



**MOURNING AND MELANCHOLIA ON  
MY YEAR OF REST AND RELAXATION**

Undergraduate Thesis  
Submitted in partial fulfillment of the requirements  
for the Sarjana Sastra (S.S)

**Junia**  
**192003516039**

**ENGLISH LITERATURE STUDY PROGRAM  
FACULTY OF LANGUAGES AND LITERATURE  
UNIVERSITAS NASIONAL  
JAKARTA  
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2023**

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We hereby certify that **MISS Junia**, a registered student of this university and having completed the writing of her Undergraduate Thesis in accordance with her requirements of the university, is declared ready for defense.

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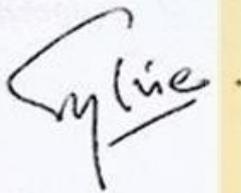
**Mourning and Melancholia on My Year of Rest and Relaxation**

Dr. Dra. Sylvie Meiliana, M.Hum.

Dr. Siti Tuti Alawiyah, M.Hum.

Advisor

Head of Study Program



Signature of Advisor

Signature of Head of Study Program

Date: 23<sup>rd</sup> of February, 2023

Date: 23<sup>rd</sup> February, 2023

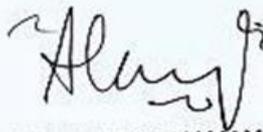
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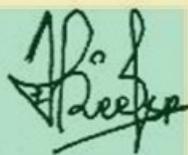
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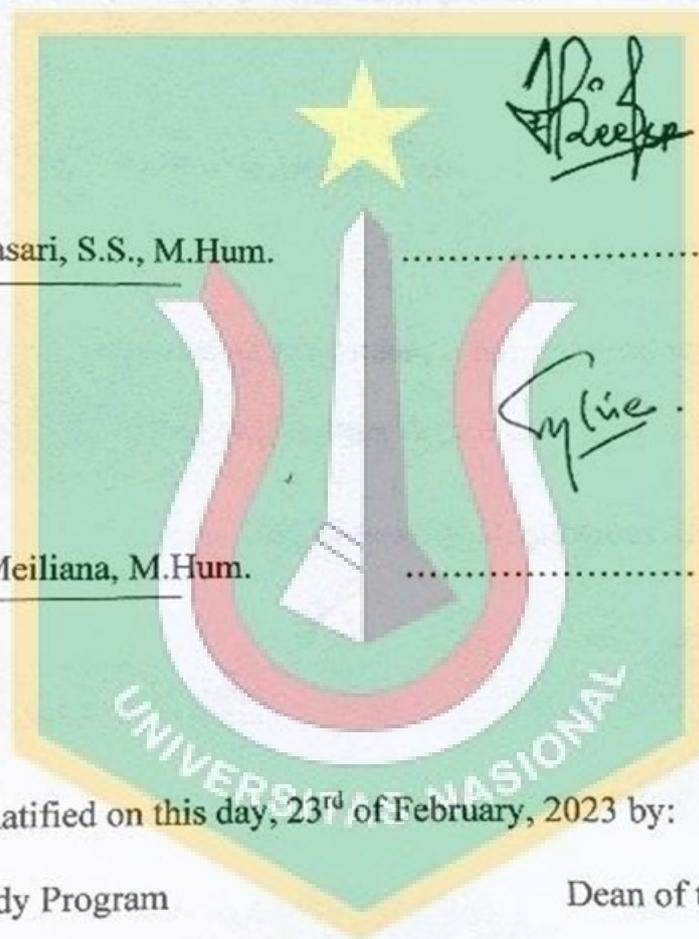
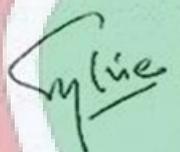
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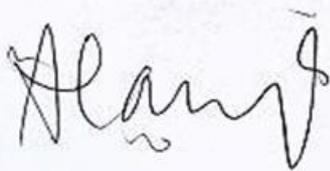


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The undersigned,

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Declares that, apart from properly referenced quotations, this Undergraduate Thesis entitled:

**MOURNING AND MELANCHOLIA ON MY YEAR OF REST AND RELAXATION**

is my own work and contains no plagiarism, it has not been submitted previously for any other assessed unit on this or other degree courses.

I have read and understood the University Regulations on the Conduct of Examinations.

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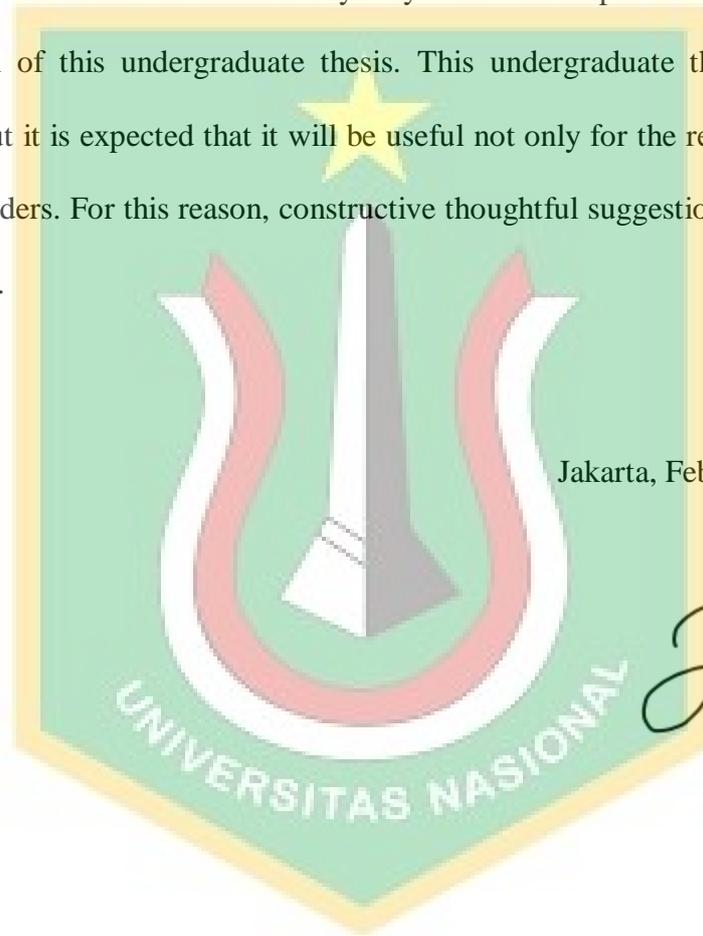
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Jakarta, February 23<sup>rd</sup>, 2023

Junia

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## ABSTRACT

My year of rest and relaxation is a novel by Ottessa Mosfegh that describe the main character berevement. The story revolves from the main character's point of view where she suffer the pain from loss both of her parents. Through analyzing the data, the researcher use a descriptive-qualitative method, for a result can be achieved. The researcher also use pyschological approach. These approaches are used to analyze the characterization, the defense mechanism, and the mourning and melancholia. The primary source of data is entirely from the novel that explaining the defense mechanism and the mourning and melancholia. The defense mechanism contains; repression, denial, rationalization, and isolation of effects. The researcher use the theory mourning and melancholia proposed by Sigmund Freud to analyse the main character's grief. The result shows the main character is suffer from mourning and melancholia as she loss interest in the outside world, loss the ability to love, inhabition of any kind of performance, delusional expectation of punishment, and self-destruction.

**Keyword:** *my year of rest and relaxation, defense mechanism, mourning and melancholia*

