

**DEPRESSION DISORDER AS EXPERIENCED BY NICHOLAS  
IN *THE SON* MOVIE (2022)**

**A FINAL PROJECT**



**Presented as Partial Fulfilment of Requirements  
to Obtain the *Sarjana Sastra* Degree  
in English Literature**

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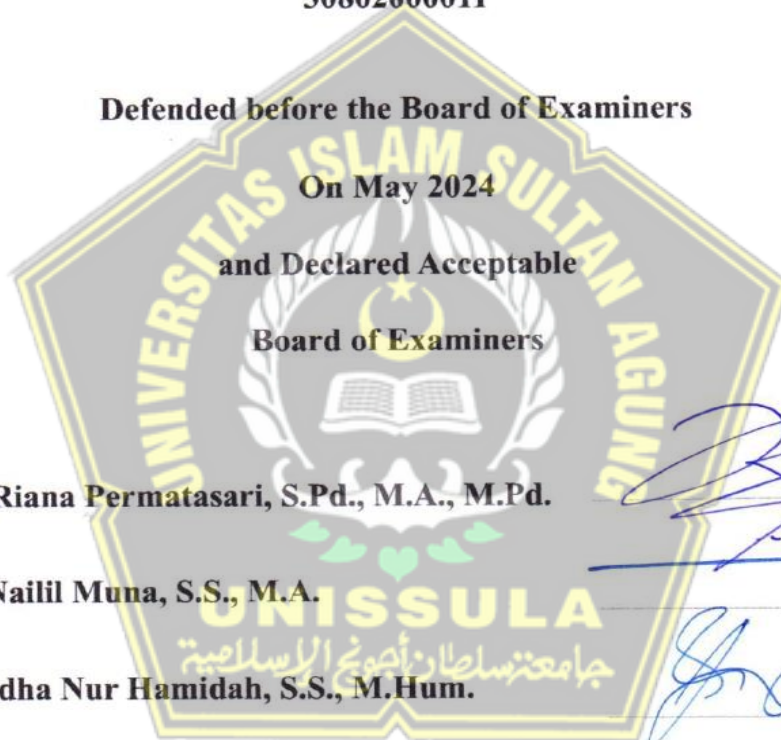
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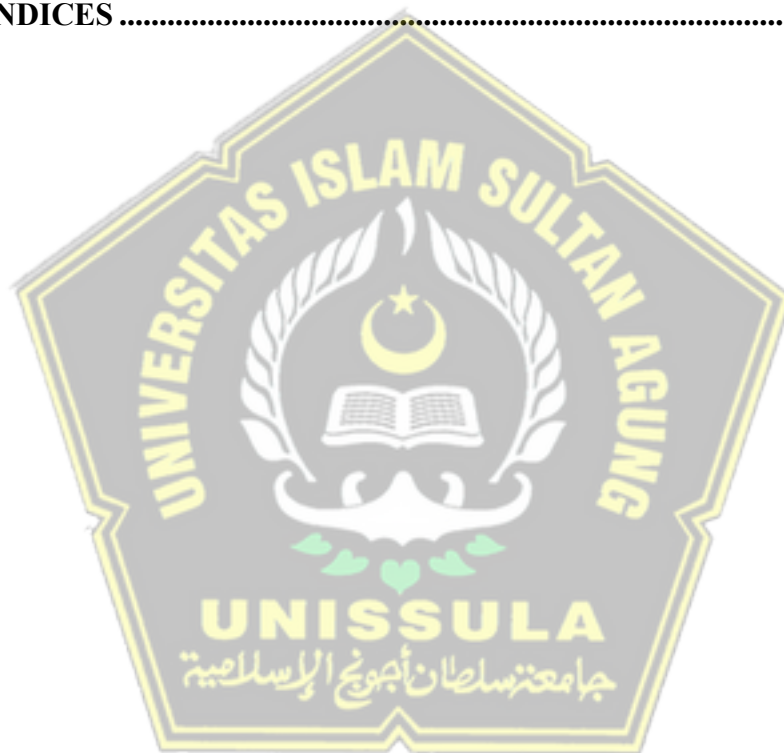
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## STATEMENT OF WORK ORIGINALITY

Hereby, I honestly declare that the undergraduate thesis I wrote does not contain the work of other people, except those which were cited in the quotation and the references, as a scientific paper should. If my statement is not valid in the future, I absolutely agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from the paper.



Semarang, May 2024



Efi Melia Tanti

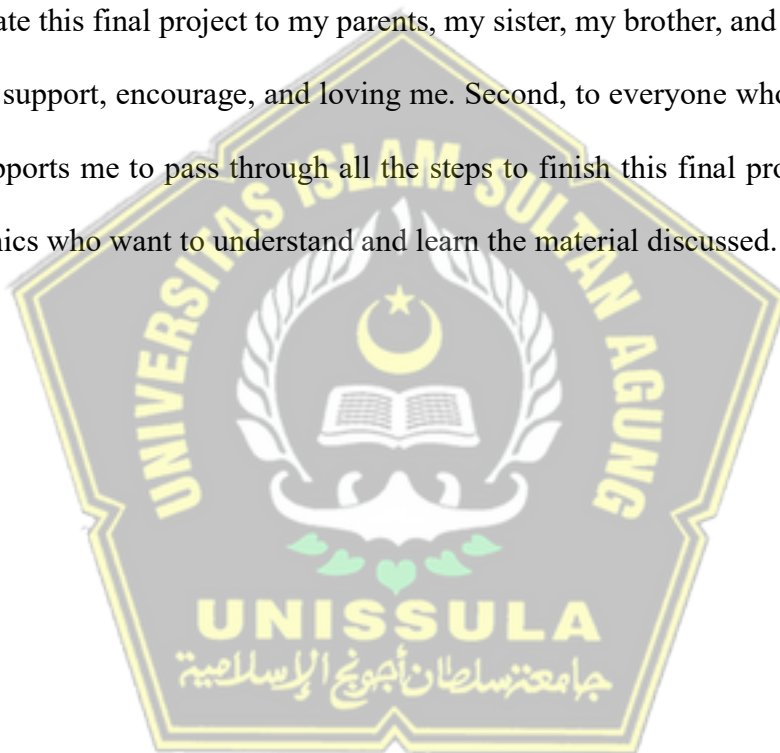
## **MOTTO**

“Life is not a problem to be solved, but a reality to be experienced”

Søren Kierkegaard

## **DEDICATION**

I dedicate this final project to my parents, my sister, my brother, and my niece who always support, encourage, and loving me. Second, to everyone who accompanies and supports me to pass through all the steps to finish this final project. Last, for academics who want to understand and learn the material discussed.





## ABSTRACT

**Tanti, Efi Melia. 30802000011.** Depression Disorder as Experienced by Nicholas in *The Son* Movie (2022). Final Project for the English Literature Study Program, Faculty of Languages and Communication Science. Sultan Agung Islamic University, Semarang. Advisor: Riana Permatasari, S.Pd., MA., M.Pd.

This study points out the depression disorder as experienced by Nicholas in *The Son* (2022) movie that caused by his parents' divorce and lead him to end his life in his young age. This study used the theory by Aaron Temkin Beck and Brad A Alford in their book entitled *Depression: Causes and Treatment* to discover the symptoms of depression with the theory of Depression by Judith and Peacock to find the cause also the impact of depression in Nicholas's life.

This study applied descriptive qualitative research to analyze the collected data from dialogues, monologues, and narratives in the movie script along with secondary data from journals, e book, e journal, book, theses, and articles related to this research. In data collecting, the researcher used several steps, for instance watching the movie, reading the movie script, identifying the data, classifying the data, and reducing the collected data from the movie.

Based on the results of the study, the researcher found three points. First, Nicholas in the movie *The Son* (2022) experiences four symptoms of depression that consist of emotional manifestation (dejected mood, negative feeling toward self, and reduction in gratification), the second symptom is cognitive manifestation (negative expectation), motivational manifestation (suicidal wishes), and the last is vegetative and physical manifestation (lost appetite). Second, the data found in this movie related to the cause of Nicholas's depression is emotional shock because of his parents' divorce. Last, the data found in this movie related to the impact of depression in Nicholas's life are trouble in concentration, trouble in sleeping, and thought of death.

**Keyword: depression, symptom of depression, cause of depression, impact of depression.**

## INTISARI

**Tanti, Efi Melia. 30802000011.** Gangguan Depresi yang Dialami Nicholas dalam Film *The Son* (2022). Tugas Akhir Program Studi Sastra Inggris, Fakultas Bahasa dan Ilmu Komunikasi. Universitas Islam Sultan Agung, Semarang. Dosen Pembimbing: Riana Permatasari, S.Pd., M.A., M.Pd.

Penelitian ini menunjukkan gangguan depresi yang dialami oleh Nicholas dalam film *The Son* (2022) yang disebabkan oleh perceraian orangtuanya dan membuatnya mengakhiri hidupnya di usia muda. Penelitian ini menggunakan teori dari Aaron Temkin Beck dan Brad A Alford dalam bukunya yang berjudul *Depression: Causes and Treatment* untuk mengetahui gejala-gejala depresi dengan teori Depression oleh Judith dan Peacock untuk mengetahui penyebab serta dampak depresi dalam kehidupan Nicholas.

Penelitian ini menggunakan penelitian kualitatif deskriptif untuk menganalisis data yang dikumpulkan dari dialog, monolog, dan narasi dalam naskah film. Dalam pengumpulan data, peneliti menggunakan beberapa langkah, seperti menonton film, membaca naskah film, mengidentifikasi data, mengklasifikasikan data, dan mereduksi data yang terkumpul dari film.

Berdasarkan hasil penelitian, peneliti menemukan tiga poin. Pertama, Nicholas dalam film *The Son* (2022) mengalami empat gejala depresi yang terdiri dari manifestasi emosional (suasana hati yang murung, perasaan negatif terhadap diri sendiri, dan berkurangnya rasa puas), gejala kedua adalah manifestasi kognitif (harapan negatif), manifestasi motivasional (keinginan untuk bunuh diri), dan yang terakhir adalah manifestasi vegetatif dan fisik (kehilangan nafsu makan). Kedua, data yang ditemukan dalam film ini berkaitan dengan penyebab depresi Nicholas yaitu goncangan emosi karena perceraian orang tuanya. Terakhir, data yang ditemukan dalam film ini terkait dengan dampak depresi dalam kehidupan Nicholas adalah pikiran, kesulitan dalam konsentrasi, kesulitan dalam tidur, dan hasrat ingin mati.

**Kata kunci: depresi, gejala depresi, penyebab depresi, dampak depresi.**

## ACKNOWLEDGMENT

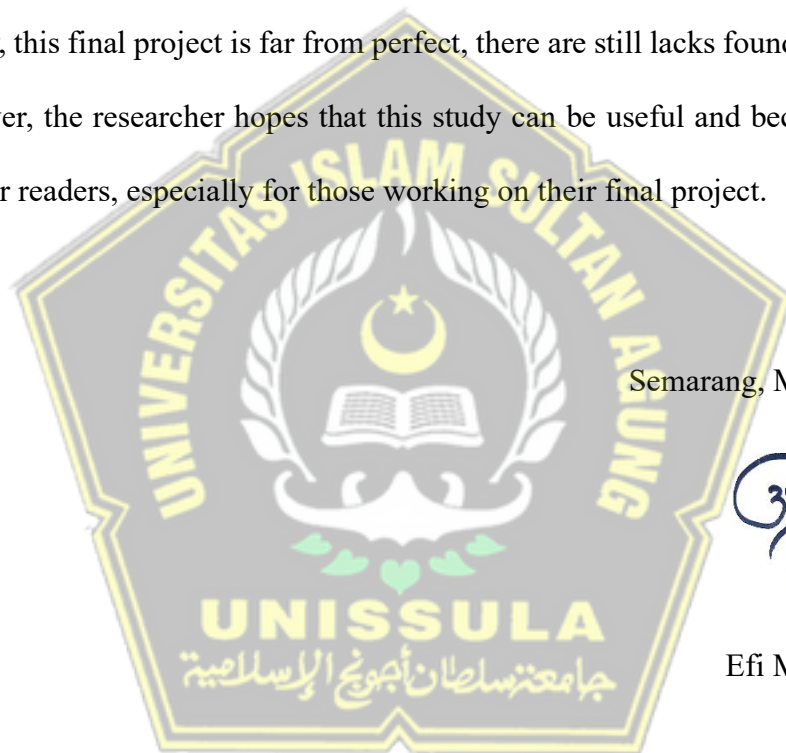
Highest gratitude to the Almighty, Allah Subhanahu Wa Ta'ala for blessing me with guidance, knowledge, and strength to complete this final project. This final project is submitted as the final requirement in accomplishing *Sarjana Sastra* Degree in English Literature Study Program of Sultan Agung Islamic University.

The researcher would like to express gratitude and appreciation to:

1. Trimanah, S.Sos., M.Si., as the Dean of Faculty of Language and Communication Science, and Dr. Didik Murwantono, S.S., M.Hum. as the secretary of Faculty of Language and Communication Science.
2. Destary Praptawati, S.S., M.Hum. as the head of English Literature Study Program.
3. Riana Permatasari, S.Pd., M.A., M.Pd as the advisor of this study who has been so patient in giving me great advice, guidance, and support to finish this final project.
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7. My friends in English Literature Study Program 2020 that I can not mention one by one. Thanks for all the fun and precious experience we spent together.

Finally, this final project is far from perfect, there are still lacks found in this study. However, the researcher hopes that this study can be useful and become any of a help for readers, especially for those working on their final project.



Semarang, May 19<sup>th</sup>, 2024

Efi Melia Tanti

# CHAPTER I

## INTRODUCTION

The first chapter of this study consist of the introduction of the study, including the background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and organization of the study.

### A. Background of the Study

Literary works are human expressions in written or oral works based on thoughts, opinions, experiences, and feelings in an imaginative form that reflects reality or original data wrapped in aesthetic packaging through language. Clummings and Simon states that literary work can be used as anything from an inkblot to a feeling, simply as a means of imaginative stimulation, a means of knowing what people think or feeling or who they are (1).

The forms of literary works are books, poems, short stories, movies, and theatre. A movie is one of literary works in which some scenes describe a storyline. Movie is a motion picture that involves the expressions that resemble real-life events and communication (Widiyawati 1). Literature, as a humanities science, has various streams as areas of study, ranging from philosophy, psychology, sociology, anthropology, and religion. Psychology is a part of literary studies that examines human psychological problems (characters) contained in literary works, both from the perspective of the work, the author, and the reader (Ahmadi 2).

Psychology studies the mind and its habits also cause, while literature depicts the human mind and its habits through fiction (Emir 49). Since literary work

discusses human beings and their life, psychological perspective is often used to reveal the values and meaning reflected in the work (Juniartha et al., 312). Humans will certainly experience various events in life. A movie, as a form of literary work, often represents actual events in life. One example of events in life, like in romance movies, is when someone encounters a loss such as losing his or her lover and becomes sad.

The response of a sad feeling that someone experienced eventually affects his or her mental health and no longer will deal with mental ill or mental disorder. Mental disorders are referred to behavioural, psychological, or biological dysfunction of individuals typically with a painful symptom (Telles, Correia & Goncalves 3). When the adverse reactions to life's situations become repetitively intense and frequent, someone develops symptoms of depression (Kumar et al. 37) Depression is one of the mental health problems causing the most significant burden of disease among early adolescents (WHO, 2016). Data from the WHO also shows that depression is the leading cause of illness and disability among adolescents, with suicide being the third leading cause of death (WHO, 2014).

Depression is one of the most common and destructive disease of the modern age. Many people think that stress and depression are not mental disorders, they think that depression is something trivial and will go away by itself, when in fact depression is a form of disorder that is more than just a temporary change of emotion (Dirgayunita 2). Depression is a disorder that is often not realized by both sufferers and those around them, depression is also referred to as an invisible disorder (Jaka Arya Pradana in Sulistyorini 154).

Depression is a mood disorder, with the primary symptom being a feeling of extreme sadness and hopelessness (Peacock 8). Depression in adolescents is not just a feeling of stress or sadness as a right that comes and goes but is a severe condition that can affect the behavior, emotions, and way of thinking of these adolescents, as well as the permanent nature of seriousness from various parties to overcome it (Dianovinina70).

Beck and Alford define depression in terms of five attributes: a specific alteration in mood (sadness, loneliness, apathy), a negative self-concept associated with self-reproaches and self-blame, regressive and self-punitive wishes (desires to escape, hide, or die), vegetative changes (anorexia, insomnia, loss of libido), change in activity level (retardation or agitation) (7-8). Several factors may contribute to depression including changes in brain chemicals, inherited tendencies, and personality each may play a role. Depression that is not treated can affect a person's ability to function in daily life, it even may lead a person to suicide (Peacock 8).

This suicide is committed by someone who has life problems that they can no longer endure and who chooses to end their life. Although this action is not justified, the number of people who choose the path to commit suicide continues to increase. Starting from teenagers to adults and parents, not a few have given up on their lives.

There are several articles in journals and thesis focusing on depression as the topic of research. The first previous study is research conducted by Laili Eka Mazida entitled "*Main Character Depression Described in Room by Emma Donoghue*" This study aims to describe main characters with depressive symptoms

in Emma Donoghue's novel. The second previous study is a journal by Ni Luh Sintami, I Gusti Agung Sri Rawa Jayanti, I Wayan Juniarta entitled "*Effects of Depression on the Life of the Main Character in Her movie by Spike Jonze*" This study aims to describe the effects of main character's depression in Spike Jonze movie.

This research refers to previous research which was conducted on depression and uses a movie entitled *The Son* (2022) as the object of analysis to explore the topic in depth. *The Son* is a drama film by Florian Zeller based on the play of the same name and a prequel to *The Father* 2020 movie. In this movie they give the audience psychological topic which is depression, family tension, and tragedy.

This movie shows Nicholas, a young man who got depressed after his parents decided to divorce. After his parents divorced and his father decided to marry someone else, there was a deep sadness that Nicholas experienced. He always looked gloomy and lacked the energy to do anything. One day, his mother received a call from the school informing her that Nicholas had been absent for a month. This surprised his mother because every day Nicholas was seen going to school. The deep sadness experienced by Nicholas eventually affected his mental health. He admitted that the life he was living now was very burdensome for him. Furthermore, Nicholas always hurt himself and tries to end his life by slashing a knife to his hand.

In conclusion, this research will discuss the symptoms of depression experienced by Nicholas, the main character in *The Son* (2022) movie. Moreover,



this research analyzes the causes of Nicholas's depression and how the depression affects his life. The reason why the researcher using this movie to analyze because this movie has never been discussed, and it could be the reader self-awareness about depression. Finally, this research was entitled of *Depression Disorder as Experienced by Nicholas in The Son Movie (2022)*.

## **B. Problem Formulation**

Based on the explanations in the background of the study above, this research formulates the statements of the problem as follows:

- a. What are the symptoms of depression experienced by Nicholas in the movie *The Son (2022)*?
- b. What causes Nicholas's Depression in the movie *The Son (2022)*?
- c. How does the depression impact Nicholas's life in the movie *The Son (2022)*?

## **C. Limitation of the Study**

This study analyzes Nicholas's character in the movie *The Son (2022)*. The researcher focused on Nicholas's life as a depressed person to find the symptoms of Depression that Nicholas experienced, what are the causes that made Nicholas suffer from depression, and lastly, to discover how the depression impacted Nicholas's life. The theory of Depression symptoms by Aaron T Beck and A. Alford is used to discover the data. Meanwhile, to find the causes of Nicholas Depression, researcher used the theory from Judith Peacock. The movie *The Son (2022)* has a concept of depression and is influenced by depression. The limitation of the study is that the researcher only focuses on Nicholas's character.

#### **D. Objective of the Study**

Based on the problem formulations above, this study formulates the objective as follows:

1. To describe the symptoms of depression experienced by Nicholas in the movie *The Son* (2022).
2. To describe the causes of Nicholas's Depression in the movie *The Son* (2022).
3. To analyze the depression that affected Nicholas's life in the movie *The Son* (2022).

#### **E. Significance of the Study**

The significance of the study in this research is divided into two: academic significance and practical significance. The explanation of these significances is as follows:

##### 1) Academic Significance

Using Depression theory by Aaron T Beck and A. Alford, this research can be used for someone who wants to write research about depression with this theory. In addition, this research can also be used for someone who wants to write research about a movie by Florian Zeller entitled *The Son* (2022).

##### 2) Practical Significance

With the basic theory of Depression by Aaron T Beck and A. Alford, this research can give the reader knowledge about the symptoms of depression. So, when the reader encounters someone who has symptoms of depression, they can

give support and avoid proceeding to suicide. Moreover, this research is expected to give the reader a better understanding of depression that is depicted in the literary works of movies by Florian Zeller entitled *The Son* (2022).

## **F. Organization of the Study**

This final project is systematically organized into five chapters. Each chapter contains different matters to be discussed. Chapter one contains the introduction, which consists of the Background of the Study, Problem Formulation, Limitation of the Study, Objective of the Study, Significance of the Study, and Organization of the Study. Chapter two contains a review of related literature, consisting of a synopsis of the movie and the theories related to the study. Chapter three contains a research method consisting of research types, data organizing, and data analysis. Data organizing provides a data-collecting method that consists of watching the movie, reading the movie script, identifying the data, classifying the data, and reducing the data. Chapter four contains of finding and discussion of data obtained from the object of the study, *The Son* (2022) movie. Chapter five contains the conclusions and suggestions of this study.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

The second chapter of this study will discuss the synopsis of the movie *The Son* (2022) and the psychological theory of depression according to Beck and Alford, also the cause and impact of depression by Judith and Peacock.

#### A. Synopsis of movie *The Son* (2022)

Florian Zeller's 2022 film "The Son" provides an overview of the impact of divorce on children from a psychological perspective. Although this film has a low rating, it manages to provide a heartbreaking feeling for parents who have children, in a review given by Mark Kennedy in the Associated Press he states

“If you don’t have children, you will likely walk out of “The Son” shaken and deeply moved. If you do have kids, you may have to be eventually pulled to your feet after collapsing into a fetal ball for several hours.”

The reasons why the researcher is using this movie as object of the study because this movie is related to the topic which focused on psychological aspect as part of literary study. In this study, researcher examines the depression that happened to the character of Nicholas in the movie *The Son* 2022. Furthermore, this movie has never been discussed in any journal or thesis, so it gives the originality for this study.

This movie starts with the condition of Nicholas’s parents live separated and he stays live with his mom. After divorcing his first wife, Peter started a new life

with his new wife and they had a child. Their life seemed harmonious until his ex-wife suddenly came to Peter's house. Kate, his ex-wife, revealed that she had tried to contact Peter many times but there was no response. With Kate's arrival, Peter was shocked and asked her what she was here for. Kate told him about Nicholas, their son who had not been attending school lately. Kate also told him about Nicholas' strange behaviour and even did not want to talk with her anymore. Kate begged Peter to talk about that with their son and remind him that Peter still has the responsibility to take care of Nicholas and not just abandon him. Hearing this, Peter promised to meet Nicholas and looked for the reason why Nicholas did not attend school. In the middle of their conversation, Peter's new wife Beth came out and just stared to them, Peter then explained to Beth about why Kate came to their house.

During his busy work as a lawyer, Peter finally managed to meet Nicholas, his only son with Kate in Kate's house. Nicholas was surprised with his dad's appearance and asked what he was doing there. Finally, they had a conversation in the living room and Peter began to ask why he did not attend school. At first Nicholas did not want to answer his dad question, Peter was so confused at that time because Nicholas did not want to tell anything to him. Eventually, Nicholas confessed that he just walked and never went to school. Peter looked disappointed because he thinks that is not acceptable with Nicholas's SAT coming up. Later, Peter said that the school was about to expel him if he still skipped the school. Nicholas then starts crying and tells his dad that life is weighing him down.

After their intimate chat, Nicholas finally asked to live with his dad. Nicholas' request was accepted by him after convincing Beth that he still did not

want to give up to Nicholas. Peter also tells to Beth that he realized there were many scars on Nicholas' arm. The story continues after Nicholas gets a new school and now lives with his father, stepmother, and younger brother. In the morning when Beth made Nicholas's bed, she found a knife under the mattress, Beth decided to tell Peter about this. When Nicholas arrived home, Peter asked about the knife and forced Nicholas to show his arm. Nicholas refused and said that it is for his safety because he also saw that his dad kept a gun in their bathroom. Peter did not believe it and did not understand what Nicholas was talking about. Peter said to Nicholas that he did not want Nicholas hurting himself, but Nicholas answered that it is the opposite, the hurt from the knife relieves his pain.

Nicholas seemed to always be alone and even had no friends. However, Peter always encouraged Nicholas to socialize and enjoy his new school. One night, Peter and Beth had a plan to attend dinner with their friends. Eventually, the babysitter of their son could not come to their house that night. Nicholas volunteered to look after his brother, but Beth refused it and decided to cancel the dinner. Beth said to Peter that Nicholas is weird and unbelievably that Nicholas is capable of taking care his son. Eventually, Nicholas heard their conversation and looked so sad.

Nicholas came to her mother and told everything that happened to him in his father's house. Kate was so surprised when see Nicholas in her house. They also talked about things about what Nicholas will do in the future. Nicholas did not want to be a lawyer and tells Kate that his dad always put pressure on him. One day, Beth

saw Nicholas in the park and did not attend school. Knowing this, Peter seemed disappointed and drove Nicholas away. They argued and Peter was so angry at him.

Later, Nicholas's condition became worse and he had to be hospitalized. Nicholas asks to be sent home and promises to get better. Peter and Kate then took Nicholas back home and they had a plan to watch a movie together. Nevertheless, when they arrived home, Nicholas committed suicide using Peter's gun which was stored in the bathroom.

## **B. Related Literature**

### **B.1 Depression According to Aaron T. Beck and Brad A. Alford**

More than forty years ago, Dr. Aaron T. Beck's pioneering *Depression: Cause and treatment* presented a comprehensive account of all aspects of depression and introduced cognitive therapy to health care providers and patients struggling with depression. However, the appreciation of the multifaceted nature of mood disorder has grown, and the phenomenological and biological aspects of psychology are increasingly seen as intertwined. Hence, Beck and his colleague, Brad. A Alford has written the second edition of this book.

In this second edition, Beck and Alford define someone with depression when she or he has a specific alteration in mood (sadness, loneliness, apathy), a negative self-concept associated with self-reproaches and self-blame, regressive and self-punitive wishes (desires to escape, hide, or die), vegetative changes (anorexia, insomnia, loss of libido), change in activity level (retardation or agitation) (7-8).

## **B.2 Symptoms of Depression According to Aaron T. Beck and Brad A. Alford**

Beck asserts that the history of descriptions of depression indicates that all symptoms can be seen from all aspects of habit, including the traditional psychological divisions of affection, cognition, and conation (12). In their book entitled *Depression Causes and Treatment*, Beck and Alford define the depression symptoms into six categories, such as; emotional manifestation, cognitive manifestation, motivational manifestation, physical and vegetative manifestation, delusions, and hallucination. Those categories will be delivered as follows;

### **B.2.1 Emotional Manifestation**

Emotional Manifestation is a state of feeling that is owned by people with depression who experience changes in feelings or overt behavior on themselves (Beck & Alford 17). Moreover, emotional manifestation refers to the changes in feelings or behavior that are a direct result of the depressed person's emotional state.

#### a) Dejected Mood

Dejected mood is the most experienced characteristic of emotional symptoms where this characteristic will arise when a person feels sadness or dysphoria. It can be seen when someone describes their feeling used the adjective such as; miserable, hopeless, blue, sad, lonely, unhappy, downhearted, humiliated, ashamed, worried, useless, and guilty (Beck & Alford 18).



b) Negative Feelings Toward Self

The feelings of sadness that depressed people have, are related to the perception of negative feelings towards themselves. They will directly hate themselves with feelings of dislike towards themselves. It can be identified with ideas of "I'm worthless", "I don't deserve to live" (Beck & Alford 19). People with depression show low self-control, such negative self-evaluation, low performance expectations, self-punishment, and little self-reward (Leitenberg & Wilson 528).

c) Reduction in Gratification

Loss of gratification stems from a decrease in activity that goes hand in hand with an increase in depression. This loss of gratification occurs in biological needs such as eating, drinking and sexual experience to activities related to duties and responsibilities become less satisfying. Meanwhile, the passive activities such as resting, sleeping, and relaxing become more satisfying (Beck & Alford 19).

d) Loss of Emotional Attachments

This symptom is related to activities with other people. Starting from the depletion of the intensity of affection which then becomes apathy, where individuals only give negative reactions to any positive feelings (Beck & Alford 20).

e) Crying Spells

In this symptom, the sufferer will experience an increase in the frequency of crying. Stimuli that usually do not affect, now may lead to tears.

In severe stages, the individual can no longer cry even though he or she wants to do so (Beck & Alford 21).

f) Loss of Mirth Response

The loss of the ability to capture information containing humor makes people with depression no longer make jokes as a source of satisfaction, everything is taken seriously and even becomes an offended response (Beck & Alford 22).

### **B.2.2 Cognitive Manifestation**

Beck mentions in his book that cognitive manifestation consists of low self evaluations, negative expectations, self blame and self criticism, and last indecisiveness. Those categories will be delivered as follows:

a) Low Self-Evaluation

People with depression will tend to view themselves as inferior in terms of their intelligence, appearance, health, attractiveness, popularity, or income (Beck & Alford 22).

b) Negative Expectation

Someone who is depressed will have negative expectations including rejecting the possibility of improvement and change for the better. Sufferers assume that their inadequate circumstances (social, physical, and financial) will continue or get worse in the future (Beck & Alford 24).

c) Self Blame and Self Criticism

People with depression will think that the unfavorable things or misfortunes that occur are caused by the shortcomings that exist in themselves. In some cases, they even blame themselves for events that have nothing to do with them (Beck & Alford 25).

d) Indecisiveness

Difficulty in making decisions will be experienced by people with depression. This event can be seen when there is doubt among the alternatives and changes in decisions (Beck & Alford 25).

e) Distortion of Body Image

People with depression will consider themselves unattractive and there are physical changes that cause concern for sufferers (Beck & Alford 26).

### **B.2.3 Motivational Symptoms**

Motivational symptom appears when the drives and impulses that are prominent in depression regress, especially in activities that demand responsibility or initiative and considerable energy (Beck and Alford 27) Sufferers tend to avoid activities that involve adult roles and when faced with choices, they tend to choose passive activities and avoid problems (Lubis 27).

a) Paralysis of the Will

Initially, the patient has the awareness to perform an activity, but there is no willpower to do so because the patient has major problems mobilizing themselves to perform the most basic activities such as eating, drinking, and toileting (Beck and Alford 28).

b) Avoidance, Escapist, and Withdrawal Wishes

This symptom makes the sufferer deviate from daily tasks. She or he will more often daydream than do something (Lubis 28). This escapist desire is like the attitude described as paralysis of will. The difference is, the desire to escape is experienced as a definite motivation with a specific goal, whereas paralysis of will refers to the loss or absence of motivation (Beck and Alford 29).

c) Suicidal Wishes

Suicide can be committed by nondepressed people but is more common in people with depression. Suicidal ideation in depressed people will continue throughout the illness, some are sporadic, and some are gradual (Beck and Alford 30). Suicide is a way to cope with personal distress, including loneliness, revenge, fear, physical pain, etc (Ma'ruf 5).

d) Increased Dependency

Dependency as the desire to get help, guidance, direction from others rather than doing the actual process (Lubis 29). When faced with a task, dependent individuals will ask others for help before doing it themselves. At the extreme level, dependent individuals want others to do everything for them (Beck and Alford 31).

#### **B.2.4 Vegetative and Physical Manifestation**

Beck states that these symptoms consist of loss appetite, sleep disturbance, loss of libido, and fatigability. Physical and vegetative manifestations are considered as evidence of basic autonomic or hypothalamic disorders responsible for the depressive state. Those categories will be delivered as follows:

a) Loss of Appetite

Sufferers of depression no longer eat food with the usual level of enjoyment. sufferers will also lose the desire to eat and may skip meals without realizing it. in severe stages, sufferers must indulge in food or be forced to eat (Beck and Alford 33)

b) Sleep Disturbance

Experts have obtained strong evidence based on direct observation of EEG recordings throughout the event, that people with depression sleep poorly because excessive movement is found and they often wake up from sleep (Beck and Alford 34).

c) Loss of Libido

People with depression will lose spontaneous sexual desire and response to stimulation, but in some cases, sexual desire increases when a person is depressed sleep (Beck and Alford 34).

d) Fatigability

This symptom is defined as a fully physical symptom of limbs (legs and hands) that feel heavy. sufferers will complain and feel too weak to move and not excited (Beck and Alford 35).

### **B.2.5 Delusions**

Beck and Alford explain that symptoms of delusions consist of worthlessness, crime and punishment, nihilistic delusion, somatic delusions, and poverty. Those categories will be delivered as follows:

a) Worthlessness

This kind of delusion occurs to depressed people when they start fantasizing with the following sentence “I must weep myself to death. I cannot die. I cannot live. I have failed so. It would be better if I had not been born. My life has always been a burden... (Beck and Alford 36).

b) Crime and Punishment

Of the severely depressed, psychotic patients, 46 percent reported experiencing delusions that they were a very sinful person, depressed people feel that meaningful punishment such as torture or hanging is imminent (Beck and Alford 37).

c) Nihilistic Delusions

Nihilistic delusions will happen to a person with depression that is reflected in a sentence such “It is no use. All is lost. The world is empty. Everybody died last night” (Beck and Alford 37).

d) Somatic Delusions

In this symptom, people with depression believe that their body condition is deteriorating or that they have an incurable disease (Beck and Alford 37).

e) Poverty

This kind of delusion occurs because of excessive financial worries exhibited by people with depression (Beck and Alford 38).

### **B.2.6 Hallucination**

Some people with depression experience the hallucination and claim to hear voices cursing them (Beck and Alford 38).

## **B.3 Causes of Depression**

The development of Depression for some people is a combination of things may be to blame and for other people, one factor seems most significant. For still other people, depression develops for no apparent reason. Some causes or triggers of depression include changes in brain chemicals. Other causes may be inherited tendencies, emotional shock, stress, illness, or substance use (Peacock 8). Those categories will be delivered as follows:

### **B.3.1 Changes in Brain Chemicals**

Depression may relate to change in brain chemicals, its cause may be related to chemical reactions and processes in a person's body. Medical researchers have found that the brain of many depressed people has a shortage of some chemicals. Two of these are serotonin and norepinephrine, chemicals that affect a person's mood (Peacock 8).

### **B.3.2 Inherited Tendencies**

Depression often occurs among members of the same family. A grandparent, parent, brother, aunt, and cousin all may have the disorder. Depression that run-in families indicate a biological vulnerability to depression could be inherited (Kumar et al, 41) The suggests that some people may inherit

a tendency toward depression. However, depression also occurs in individuals with no family history of illness (Peacock 8).

### **B.3.3 Emotional Shock**

An upsetting shock, such as the death of a loved one, a divorce, or an accident, is a trauma. After a while, however, the grief usually subsides. If it does not, the grief may have turned into depression (Peacock 8).

### **B.3.4 Illness**

The stress of coping with a serious physical illness such as diabetes or epilepsy can trigger depression. Sometimes depression develops in people with a chronic, or long term, condition because of the way other people treat them (Peacock 8).

### **B.3.5 Substance Use**

Alcohol and other drugs can depress a person's mood. Depression also can be a side effect of over the counter and prescription drugs (Peacock 9).

## **B.4 Impact of Depression**

Depression begins to develop when a person begins to blame themselves for their pessimism about achieving their goals (Juniartha et al). The sufferer of depression may also experience decreased self concept, and become introvert by showing withdrawal behaviour from their surrounding. Furthermore, depression also made the sufferer often lack energy and unable to enjoy normal pleasure. The



impact of depression as identified by Judith and Casey that show how they may occur appropriately explained in the following terms.

#### **B.4.1 Trouble Sleeping**

Depression can affect persons sleeping behaviour, sleeping problems are common with depression. Some people can be a sleep easily, but then wake up too early and not be able to go back to sleep. Others sufferer have hard time getting to sleep (Judith & Casey 7).

#### **B.4.2 Trouble Concentration**

Depression can disturb person's ability to function in daily life. Sufferers of depression may be unable to concentrate on school or other responsibilities. In severe conditions, people with depression cannot get out of bed and even may not be able to get dressed (Judith & Casey 7).

#### **B.4.3 Thoughts of Death**

The constant feeling of melancholy can lead a person with depression to death thought. Suicide is a most common risk of depression that untreated, moreover suicide is the only method for people with depression to stop their mental torment. They see that their future will be horrible and murky. They believe that none of their problems can be done (Judith & Casey 7).

#### **B.4.4 Low Self-Esteem**

People with depression may have a low sense of self worth. They believe that they are frivolous and spend more time thinking about imagined concerns. Self-devaluation appears when the sufferer of depression sees that their selves as lacking in the abilities, performance, intelligence, health, strength, physical attractiveness, popularity, or financial resources that are significant to them (Judith & Casey 7).



## CHAPTER III

### RESEARCH METHOD

This chapter discusses the research methodology including the type of research, the data collecting method, and last is the data analyzing method.

#### A. Type of Research

This study used descriptive qualitative as the research design. Qualitative approach is a process of research and understanding based on the methodologist that investigates social phenomena and human problems (Cresswell 8). Moreover, qualitative research also has a function to research community life, history, behavior, functionalization of organizations, social movements, or kinship relationships (Strauss and Corbin 11).

Murdianto states that qualitative research is a type of research that produces discoveries that cannot be achieved by statistical procedures or by other quantifiable means (19). To sum up, the researcher applied a psychological approach that focuses on symptoms of depression according to Aaron T. Beck and Brad A. Alford. Beck and Alford had made the depression symptoms into six categories, such as; emotional manifestation, cognitive manifestation, motivational manifestation, physical and vegetative manifestation, delusions, and hallucination. Furthermore, this research also examines the causes of depression and how depression affects someone's life.

## B. Data Organizing

In data organizing, there are several stages namely:

### B.1 Data Collecting Method

Data collecting method are very important stages in research. The purpose of this process is to discover the data. The researcher obtains data from many resources to support this study, the data collection process divided in five stages. The following will explain the data collection process:

#### B.1.1 Watching the movie

Watching the movie was the first step to do this research. The purpose was to fully acquire general knowledge such as the character in the movie, understanding the theme, plot, and conflict by watching the movie with a quick watching method. Afterwards, the researcher applied a pleasure watching method to understand and feel the emotion as well as the most interesting aspect in the movie. The last step of watching the movie was close watching that has the purpose to see the object of the study which was psychological theory. This step allowed the researcher watching critically to present a more objective perspective.

#### B.1.2 Reading the movie script

After watching the movie several times, the next step of data collecting was reading the movie script. Reading the movie script was also essential step to discover the data in this study. The researcher read the movie script *The Son* (2022) to find the data in terms of narration, dialogue, prologue, description which were related to the topic that would be analyzed in this study.

### B.1.3 Identifying the data

The third stage after reading the movie script was identifying the data to gain the data that are relevant to the topic which were going to be analyzed. To identify the data, researcher employed techniques such as noting and underlining the information of the movie through the movie script.

### B.1.4 Classifying the data

After the data gathered, the next stage in collecting the data was classifying each data found in a table called appendix. The data found classified based on the problem formulations, given the research has three problem formulation so there are three tables. The table provided quotes from the text, form of the data, time or pages, references, and comment.

### B.1.5 Reducing the data

The last stage in the data collecting method was reducing the data. According to Murdiyanto, reducing the data was a process of selecting, focusing, abstracting, and transforming rough data (78). The function of data reduction is to sharpen, classify, direct, discard unnecessary and organize so that interpretations can be drawn.

## B.2 Type of Data

The type of data in this research is divided into two types, namely primary and secondary data.

### B.2.1 Primary Data

Primary data are data obtained by the research from the primary. In this study, the primary data derived from *The Son* (2022) movie and their accompanying

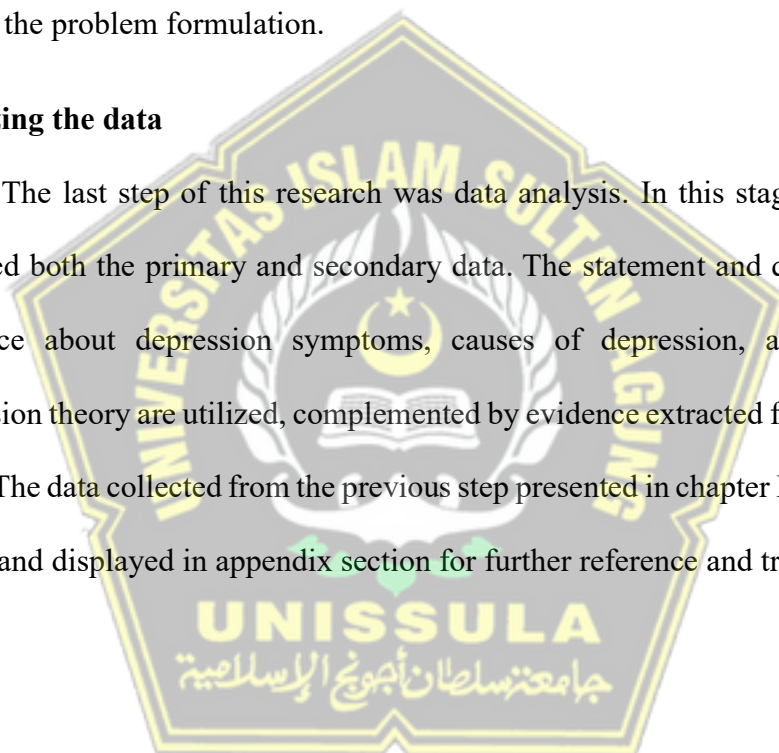
movie script. These data include dialogue, monologue, and narration from the movie which form the basis of research analysis.

#### B.2.2 Secondary data

Secondary data have the function to support the main source. It can be taken from journals, e book, e journal, book, theses, and articles related to this research. Secondary data can help the researcher to find theories or subjects that can help answer the problem formulation.

### C. Analyzing the data

The last step of this research was data analysis. In this stage, researchers analyzed both the primary and secondary data. The statement and quotation from reference about depression symptoms, causes of depression, and effects of depression theory are utilized, complemented by evidence extracted from the movie script. The data collected from the previous step presented in chapter IV as the study results and displayed in appendix section for further reference and transparency.



## CHAPTER IV

### FINDINGS AND DISCUSSION

Chapter four consist of a discussion about the symptoms, cause, and impact of depression that experienced by Nicholas in *The Son* (2022) movie, in response to the problem formulations mentioned in chapter one. There are three parts that will be discussed in this chapter. First, the symptoms of depression experienced by Nicholas. Second is the causes of depression that experienced by Nicholas. Last is the impact of depression in Nicholas life.

#### **A. The Symptoms of Depression Experienced by Nicholas in *The Son* Moive (2022)**

According to Beck and Alford in their book entitled *Depression Causes and Treatment*, they define that depression symptoms divided into six categories, such as; emotional manifestation, cognitive manifestation, motivational manifestation, physical and vegetative manifestation, delusions, and hallucination. In the movie *The Son* (2022), the character of Nicholas experiences four out of six categories of depression symptoms according to Beck and Alford.

##### **A.1 Emotional Manifestation**

Based on the data, there are three categories of emotional manifestation found in the character Nicholas in *The Son* (2022) movie. The first categories are dejected mood. Dejected mood will arise when a person feels sadness or dysphoria, this characteristic is the most experienced of

emotional symptoms (Beck & Alford 18). Furthermore, they state this characteristic could be seen when a depressed people describe their feeling used the adjective such as; miserable, hopeless, blue, sad, lonely, unhappy, downhearted, humiliated, ashamed, worried, useless, and guilty (Beck & Alford 18).

**BETH** laughs and decides to come and dance with them. A joyous moment of dancing. Little by little, **PETER** and **BETH** move closer to one another, leaving **NICHOLAS** to dance on his own. Suddenly, **NICHOLAS** breaks off and stops moving. Something has totally taken over his thoughts. An intense sadness seems to engulf him. He heads towards his room, leaving the others in the middle of their dance (Scene 49 page 45 *The Son* script).

The narrative depicts the moment when Nicholas, Peter, and Beth are dancing together merrily. At first, Nicholas enjoyed the moment and laughed. However, he suddenly stopped his movements, something seemed to have possessed his mind and made Nicholas very sad. This shows the dejected mood experienced by Nicholas because moments like this should have happened with his biological mother, he missed the moment with his parents.

**NICHOLAS: I can't deal with any of it.**

**PETER:** What makes you say that? Has something happened at school?

**NICHOLAS** No.



**PETER:** Or outside of school?... We can talk to one another, you know.

**NICHOLAS:** It's not that. It's...

PETER Yes

**NICHOLAS:** I don't know how to describe it

**PETER:** Tell me in your own words.

NICHOLAS hesitates. He turns toward his dad.

**NICHOLAS:** It's life, it's weighing me down

(Scene 8 Page 10 of *The Son* movie script)

The data above shows that Nicholas also experience a dejected mood characterized by feelings of misery. Nicholas' sentence "I can't deal with any of it" indicates that Nicholas feels miserable for the sadness he experienced because of his parents' divorce. Since his parents divorced, the joy has been missing in his life.

The second characteristic is negative feeling toward self. Depressed patients often express negative feelings about themselves. In cases of severe depression, the feeling may progress to the point where patients hate themselves (Beck and Alford 19). They explain that this stage may be identified by statements such as "I don't deserve to live."

**NICHOLAS: (CONT'D)** **It's just that I'm not made like other people. Sometimes I feel I'm not made for this life.** I can't deal with any of it. Even so, I try, every day, with all my strength, but I

can't deal with it. I'm in pain, all the time. And I'm tired. I'm tired of being in pain (Scene 74 Page 70 of *The Son* movie script).

Depressed people have negative feelings towards themselves, one of these symptoms is experienced by Nicholas. He has negative feelings towards himself by hating his life. The words "It's just that I'm not made like other people. Sometimes I feel I'm not made for this life" shows that he feels that he does not deserve to live a life like other people.

The third categories of emotional manifestation are reduction in gratification. Loss of gratification stems from a decrease in activity that goes hand in hand with an increase in depression. Beck and Alford state that this loss of gratification occurs in biological needs such as eating, drinking and sexual experience to activities related to duties and responsibilities become less satisfying. Moreover, they described that the passive activities such as resting, sleeping, and relaxing become more satisfying for depressed people.

**PETER:** (CONT'D) What's going on?

**KATE:** This afternoon, I... They called me in. The school. Just now. To see the principal. So he could tell me what was going on. **And that's when I found out Nicholas hasn't been to school for almost a month** (Scene 3 Page 3 of *The Son* movie script)

The loss of fulfilment as a student who must go to school every day happened to Nicholas. He had not been going to class like a student should for almost a month. The data above shows that loss of gratification has been experienced by Nicholas. Kate, his mother, explained to Nicholas's father

that her son did not come to school and made them wonder what Nicholas had been doing all that time.

**PETER:** But, why? Nicholas? You think that's acceptable? And with your SATs coming up, as well!

NICHOLAS still doesn't say anything.

**PETER:** (CONT'D) And stop biting your nails! You'll make them bleed... NICHOLAS takes his hand away from his mouth.

**PETER:** (CONT'D) You realize the school is talking about expelling you?

**NICHOLAS:** I wasn't feeling well. Going for walks was the only thing that relaxed me (Scene 9 Page 9 of *The Son* movie script).

The data above show Nicholas's loss of satisfaction to go to school like other students has disappeared, even he revealed to his father that walking is something that can make him relax. The incident is included in the reduction in gratification because Nicholas lost his satisfaction and responsibility as a student who should study at school.

## A.2 Cognitive Manifestation

The cognitive manifestation of depression includes several diverse phenomena. One group is composed of the patient's distorted attitudes toward self, personal experience, and the future. The data found that Nicholas only has the symptoms of negative expectancy on himself. Negative expectancy implies that depressed individuals are always

pessimistic. It represents the viewpoint of depressed individuals, which is a pessimistic appearance. They believe that nothing improves and that there is no future. (Beck and Alford 24).

**NICHOLAS: (CONT'D) I don't think I'll ever be up to standard.**

**KATE:** What are you talking about? Your father wants the best for you, Nicholas. He loves you. He believes in you. It's just you're very different (Scene 74 Page 69 of *The Son* movie script).

People who experience depression have negative expectations of themselves. Nicholas' parents expected him to be successful in the future like his father. Nicholas felt he could not be what his parents expected, he did not believe in himself and felt he could not meet the standards his parents expected that their parents want him to be a lawyer like his dad. This symptom also related to the first categories of symptoms of depression which is emotional manifestation (negative feeling toward self). Nicholas think that he can not to be a successful person because he always sees himself negative feeling, eventually he also has a bad expectancy toward himself too.

### A.3 Motivational Manifestation

Motivational manifestations include consciously experienced strivings, desires, and impulses that are prominent in depressions. Suicidal wishes have historically been associated with a depressed state. Suicide can be committed by nondepressed people but is more common in people with depression. Suicidal ideation in depressed people will continuous throughout the illness, some are sporadic, and some are gradual (Beck and Alford 30).

**PETER (CONT'D):** Why have you hidden a knife under your mattress?

**NICHOLAS:** What?

**PETER:** There was a knife under your mattress. You know about this? What was it doing there?

**NICHOLAS:** Nothing (Scene 55 Page 48 of *The Son* movie script).

Nicholas experienced suicidal wishes with his desire to try to end his life by cutting his arm with a knife. Nicholas even kept a knife in his bed to cut his arm and wished himself dead.

**PETER (CONT'D):** When I went to see him just now... he had, I don't know, marks.

**BETH:** Marks? You mean...

**PETER:** Little scars all up his arm... As if he'd been... (Scene 10 Page 13 of *The Son* movie script).

The conversation between Peter and Beth above, shows Nicholas' suicidal desire that he has tried by injuring his arm. The scar on the arm is seen by his father and indicates that Nicholas has tried to end his life before. Nicholas' father first saw the scar when he visited Kate's house to see his son, but he was surprised at the change in his son's attitude and wondered why his son wanted to end his life.

#### A.4 Vegetative and Physical Manifestation

The physical and vegetative manifestations are considered by some authors to be evidence for a basic autonomic or hypothalamic disturbance that is responsible for the depressive state. In term of vegetative and physical manifestation, Nicholas only experienced the loss appetite. Loss appetite is often the first sign of an incipient depression. Sufferers of depression no longer eat food with the usual level of enjoyment. Sufferers will also lose the desire to eat and may skip meals without realizing it. In severe stages, sufferers must indulge in food or be forced to eat (Beck and Alford 33).

**PETER (CONT'D):** You want something? A coffee?

**(NICHOLAS shakes his head)**

**PETER (CONT'D):** You don't have anything in the morning?

(Scene 17 Page 16A of *The Son* movie script).

The quote shows that Nicholas experienced Loss Appetite. When his father offered if he wanted something to consume such as coffee, Nicholas refused by shaking his head. Even his father reassured him that he had not eaten

anything in the morning. As a depressed person Nicholas did not feel interested or had a decreased interest in eating.

NICHOLAS is sitting at the dinner table. **KATE comes from the kitchen with a glass of milk, which NICHOLAS doesn't touch.**

(Scene 74 Page 68 of *The Son* movie script).

The quote above Nicholas experienced a loss of appetite when his mother gave him a glass of milk. Again, this condition clearly illustrates how Nicholas has lost his appetite.

#### **B. The Causes of Nicholas's Depression in the movie *The Son* (2022)**

Judith and Peacock in their book entitled *Depression* describe the causes of depression that divided in five factors. The factors it self consist of changes in brain chemicals, inherited tendencies, emotional shock, illness, and substance use. In this study, the data that found show that the cause of Nicholas's depression is emotional shock after his parents decided to divorce, he lost the figure of father in his life and the relationship with his mother not the same anymore. According to Judith and Peacock, an upsetting shock such the death of a loved one, a divorce, or an accident that is trauma could make someone get depressed. Moreover, they explain after a while those grief usually subsides, and if it does not, the grief may have tuned into depression.

**PETER:** I don't even understand what that means. You can't deal with what?

**NICHOLAS:** Living! I can't deal with living. And it's your fault!  
**PETER** Sorry?

**NICHOLAS: If I'm like this, it's your fault!**

**PETER:** What have I done? What's my fault (Scene 77 Page 76 of *The Son* movie script)

The dialogue between Nicholas and his father illustrates that Nicholas feels unable to cope with his life after his parents divorced. When Nicholas said “If I'm like this, it's your fault” indicating that he was disappointed with his father's actions who preferred another woman and divorced his mother. Since his parents separated Nicholas' life has been a mess.

**THERAPIST:** You don't like being this age?

**NICHOLAS: I liked it better when I was a kid**

**THERAPIST:** When you were a kid? NICHOLAS nods. Brief pause.

**THERAPIST (CONT'D):** You mean... When your parents were still together?

NICHOLAS raises his eyes to look at the THERAPIST, disturbed by what he's said. He shrugs, as if to say “no, that's not really it”. Even so, he's still thinking about it. (Scene 38 page 30 of *The Son* movie script)

Nicholas' parents' divorce made him unhappy and caused an emotional shock to him. Nicholas' conversation with a therapist indicates that before his parents divorced, Nicholas felt his life was better. The data above shows that Nicholas' emotional state changed after his parents' divorce.

**PETER:** You know, when you hurt yourself... it's as if you were doing it to me.



**NICHOLAS: And when you hurt Mom... you were doing it to me.**

(Scene 55 page 53 of *The Son* movie script)

Nicholas told his father that when he hurt his mother and ended up in a divorce, something painful happened to Nicholas too. The words “And when you hurt Mom... you were doing it to me” illustrates that Nicholas experienced emotional shock with the pain of his father having an affair and choosing another woman which led to the divorce of his parents.

### C. The Impacts of Depression in Nicholas’s life in the movie *The Son* (2022)

The divorce that Nicholas’s parents went through eventually has changed their son’s life. Nicholas starts to hating his life and feeling sad every time as it is like he is not made for this life. Judith and Casey in their book *Depression*, define that depression affects someone’s life in lot of aspects. They said that depression made the sufferer often lack energy and unable to enjoy normal pleasure, they lack the idea of self concept, and become introvert by showing withdrawal behaviour from surrounding. The impact of depression in Nicholas according to the explanation from Judith and Casey explained in the following terms.

#### C.1 Thought of Death

A constant feeling of hopelessness may lead to thoughts of death  
 People with depression may see taking their life as the only way to end their emotional pain (Peacock 7).

**KATE:** Nicholas... (She takes him in her arms).

**NICHOLAS: I want it to end, Mom.** (KATE is extremely upset)

**KATE:** Don't say that, my love. You have so much ahead of you

(Scene 74 pages 70 of *The Son* movie script)

Depressed people often want to end their pain by ending their lives. Nicholas feels that he cannot live a normal life with the pain that he has. The sentence "I want it to end, Mom" illustrates that Nicholas wants to end his life, but his mother certainly hopes that Nicholas continues his life because there are still many things that will happen to him.

## C.2 Trouble in Concentration

People with depression often lack energy and are unable to enjoy normal pleasures. Depression can interfere with a person's ability to function in daily life. He or she may be unable to concentrate on school or other responsibilities (Peacock 7).

**PETER (CONT'D):** You think you can live your life like that? Just doing whatever the hell you feel like? **Getting out of school, never**

**taking any responsibility, refusing to grow up!** What do you want?

At this point, NICHOLAS raises his eyes and, from now on, stares fixedly and as if defiantly at PETER (Scene 77 page 75 of *The Son* movie script)

With his depression, Nicholas found it very difficult to concentrate at school. In fact, Nicholas did not come to school for almost a month but

instead just walked around the city aimlessly. Nicholas' father thought that his son just wanted to play around, but Nicholas was going through a difficult time because of his depression.

### C.3 Trouble in Sleeping

Depression can affect persons sleeping behaviour, sleeping problems are common with depression. Some people can be a sleep easily, but then wake up too early and not be able to go back to sleep. Others sufferer have hard time getting to sleep and some may sleep to much (Judith & Casey 7).

PETER fixes himself a coffee, trying not to make any noise. It's very early. Suddenly, NICHOLAS appears in his doorway.

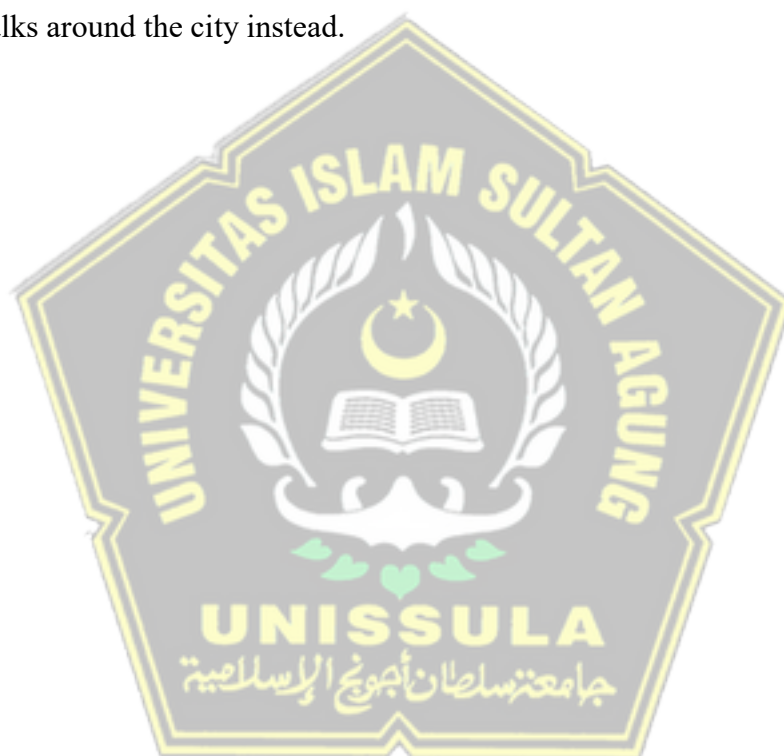
**NICHOLAS:** Hi...

**PETER:** Up already? Your mother said you never got up before noon... NICHOLAS shrugs (Scene 17-page 16 A of *The Son* movie script)

This quote is when Nicholas wakes up in early morning and it is making his dad surprised. When he still lives with his mother Nicholas never got up before noon, it is shows that Nicholas has a trouble in sleeping. The data shows that Nicholas is difficult to get sleep in night or he is sleep too much.

From the data found about the impact of depression in Nicholas's life, it gives the depiction of how depression could make a person in danger. The first

impact of depression in Nicholas is thought of death which lead Nicholas end his life using a gun. The thought of death it self has been haunt Nicholas since the pain that he feels, the pain because of his family is broken. Furthermore, depression also make Nicholas lack responsibility as a student, he never attends school since the depression appear in his life. He never has an energy to learn in school, when he must be sat down at school as a normal student and listening to his teacher but he just walks around the city instead.



## CHAPTER V

### CONCLUSION

The last chapter of this study is chapter five which consists of two subchapters. The first subchapter is the conclusion of the discussion in chapter four regarding the symptoms, causes, and impacts of depression in Nicholas in the movie *The Son* (2022). The second subchapter is a suggestion that can be used for further analysis with the same research object or additional objects that could be analyzed using the same hypothesis theory.

#### A. Conclusion

After analyzing and interpreting *The Son* (2022) movie by Florian Zeller, this study describes the symptoms, causes, and impact of depression experienced by character Nicholas. In accordance with the findings and discussion in chapter four, the data obtained from movie *The Son* (2022) states that Nicholas is a depression sufferer as evidenced by the symptoms and causative factors.

From the discussion it can be concluded that there are four depression symptoms experienced by Nicholas. First related to emotional manifestation symptoms, there are three types found including dejected mood, negative feeling toward self, and reduction in gratification. The second symptom found is cognitive manifestation which the type is negative expectation. Third is motivational manifestation, in this study the symptom of motivational manifestation found is suicidal wishes. The last symptom found is vegetative

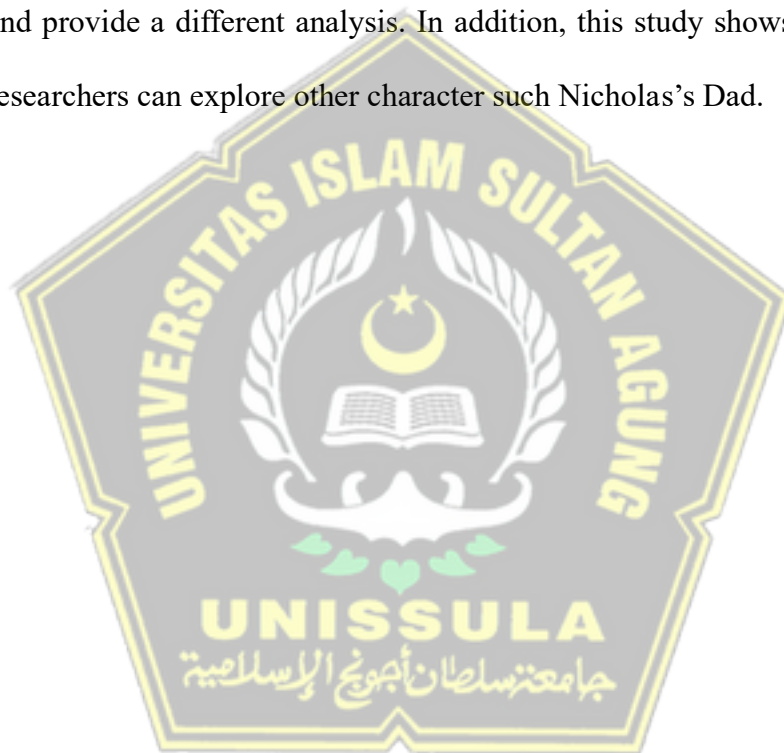
and physical manifestation which the character of Nicholas suffers the lost appetite.

In addition of these four symptoms, movie *The Son* (2022) also finds that the cause of depression experienced by Nicholas is the result of his emotional shock because of his parents' divorce. He blames his father over his depression and makes him can not deal with living anymore. The decision of his father to marry again with someone else and leave him with his mother has made Nicholas miserable. He can not stand with his father decision because he still needs the figure of dad in his life. The moment of happiness when his family still perfect is disappears and makes his emotionally shock.

This study also reveals how the impact of depression in Nicholas's life. The first impact of depression in thought of death, Nicholas want his life end because he feels in pain all the time and tired being in pain. The second impact of depression in Nichola's life is trouble in concentration. Nichoas skips the school for a month because when he is in the class, he feels uncomfortable and could not concentration when the class start. The last impact of depression in Nicholas's life is trouble in sleeping that shows when Nicholas wakes up after move with his dad and his dad was surprised because his mother said that Nicholas never got up before noon. It shows that Nicholas has trouble in sleeping because he could not sleep at night or he is too much sleep.

## B. Suggestion

This study emphasizes the psychology of character in literary works. It shows the psychological state of a person when he has depression. This study provides several suggestions, especially for the next researchers who want to analyze this movie. The next study can also use the psychological in literature from other psychological aspect such Post Traumatic Stress Disorder (PTSD) and provide a different analysis. In addition, this study shows that the next researchers can explore other character such Nicholas's Dad.



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