



**MENTAL ILLNESS OF THE MAIN FEMALE CHARACTER
IN MATT HAIG'S *THE MIDNIGHT LIBRARY***

A THESIS

In Partial Fulfillment of the Requirements
for Bachelor's Degree Majoring in Literature in the English
Department Faculty of Humanities Diponegoro University

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2023

PRONOUNCEMENT

I honestly declare that I written this undergraduate thesis study by myself without taking the work and results of other researchers at any other university, in diploma degree, bachelor's, master's, and doctorate degrees. I also ensure that I do not take any material from other works except from the references mentioned.

Semarang, 11th October 2023



Aulia Rizka Al Majid

MOTTO AND DEDICATION

So, surely with hardship comes ease.

Surely with 'that' hardship comes 'more' ease.

Ash- Sharh: 5-6

Don't compare your life with others' lives, don't look at others around you, just go at your own pace.

Park Woojin

Anyone can be anything, you can be everything.

Han Jisung

This undergraduate thesis study is dedicated to:

Myself, my beloved family, and those who I love the most.

APPROVAL

**MENTAL ILLNESS OF THE MAIN FEMALE CHARACTER
IN MATT HAIG'S *THE MIDNIGHT LIBRARY***

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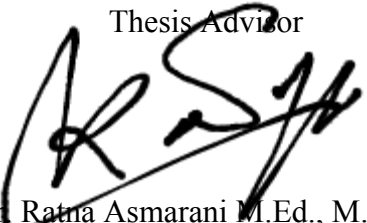
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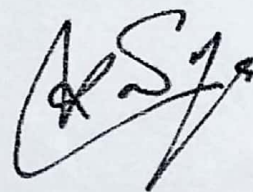
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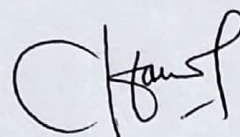
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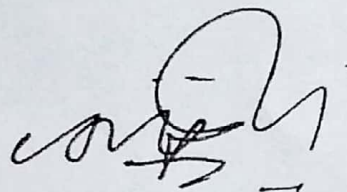
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This thesis study still needs improvement because I realize that this thesis still needs improvement. Therefore, I will always accept and appreciate all constructive suggestions. Finally, this thesis can be helpful for all parties who want to learn about literary works on mental illness, especially its triggers and symptoms, or other related fields in general.

Semarang, 11th October 2023

Aulia Rizka Al Majid

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ABSTRACT

The purpose of this undergraduate thesis study is to analyze the triggers, the symptoms, and the impact of the torpor incident or the between life and death incident on the main female character's mental illness in *The Midnight Library* novel by Matt Haig using Allen Frances theory in *American Psychiatric Association* for the symptoms of the main female character mental illness and using Martin EP and Edmund J Bourne to analyze the mental illness triggers of the main female characters. This study uses a psychological approach method. This study is divided into two aspects: external aspects and internal aspects. The external aspect consists of external factors that cause the main female character to suffer from mental illness, reinforced by internal factors within the main female character. There are three triggers of the mental illness experienced by the main female character, while the symptoms of mental illness seen in the main female character are five symptoms. There is also character development of the main female character as a form of the impact of the torpor incident, which plays a significant role in the mental illness of the main female character.

Keywords: *Mental Illness, Triggers, Symptoms, Impact.*

CHAPTER I

INTRODUCTION

1.1 Background of Study

Many people have problems, both serious and minor. Everyone has to experience doubts and face a difficult choice. One is about the reality of life regarding the hopes and ideals that a person dreams. Only some can reach all their dreams and aspirations. Failing to pursue these dreams sometimes has an extraordinary effect on some people. Feeling like failure and disappointment is one of the human feelings a person feels after experiencing failure in something they are pursuing. It can have a different impact on each person. One of them can trigger someone to suffer from mental illness.

Every individual has a different life goal; a life that pursues this goal is also stated in literary works. Literary works other than drama and poetry are considered expressions of life. A novel is a long story in the form of a prose whose author tries to create meaning that when we read, we experience life (Kennedy, 1991: 312). *The Midnight Library* by Matt Haig is used as the study object in this undergraduate thesis analysis. *The Midnight Library* is a fantasy novel. Fantasy literature can be read or understood as an allusion to the conditions that occur in the year the fantasy story was published so that it can be a reference to the truth or situation in a certain year (Apter, 1982: 1). *The Midnight Library* tells the story of a 35-year-old woman, Nora Seed, who faced the reality of life. After deciding to end her life, Nora Seed's soul is trapped in a state of torpor. It is as if Nora Seed was in a library and could choose books in which there was a life that she could live. Nora Seed also experienced severe shocks due to events she experienced in the past, which caused her to suffer from mental illness. The writer is interested in analyzing the mental illness of the main female character, Nora Seed, starting from the triggers of

Nora Seed's mental illness, the symptoms of Nora Seed's mental illness, to the impact of the torpor incident experience by Nora Seed on her mental illness, which she is suffering. The writer feels that this novel is fascinating from the mental illness of the main female character side because this novel is about Nora Seed feels disappointed with herself and chooses to bury these feelings. It causes her to have a mental illness, and this novel also discusses how Nora Seed resolves her disappointment so that her mental illness becomes better.

“‘Between life and death there is a library,’ she said. ‘And within that library, the shelves go on for ever. Every book provides a chance to try another life you could have lived. To see how things would be different if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets?’” (Haig, 2020: 39).

The midnight library is an incident between life and death experiences by Nora Seed, who decides to end her life at midnight at 00.00.00 AM and wake up again at 00.01.27 AM.

1.2 Research Problems

Based on this title of the study, *Mental Illness of the Main Female Character in The Midnight Library Novel (2020) by Matt Haig*, several questions lead to the main female character's mental illness. The research problem questions are:

1. What are the triggers of Nora Seed's mental illness in *The Midnight Library*?
2. What are the symptoms of Nora Seed's mental illness in *The Midnight Library*?
3. What are the impacts of the torpor incident or the midnight library incident for Nora Seed's mental illness in *The Midnight Library*.

1.3 Objectives of the Study

The writer compiles the objectives of the study containing the goals that are expected to be achieved in this research:

1. To identify the triggers of Nora Seed's mental illness in *The Midnight Library* novel.
2. To identify the symptoms of Nora Seed's mental illness in *The Midnight Library* novel.
3. To explain the impact of the torpor incident or the midnight library incident on Nora Seed's mental illness in *The Midnight Library* novel.

1.4 Previous Studies

Previous studies are a step to avoid plagiarism and similarities in topics or discussions with the study the writer has compiled. *The Midnight Library* was released in 2020, so in this study, the writer finds several thesis and articles that correlate with Matt Haig's novel *The Midnight Library*:

Muhammad Rehan and Gul E Zahra wrote an article published on December 30, 2021, entitled *Philosophical Exploration of Existentialism and Absurdism in Matt Haig's The Midnight Library*. This article uses the theory of existentialism and absurdism by Albert Calmus, which discusses the existence of elements of existentialism and absurdism in *Matt Haig's The Midnight Library*.

Zevania Veda Sarasvati writes a study thesis entitled *The Reflection of Guilty Through Nora Seed's Character in The Midnight Library Novel by Matt Haig*. It was published on June 22, 2022, and focuses on Nora Seed's feelings of guilt and reveals the causes of her guilt through setting, plot, and psychological approach.

Another thesis study was written by Ulfah Drifiliani Kusumaningrum on June 28, 2022, with the entitle *The Depression of Nora Seed as Reflected in Matt Haig's The Midnight Library* using the symptoms of depression theory by Aaron Tamkin Beck and Brad A. Alford, and discussing the symptoms and depression of Nora Seed.

Inka Zahwa Sabrina writes *Self-Efficacy Development of Nora Seed in The Midnight Library by Matt Haig* on July 6, 2022. This thesis study uses the self-efficacy concept and new criticism to discuss Nora Seed's behaviour before and after self-efficacy in *The Midnight Library*.

Juang Galuh Ratu Praditha published her thesis study on October 26, 2022, with the title *Nora's Character Development after Apparent Death in Matt Haig's The Midnight Library*. This thesis study uses the theory of character development by Perrine with focused research on the character development of Nora Seed.

The next thesis study by Salsabilla was written on July 24, 2023, titled *The Main Character's Anxiety and Defense Mechanism in Matt Haig's The Midnight Library*. Using anxiety and character development theory by Sigmund Freud, the focus of discussion of this thesis study is anxiety, the triggers of Nora Seed's anxiety, and the defense mechanism of Nora Seed.

An article was published on July 28, 2023, entitled *Nora Seed's Will to Survive in Matt Haig's The Midnight Library*. This article focuses on Nora Seed's survival suicide crisis and explores her survival type and her psychological strengths using the survival club theory by Ben Sherwood.

The writer also finds several novel reviews on the internet. One of the well-known reading recommendation websites, *The Good Reads*, published a novel review. Paromjit wrote a novel review about the author of this novel, who have a

mental illness, and used this novel and Nora Seed to explore life, the issues that existed through philosophy and much more. It also found out what was meaningful in this life through Nora Seed and expressing it in this novel. Paromjit also wrote that every book Nora Seed chose contained different despairs, pains, and regrets.

The authors found a review published in the *New York Times Review*, entitled *In 'The Midnight Library,' Books Offer Transport to Different Lives*, written by Karen Joy Fowler. It pointed out Nora Seed's journey through books to try another life, discussed the torpor incident, and the synopsis of the story from *The Midnight Library*.

Several websites have reviewed this book, including their opinions, such as Natasha Pulley published through *The Guardian website*, entitled *The Midnight Library by Matt Haig review - a celebration of life's possibilities*. The author of this novel, Matt Haig, is concerned about the psychological effect on Nora Seed due to feelings of willingness, unwillingness, and how to interpret life. The novel reviewer also wrote that this book is aimed at someone dealing with depression and anxiety. It contains big questions that Nora Seed has difficulty answering when she is in good condition or when to commit suicide. All the book reviews were accessed on September 27, 2023.

The previous studies presented above and this undergraduate thesis study. This study will discuss and focus on the triggers of Nora Seed's mental illness, the symptoms of Nora Seed's mental illness, and the impact of the torpor incident that Nora Seed has experiences.

1.5 Scope of the Study

The research scope has a function to limit the analysis of the topics in the discussion. This research focuses on the main character, Nora Seed, and her guide, Mrs. Elm.

The internal conflict and external conflict between the main female character, and also focus on the mental illness of the main female character, especially situational depression and panic attacks, using quotes from experts regarding triggers and symptoms of situational depression and panic attacks, discussing the impact of the torpor incident or the midnight library incident on Nora Seed's mental illness.

1.6 Writing of Organization

This thesis consists of four chapters. Each chapter will be divided into several sub-chapters, as follows:

CHAPTER I: INTRODUCTION

This chapter has six sub-chapters: background of the study, research problems, objectives of the study, previous studies, the scope of the study, and writing organization.

CHAPTER II: THEORY AND METHOD

This chapter contains a theory and method to analyze the mental illness of the main female character in *The Midnight Library*.

CHAPTER III: DISCUSSION

This chapter contains an analysis to answer the research problems. This chapter has two parts: the intrinsic aspects and the extrinsic aspects.

CHAPTER IV: CONCLUSION

This chapter contains summary of the discussion and provides conclusions from the problems discussed in this thesis.

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

The theoretical framework is a design plan for the entire thesis research that directs, builds, and supports the research. The theoretical framework provides a structure and determines how the author will define the thesis approach through a philosophical, epistemological, methodological, and analytical approach (Grant & Osanloo, 2014: 13).

2.1.1 Intrinsic Aspects

Intrinsic aspects are the starting point of literary studies in interpreting and analyzing literary work (Wellek & Warren, 1956: 139). According to Klarer, the identification area in film and novels is a plot, time, setting, character, style, and narrative perspective (Klarer, 2004: 14). The author uses the intrinsic aspect of the character, which will focus on the main character and conflict.

2.1.1.1 Character

The character describes a person that might be met in society, showing certain qualities. These characters are not described as individual traits but as human traits in general (Holman, 1985: 74). The antagonist character is a character that has a different side from the main character, while the protagonist is the main character in a story or drama. Antagonist characters are not always bad but can also be good if the protagonist is a villain in a story (Baldick, 2001: 12).

Although Klarer divides characters into several types, the author will focus on the protagonist or the main character of *The Midnight Library* novel because these characters are related to the conflict. The author focuses on the main female character of *The Midnight Library*, Nora Seed, and her guide, Mrs. Elm.

21.12 Conflict

Conflict is the interaction of two opposing forces in one plot. Conflict is one element of attraction and tension in any form of fiction, whether it is drama, prose, short stories, or novels. Conflict is the raw material that defines the plot. The conflict is against the protagonist or an inanimate object given life in the story, but conflict does not always show the protagonist's struggle against someone or something. That can be about the protagonist's journey to reach what the protagonist wants to achieve (Holman, 1985: 98). According to Perrine in *Perrine's Literature: Structure, Sound, and Sense*, the conflict is divided into three types:

“Conflict is a clash of actions, ideas, desires, or wills. Characters may be pitted against some other person or group of persons (conflict of person against person); they may be in conflict with some external force—physical nature, society, or “fate” (conflict of person against environment); or they may be in conflict with some elements in their own natures (conflict of person against himself or herself), the conflict may be physical, mental, emotional, or moral” (Perrine, 1998: 42).

The direct quotation above states that conflict is divided into internal conflict and external conflict. Internal conflict is the protagonist's conflict with what is within themselves, and external conflict is the conflict that occurs between the protagonist and external factors, such as the environment, etc. The conflict can be internal and can only resolve verbal or psychological conflict within the protagonist. The inner conflict experienced by the protagonist often causes external conflict (Meyer, 2020: 46). The author focuses on the internal conflict of the main character of *The Midnight Library* novel, Nora Seed, who has a conflict with herself and, in the end, the internal conflict which impacts the surrounding environment.

2.1.2 Extrinsic Aspects

The extrinsic aspect is an element influenced by external aspects in a literary work. The external causes included the author's environmental, historical, and individual

factors influencing literary works. External factors are also the author's biography or background, the author's psychology, the society behind the setting of the literary work, and the ideas of the literary work (Wellek & Warren, 1956: 73). The writer focuses on situational depression and panic attacks, both from the triggers and symptoms, analyze the mental health of Nora Seed, the main character in *The Midnight Library* novel. The author will also quote several explanations about mental illness from experts.

2.1.2.1 Mental Illness

Mental illness experienced by a person has different symptoms for each individual. Some general signals indicate a person has slightly different mental health than most people, specific triggers that can start with feelings of frustration and guilt. Frustration and guilt are related and not two different forms of behavior that can disrupt a person's mental stability, eventually leading to action, followed by a sense of regret, and can even increase inner conflict where a person loses contact with reality (Foucault, 1987: 39).

2.1.2.1.1 Situational Depression

Situational depression, also known as reactive depression, is depression that occurs as a result of a response to something terrible happening to someone for a short period (Johan, 2018: 62). Situational depression usually has triggers related to a person's internal state (Solomon, 2001: 382). In this thesis, the author uses several steps to prove that the emotional depression experienced by the main female character is a form of response to trauma from a major event in her life. According to Martin EP in his book *Contemporary Psychological Approaches to Depression*, there are several approaches: the meaning of the event for someone, the impact of events that occur, and the involvement of external factors, especially family. The

symptoms of situational depression also have similarities with major depression. According to the American Psychiatric Association in *Diagnostic and Statistical Manual of Mental Disorder DSM IV* by Allan Frances, Major depression has nine symptoms and episodes:

“Depressed mood most of the day, nearly every day; Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day; Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day.; Insomnia or hypersomnia nearly every day.; Psychomotor agitation or retardation nearly every day.; Fatigue or loss of energy nearly every day.; Feelings of worthlessness or excessive or inappropriate guilt nearly every day.; Diminished ability to think or concentrate, or indecisiveness, nearly every day.; Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide” (Frances, 1994: 356).

The author takes five symptoms from the nine symptoms that have been explained in the quote above: depressed mood, lack of enthusiasm for activities, feelings of guilt, reduced ability to think or concentrate, and desire to commit suicide.

2.1.2.1.2 Panic Attack

A panic attack is a response of excessive fear and a sudden surge of adrenaline that occurs when a person believes that they are in danger, even though they are not in danger (Tubridy, 2007: 7). According to the American Psychiatric Association in *Diagnostic and Statistical Manual of Mental Disorder DSM IV* by Allen Frances, the panic attack has several symptoms, like on the quotation below:

“A discrete period of intense fear or discomfort, in which four (or more) of the following symptoms developed abruptly and reached a peak within 10 minutes: palpitations, pounding heart, or accelerated heart rate; sweating; trembling or shaking; sensations of shortness of breath or smothering; feeling of choking; chest pain or discomfort; nausea or abdominal distress; feeling dizzy, unsteady, lightheaded, or faint; derealization (feelings of unreality) or depersonalization (being detached from oneself); fear of losing control or going crazy; fear of dying; paresthesias (numbness or tingling sensations); chills or hot flushes.” (Frances, 1994: 395).

There are three types of panic attack triggers: significant personal loss, significant life change, stimulants, and reactional drugs (Bourne, 2015: 89). In this thesis, the writer discusses the panic attacks experienced by Nora Seed in terms of the triggers and symptoms seen in *The Midnight Library*.

2.2 Research Method

The research method is a technique for gathering data and evidence. Data collection techniques are divided into three parts. The three parts are listening or interviewing sources, observing behavior, and tracing history and records (Harding, 1987: 2). The writer will detail the research method in three parts, data and data sources, data collection methods, and data analysis methods.

2.2.1 Data and Data Source

The data source for this research is Matt Haig's novel *The Midnight Library*. This novel was published on August 13, 2020. It is about a woman, Nora Seed, whose one night, she wants to commit suicide, but she ends up in the library. This novel was adapted for radio and broadcasted in ten episodes on BBC Radio on December 4, 2020. According to the *goodreads.com* site, the site is a gathering site for people who like to read and review the books they have read, and *The Midnight Library* is rated 4.17 / 5.0, which means that almost all people who read this novel are satisfied with the contents of the story.

2.2.2 Method of Collecting Data

The data can be accurate, which takes several steps. Starting from collecting, managing, and checking the data's correctness (Zozus, 2017: 13). For this reason, the author collects data using library research methods supported by data sources in collecting data, which is collected through sources from libraries, books, and internet sites relevant to this thesis.

2.2.3 Method of Analysing Data

The author uses a psychological approach to analyze the novel *The Midnight Library*. According to Rohrberger and Samuel H. Woods, a psychological approach is an approach to literature that applies psychological theory to describe characters' personalities in literature (1971: 13). This thesis uses a psychological approach to analyze the mental illness that Nora Seed experiences.

CHAPTER III

DISCUSSION AND RESULT

This chapter discussing of the mental illness suffered by the main female character, Nora Seed, in *The Midnight Library* novel by Matt Haig. The writer divides the data results into two parts, the intrinsic and extrinsic aspects. In this chapter, the writer using the proper name, Nora Seed, or the main female character, to refer to the protagonist in this novel.

3.1 Intrinsic Aspects

The intrinsic aspects discuss the factors causing the mental illness of Nora Seed, the main female character. There are two intrinsic aspects to be discussed: the characters of Nora Seed as the main female character, Mrs. Elm as Nora Seed's guide, and Nora Seed's conflicts in the novel.

3.1.1 Character

3.1.1.1 Nora Seed

This research discusses the novel's main female character, Nora Seed. The author, Matt Haig, writes this novel using a third-person point of view, where the author uses the pronoun she to refer to Nora Seed as the main female character. Nora Seed, the main female character in this novel, is a thirty-five-year-old British woman who lives in Bedford City, United Kingdom "I'm thirty-five" (Haig, 2020: 20). Nora Seed has a job as a musical instrument storekeeper, called *String Theory*, and an occasional piano tutor. Nora Seed lives alone in her house. She is accompanied only by one orange tabby cat, Voltaire.

Nora Seed is the protagonist of this novel, can be seen in this quotation below:

“Twenty-seven hours before she decided to die, Nora Seed sat on her dilapidated sofa scrolling through other people’s happy lives, waiting for something to happen. And then, out of nowhere, something actually did” (Haig, 2020: 16).

From the quotation in *The Midnight Library*, Nora Seed is the protagonist. However, the antagonists that the writer finds besides the character's influence on Nora's mental illness are Dan Lord, his fiancé, and her parents. Nora Seed's ex-fiancé, Dan Lord, cancels their wedding three days before the wedding ceremony because Nora Seed feels she is unable to be in a married life and also due to the effects of the situational depression she is suffering as a result of her mother's death. Neither her family nor Nora Seed's fiancé fully supports her hobbies and goals. Nora Seed has an interest in music, and she joins a band with her brother, *The Labyrinth* ““You were in a band. With your brother”” (Haig, 2020: 21). However, her involvement in the band does not get support from her ex-fiancé, and she finally decides to leave.

Nora Seed's parents, especially her father, view Nora’s future differently. Nora's father believes that Nora can become a swimming athlete, and she has won several swimming competitions. However, Nora Seed experiences difficulties while still living with her parents, such as her parents' demands on Nora Seed. Nora Seed's parents often do not support her desires. “I always felt my parents just encouraged his dreams a bit more” (Haig, 2020: 188). Since childhood, Nora Seed feels her parents treat her differently from her older brother. The main female character thinks that her brother always gets support for his desires while she does not. The main female character, Nora Seed, has an older brother, Joe Seed. However, their relationship is not on good terms due to past incidents. The situational depression is getting worse day by day (Haig, 2020: 20). The external

conflict that Nora Seed has gone through since she was in elementary school, over time, has turned into an internal conflict within the main female character.

3.1.1.2 Mrs. Elm

Mrs. Elm is a librarian at the elementary school where Nora Seed used to attend. She has a fairly old appearance with short gray hair and an oval face (Haig, 2020: 13). Mrs. Elm has a big role because when Nora Seed is in the torpor incident or the midnight library incident, Mrs. Elm appears as a guide to choosing which books the main female character can select and explore lives she has never lived.

"It can be subtle, but as soon as disappointment is felt in full, you'll come back here. Sometimes the feeling creeps up, other times it comes all at once. If it never arrives, you'll stay put, and you will be happy there, by definition. It couldn't be simpler. So: pick something you would have done differently, and I will find you the book. That is to say, the life' " (Haig, 2020: 50).

The quote above shows Mrs. Elm had a hand in the book that Nora Seed would choose to live another life. After Mrs. Elm said the above, Nora Seed chose a book if she and Dan Lord successfully married that day.

Mrs. Elm also symbolizes that the main female character is between life and death. Mrs. Elm gives Nora Seed the understanding that between life and death, there is a library in which there are books that can bring Nora Seed to experience another life (Haig, 2020: 39). Mrs. Elm plays an essential role in Nora Seed's journey, she contributes to Nora Seed's choice of themes, regrets, and her search for identity. When the main female character leaves the library, Mrs. Elm reminds her that life continues and she should never give up on life.

3.1.1 Conflict

Conflict in the novel is divided into internal and external conflict. The external conflicts experienced by the main female character are conflicts with the society and environment around Nora Seed, such as her conflicts with her parents, brother,

bandmates, and fiancé, which make her feel she is not needed in this world and is only a burden, and that triggers the emergence of internal conflict. The internal conflicts in the main female character are within Nora Seed herself, where the conflict makes her mental illness get worse.

3.1.1.1 External Conflict

The external conflict that supports the main female character's mental illness is from the closest people around Nora, who demand her to be perfect. Nora Seed's parents had high hopes for her, and this can be seen when her mother tries to cover Nora Seed's left ear because her mother feels Nora Seed's left ear is more prominent than Nora Seed's right ear (Haig, 2020: 13). The father also has high hope for Nora to become a swimming athlete. He is very critical of Nora Seed's activities and other hidden desires than those unrelated to swimming (Haig, 2020: 90). The main female character's friends from her primary school also contribute to the mental illness of the adult Nora Seed. When Nora Seed wins a swimming competition, they immediately call her by the nickname 'The Fish.' At that time, Nora Seed was still fourteen, while teenagers her age were very concerned about appearance. Some people said Nora had shoulders like a man and started giving her nicknames, which, according to the main female character, were not compliments (Haig, 2020: 89). That embarrassed her. She stopped being a swimming athlete and preferred spending time in the library rather than on the playground.

Nora Seed also got another pressure from her ex-fiancé, Dan Lord, who demands that Nora Seed leave the band by bringing the main female character's mental illness as exhaustion.

“Well – now that she thought about it – he’d never been supportive of her music career, and had advised her that being in The Labyrinths and signing a music deal would be bad for her mental health, and that her brother was being a bit selfish. But at the time she had viewed that not so much as a red flag but a green one” (Haig, 2020: 57).

Another external conflict is Nora Seed's ex-fiancé manipulating her into believing her being in the band is terrible. Nora Seed, deeply in love with Dan Lord, feels that her fiancé's actions are a form of affection for herself, and her fiancé does not care about popularity like other people want. Nora Seed sees it as a green flag. However, what Dan Lord does makes Nora Seed experience a new conflict. This combination of external conflicts is the reason that drives Nora Seed's mental health to exacerbate as she feels the pressure being placed on her. The external conflict that supports Nora Seed's mental illness arises from those closest to her, and the external conflict that Nora Seed gets eventually becomes an internal conflict.

3.1.1.2 Internal Conflict

The internal conflict that happened to Nora Seed is an old, hidden conflict. The conflict that initially only comes from external finally became an internal conflict between Nora Seed and her inner self. The main female character, Nora Seed, has harbored this internal conflict for a long time.

“Nineteen years before she decided to die, Nora Seed sat in the warmth of the small library at Hazeldene School in the town of Bedford. She stared at a chessboard on a low table” (Haig, 2020: 13).

The author writes the duration of this internal conflict as a countdown from the incident where Nora Seed decided to commit suicide. Nora Seed keeps this internal conflict from nineteen years ago, which is finally born in the future. She always feels guilty in some situations beyond her control, the main character feels she can do better, but she does not. When Nora Seed feels that way, all the guilt will gather

and swirl in her mind as if she is judging herself. Nora Seed also tends to blame herself for the events in her life and has always had difficulty accepting herself for who she is. She feels that all the problems in her life are caused by herself, and she always hates herself and finds it challenging to accept herself. She always feels that she is not good enough to do anything (Haig, 2020: 141). The internal conflict, which becomes more and more acute, causes mental illness in Nora Seed, the main female character. Her internal conflict causes her to commit suicide, but instead of dying, she is trapped in a library called the midnight library. The library was her library when she was in elementary school. In a state of torpor, Nora Seed experiences a journey where it is as if she can choose and live a life or dream that she is not have previously chosen through one of the books in the library. Moreover, Nora Seed's soul in that midnight library feels she is guided by her school librarian, Mrs. Elm. However, no matter how comfortable the life she chooses, the main female character still wants her real life.

3.2 Extrinsic Aspects

The writer will divide the discussion about the extrinsic aspects of the mental illness of the main female character in *The Midnight Library* into three parts. First, the writer discusses the triggers for Nora Seed's mental illness, which divides it into two parts: situational depression and panic attacks. The second discusses the depressive symptoms experienced by the main character. There are nine symptoms of depression. However, the writer will only use five of those symptoms. The five symptoms relevant to this discussion are depressed mood, lack of enthusiasm for activities, guilt, diminished ability to think or concentrate, and suicidal ideation. And discuss the panic attack symptoms that Nora Seed experiences. The final section will explain the impact of a torpor incident on Nora Seed's mental illness.

3.2.1 Nora Seed's Mental Illness Triggers

This section will explain some of the triggers of mental illness in the main female character in *The Midnight Library* novel, Nora Seed.

"It's not clinical. The doctor says it's situational depression. It's just that I keep on having new . . . situations. But I haven't taken a day off sick for it all. Apart from when my mum . . . Yeah. Apart from that'" (Haig, 2020: 20).

The quotation above explains that Nora Seed has a mental illness, situational depression, and Nora Seed also has panic attacks. The conflict within itself triggers Nora Seed's mental illness.

3.2.1.1 Nora Seed's Situational Depression Triggers

Three triggers for Nora Seed's mental illness can be seen in this novel. First, the feeling of regret that Nora Seed constantly feels (Haig, 2020: 48) is formed from the meaning of an event for someone. Second, Nora Seed is always hard on herself (Haig, 2020: 69) because of the impact of events that occur. The last one is Nora Seed's family's treatment of her (Haig, 2020: 189) as to the involvement of external factors. Nora Seed feels regret. The main female character has many regrets in her life "Every move had been a mistake, every decision a disaster, every day a retreat from who she'd imagined she'd be" (Haig, 2020: 32). Nora always thinks about her mistakes and decisions. Unfortunately, she still cannot accept the risks of her decisions and is too focused on her mistakes. This feeling causes the mental illness she suffered. Feelings of regret and guilt always come over her and will always be one of the primary triggers for Nora Seed's mental illness.

"The book was divided into chapters, chronologically arranged around the years of her life. 0, 1, 2, 3, all the way up to 35. The chapters got much longer as the book progressed, year by year. But the regrets she accumulated weren't specifically related to that year in question" (Haig, 2020: 45).

Regret is the main trigger of the main female character's mental illness, as evidenced in the novel *The Midnight Library* by Matt Haig, which has a chapter entitled *The Book of Regrets*. This book contains Nora Seed's regrets from when she was a baby until the moments before she decided to commit suicide. In this book of regrets, the main female characters' regrets are listed from the smallest to the biggest. Another proof that feeling regret is the main trigger of Nora Seed's mental illness is her reaction when she opens *The Book of Regrets*, where she feels all the regret she had been harboring radiate and surround her until Nora Seed feels intense guilt and regret and sadness. Another alternative universe that Nora Seed picks is when she successfully marries her fiancé, Dan Lord. In the book, Nora Seed lives in the countryside far from Bedford City and runs a small pub with Dan.

“It was an impressive bathroom. There was a mirror. She gasped at her reflection. She looked healthier but also older. Her hair made her look like a stranger.

This was not the life she imagined it to be.

And Nora wished the self in the mirror ‘Good luck’” (Haig, 2020: 66).

Even with this alternative life, Nora Seed still feels disappointed, especially with Dan's attitude, which changed so much and surprised her. Dan Lord's habit of drinking, even having an affair with a visitor to their pub, and his tone of speaking to Nora Seed is very harsh. In her real life, Nora Seed felt regret about her decision to cancel her wedding three days before the ceremony, which was one of the triggers that Nora Seed experienced. Another trigger for Nora Seed's mental illness is her parents' treating her differently as a child. Nora Seed is the last of two children, and she has an older brother, Joe Seed. Nora Seed feels there is a difference in how her parents treat her and her brother. Joe Seed always gets what he wants, while Nora Seed is tough to get support even with her own will. It is easier for his brother to get approval from their parents. For example, when his brother wants to start a band,

their parents buy Joe Seed a guitar and move an old piano to Nora Seed's room (Haig, 2020: 189). Nora Seed also sees her brother as a great and cool person whom Nora Seed cannot reach.

The figure of Joe Seed is the figure of an older brother whom the main female character greatly admires. However, behind her admiration, Nora Seed always feels jealous of what her older brother gets, especially regarding their parents' attention. Like the quotation above, Nora Seed even does many things to attract the attention of her parents and older siblings, including learning the piano. Nora Seed always compares Mrs. Elm with her parents, especially her mother, because she thinks Mrs. Elm's affection is unconditional "It was hard not to compare Mrs. Elm to her mother, who treated Nora like a mistake in need of correction" (Haig, 2020: 13). Nora Seed feels that her mother always considers her a mistake because of several things. Even the shape of Nora Seed's asymmetrical ears was corrected by her mother. In comparing her mother to Mrs. Elm, the main female character expresses her disappointment with her mother's treatment of her. The writer also finds a link between several things that trigger Nora Seed's mental illness. Nora Seed's parents also experienced depression. At the age of seventeen, Nora Seed was no longer swimming competitively. Her days are filled with her father constantly feeling angry at her for stopping being a swimmer and her mother experiencing depression patches (Haig, 2020:185), which can affect the main female character's mental illness. According to the *Stanford Journal*, depression can be inherited by children whose growth sees their parents or those closest to them experiencing depression. Children with a family history of depression are about two to three times more likely to have depression than children with an inherited risk of depression, and major depression is more common in women, about two times more women than men.

“The first problem had been that Nora had dared, somehow, to arrive into existence at a time when her parents’ marriage was relatively fragile. Her mother fell into depression and her father turned to tumblers of single malt” (Haig, 2020: 100).

The mother of the main female character is also depressed, coupled with the treatment of Nora Seed's parents and older siblings towards her. This circumstance becomes one of the triggers of Nora Seed's mental illness because the main female character grows with her parents, who have a mental illness, and her brother, who is supposed to be her guard, but at that time, he goes to art college.

Nora Seed also cancels her wedding because she has fear or trauma about marriage because of her parent's marriage. Nora Seed feels their marriage has no affection in it. Nora Seed is afraid of becoming someone like her mother (Haig, 2020: 47). Nora Seed also realizes that her feelings of insecurity are directly and indirectly added by her parents’ treatment (Haig, 2020: 142), such as her ear problems, her hidden desires, and how she is treating. She has a high insecurity about herself because of the result of the treatment, and her closest environment supports that insecurity becoming even more significant.

3.2.1.2 Nora Seed’s Panic Attack Triggers

According to Edmund J Bourne in *The Anxiety & Phobia Workbook*, panic attacks have three triggers: significant personal loss, significant life change, and reactional drugs. Nora Seed experienced quite a lot of personal loss in her life, losing both her parents, losing her cat, feeling like she had lost her best friend Izzy, and even losing her fiancé. Nora Seed losing her parents devastated her, especially when she lost her mother, who had ovarian cancer. Nora Seed lost her father when she was in elementary school due to a heart attack. "...But I haven't taken a day off sick for it all. Apart from when my mum . . . Yeah. Apart from that" (Haig, 2020: 20). The quotation above is the first time Nora Seed mentions her mental illness in this novel

when she talks to her boss at String Theory, the musical instrument store. Another loss was Nora Seed's loss of her fiancé, who, for Nora Seed, is very kind and understanding, even though she was very disappointed with Dan in one other universe. Nora Seed chose a book about herself and finally went to Australia with her best friend, Izzy. In her real life, Nora Seed was no longer that close to Izzy after she moved to Australia.

“Her last hope was her former best friend Izzy, who was over ten thousand miles away in Australia. And things had dried up between them too.

She took out her phone and sent Izzy a message.

Hi Izzy, long time no chat. Miss you, friend. Would be WONDROUS to catch up. X

She added another ‘X’ and sent it” (Haig, 2020: 28).

The quote above shows that Nora Seed felt lost and missed her friend, but Izzy never answered her message, disappointed her. Another loss was Nora Seed losing her orange tabby cat, Voltaire, commonly called Volts. Nora Seed lost her cat, who died on the side of the road trying to get out of the house. Nora Seed kept Voltaire to accompany the loneliness she felt "So, in effect, she swapped her best friend for a cat" (Haig, 2020: 60). However, it was a shame that the old cat died, and Nora Seed felt very lost.

The second trigger of panic attacks is significant life changes. Nora Seed experienced significant life changes due to the influence of the surrounding environment, which placed demands on her. Nora Seed gets hard on herself. This trigger arises because there is still a relationship between people's expectations and how other people treat Nora Seed. Nora Seed grows up in an environment where she cannot do anything she wants, and indirectly, she is given a standard of perfection. The main female character feels she must be perfect according to other people's respective versions. Still, their expectations are not fulfilled because their perfect version does not match her abilities.

“In fact, I’m sure it would be a relief. I’m not useful to anyone. I was bad at work. I have disappointed everyone. I am a waste of a carbon footprint, to be honest. I hurt people. I have no one left. Not even poor old Volts, who died because I couldn’t look after a cat properly. I want to die. My life is a disaster” (Haig, 2020: 69).

The quotation above is a form of Nora Seed's thought that she justifies herself by saying she is not good enough to live because everything she does is wrong. Nora Seed cannot live up to the expectations of herself and others. The people closest to her also form Nora Seed's expectations of herself. The main female character is too hard on herself because of her perfectionist side, and she listens too much to other people's opinions about her life.

The third triggers are significant stimulants and drugs. Because Nora Seed suffers from mental illness, Nora Seed has been prescribed pills that she always takes. When Nora Seed experiences something bad or feels like she needs medicine, she will immediately take anti-depressant medication. "She got herself some water and swallowed two anti-depressants and stared at the rest of the pills, wondering" (Haig, 2020: 31). This drug also suppressed Nora Seed's emotions when her friend found her cat lying dead on the street.

3.2.2 Nora Seed’s Mental Illness Symptoms

As discussed in the theoretical section, major depression has several symptoms. Although there are nine symptoms, according to Allan Frances in the *Diagnostic and Statistical Manual of Mental Disorders*, in this discussion, the writer takes five symptoms relevant to what Nora Seed has experienced. The first symptom is experiencing a depressed mood most of the day.

Nora Seed has felt pressure since she was fourteen years old, which concerns her being a swimmer. As she grows older, Nora Seed feels more pressure from herself and the world around her (Haig, 2020:11). The force that Nora Seed feels

gives rise to the first symptoms. Nora Seed also feels tremendous pressure every day because, for her, the current place where Nora Seed lives is a walking trauma (Haig, 2020: 23). Nora Seed felt depressed from seeing a place with a story every day, and she cannot rid herself of that depression, even from memory. Whenever the main female character walks around Bedford, all the pressures and memories seem to return and chase her.

The second symptom Nora Seed experiences is a lack of enthusiasm for carrying out activities, as can be seen when she decides to take a walk around town and think about her fate.

“It reminded her that everyone was better off without her. You get near a black hole and the gravitational pull drags you into its bleak, dark reality. The thought was like a ceaseless mind-cramp, something too uncomfortable to bear yet too strong to avoid” (Haig, 2020: 18).

The main female character feels that she has failed and does not have the passion to carry out her usual activities. She already feels no one needs her and feels the world is better off without her. Nora Seed tries to think of something that may give her a reason to live in this world, but she fails to find one. Even little things like being a good cat owner and getting medication for Mr. Banerjee are no longer needed (Haig, 2020: 29). So, Nora Seed no longer has a reason to be enthusiastic about carrying out activities as usual.

The third symptom is guilt and regret. Nora Seed always feels guilty and regrets the decisions she made in the past. “And suddenly she was back feeling all this contrition, all that pain of letting people down and letting herself down, the pain she had tried to escape less than an hour ago. The regrets began to swarm together” (Haig, 2020: 48). She cannot free herself from the guilt because it keeps spinning in her mind and head. Guilt and regret are symptoms that significantly affect the mental illness of Nora Seed.

The fourth symptom is reduced ability to think or concentrate, beginning when she feels no longer needed. Because of this, Nora Seed becomes unfocused, and all this time, Nora Seed has put aside the thought of committing suicide even though she wants to do it. However, finally, she gives up.

“Like I still want to die. I have wanted to die for quite a while. I have carefully calculated that the pain of me living as the bloody disaster that is myself is greater than the pain anyone else will feel if I were to die. In fact, I’m sure it would be a relief. I’m not useful to anyone....” (Haig, 2020: 68).

The quotation above is a conversation that shows that after what happened to the main female character, she wants to die. She wants to leave a world that makes her feel useless to anyone. Although Nora Seed tries to hold on, she feels she cannot and will only worsen people's lives (Haig, 2020: 33). Nora Seed often experiences this symptom, which shows that suicidal thoughts are one of the symptoms of major depression experienced by Nora Seed.

The last symptom of major depression is attempting or committing suicide. Nora Seed attempts suicide by having an overdose of prescribed pills (Haig, 2020: 50). She swallows two antidepressant pills, and before that, she also takes sertraline pills, plus she drinks wine, which is a dangerous combination. The main female character also feels that it is time for her to die. She no longer wants to live, and the only path she can achieve then is to get overdosed deliberately.

Panic attack symptoms occur when Nora Seed experiences difficulty breathing, and it is as if a hand is strangling her neck (Haig, 2020: 48). Nora Seed experiences a panic attack when she opens and reads several sentences in *The Book of Regrets*, this shows how one of the panic attack symptoms occurred to Nora Seed. Other symptoms appeared when Nora Seed chose one of the books that contained her life if she decided to continue her swimming career. In that life, Nora Seed retired from her swimming career at twenty-eight and worked for the BBC and as a

freelance speaker. When she was about to give a speech at a TED talk, Nora Seed experienced difficulty breathing, her sense of smell became more sensitive, her heartbeat became irregular, and she could not continue her activities (Haig, 2020: 109). According to Allan Frances in *the American Psychiatric Association*, Nora Seed mentions that the symptoms of the panic attacks she is suffering from began to recur.

3.2.3 The Impact of Midnight Library on Nora Seed's Mental Illness

As mentioned in the sub-chapter of internal conflict, Nora Seed, the main female character, commits suicide by overdosing and taking a torpor trip to the midnight library. Against her hope and plan, she wakes up again, although not in good condition, and asks for help from his neighbor. This midnight library incident significantly impacts the life of the main female character afterward.

The impact of the midnight library incident on the main character's mental illness leads to changes for the better. At the novel's beginning, Nora Seed wants to end her life because she feels she has no purpose and no hope of living anymore. However, Nora Seed rediscovers her hidden desire during one of her life's torpor trips or her library's midnight trip. Nora Seed is shocked at her desire or possibility to live again, and she wants to live again (Haig, 2020: 138). At the novel's end, Nora Seed's outlook on life has changed after the torpor experienced by the main female character. She changes for the better and begins to understand and rediscover her life's purpose.

Nora Seed's acceptance of her life can also be seen in the feelings of regret and guilt she experiences. Nora Seed initially has a lot of regret and guilt for everything in her life and feels that she has let the people around her down. However, now she has become someone who cares more about her surroundings.

"...And she wanted to do something good with that life" (Haig, 2020: 138). Nora Seed can understand that in her real life, she can have saved other people's lives or her own. The main female character wants to do something for her real life, something good. One of her hidden desires is to become a glaciologist, and she wants to contribute to this earth, but fate has other plans, as discussed before. After recovering from her torpor incident and starting to recover, Nora Seed opened the *Facebook* page of the International Polar Research Institute and commented on one of their posts (Haig, 2020: 268). Then, Nora Seed finally finds a way to still contribute to this earth. Nora Seed donates to the International Polar Research Institute to support research scientists for the planet rather than constantly regretting her unfulfilled desires. At the end of the story, many things, or even the hidden desires of the main female character, find a solution so that Nora Seed's guilt and regret do not continue to be felt.

The next impact is that Nora Seed realizes her love for her family is more than she expects. She finds a reason why she has to accept her parent's past and slowly begins to forgive them.

"She had no idea about any of it, really. But on that boat she realised something. She had loved her parents more than she ever knew, and right then, she forgave them completely" (Haig, 2020: 137).

Nora Seed realizes how much she loves her parents and brother in the midnight library or during her torpor incident, and she regrets that the relationship with her brother is tenuous due to the impact she left the band before. At the end of the story, Joe Seed, the main female character's brother, also expresses his affection to Nora Seed, and they both try to mend their relationship.

Nora Seed's character has also developed in her relationship with her neighbor, Mr. Banerjee. At first, the main female character tries to Mr. Banerjee and

does not put too much effort into it. Mr. Banerjee has a garden of purple flowers in front of his house. Before the torpor incident, Nora Seed thought about what the flowers were used for and why her neighbor always cared for them with love “She looked at the clusters of purple flowers, forcing a smile as she wondered what possible consolation they could offer” (Haig, 2020: 31). However, after the torpor incident, Nora Seed realizes that no matter how small the action and form of something, maybe that thing has a lot of meaning for someone. Like the purple flower garden in front of Mr. Banerjee's house, the garden has a lot of meaning for Mr. Banerjee and his beloved wife. Nora Seed initially does not understand and tends to underestimate her neighbor because, for Nora Seed, some things that he does are unreasonable. At the end of *The Midnight Library's* story, Nora Seed finally pays attention to Mr. Banerjee because Mr. Banerjee has saved her life and will give her foxglove flowers as a gift (Haig, 2020: 270). From the development in attitude that occurs in Nora Seed, it can be seen how her way of thinking changed due to the midnight library incident, which made her pay more attention to her surroundings.

As previously mentioned, in Nora Seed's during the midnight library incident or between life and death, she is assisted by her former primary school librarian, Mrs. Elm. Actually, for many reasons, the relationship between the librarian and Nora Seed broke down long after she graduated from the school.

“‘Well, you were kind to me, Mrs . . . Louise. When I had a hard time at school, you always knew what to say.’
Mrs Elm steadied her breath. ‘Thank you, Nora.’” (Haig, 2020: 276).

After the midnight library incident, the main female character's relationship with Mrs. Elm also reconnects. At the end of the story, Nora Seed visits Mrs. Elm in the nursing home where she stays and plays chess with her every few days of the week. The main female character is very grateful to Mrs. Elm for helping her in her

life-and-death trip to the midnight library and in real life. Nora Seed is in the form of someone who initially does not care about the people around her to someone more concerned about others.

Nora Seed also has an orange tabby cat. One final impact the writer finds that the main female character changes her mind about becoming a cat owner "She couldn't even manage the 'cat owner'" (Haig, 2020: 32). When her cat, Voltaire, died, Nora Seed was so sad that she blamed herself, unable to care for her beloved cat. After Nora Seed experiences the midnight library or the torpor incident, Mrs. Elm explains Voltaire's condition so that Nora Seed also understands that the death of her cat is not her fault as the cat owner but a natural occurrence. According to Mrs. Elm, her tabby orange cat is sick, a cat's natural behavior. It will run away from the owner if it is about to die. During the torpor incident, Nora Seed visits her life when her cat becomes a house cat. Mrs. Elm says her cat died because of a heart disease she was born with. This fact causes a change in Nora Seed's thinking. Nora Seed, who previously felt unable to care for a cat, now can forgive herself, and after she forgives herself, the writing in *The Book of Regret*, which said that she is a bad cat owner, also disappears. "Once she had flicked to the last page, she saw one of her very last regrets – 'I was bad at looking after Voltaire' – slowly disappear from the page. The letters fading like retreating strangers in a fog" (Haig, 2020: 73).

The impact of acceptance of her life experienced by Nora Seed after the midnight library incident or torpor incident is very influential on her mental health. Nora Seed becomes more able to accept herself and appreciate the people around her, including enjoying and being grateful for her current life opportunities. Also, she can handle her mental illness triggers and symptoms.

CHAPTER IV

CONCLUSION

Focusing on the mental illness experiences of Nora Seed, the main female character of *The Midnight Library* novel by Matt Haig, the writer will divide the analysis into two parts: internal aspect and external aspect. The internal aspect consists of characterizing Nora Seed and Mr. Elm and conflict. The external aspect section consists of the triggers of Nora Seed's mental illness, both situational depression triggers and panic attack triggers, the symptoms of Nora Seed's mental illness, and the impact of the torpor incident or the midnight library incident experience by Nora Seed.

Nora Seed, a thirty-five-year-old woman who is experiencing a life crisis and feels her life is no longer helpful, decides to attempt suicide by overdosing on her prescribed pills because Nora Seed has mental illness, situational depression, and panic attacks. Nora Seed has an older brother, Joe Seed, and her parents are deceased. When both of her parents were still alive, Nora Seed experienced different treatment between herself and her brother from her parents. Nora Seed also used to have a fiancé, Dan Lord. However, they cancel their wedding. Nora Seed owns an orange tabby cat, Voltaire. One of Nora Seed's hobbies is music, which her ex-fiancé opposes. Nora Seed has an environment that cannot support her, which drives the conflict experienced by Nora Seed.

Mrs. Elm is a former elementary school librarian, Nora Seed, who guides the exploration of the main female character's alternative life. With short gray hair and an oval face, Mrs. Elm helps Nora Seed select books that represent her life's different paths. Mrs. Elm's influence can be seen when Nora chooses to book a life where she might marry Dan Lord, and this shows the role of Mrs. Elm in

determining Nora's choice in the library. In addition, Mrs. Elm symbolizes the boundary between life and death, introducing Nora to the existence of libraries as spaces that offer different life experiences. Apart from guiding the choice of the main female character, Mrs. Elm helps Nora Seed understand her regrets, explores various themes, and aids Nora Seed's search for identity.

The conflict is divided into two parts: external conflict and internal conflict. The external conflict experienced by Nora Seed comes from the people closest to Nora Seed. Starting from her parents, her brother, and her ex-fiancé, who demands that Nora Seed becomes a perfect person. Nora Seed also never gets appreciation from her closest environment, and her hobbies and hidden dreams are not supported. This gives rise to an internal conflict that occurs within Nora Seed. The internal conflict Nora Seed experienced has been kept for a long time since she was still in elementary school. The peak of the internal conflict experienced by Nora Seed is her committing suicide.

According to Martin EP, there are three triggers for situational depression. Nora Seed's situational depression triggers can be seen in this novel; first, the feeling of regret that Nora Seed constantly feels is formed from the meaning of an event for someone. Second, Nora Seed is always hard on herself because of the impact of events that occur. The last one is Nora Seed's family's treatment of her due to the involvement of external factors.

Nora Seed, the main female character depicted in Matt Haig's story, displays some of the symptoms of major depression and panic attacks as outlined by the American Psychiatric Association. Feeling constantly burdened and supported by memories of her time in Bedford that haunt her, Nora Seed also struggles with persistent feelings of depression. She feels a lack of enthusiasm for her life, feels

like a failure, and believes that her absence will benefit the world. She is constantly haunted by guilt and regret over past choices. The female main character also has difficulty concentrating, feels increasingly useless, and considers suicide as a solution until finally attempting an overdose. Nora Seed's symptoms of panic attacks are seen when the main female character struggles with repeated panic attacks, characterized by shortness of breath and physical symptoms triggered by memories or events that occurred while in the midnight library. Her nose becomes more sensitive, and her heartbeat becomes uncontrolled, which hurts her mental health.

Nora Seed experienced quite a lot of personal loss in her life. The first panic attack trigger is significant personal loss. The main female character loses her parents and cat and feels like she has lost her best friend, Izzy, and even her fiancé. Nora Seed losing her parents devastated her, especially when she lost her mother, who had ovarian cancer. Nora Seed lost her father when she was in elementary school due to a heart attack. The second trigger of panic attacks is significant life changes. Nora Seed experienced significant life changes due to the influence of the surrounding environment, which placed demands on her. Nora Seed gets hard on herself. This trigger arises because there is still a relationship between people's expectations and how others treat her. The third triggers are significant stimulants and drugs. Because Nora Seed suffers from mental illness, Nora Seed has been prescribed pills that she always takes. When Nora Seed experiences something wrong or feels like she needs medicine, she will immediately take anti-depressant medication.

The impact of the torpor incident or midnight library incident experiences by Nora Seed affected her life after she woke up from the torpor incident, namely character development and acceptance of her life. Nora Seed becomes someone who cares more about her environment, can forgive herself, and even looks for solutions to her problems. She can also handle her mental illness well.

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