

TINA EVANS'S DEPRESSION IN DEAN KOONTZ'S *THE EYES OF DARKNESS*

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ABSTRACT

This study analyzes the depression experienced by Tina Evans in the novel of *The Eyes of Darkness* written by Dean Koontz. The focus of this research is the symptoms of depression, the causes, and effects of depression, as well as the solution of the depression of Tina Evans. This study uses a qualitative research and applies a psychological approach. From this analysis, it can be found that there are two symptoms of depression experienced by Tina Evans: sadness and sleep disturbances. Meanwhile the cause of Tina's depression is the stress of losing someone she loves. She gets divorce as her husband, Michael Evans, has an affair. Trauma becomes her next cause of her depression, and the last cause is the spiritual terror. Her depression provides three effects: insomnia, lack of concentration, and nightmares. In overcoming her depression she manages it in various ways. There are six solutions in overcoming her depression. The first is to distract her mind by hard working. The next is to take significant responsibility for her work. The third is trying to divert her mind by consuming alcohol. The fourth is to think positively. The fifth is expressing herself to talk to other people, in this case, to her boyfriend. The last one is to accept the spiritual terror haunting her and find the facts about the death of her son Danny Evans with the help of Elliot Stryker.

Keywords: *Depression, Symptom, Psychological approach, Spiritual terror*

A. INTRODUCTION

Depression is a common health problem in the world. All ages, ethnicity, and socioeconomic groups are susceptible to depression. It is usually experienced by people who undergo life change from pleasant life to unpleasant one that makes sad for a long time such as the death of a loved one, and the loss of the job. It's normal to feel sad as a response to the current situation. Depression usually occurs when the stress experienced by a person does not go away. It is correlated with a dramatic event that has just happened or befell a person. Depression usually affects a person's thinking and behavior and as a result it can trigger a

variety of physical and emotional problems. A depressed person can have problems in performing daily activities. He often feels that the life is useless.

In relation with depression, Aaron Beck (1995: 35) states that depression is a painful experience or a feeling of hopelessness. He also explains that people who are depressed always blame themselves, always have a negative view, and have low social support. Depression can occur in someone who experiences an abnormal condition accompanied by signs such as a low mood, pessimistic attitude, loss of spontaneity, and specific vegetative signs. In addition, depressed individuals tend to think that life is not worth living for them.

The issue of depression above is also discussed in the novel of *The Eyes of Darkness* written by Dean Koontz. This novel describes a mother, Tina Evans, who works as a director of shows of luxurious hotels in Las Vegas. Before starting a career in the world of directors, she used to be a showgirl. After she gets married and has children, she decides to quit the job and tries to start a bigger career. Her new career starts when she becomes a show director at small hotels. She then gets the opportunity to direct an event at the most luxurious hotel in Las Vegas. The event called *Magyck* costs ten million dollars. Behind her excitement to accept the offer as a *magyck* director, she also experiences a major change in her life. Her only son, Danny Evans, is died. The death of her only son that is still unresolved makes her sad. It unfortunately doesn't decrease her enthusiasm for doing the great work to gain a huge success.

Based on the description above, the problem statements of this study are stated as follows: What are the symptoms of Tina Evans' depression in *The Eyes of Darkness*? What are the causes of Tina Evans' depression in *The Eyes of Darkness*? What are the effects of Tina Evans' depression in *The Eyes of Darkness*? How does Tina Evans overcome her depression in *The Eyes of Darkness*?

This study aims is to analyze the symptoms of depression, the cause of depression, the effect of depression, and the way to overcome her depression.

B. THEORETICAL FRAMEWORK

Depression is a common mental disorder that presents with a depressed mood, loss of interest or pleasure, feelings of guilt or low self-esteem, disturbed sleep or appetite, low energy, and poor concentration. These problems can become chronic or recurring and cause a substantial decrease in the individual's ability to carry out their day-to-day responsibilities. (Bhowmik et.al. 2012: 37). It is a prolonged feeling of sadness that affects thoughts and actions in daily life. One of the triggers of depression is the loss of a loved one.

Moreover, according to Beck and Alford in the book *Depression: Cause and Treatment* (2009) state that depression is a psychological disorder characterized by deviations in feelings, cognitive, and individual behavior. Individuals who experience depression can feel sadness, loneliness, decreased self-concept, and show withdrawal behavior from their environment. Aberrations of feelings that occur due to depression are explained by Sadock (1972) the term aberration of feelings or better known as a depressed mood Sadock (1972) where a person experiences sadness and several other negative affections in a not too

long period of time due to his failure to carry out certain task. Depression shows symptoms in the form of the emergence of behaviors and emotions that reflect negative affect.

Meanwhile, Nolen-Hoeksema and Hilt (2009) define depression as an emotional and behavioral disorder that appears simultaneously to form a certain pattern. The severity of depression can be affected by differences in the level of symptoms that include behavioral lapses as well as emotional changes.

Depression is according to a book published by the American Psychiatric Association with the title *Diagnostic and Statistical Manual of Mental Disorders V* (2013) characterized by the emergence of sadness, feelings of emptiness, sensitive feelings, accompanied by somatic and cognitive symptoms. These symptoms can affect the individual's function and ability to perform daily activities. Based on the theory that has been described previously, it can be concluded that depression is a disorder associated with deviations in feelings, ways of thinking, and behavior possessed by individuals.

Symptom of Depression

In general, individuals who experience depression show typical psychological, physical and social symptoms. Some people show minimal symptoms, others more. The high and low of symptoms varies from time to time.

According to Beck (1985) the symptoms of depression are classified into four groups, namely:

- a. Emotional symptoms are when individuals who are depressed will experience changes in feelings or moods. Some of the emotional changes that may be experienced by individuals with depression, namely: (1) Sad feeling: Feelings that are described with sadness, boredom to loneliness in individuals. There are variations in the form of sadness for a moment to sadness that lasts continuously. (2) Negative feelings towards yourself: The feeling of sadness that arises is directed at oneself. (3) Decreased satisfaction: Loss of satisfaction with activities or activities performed. This feeling is often associated with activities that require duties and responsibilities. (4) Loss of emotional attachment: This symptom is manifested in the form of a lack of interest and social and emotional involvement. (5) Often cry for no reason: Individuals who experience symptoms of depression often cry for no apparent reason. (6) Loss of sense of humor: The ability to perceive jokes in individuals is still there, but the responses shown are not shown properly. People with depressive symptoms do not feel amused, nor do they laugh.
- b. Cognitive symptoms, namely when individuals who have depressive disorders also show symptoms of cognitive distortions or errors in thinking about themselves, experiences, and the future. The following are some examples of cognitive symptoms: (1) Low self-evaluation: Its manifestation can be seen from the individual's point of view of oneself. People with depressive symptoms have low self-efficacy in terms of achievement, intelligence, health, strength, attractiveness, popularity, and financial resources. (2) Negative expectations: Imagining bad things happen to him and refusing to improve. (3) Unable to make a decision: Individuals with symptoms of depression have difficulty making decisions, finding alternatives or changing decisions that

have been made. (4) Distortion of body image: Individuals with depressive symptoms feel themselves ugly and unattractive. (5) Blaming and criticizing yourself: Individuals feel themselves as the cause of all the mistakes that occur and tend to criticize themselves for their shortcomings.

- c. Motivational symptoms are defined as depressive disorders having a low level of motivation. This can be seen from the behavior that can indicate the level of individual motivation. The following are common motivational symptoms: (1) Have no motivation: The loss of positive motivation is the main characteristic of people who are depressed. Even though he knows what to do, there is no visible internal stimulus to do it. (2) Desire to escape, run away and withdraw: The desire to break away from the habitual patterns of everyday life is a manifestation of depression. Individuals with depressive symptoms perceive these activities as useless and futile. (3) Suicide Desire: The frequency of suicidal ideation in individuals with depressive symptoms was higher than in individuals without depression. (4) Addiction increases: Desire to depend on others is apparent when faced with a task. Individuals with depressive symptoms tend to seek help to resolve them before trying to resolve them first.
- d. Physical symptoms are characterized by individuals who are depressed will show symptoms related to physical and natural behavior. The following are common physical symptoms experienced by people with depression: (1) Decreased Appetite: The mild stage appears in the form of an individual's unwillingness to eat, the moderate stage is marked by a complete loss of appetite and the individual forgets to eat without realizing it, the severe stage of the individual must force himself or be forced by others to eat (some cases show the opposite, the individual overeats). (2) Sleep Disorder: The mild stage is characterized when the individual sleeps for a number of hours more than usual and the individual is aware of it. Some cases show the opposite, sufferers wake up a few minutes to half an hour earlier than usual. The moderate stage is characterized when the individual wakes up an hour or two earlier than usual. The severe stage is characterized when the individual only sleeps about four or five hours, having difficulty falling back asleep, while in some cases the individual cannot sleep at all at night. (3) Loss of Sexual Passion: Individuals at the mild stage will experience a decrease in responding to sexual stimuli, at the moderate stage they do not have spontaneous sexual desire and in the severe stage the individual does not really have a response to sexual stimuli. (4) The onset of fatigue: In the mild stage the individual feels tired faster than usual, the moderate stage the patient will feel tired when he wakes up in the morning and cannot be relieved by efforts such as relaxation, rest or recreation, in the severe stage the individual feels too tired to do anything. By giving encouragement from outside the individual is sometimes able to do the task, without the encouragement from outside the individual is unable to mobilize energy to do even light tasks, complains that he does not have the energy, even to raise his hand.

Cause of Depression

There are several factors that can cause depression according to Blazer, et al (Nevid, Rathus, & Greene, 1997), namely:

- a. Age: The appearance of symptoms of depression is more common in the age range of teenagers to young adults. The appearance of depressive symptoms in adolescents is often associated with puberty, which occurs at this stage of development.
- b. Trauma: Trauma can be one of the causes of depression because trauma is an emotional response given by a person to bad events such as natural disasters, accidents, or sexual violence. In addition, as previously mentioned, a person can experience trauma either because of events that are threatening and dangerous psychologically or physically.
- c. Stress: Depression can be caused by a very stressful experience such as the experience of dealing with difficult changes, the death of a loved one, loss of a job, parental divorce or in adolescents moving from a low-level school to a higher-level status. Reactions to stress are often delayed and depression occurs several months after the event.
- d. Economic and social status: Individuals who have a low socioeconomic level will be more prone to depression tendencies. This is caused by personal resources, such as the ability to cope with stress, self-esteem, and lower support when compared to individuals with high socioeconomic status. In addition, inadequate social welfare, infrastructure, and health facilities also trigger depression (Lorant et al, 2003).
- e. Marital status: Marital status is also one of the susceptibility factors for depressive symptoms. Individuals who are separated from their partners will tend to be more prone to depression. In addition, conflicts that occur during marriage can also increase susceptibility to depression, both in husband and wife.
- f. Gender: Women are considered more prone to depression than men. This is because women's stress levels are higher than men's, as well as hormonal differences in the body.
- g. Conflict with parents: Conflict with parents can increase an individual's vulnerability to depression. Conflicts that occur will make children less social support from parents. In addition, children will develop problem-solving models that tend to be similar to those of their parents. As a result, children become less adaptive when faced with conflict.
- h. Hereditary factor: Individuals born from parents with depression tend to be more prone to depression. Individuals born from this condition tend to have the same biological conditions as their parents, for example with certain neurotransmitter levels that are different from normal individuals. In addition, children who are raised by parents who experience depression tend to imitate the behavior or way of thinking of their parents so that they are more likely to experience depression like their parents.

Effect of Depression

Kleine D's (1997) in Emotional Disorder states that people with depression usually describe themselves as unhappy, hopeless, insecure, and hopeless. Most people who are very depressed lose energy and are prone to fatigue, even with the slightest strength. People with persistent depression exhibit weak behavior. The body of people with depression can experience various health problems. People

with depression also tend to find it challenging to make decisions. They cannot implement their ideas—lack concentration on one thing, poor memory about things, and decision-making problems. People with depression usually lose the enthusiasm to do anything and experience insomnia or sleep too long. People with depression always feel that others don't care about them and don't feel worthy.

Legg (2019) explains how depression can affect the whole body, especially if left untreated. Some of the effects of depression are the first feeling of prolonged sadness, emptiness, hopelessness, and constantly feeling unappreciated by others. The second is the difficulty of deciding on a thing, or easy to forget something that has just been done.

The third is a heart attack; some factors explain why a person with depression is at a higher risk for heart disease. There is a reciprocal relationship between heart disease and depression. On the one hand, depression itself is an independent risk factor for heart health conditions. On the other hand, cardiac patients undergoing rehabilitation are at a higher risk of developing new depression. Emotional stress, an unhealthy lifestyle, obesity, smoking, poor diet and overeating, and excessive alcohol consumption are risk factors for coronary artery disease (blockage in the heart vessels).

The fourth effect is weight problems; in this condition, people with depression will eat emotionally to forget the issues or sadness they are facing. If allowed to continue, the impact of stress eating triggers weight gain or obesity. Depression can also cause a person's eating schedule to mess up. For example, someone suffering from depression usually tends to skip meals and make poor food choices, so in the end, people with depression will experience extreme weight loss.

The fifth effect is weakening the immune system due to too many thoughts, so people with prolonged depression are more likely to have colds and be susceptible to infections.

The sixth effect is constriction of blood vessels. This condition usually also affects the performance of the nerves, causing an irregular heartbeat

Solution of Depression

In handling depression, there are several ways that can be done, ranging from handling independently and doing therapy. According to the Dr. D'Archy Lyness (2021) in her paper that publication in Teen Health this is an independent treatment of depression.

- a. Doing routines: Lyness (2021) explains that when experiencing depression, sufferers must do a routine. Depression can destroy the structure of the sufferer's life and last the next day. Setting a daily schedule to start doing a routine can be a way to overcome depression.
- b. Setting goals: Start setting goals in life. When experiencing depression, sufferers will feel unable to achieve anything and make things worse for themselves. Setting goals as a way to overcome depression according to Lyness (2021) can be done by completing daily targets. Starting from washing dishes, washing clothes, cooking, fishing, and much more.
- c. Doing exercises: Do the exercises. Take exercise for example, because this psychological way of dealing with depression can increase feel-good chemicals

called endorphins. Regular exercise seems to encourage the brain to repair itself in a positive way.

- d. Eating healthy foods: Depression can also affect the sufferer's appetite. They may overeat or not eat at all. This condition causes people with depression to experience uncontrolled weight loss or weight gain. This of course will have an impact on the overall health of the body. Improving diet is a powerful way to deal with this symptom. Keep eating on time and according to portions. Increase your intake of fruits, vegetables, whole grains, fish, and low-fat dairy products. Complete with pro biotic foods that can relieve depression because it makes digestion healthier and improves mood. Patients should also limit the consumption of foods high in fat and high in sugar, as well as processed foods.
- e. Having adequate sleep: Insomnia or frequent awakenings at night is a common complaint experienced by people with depression. However, some patients feel more sleep due to depression. If both are left unchecked, depression can get worse and may lead to other health problems. The surefire way to deal with these symptoms of depression is to create a wake-up and sleep schedule and follow it regularly. Patients should avoid sleeping too late and getting up late. Instead, it is advisable to go to bed earlier and get up early.
- f. Taking responsibility: People who experience depression tend to have a desire to withdraw from life and let go of responsibilities at home and work. The way to overcome this is not to indulge in self-will to withdraw from social life. It is highly recommended to stay involved and have day-to-day responsibilities as this can fix the mind and heart that are chaotic during the depression.
- g. Expressing your self: Feelings of pleasure and creativity can be hindered by depression. In fact, by being creative, a person can express emotions better and of course generate positive emotions that can ultimately make the sufferer happy. Patients can choose various activities that train their imagination, such as drawing, painting, sewing, dancing, or just scribbling on paper.
- h. According to Cook (2002), there are several therapies for overcoming the depression, before doing therapy, usually, the patient will do several tests to determine what therapy will be taken. Listed below are the most commonly used therapies.
- i. Psychotherapy: Psychotherapy is the initial stage of treatment carried out by conducting interviews with sufferers. This therapy is done to measure several aspects, such as a negative perspective on situations, bad experiences that trigger depression, communication, relationships with other people, and emotions experienced.
- j. Drug Therapy: Depression experienced by a person occurs due to chemical compounds in the brain. The use of drugs given by a psychiatrist is useful to balance these chemical compounds. The drugs given are not addictive, and usually show results in the first 1-2 weeks after consumption. Overall results can be seen in the next 2-3 months.
- k. Cognitive Behavior Therapy: Cognitive-behavioral therapy becomes the next method of overcoming depression which is carried out with a focus on problem-solving. With this therapy, sufferers are helped to understand distorted thinking and are taught to change these thoughts. This therapy is usually done

in 10-15 sessions, depending on the severity of the depression.

1. Electroconvulsive Therapy (ECT): ECT or better known as electroshock therapy is a medical treatment used for people with severe depression or bipolar disorder that cannot be treated using other methods. ECT is performed with electrical stimulation for a short period while the patient is under anesthesia. This method is usually done 6-12 times a meeting session, as much as 2-3 times a week.

C. RESEARCH METHOD

This study uses qualitative research. The purpose of qualitative research, according to Moleong (2005), is to explain the disclosure of meaning that informs actions or results. It investigates the meanings, interpretations, symbols, processes, and relationships of social life. It is regarded to be the most suitable research design for this research as the data are in the form of words, sentences, or paragraphs. The analysis is conducted descriptively by describing depression described in the novel.

In accordance with Moleong's statement above, the purpose of qualitative research is to describe the depressive disorder experienced by the main character, and the causes and ways to overcome based on the data both in the form of sentences and paragraphs in the novel *The Eyes of Darkness*. To understand and determine the nature of the circumstances and a particular case in the literature studied, a depressive disorder, the psychological approach is used. The purpose of applying this approach is to highlight the main character's depression through a psychological perspective. Through this literary psychology approach, it aims to solve the problems faced. Milner states that Literary psychology is also an approach that studies certain psychological activities that can be experienced by the main character and other characters in literary works when responding and testifying for themselves and their environment (Milner, 1992). Meanwhile, psychology of literature according to Wallek and Warren (1995) has four possible meanings. First is the study of psychology of the author as a type or person, Second is the process of creative study, Third is the study of the types of psychological laws applied to literary works, and Fourth is studying the impact of literature on readers (psychology of readers). Based on Wellek and Warren's statement above, the study deals with a study of types and laws applied to literary works. The analysis carried out is directed at the depressive behavior experienced by the main character. It will reveal the factors causing the depressive behavior as a whole.

RESULT AND DISCUSSION

The Symptoms of Tina Evans's Depression

Tina Evans is a former showgirl who gets married with a blackjack dealer at a Las Vegas hotel. She starts her career as a dancer on the Lido de Paris, a Las Vegas-only gig, at 18, two years before her marriage to Michael Evans. Her marriage goes smoothly. She immediately decides to quit her job when she becomes pregnant. Tina decides to go back to work when her son, Danny, is six months old. She still keeps taking care of her child. Although she gets difficulty,

she cannot leave both of them. She can still be a good mother and wife and remains professional in her work.

The happiness of her marriage is changed. When Danny is 11 years old, her marriage is broken. She and her husband are divorced because of differences in views. She decides to explore a higher career level as a dancer. Her husband opposes her as he feels that he can support her and her son with his income as a blackjack dealer from the tips he receives from guests.

A few months after her divorce from her husband, her son Danny Evans dies in a bus accident when climbing the Sierra Mountains with 14 other children and two professional climbers. These two bad events that happen to Tina Evans make her unaware that her life is changing. This change leads to negative aspects in her life that is depression. From the life she has, it seems that she has symptoms of depression: a sad feeling, and a sleep disorder.

The first symptom that Tina Evans experiences is a prolonging feeling of sadness. Feeling of sadness is usually temporary and will disappear over time when complex events have passed. The feelings of despair experienced by Tina Evans affect her thought, emotion, perception, and sedentary behaviour. This sadness often hallucinates when she meets a boy of the same age as Danny Evans.

“This boy in the station wagon was not the first that she had imagined was Danny; in recent weeks, she had seen her lost son in other cars, in school-yards past which she had been driving, on public streets, in a movie theatre.” (Koontz, 1981:2)

The quotation above shows that when she sees a child in the station wagon, she thinks him as Danny Evans. This situation occurs many times when she sees a boy. It is caused by feelings of sadness and rejection of her son's death. It seems that she begins to experience symptoms of depression a few months after her son is died. She is unaware of this symptom. The feelings of sadness she experiences becomes interfere with her life. She cannot let go her only child. The next symptom of depression she experiences is a sleep disorder. She gets difficulty of falling asleep. She experiences the sleep disorder several times because of her thoughts about Danny Evans. She often thinks about events in her life, such as the Death of her child and her divorce.

“Although Michael was still living in town, less than a mile from her, he was in some respects, as far away and as unreachable as Danny. She sighed with resignation and opened her eyes. She wasn't sleepy now, but she knew she had to get more rest.” (Koontz, 1981:5)

From the quotation above, it can come to a conclusion that she needs someone to rely on and share stories. However, her divorce from her husband makes her sink with her sadness. The sleep disorder is quite disturbing her life because her mind does not want to stop thinking about her past events.

The Causes of Tina Evans's Depression

Tina Evans begins to experience depression after the death of her son, Danny Evans. That causes a change in her daily life. The causes of depression experienced by Tina Evans are namely stress, marital status, trauma, and terror.

The first cause of depression is the stress due to the loss of her beloved son. She lost her son Danny Evans a year ago in a bus accident while hiking in the Sierra Mountains. The death of her son makes her experience prolonged stress due to her grief. The feeling of sadness worsens when she remembers or sees things that remind her son, Danny.

Her depression interferes her daily life. She often remembers everything about her child. Wherever she goes, she always sees the slightest resemblance of Danny. It consequently makes her mind thrown into chaos. It can be seen in the quotation below,

At six minutes past midnight, Tuesday morning, on the way home from a late rehearsal of her new stage show, Tina Evans saw her son, Danny, in a stranger's car. But Danny had been dead more than a year. (Koontz, 1981:1)

When she sees a boy in another car in a 24-hour self-service parking lot, she looks seriously the boy from her car. She keeps thinking that her son is still alive. Her son is not dead. He is survived, but his memory is lost. She does not believe that. Nevertheless, she thinks the possibility that she never see her body. The funeral home manager states that her son's body is badly torn apart and she is not allowed to open his casket.

She has always considered herself as a strong and competent woman who can get through everything in her life. However, her thinking is wrong. When she hears the news of her son's death, she is devastated and falls into a pit of darkness, burying herself in grief. However, She tries to get up and move on with her life. She takes her career higher, and begins slowly leave the sadness about her son. At first, she thinks it will be easy to forget her sadness. She in fact cannot bear to accept that her only child is dead.

But then, a few weeks ago, she had begun to slip back into the dreadful condition in which she'd wallowed immediately after she'd received news of the accident. Her denial was as resolute as it was irrational. Again, she was possessed by the haunting feeling that her child was alive." (Koontz, 1981:2)

The quotation above describes her condition that she is still weak about anything that reminds her son. She still refuses to accept the fact that Danny is dead. Her mind will stress throughout the day. She often distracts her mind with other things, but the distraction does not last long.

Tina's stress gets worse when she enters her son's room. Everything in his room makes her dizzy. Her sadness even goes crazy. His room remains the same since his death, even though a year has passes. All his stuffs such as clothes, shoes, action figures, toys, horror comic books are still intact in their place. She never has the urge to dismantle his old stuff. She always visits his room. Her maid always manages his room clean from dust. This makes her slightly better from her sadness. However, every time she enters his room again after a long time, her sadness returns. This is shown in the quotation below,

As she stared at the contents of the musky closet-the boy's shoes, his jeans, dress slacks, shirts, sweater, his blue Dodgers' baseball cap, the small blue suit he had worn on special occasions - a lump rose in her throat. She quickly slid the door shut and put her back against it. (Koontz, 1981:11)

Furthermore, the second cause of her depression is her marital status. She marries Michael at the age of 18. She meets him at the hotel where she works. She used to be a dancer in the truest sense, not a showgirl. Meanwhile her husband is the dealer at the blackjack table. She decides to get married. She quits as a dancer after knowing that she is pregnant.

She loves her husband with all her heart, but Michael's treatment makes her sick. She tries to pursue a career from a dancer, costume stylist, choreographer, and minor show coordinator to finally becoming a producer. Her husband disagrees with her career. He thinks that he does not want to keep up with the times. He does not take her career seriously. Her husband's refusal makes her offended. Small arguments occur between them continuously that turn into domestic fights. Finally, Tina divorces her husband. This can be shown in the quotation below,

She had lost her child and her husband in the same year, the man first, and the boy, the son to the grave and the husband to the winds of change. During the twelve years of their marriage, Tina had become a different and more complex person than she'd been on their wedding day, but Michael hadn't changed at all—and didn't like the woman that she had become. (Koontz, 1981:5)

She also experiences pressure from her husband due to her son's death. He always blames her for the death of her son, Danny Evans. He thinks that his son will not die if she does not let him go to hike the Sierra mountains. However, he has no right to blame because her son has highly desires for climbing. Besides that, the climbing is supervised by professional climbers who have experienced climbing in the Sierra Mountains for a dozen years in the winter. This is described in the quotation below,

“Shattered by the loss of his son, Michael had been irrationally vicious with Tina for months after the funeral, accusing her of being responsible for Danny's death. She had given Danny permission to go on the field trip, and as far as Michael was concerned, that had been equivalent to driving the bus off the cliff.” (Koontz, 1981:19)

Another reason that her marriage cannot be maintained is her husband infidelity. She loves him sincerely. She thinks that he does love her. In fact her thought is wrong. He only loves her because she is a dancer, just like most Las Vegas guys who adore showgirls to stick with them all night. Although this fact is never directly expressed by him in words. All of his actions are enough to prove that fact he wants her to stay at home as if to be a trophy to be proud of.

As Tina begins to develop her work, Michael feels rivaled. He is jealous of her success. His jealousy becomes a betrayal. He starts coming home late from his working hours at the hotel. Every weekend, he spends on dates with his changing girlfriend. She thinks that that he is also responsible for her son's death. She blames him for always spending time outside without paying any attention to his son. It can be seen in the quotation below,

“You were the one who started fucking anything that breathed...—which is what you hoped to do, so that was all right with you. But did you ever stop to realize what effect your absences had on Danny? If you loved family life so much, why didn't you spend all those weekends with your son?”. (Koontz, 1981:59)

The next cause of her depression is trauma. Her trauma is caused by her fear of the facts or information she will get about her son. She decides to seek the truth about her son's death. She starts to feel uneasy when she hears or sees anything that has to do with her son. Her fear appears instantly when the first time she gets a call from the police in Reno about the accident that kills her child.

She ventures to dismantle her son's room. She decides to donate Danny's belongings to a social institution. She feels it is time for her to get up and move on with her life without any shadow of sadness about Danny. However, her son's memories are still neatly stored in her heart. When she unpacks Danny's room, she opens a box containing a pile of horror magazines having covers with gruesome illustrations. In the pile of magazines, there is one magazine that makes her interested to read. It is a magazine that depicts a child who has not died but has buried because medical equipment at that time can not detect even the slightest heart movement.

She reads the comic carefully, but fear and anxiety attack her suddenly. She is afraid that her resolve to get up will collapse after reading the comic. She is afraid that her trauma will worsen. This is because the story in the comic has a parallel relationship with the events that happens to her life recently. In the last few months, she begins to dream of the exact similar man as the death figure depicted in the comic. Then she gets the terror about Danny's death. It can be seen in the quotation below,

Tina was dry-mouthed, weak. She didn't know what to make of the damned thing. This was just a silly comic book, an absurd horror story. Yet . . . strange parallels existed between this gruesome tale and the recent ugliness in her own life. She put the magazine aside, cover-down, so she wouldn't have to meet Death's wormy, red-eyed gaze.

The Boy Who Was Not Dead.

It was weird. (Koontz,1981:116)

Hers fear relating to her son makes her trauma worse. This is known when Elliot Stryker, Tina's new boyfriend, invites her to go to Reno to find out the truth about Danny's death. Her fear is based on her heart that she is afraid of the bad news she will receive in Reno. She is feared of the collapse of the fort she has built to let Danny go. However, Elliot assures her that there will be no mistakes in this quest. Although bad news will come if she knows the facts. This can be seen in the quotation below,

"I know. Sure, I'm scared of those creeps. But more than that, what I'm afraid of . . . is finding out the truth about Danny's death. And I have a strong feeling we'll find it in Reno."

"I thought that was exactly what you wanted to know."

"Oh, I do. But at the same time, I'm afraid of knowing. Because it's going to be bad. The truth is going to be something really terrible." (Koontz, 1981:144)

The fourth cause of her depression is terror. The terror in this novel refers to the spiritual terror that comes to her recently. At first, she thinks that this terror is carried out by people who hate her. At that time, there are no signs that her house has forcibly opened. Tina is quite disturbed by this terror. The terror is in the form of messages that contradict the fact that Danny Evans is dead. It appears

periodically wherever she is. The message is the same. The first terror appears at night when she is about to sleep. It appears in Danny's room. Here is the quotation that describes the terror.

When she picked up the scattered sticks of chalk and the felt eraser, turning again to the chalkboard, she realized that two words were crudely printed on the black surface:

NOT DEAD... And it had been blank the last time she'd been in this room. (Koontz, 1981:12)

She has been bothered enough by the first terror. She feels someone else is playing her life by reminding her of Danny. The second terror appears again a few days later in Danny's room. Terrified with the words 'Not Dead' plasters on the blackboard, she feels awkward because she deletes the writing a few days ago before coming out of Danny's room. It can be seen in the quotation below,

When she went into Danny's bedroom, she saw at once that the easel-chalkboard had been knocked over again. She put it right. Two words were printed on the slate:

NOT DEAD

A chill swept down her back. (Koontz, 1981:18)

She thinks that her husband does this dirty work. When she meets him, she finds no evidence that he is the culprit. In the end, the terror reappears in her office, on the sidelines of a pile of papers she requests from Angela, her secretary. She thinks that Angela does it, but it is impossible because she knows Angela is a kind woman. Her fear returns to the surface after thinking about the possibilities of the terror she has experienced. It can be shown in the quotation below,

Between the names of two high rollers were five lines of type that had nothing to do with the information she had requested:

NOT DEAD

NOT DEAD... The paper rattled as her hands began to shake. (Koontz, 1981:64)

The third terror she experiences is when she tries to confirm that what Angela has printed on her office computer is wrong. As she enters Angela's room, she feels the room temperature is dropping. When she checks the thermostat, the temperature is normal. She thinks that there is something wrong with the thermostat. She turns Angela's computer on, and opens the file that Angela has printed earlier. She finds nothing. However, a moment later, she feels that the temperature of the room is dropping. She finds the computer screen displaying strange writing. The same writing that appears on print paper in Danny's room.

On the screen, scrolling up:

I'M COLD AND I HURT

MOM? CAN YOU HEAR?

I'M SO COLD... The screen glowed with those words—then went blank. Again, she tried to feed in her questions. But the keyboard remained frozen. (Koontz, 1981:69)

From the quotation above, it can be seen that she experiences a terror that makes her unable to think clearly. She wants to answer a question on the computer screen, but the keyboard is freezing as cold as room temperature. She experiences

tremendous turmoil in her body. She gets fear and confusion. Her logic consciousness states that her son is dead, but her heart says the opposite. Writing on the computer screen makes her feel that as if she communicates with her son, Danny.

The Effects of Tina Evans's Depression

Tina Evans' depression provides effects on her body and daily life. She gets health problems, lack of concentration, and nightmares. The first effect of her depression is insomnia, which is a health disorder that causes sufferers to have difficulty sleeping. She gets insomnia after the death of her son that shakes her life considerably. Tina, at that time, needs support to share her story. She realizes that no one will listen to her. A few months before the death of her son, she decides to divorce her husband, Michael Evans. The fact that she and her husband still live in the same city. She gets difficult to see him This situation can be seen in the quotation below,

Although Michael was still living in town, less than a mile from her, he was, in some respects, as far away and as unreachable as Danny.

She sighed with resignation and opened her eyes.

She wasn't sleepy now, but she knew she had to get more rest. She would need to be fresh and alert in the morning. (Koontz, 1981:5)

Furthermore, the second effect of depression experienced by Tina is a lack of concentration. She gets concentration disorder because of the death of her son. Every time she sees a child of the same age as her son, she has the hallucination that it is Danny. Her concentration is about to break when she begins to think about all the possible similarities between the little boy she sees and her son. This makes her sadness even worse.

The boy was in the front passenger seat of the wagon, waiting for someone in the store. Tina could see only the side of his face, but she gasped in painful recognition. Danny. The boy was about twelve, Danny's age. He had thick dark hair like Danny's, a nose that resembled Danny's, and a rather delicate jawline like Danny's too. (Koontz,1981:1)

The quotation above describes when she sees a child of her son's age in a car parked in the yard of a 24-hour supermarket. She keeps thinking about Danny. She thinks that the boy is very similar to her son. Everything she sees in the boy is always the same as her son. She always loss her concentration. For example, she forgets what she is going to do in the supermarket. She also forgets the fact that her son is buried in his coffin.

The third effect of Tina Evans' depression is nightmares. Her nightmare is a recurring dream since her son's death. The dream always comes and ends the same way. When she wakes up, she has difficulty of distinguishing between reality and dream. She is like a dazed person. This is not comforting to her life because every time the dream comes, she will not be able to sleep well. This is stated in the following quotation:

That night Tina dreamed that Danny was alive again. Somehow. Somewhere. Alive. And he needed her. In the dream, Danny was standing at the edge of a bottomless gorge, and Tina was on the far side, opposite him, looking across the immense gulf. Danny was calling her name. He was lonely and afraid.

She was miserable because she couldn't think of a way to reach him. Meanwhile, the sky grew darker by the second; massive storm clouds, like the clenched fists of celestial giants, squeezed the last light out of the day. Danny's cries and her response became increasingly shrill and desperate, for they knew that they must reach each other before nightfall or be lost forever; in the oncoming night, something waited for Danny, something fearsome that would seize him if he was alone after dark. Suddenly the sky was shattered by lightning, then by a hard clap of thunder, and the night imploded into a deeper darkness, into infinite and perfect blackness. (Koontz,1981:4)

At first, she thinks her deep sadness is caused by this dream or because she is afraid of the results of her hard work putting together a bigger show than she has ever worked before. However, she realizes that this nightmare does not come by itself. This recurring nightmare is related to the terror she experiences months after Danny's death. A dream that always depicts Danny is asking for help to save from a man with a scary face.

With this nightmare, she has sleeping trouble after waking up from her dream. This nightmare also bothers her greatly because it hinders her acceptance of Danny's departure. She also feels that when she wakes up from her nightmare, she will have difficulty getting back to sleep. After all, she only sleeps a few hours.

The Solutions of Tina Evans's Depression

Tina has suffered from depression for more than a year since her son's death. At that time, she discovers several things that can make her survive from her depression. Her solution to deal with depression is distracting her mind by working, taking responsibility, distracting her mind with alcohol, thinking positively, talking to other people, and finding out the facts about her child's death.

The first solution that she does dealing with her depression is to shift her sadness to work. As the time passes, she gets up and moves on with her life. She takes a step higher in her career so that she can cope with her grief by working, forgetting for a moment her sadness about Danny's death. This situation can be seen in the quotation below,

After the initial shock, after the funeral, she had begun to cope with the trauma. ... She had taken several steps up in her career during the past year, and she had relied on hard work as a sort of morphine, using it to dull her pain until the wound fully healed. (Koontz, 1981:2)

She rearranges her career with feelings of sadness, feelings of guilt. Every second of her career, she always thinks about Danny. Her escape from grief by working and working does not last long. After she returns home, her sadness will return. However, she decides to get up and move on with her life.

The second solution she uses in dealing with her depression is to take responsibility. Starting her career in the world of producers, she gets an excellent opportunity to direct a luxurious show that costs ten million dollars. This show will be held in the most luxurious and largest hotel in Las Vegas. Tina she thinks that this is a perfect opportunity to raise her name in Las Vegas. Nevertheless, suddenly a feeling of guilt comes to her as it is described in the quotation below,

At first it had seemed terribly wrong that such a wonderful opportunity should come her way before she'd even had time to mourn her boy, as if the Fates were so shallow and insensitive as to think that they could balance the scales and offset Danny's death merely by presenting her with a chance at her dream job. Although she was bitter and depressed, although—or maybe because—she felt utterly empty and useless, she took the job. (Koontz, 1981:7)

She feels guilty when she accepts the offer. She feels that this is not right. This opportunity comes not long after her son's death. She does not have time to have her grief. However, it is the only way for her if she really wants to move on her life. She will live with the memories of Danny. She feels better in the process of accepting Danny's death with her busy schedule at work.

The third solution that Tina Evans does in dealing with her depression is to divert her mind by consuming alcohol. Consuming alcoholic drinking will reduce her confusion. Her mind will become calm. Thinking about her son makes her confused. Even though she knows alcohol is not good for her health, she still drinks it because she will fall asleep soundly at night.

She was drinking too much. Bourbon last night. Wine now. Until recently, she had rarely used alcohol to calm her nerves—but now it was her cure of first resort. Once she had gotten through the premiere of *Magyck!*, she'd better start cutting back on the booze. Now she desperately needed it. (Koontz, 1981:20)

The fourth solution that Tina Evans uses in dealing with her depression is positive thinking. She needs something to take her mind off her sadness. Her positive thinking leads her to peacefulness in the process of accepting Danny's death. She meets her husband to finish the terror she has experienced the past few months. However, instead of getting an answer, she ends up in a long argument with him. She quarrels with her husband. She regrets what happens in her life.

In a few minutes she got control of herself. She dried her eyes and blew her nose. She had to stop being so gloomy. She'd had enough gloom in her life. A whole hell of a lot of gloom. "Think positive," she said aloud. "Maybe the past wasn't so great, but the future seems pretty damn good." (Koontz, 1981:60)

The fifth solution Tina Evans uses to deal with her depression is expressing herself to open up. She starts talking to other people about what she is going through. At this point, she starts telling her new boyfriend what has happened to her life over the past year to Elliot Stryker. She feels relieved after sharing the story. Elliot's response helps her calm down. She finds peacefulness in accepting Danny's death. This is explained in the quotation below,

"Thank you, Elliot."

"Just don't ask for a mixed drink," he said. "I'm the world's worst bartender. I can pour anything straight or over ice, but I can't even mix vodka and orange juice properly."

"I wasn't thanking you for the drink. I was thanking you for ... being a good listener."

"Most attorneys talk too much." (Koontz, 1981:74)

The sixth solution she uses in coping with her depression is to accept the terror and try to find out about her son's death as Elliot advises her. She feels strange about the terror she receives. Elliot offers help to resolve her grief by

dismantling Danny's grave. This is supported by the fact that since she hears the news about the bus accident that makes Danny and the fourteen other children dead in the Sierra Mountains, she is not allowed to see Danny's body by the funeral home administrator in Reno because according to the funeral home administrator, Danny's body is the most destroyed among others. She agrees with Elliot's suggestion to dismantle Danny's grave. Because of that she feels guilty for never being able to see Danny for the last time. This explained in the quotation below,

"Reopen the grave."

"Have Danny's body exhumed?"

"Yes. I never saw him. That's why I'm having such a hard time accepting that he's gone. That's why I'm having nightmares. If I'd seen the body, then I'd have known for sure. I wouldn't be able to fantasize about Danny still being alive." (Koontz,1981:80)

She feels something wrong when she tries to get permission to demolish Danny's grave. When she tries to find the truth about Danny's death, she discovers the fact that Danny is still alive. He is not dead. He is used as a biological weapon testing material of a forbidden research in the Sierra Mountains area. This is described in the quotation below,

He turned away from them, spun the wheel on the steel door, and swung that barrier inward. Minutes ago, when Tina had first peered through the observation window, when she had seen the frighteningly thin child, she had told herself that she would not cry. ... Danny became excited when he saw her drawing near, and in spite of his terrible condition, he shakily thrust himself into a sitting position, clutching at the bed rails with one frail, trembling hand, eagerly extending his other hand toward her. (Koontz,1981:238)

Finally, her fact-finding of Danny Evans' death is successful. She finds her son still alive. She gets the answer of the terror that she has had and the recurring nightmares. In short, her depression is overcome by finding that her son is still alive and he backs in her arms.

E. CONCLUSION

From the analysis carried out, it comes to the conclusions. Tina Evans is a former showgirl who gets marriage with a blackjack dealer at a Las Vegas hotel. Her marriage is blessed with a son named Dany Evans. Unfortunately, her marriage does not last long because of the infidelity committed by her husband. Not only that, a few months after her divorce from her husband, her son Danny Evans is dead in a bus accident while climbing the Sierra Mountains.

From the two events above, her life changed. This change leads to depression. Her depression is indicated by two symptoms. The symptoms of her depression are the feeling sadness caused by the death of her child, Danny Evans, and having trouble sleeping because her mind is always full of images of Danny.

From the symptoms she has, it seems that there were several causes of her depression. They are the stress due to the loss of beloved son, and her divorce due to the infidelity of her husband, Michael Evans, as well as the spiritual terror a few months after Danny Evans' death.

Her depression creates effects. There are three effects of depression, namely insomnia caused by sadness about her life events and worries about big responsibilities at work. The second effect is lack of concentration caused by her son's death. Every time she sees a child of the same age as Danny, wherever she was, she will have the illusion that the child is Danny Evans. The last effect of Tina Evans's depression is nightmares caused by the spiritual terror a few months after Danny's death. This dream that Danny is still alive and asks to be saved comes repeatedly.

From the depression described above, it is found that Tina Evans has six solutions to overcome her depression. The first is to divert her sadness by working hard. the second is to take responsibility by taking the opportunity to become a director of luxury shows. The third is to divert her mind by consuming alcohol. This is what she does when she wakes up from her nightmare and starts having sleeping trouble. The fourth is positive thinking. The fifth is expressing herself to talk with others. This is done by starting to open up to her new boyfriend Elliot Stryker. The last is accepting the terror and finding out the facts about the death of her son Danny Evans. From the analysis, it comes to a conclusion that she is able to overcome her depression by finding that Danny Evans is still alive.

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