



**DEPRESSION OF HOLDEN CAULFIELD IN J.D SALINGER'S
*THE CATCHER IN THE RYE (1951)***

A THESIS

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Table of Contents

PRONOUNCEMENT	ii
MOTTO AND DEDICATION	iii
APPROVAL	iv
VALIDATION	v
ACKNOWLEDGEMENT	iv
ABSTRACT	viii
CHAPTER I INTRODUCTION	1
1.1 Background of The Study.....	1
1.2 Research Question.....	3
1.3 Objective of the Study.....	3
1.4 Previous Studies.....	3
1.5 Research Method.....	6
1.6 Scope of The Study.....	7
CHAPTER II THEORETICAL FRAMEWORK AND METHODOLOGY	8
2.1. Intrinsic Aspect.....	8
2.1.1. Character and Characterization.....	8
2.1.2. Setting.....	9
2.1.3. Conflict.....	10
2.2. Theory of Depression.....	10
2.2.1. Symptoms of Depression.....	11
2.2.2. Causes of Depression.....	11
2.2.3. Effects of Depression.....	12
CHAPTER III DEPRESSION OF HOLDEN CAULFIELD	14
3. Intrinsic Elements.....	14
3.1. Character and Characterization.....	14
3.1.1 Holden Caulfield.....	14
3.1.2 Mr. Haas.....	16
3.1.3 Other Supporting Characters.....	18
3.1.2 Setting.....	24
3.1.3 Conflict.....	25
3.2 Holden Caulfield's Depression.....	27
3.2.1 Symptoms of Holden's Depression in The Catcher in the Rye.....	27
3.2.2 Causes of Holden's Depression in The Catcher in the Rye.....	32
3.2.3 Effects of Holden's Depression in The Catcher in the Rye.....	36

CHAPTER IV CONCLUSION.....	40
REFERENCES.....	42

ABSTRACT

This research thesis explores the psychological aspects of depression, specifically in J.D. Salinger's *The Catcher in the Rye* (1951). The purpose of this thesis is to analyze the symptoms, causes, effects, and treatments of depression that is reflected by the main character through the lens of Sigmund Freud's psychoanalytic theory. With the use of qualitative descriptive research methodology and Freudian psychoanalytic approach, this research thesis treats the novel as a psychological mirror that reflects the processes of the mind. Data is collected via library research by analyzing the novel itself along with additional literary sources. The results of this research indicate that the sensitive and rebellious traits of Holden are intensified by the environment of isolation in places such as Pencey Prep and New York City. Additionally, the internal and external conflicts that Holden faces, specifically his chaotic thoughts and the hypocritical environment surrounding him, further shape and define his character throughout the novel. Meanwhile, the depression phenomena analysis indicates that Holden suffers from symptoms of depression, such as loss his appetite, emotional unstable, and isolation that caused by the trauma of losing his brother, his loneliness, arguments, and his crisis. Therefore, the effects that Holden gets are consumes alcohol, poor focus and his health problems. However, Holden has the treatments, such as his comfort at home, a small moment of happiness, and a close bond with his siblings.

Keywords: adolescent depression, character, Freudian psychoanalytic theory, psychological approach, novel.