emotions.

When we grow up under pressure, ignored or even punished, this is one example of emotional abuse that can be done by parents. Mental violence like this can leave more trauma than when we receive physical abuse. And events in life like this can contribute to a traumatic feeling in a person. It's the same as when grieving shortly after the death of someone we love, the divorce of parents and when there is a fight with someone who means to us. Some of us might be able to handle these events, but this is also what can change our lives drastically due to the trauma.

Depression

Depression is a common mental disorder that is present because of depressed mood, loss of interest or pleasure in something, decreased energy, always feeling guilty, loss of self-confidence, disruption in sleep and eating, and weak concentration (Malichin, 2014). When discussing depression in terms of Lacanian theory, this theory considers the exploration of depression which according to him is the role of 'jouissance' which can be underlined as having meaning 'painful pleasure' (Evans, 1996).

While Lacan argues that sadness as depression is simply a moral failure, which means moral weakness which ultimately lies in the connection with the mind, namely to speak well. Lacan refers to Dante's 'Divine Comedy' where Dante illustrates the relationship between not speaking and the sadness drawn to show that depression is an avoidance to talk.

In Lacan's seminar, he explains in his seminar, L'angoisse that the actual feeling of depression, where sadness is not a stress but rather a sentiment, where 'ment' in French means 'to lie', where it is not related to stress but is still part of the form of inhibitors. In this seminar too, Lacan revealed that we must be able to read someone to find out, because when faced with this depressive period, our smallest fragments will be tested when analyzing them (Lacan, 1963). Depression not only changes how we feel, but it also changes the way we value ourselves and the world around us. Depressed children or adolescents describe themselves, their world and their future as negative. They consider themselves worthless and critical of academic activities and social achievements (Carr, 2004). Those who suffer from depression tend to be

apathetic individuals. They see life and the future as a bleak thing, even if there is a hope, they hope it will make a difference in their lives.

Therefore, social relations are not only a bond between individuals who assist with activities, but have a fundamental influence on one's understanding of who they are and what they can do (Cruwys, Haslam, Dingle, Haslam & Jetten, 2014). Therefore, good social relationships are very important for someone's life, especially those who have depression so that they do not keep falling, but can rise and escape depression.

Social relationships can play a significant role in depression. Lack of social support is one of the supporters of the emergence of a desire to commit suicide in someone. Interpersonal conflict is also a stressor that can increase the effect on mood if this happens continuously. This is influenced because a person tends to be sensitive to forms social stress, such as rejection and disputes. Usually, social loss such as the loss of a loved one can be the result of factors such as conflict in the family, bullying at school / workplace and relationship breakdown. Depression is found far more than other diseases such as schizophrenia. On the other hand, many suicide attempts are found in people with depression, where depressed people who want to carry out suicide attempts tend to be young and often don't show that they have depression (Paykel, 1994).

DISCUSSION

Trauma of Charlie's Childhood

"Trauma" comes from ancient Greek which means "wound". Although trauma can have various meanings, but in general trauma itself is a wound. Trauma is almost repeated, uncontrolled and not counted how long the effect (Marder, 2006). The story in this novel tells about a teenager. Charlie Kelmeckis, a shy child who cares about his surroundings, but he has a lot of regrets. Charlie struggled with two traumatic experiences from his past, namely when Michael, the only friend when he was in junior high school who died of suicide and also the death of aunt Helen, his favorite aunt, in his childhood.

A person who is traumatized can also experience or perform self-destructive behaviors which in turn can make that person into such an emotional individual. In every traumatic event or experience, it is known that trauma must contribute to it, this includes feelings and emotions. What's more, trauma psychoanalysis is associated with long-term negative consequences (Heidarizadeh, 2015). Traumatic memory affects the mind. Confusion and insecurity can also cause trauma, for example in the form of sexual harassment or violence, discrimination in the work or school environment, bullying, domestic violence and childhood experiences. Even so, the main point in the existence of trauma is if the

trauma experienced by someone will have an impact which results in behavior that is also different for each person in each activity.

In this book, Charlie is said to have been traumatized by Aunt Helen's treatment of him during his childhood. At that time Aunt Helen abused her by grabbing the inside of Charlie's thigh while her siblings were sleeping. This makes Charlie keep remembering the incident, even when the same thing was done by Sam, his best friend.

"When I fell asleep, I had this dream. My brother and my sister and I were watching television with my Aunt Helen. Everything was in slow motion. The sound was thick. And she was doing what Sam was doing. That's when I woke up. And I didn't know what the hell was going on." (Chbosky, 1999: 116).

However, even though Aunt Helen's dead, Charlie's memory of Aunt Helen's never separated. He kept remembering his childhood with aunt Helen. Until he grew up, he kept remembering Aunt Helen. There is one thing that makes Charlie can never forget aunt Helen, the night where aunt Helen harass Charlie when he was 7.

The trauma of this makes Charlie a teenager who lacks confidence in himself. This also has an impact by making Charlie a teenager who is passive in sexual matters, he cannot and do not have enough courage to express his desires. Turns out when he starts trying to relate in love that both like Sam, he does not know what to do. Childhood experience is crucial for the effects of our emotional growth. This is the basis for what will become a common attachment in our lives, about how we interact with other people and also how we respond emotionally when someone is finally separated from us (Reyes, 2018).

The loss of Michael and aunt Helen who gave him great trauma made Charlie a lonely teenager. At his age, he only had very limited friends. Charlie doesn't have friends to talk to, let alone share stories and complain about. His friends at school don't want to be friends with him, stay away from him and even Charlie gets bullied. Likewise with his family, he is not so close to his family that is far from the word warm. All loneliness brings back trauma.

"I went alone because Michael is gone, and Susan hangs around different boys now, and Bridget is still crazy, and Carl's mom sent him to a Catholic school, and Dave with the awkward glasses moved away." (Chbosky, 1999: 13)

When he is in senior high school, Charlie remained unchanged. He is increasingly becoming a quiet young man who is not good at socializing. The memory of Michael's death continues to haunt him. In high school, he always paid attention to his surroundings, hoping he would be able to socialize like other students and make friends,

but it was Charlie who never dared to start interactions. He must have missed the figure of Michael who used to be his best and closest friend during middle school. Since then Charlie has continued to be alone and only pay attention to the people around him.

For the subject like Charlie, trauma is something that cannot be symbolized. When the subject remembers something, it is nothing but a fantasy that is self-woven by the subject. This is where the repetitive motion is directly related to trauma. When traumatic events disrupt symbolic orders, a sense of emptiness will be formed there. Lacan called this emptiness *objet a*. And trauma becomes a nuisance when [object] *a* is isolated by The Other, which makes it considered as a remnant of the subject's relationship with The Other that previously occurred (Lacan, 1963). With the fantasy in one's mind, their traumatic experience becomes something that has meaning. Because for the subject, the memory of a traumatic event has no meaning, it is the fantasy that has the function to give meaning and the illusion of meaningful meaning to a meaningless, tragic event. As Lacan said, that fantasy is never more than a screen that hides the main thing, is also something that determines the existence of repetition (Lacan, 1998).

In the novel, Charlie feels very, very much like to have more friends. Instead of dating a woman, Charlie in his words has a very strong desire to return to have a friend. From this novel, we also know that Michael, Charlie's best friend from junior high school who's died because of suicide, is a figure that Charlie loves and admires very much after Aunt Helen even though he knew and realized that Aunt Helen had behaved inappropriately to him, Charlie still loved his aunt Helen as the only person who loved him more than his parents. And he loved Michael very much because he was the only closest friend of Charlie. In part one of this novel, Charlie tells how disturbed he is over his ignorance of the sadness that Michael has been harboring. He regretted that Michael should have told him about this. The sudden death of Michael was known to finally bring trauma to Charlie. This teenager continued to feel deep sadness for the rest of his time in junior high school, while his teachers continued to give him good grades even though Charlie himself did not feel himself getting smarter.

"It would be very nice to have a friend again. I would like that even more than a date." (Chbosky, 1999: 15)

This case shows that Trauma is not something that can be generalized from one person to another. Because an event that is considered traumatic by someone can feel normal to someone else. Where traumatic it depends on a person's ability to manage stressors and change their environment, and those things can be

controlled with the support of temperament, genetic and intelligence (Bernard, 2019). Because trauma is not an event that only happens once and for a moment.

Lacan also mentioned if the meeting with the Real order occurred in trauma. He explained in one of his seminars that the real order stretched from trauma to fantasy (Lacan, 1998). Here also represented by an event, a sound, a thing from reality and other things that prove that we as humans are not experiencing it in dreams. Trauma can also be found in dreams. Because the meaning of dreams can also be a trauma that comes back again or a way of fulfilling something that cannot be obtained, so that it is fulfilled psychologically. These things do not happen narratively or sequentially, but rather by forming a symbol. Where the symbols are not fixed and depend on the individual. Trauma can be seen similar to phobias. When someone feels afraid of something, he will not want to try to get rid of that fear if there is no intention in him to improve himself and try to fight the fear that has been making negative thoughts fill his brain about it.

The Cause of Depression in Charlie

To analyze depression, we cannot just glance at the sadness a person feels or shows. Someone who is just sad about something is not a sure person with depression, but someone who has depression must have a very deep sadness in him. Here Charlie is told as a high school teenager who had quite a painful trauma in his childhood. Trauma-trauma and coupled with environmental factors that are not friendly to him makes Charlie increasingly depressed with his life.

Those who suffer from depression tend to be apathetic individuals. They see life and the future as a bleak thing, even if there is a hope, they hope it will make a difference in their lives. When a person loses or lacks self-confidence or self-deprecating, people with low self-esteem show higher levels of depression compared to those who have high self-esteem where this can be sustained with depression and can trigger another variables (Baumeister, Campbell, Krueger & Vohs, 2003). According to cognitive theories about depression, attitudes, thoughts, ways a person concludes, does and remembers a thing can trigger the development of depression in a person.

Charlie tells everything that happened in his life in a letter addressed to an unknown person or even maybe not to anyone. In the letter, he only wrote that the letter was addressed to his 'friends'. Instead of telling a story to friends or family, Charlie, who felt he no longer had anyone, preferred to write his complaints about his life to this 'friends'. In his writings, he revealed that he did not understand his own life. In his stories, Charlie is still trying

to find out about his life and why things could have happened to him.

"So, this is my life.

And I want you to know that I am both happy and sad and I'm still trying to figure out how that could be." (Chbosky, 1999: 4)

The father of cognitive theory, Aaron Beck built a therapy that still has a relationship with depression, namely cognitive therapy. In this therapy, he believes if the experience a person has experienced will produce a cognition or thought. Here, cognition is related to the scheme which is the core of belief which then builds our way of view of the world and also which will determine our emotional and behavioral stages (Beck & Miller, 2012). Aaron Beck in his cognitive therapy identified that there were three mechanisms that he thought were responsible for depression, namely cognitive triad (automatic thinking leads to negativity), negative self-scheme and errors in logic. This cognitive triad is a form of three negative thoughts that are typical of people with depression: negative thoughts about themselves, the world and the future. These thoughts will come automatically and spontaneously to depressed people. When a person considers himself weak, useless and unable to do many things, he will see the world as a giver of very heavy obstacles that he will not be able to face, so he will also see his future as a hopeless and useless future (McLeod, 2015).

"I don't know if you've ever felt like that. That you wanted to sleep for a thousand years. Or just not exist. Or just not be aware that you do exist." (Chbosky, 1999: 54)

The depression that Charlie had unknowingly made him hated himself. When a very deep sadness is being faced and felt, all he can do is hold it back. Writing letters, summarizing books from Mr. Anderson and also reading books become antidote and also ways to lie to himself so that he does not feel sadness and panic, where he does it all solely to enjoy the pain he feels. As Lacan said in his seminar about Anxiety, *jouissance* can express himself with Unlust or displeasure. (Lacan, 1963).

The fatigue and pain that Charlie felt was very difficult to stem, even so he never knew what was happening to him since the story began. He just felt that he was not a good person, nor was his life. It seemed that he could no longer live and wanted to disappear from this world. The depression Charlie felt made him feel like he was undesirable and fearful if he didn't exist in this world. With all his weaknesses in socializing, not being able to have friends anymore and not being close to his family, he revealed in this section if it would be better if people did not need to be aware of his existence.

As what happened in Charlie's story, we can understand that depression can make people disturbed to live a normal life, in the school or work environment or relationships with family. This happens due to the clash between the subject's self with existing rules and norms, which raises the demands or pressures on the subject's self. Attitudes, thoughts, conclusions, interpretations and how they attend and remember an event can be a trigger for the onset of formation and recurrence of depression (Kwak, Yang & Koo, 2016). Every time subject often gives a negative view of himself will also be vulnerable in experiencing depression.

"Every time it comes to Christmas it's all I can think about ... deep down. It is the one thing that makes me deep down sad. I will not say who. I will not say when. I will just say that my aunt Helen was molested. I hate that word." (Chbosky, 1999: 51)

Charlie's bad memories of the abuse he had received from his aunt when he was a child returned, as well as his guilt toward society that made him fall and suffer depression. So here it is difficult for Charlie to pass the symbolic order he is facing, which makes him suffer from the mood disorder. Being in a symbolic order makes Charlie must arrange his life not only as he wants but he must also see and follow the norms and standards that are made and demanded to be done out there.

"I don't know how much longer I can keep going without a friend. I used to be able to do it very easily, but that was before I knew what having a friend was like. It's much easier not to know things sometimes." (Chbosky, 1999: 80)

During this period of growth, adolescents need support from many parties. This social support can be a mediator when there is a negative relationship between stress and well-being that happens to someone (Haslam, O'Brien, Jetten, Vormedal, & Penna, 2005). Like what happened to the character in the novel *The Perks of Being a Wallflower* where as a teenager who grew bigger physically and mentally, Charlie began to look into himself about who he was and also looked out, what the world was like, what was there out there and what kind of person he should be.

In Seminar V, Lacan explained that there was something that was introduced to the consistency of human relations, that is, if there was no acceptable desire, it could be recognized by the Other, except if by all the settings that biased it, which made something else from this, making an object of exchange, and speaking evenly have included the process of request from those who become a kind of rejection need (Lacan, 1958). In connection with the desire discussed by Lacan, it is explained to us the function of needs, which is something

that is expressed that begins by the subject and ends with his needs.

CONCLUSION

Nowadays, people often don't realize that depression is real. This is not realized by the people around because depression is not something that can be seen by the eyes and touched by the hands. Without paying attention clearly, it is difficult for us to understand someone with depression on him. With this discussion and analysis made, depression was found in Charlie because of the influence of trauma in this study. The symptoms can be seen from Charlie's behavior and habits in himself and those around him.

Traumatic events experienced by Charlie in his childhood made him traumatized and unconsciously continue to remember and carry the memory until he was a teenager. He always feels uneasy about himself, especially when he remembers what happened when his aunt harassed him and when he lost the only friend he had. He always blamed himself for the deaths of the two people he loved so much. First, aunt Helen. Even though it was discussed here that Aunt Helen had been the one who harassed Charlie so that it traumatized him, but before that Charlie loved Aunt Helen. Aunt Helen is the closest person to Charlie in their family, she always makes Charlie feel comfortable while her parents are not so attentive. Charlie continues to feel guilty because at the end of Aunt Helen's life, she tried to give a birthday and Christmas gift to Charlie, but ended in an accident that killed Aunt Helen.

Second, Michael. Charlie was so sorry after hearing the school announce Michael's death due to suicide. Charlie continues to feel guilty for not being able to be a good friend by listening to and helping Michael's problems which might be very heavy according to news from school. This regret left Charlie down and affected his whole life. Even his grades dropped, but the teachers still gave him good grades to help overcome Charlie's fall. But Charlie was aware of that, that he was only pitied for his fate now.

Until high school, Charlie was completely silent. With all his trauma, he became very silent. Not daring to make friends because of the feelings in him that continue to make him humble himself, underestimate himself, continue to feel sorry for what happened and always afraid of the world. He was even afraid to approach friends during his middle school days. Charlie's deep trauma has brought depressive behavior. Charlie always wanted to have more friends in this high school, but this fear and regret always succeeded in making Charlie cancel his intention. Charlie even wants friendship more than a relationship with a girl.

All the events at Charlie so far made him very depressed and did not know how to handle it. Moreover, he is not a teenager who can easily share his life story here and there. He doesn't have any close friends. There are times when Charlie feels tired of everything he faces. At times like this he only wished that he could sleep for thousands of years and assumed everything had never happened to him. He even thought that it might be better if he didn't exist in this world. He hates himself too much without being able to do anything. The only small thing he could do was keep writing letters every time he experienced something about himself. The letter was either addressed to whom, Charlie called the recipient as a 'friend'. Charlie knew that was painful, but Charlie kept choosing silence and just spilled everything through the letter. In other words, Charlie enjoyed the pain.

SUGGESTION

With the results of this study, the author put down a few suggestions.

1. The Students

By looking at the results of this study, students who may have been in the life phase in this study are expected to be able to recognize themselves and not be too closed to ask for help from professionals. And is expected to be able to understand each other's circumstances and be aware of the existence of this mental illness to avoid the bad things that occur in the discussion in this study.

2. The Lectures

This study is expected to be able to make the instructor get a better view of what is happening in this study, namely in understanding one's mental health without doing something likely to make students concerned feel more depressed as in this study. It is also good to be able to establish good connections and communication between teachers and students.

3. Other Authors

Many other aspects can be raised and discussed in greater depth and focus in this novel. Many events experienced by Charlie in this novel are very likely to occur in real life, or may have happened but did not get the spotlight from people around like Charlie.

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