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HANNAH BAKER'S SUICIDE AS SEEN IN JAY ASHER'S THIRTEEN REASONS WHY Cahyaningih Pujimahanani English Literature Program Faculty of Letters Dr. S oetomo University cahyaningsih.pujimahanani@unitomo.ac.id Moch ammad Haqqi Firdaus English Literature Program Faculty of Letters Dr. S oetomo University haqqi4851@gmail.com _ABSTRACT This thesis focuses on Hannah Baker's suicide in Jay Asher's Thirteen Reasons Why.

The objectives of the study are to find out the proof Hannah Baker's suicide in the novel, the causes of Hannah Baker's suicide, and the effects of Hannah Baker's suicide to their parents and friends as seen in Jay Asher's Thirteen Reasons Why. This writer also applies qualitative approach and the theory used is suicide theory. The finding shows that Hannah Baker commits suicide.

She uses pills as the means of her suicide. The causes of Hannah Baker's suicide is caused by three factors as she stated. Those are hurt, anguish, sorrows and aching. The effects of Hannah Baker's suicide to her parents and friends are that Hannah makes her parents in a dysfunctional states.

They are mourning for her and abandon everything and move back to the old city. Hannah's suicide also causes blaming issues for her friends. It shows that her friends blame each other and Hannah, in addition, one of her friends has self-blame issues. Also, it makes them being perceived more negative by other characters.

Keywords : Suicide ABSTRACT kripsi ini fokus kepada kasus bunuh diri yang dialami Hannah Baker dalam novel Thirteen Reasons Why. Tujuan dari kripsi adalah untuk menemukan bukti bunuh diri Hannah Baker didalam novel, penyebab bunuh diri Hannah Baker, efek bunuh diri Hannah Baker ke orang tua dan teman-temannya yang ada di novel Jay Asher berjudul Thirteen Reasons Why. Penulis kripsi menggunakan metode kualitatif dan teori bunuh diri.

Penulis menemukan bahwa Hannah terbukti bunuh diri. Hannah bunuh diri dengan cara menggunakan pil. Penyebab Hannah bunuh diri disebabkan oleh tiga faktor, yaitu, disakiti, anguis, dan derita. Efek bunuh diri Hannah ke orang tuanya dan temannya. Hannah membuat orang tuanya menjadi disfungsi, mereka berduka kepada Hannah dan meninggalkan semuanya dan pindah ke kota mereka yang lama.

Hannah juga membuat teman-temannya dan membuat mereka mempunyai perasaan bersalah, hal ini ditunjukkan dengan mereka menyalahkan satu sama lain dan Hannah, dan dirinya sendiri, hal ini juga menyebabkan mereka dipandang negatif oleh tokoh lain.

Kata kunci: Bunuh diri _2

Back grou n d of th e s tu d y _3

Human only has one time to live in this world.

During that time, everybody has gone through one long road. Sometimes it is bumpy or maybe so smooth as silk. During all of those times, one can feel something positive, for example happiness, excitement, joy, gratitude, etcetera. or something negative, such as envy, anger, regret, hatred, etcetera. and everyone has a way to deal with each.

When it comes to positive emotions, everybody tends to celebrate it by having a toast, feast, charity, etcetera. When it comes to negative emotion, everybody tends to distract themselves, from being positive by doing positive activities like doing hobbies to being negative by being self-destructive like self-injure or self-harm.

Statistics states that people who do self-harm or self-injury, for example, cutting him/herself, abusing alcohol or drug, binge eating, etcetera, have purpose to distract themselves from their feeling or overwhelming situations that is out of control. The worst case of self-destructive behaviour is suicide. In 2016, WHO claimed that almost 800.000 people died due to suicide, (https://www.who.int/mental_health/prevention/suicide/suicideprevent/en/).

A person dies in 40 seconds throughout the world, In fact, suicide has become a globally phenomenon that has killed 1.4% of all death worldwide and became 18 cause of death in 2016 (WHO 2015 - 2016). People who experience suicidal thoughts and feelings are suffering with tremendous emotional pain.

People who have died because of suicide typically have overwhelming feelings of hopelessness, despair, and helplessness. People consider suicide because they feel as though their pain will never end and that suicide is the only way to stop suffering. Suicide is not only found in real life, but it can also be found in the literary work because literary work refers to a verbal communication that is an expression of the imagination or the intellect of the artist and that seeks to arouse an aesthetic response through the admixture of its content and form (Albert Hofstadter, Truth and Art; 184). It means that literary work is a work of an imagination and intellect of an author whose goal is to please the reader.

Statements of the Problem, in writing this study, the thesis writer wants to analyze some cases related to the object of the analysis, it is Hannah Baker's suicide as seen in Jay Asher's *Thirteen Reasons Why*. There are three questions to be raised of this analysis, they are, first, What is the proof of Hannah Baker's suicide in Jay Asher's *Thirteen Reasons Why*? Second, What are the causes of Hannah Baker's suicide as seen in Jay Asher's *Thirteen Reasons Why*? Third, What are the effects of Hannah

Baker's suicide to her parents and friends as seen in Jay Asher's *Thirteen Reasons*. Why? The objectives of the Study, by doing this analysis, the writer wants to achieve some

_objective answers to fulfill the question related to the statements of the problem.

The objective are, to find out the proof of Hannah Baker's suicide in Jay Asher's *Thirteen Reasons Why*. to find out the causes of Hannah Baker's suicide as seen in Jay Asher's *Thirteen Reasons Why*. to find out the effects of Hannah Baker's suicide to her parents and her friends as seen in Jay Asher's *Thirteen Reasons Why*.

_5 discussion on Hannah Baker's suicide in Jay Asher's *Thirteen Reasons Why* in order to specify the study. Theoretical background

Significance of the study, Theoretically, the writer hopes that this study gives some knowledge to the fellow students of English Literature program, Faculty of Letters, D r.

S oetomo University who are interested in analyzing suicidal thought in its psychological field, specifically suicide in the Jay As her's Teen Reasons Why. It is also possible for other readers to find another problems to discuss in this novel connecting with other fields of study. Practically, the writer hopes that this study will be useful for the readers to understand people with suicidal thought.

Thus, it will raise suicide awareness among society, and it will also remove the taboo barrier to discuss suicide. According to Shneidman, 1985 (cited by Morton M. Silverman). He says that suicide is an act of consciously killing oneself, due to the need to escape the uneasiness feeling one has and perceives suicide as the only way to escape that feeling. (2006; 522) According to Shneidman, 1973 (cited by Anton A.

Leenaars), he stated that he never thinks suicide as an illness or disease but rather as human self-destruction behavior. He; then, states that suicide involves one's tortured logic in state of inner feeling, or intolerable emotion. In addition, this mixture of constricted thinking and unbearable anguish is mixed with their conscious and unconscious psychodynamics for example, hate, dependency, hope, etcetera.

By committing suicide, one is playing himself out within a social and cultural context, which forces him in various degrees of restraint on, or facilitations of, the suicidal act. (2010; 8)

Scope and limitation of the study, In this novel, there are many aspects of literature that can be analyzed, such as character, conflict, plot, etcetera. There are also some problems of life which can be discussed, such as love, struggle, ambition, etcetera.

However, the thesis writer only focuses his Shneidman, 1995 (cited by Anton A. Leenaars). He states that every case of suicide is due to psychache that refers to hurt, anguish, soreness, aching or psychological pain in one's mind, or the pain due to the excessive feeling of shame, guilt, humiliation, or anything that causes pain to one's mind.

Everyone has different time span to endure psychache he has

...suffered. If one thinks that they cannot endure the psychache he has suffered, suicide happens. (2010; 7) a. Hurt According to Shaver, Mikulincer, Lavy, and Cassidy, they say that hurt is one of human emotions, it comes with a mixture of sadness and anger.

A person feels hurt when one is wronged that it triggers his anger, for example, forced to agree on something inappropriate or unfair, but in this case, the offender does not bother with what the victim does, furthermore when there is a reasonable objection were to be raised. (2009; 2) b. Anguish According to a study journal by VGentil and MLVGentil Anguish is from Latin word 'angustus' 'angustia', it means narrowness and angere' or to press tight or to strangle. Anguish is different from anxiety as it was stated by 19th century French authors.

Nonetheless, the concept is gone from the lexicon in 20th century, because of the vagueness translation in German 'Angst' for 'Anxiety' (2009; 2). According to Marsh, anxiety is the feelings of uneasiness, worried and fear that one experiences. When someone is being worried or nervous on something, their physical and emotion feels some sensation, usually unpleasant.

Anxiety is also being related to 'fight or flight' response, it is a reaction when one is being threatened. Like other animals, this 'fight or flight' response has protected human from something dangerous or life-threatening situations. Human's body will release hormones, these hormones are adrenalin and cortisol, when he feels like he is in danger.

These hormones help human physically prepared when he fights the danger or runs away from it. (2015; 4) c. Soreness and Aching According to Shneidman (1985), Soreness or aching refers to psychological pain that one's experience inside their psyche or mind. Psychological pain refers to excessively felt shame, or guilt, or humiliation, or anything that can cause psychological pain in one's mind.

(cited by Anton A. Leenaars, 2010; 7) Suicide has been described as death like no other. Death by suicide is a soul-crushing surprise to families and friends. Not only leaving them to confusion and loss. In a research journal by Cerel, Jordan, and Duberstein. They say that when someone commits suicide, he leaves family and friends behind to adden.

They will try as hard as they can to understand the reason behind the death, while learning to carry on

with their life. (2008; 38) in 2002, Lohan and Murphy (cited by Cerel, Jordan, and Dubershtein). They stated that a family whose child committed suicide could not function as they were before.

The dysfunctional involves the decreasing cohesion or the difficulty emotional relationships toward other family members, and adaptation or their response to the current situation and their stress development, for example, the changing in power structure, relationships' role, and the relationships in the family. (2008; 39) Besides the family, suicide also has effects on social relation. Social relations are extended family, friends at school, workplace and church.

Each individual bears mourning when one commits suicide. Range, 1998, and Stillion, 1996 (cited by Cerel, Jordan, and Dubershtein). Not only the family members who are mourning. The people inside the social network are also mourning. Their mourning is not the only problems that survivors of the suicide victim had, it shows that the social network is suffering from blame issues because suicide is really confusing and sudden, therefore, they may be feeling partially blame or blaming others for the victim's death.

In addition, they will be perceived more negatively by society than any survivors from other types of loss. (2008; 39) To answer the statements of the 7th problem, the research approach of this thesis is qualitative research. According to Bodgan and Biklen states that qualitative research does not use number to analyze the data but rather from words and picture.

(2007; 5) Source of data The data are all the information from the words, phrases, sentence, and paragraph uttered in novel *Teen Reasons Why* written by Jay Asher. Technique of collecting data The thesis writer collects the data by reading the novel in order to understand the story. After reading the novel, the writer collects the data related to the statements of the problem. Then, he separates and classifies the data related to the topic.

Technique of data analysis The thesis writer analyzes the data by applying deductive and inductive techniques. According to Little, deductive is a technique that uses quotation to support the statements. Meanwhile, inductive method is the technique which presents the quotation first. Then, it is followed by statements as the explanation.

Findings

Research approach , _Since there are three problems , the thesis writer will divide this section into sub- chapter.

_1. The p roof of Han n ah Bak er's suicide Baker commits suicide. It can be s how n by quotation bellow ; N o, I can't believe it. H annah Baker killed hers elf. (A s her, 2007;7) Y ou took pills . That, w e all know . S ome s ay you pas s ed out and drow ned in a bathtub full of w ater. (A s her, 2007;254) I don't know .

I'm not s ure. S o I've decided on the leas t painful w ay pos s ible. P ills . (A s her, 2007;255) F orm the quotations , it s how s that H annah S elf - annihilates or kills hers elf. S ome s ay that s he kills hers elf by drow ning hers elf in the bathtub and taking a pills .

But s he, hers elf s tates that s he decides to commit suicide by taking pills becaus e by taking pills , s he w ill not feel the pain as much as any other suicide attemp, for example, taking pois on, s hooting hers elf, hanging, etcetera. F rom thos e it can be deduced that H annah s elf - annihilates or kills hers elf. 2. The cau s es of Han n ah Bak er's suicide thos e are hurt, aguis h, s orenes s and aching.

The quotation can be s een bellow ; That tiny s car you've all s een above my eyebrow , that's the s hape of J es s ica's fingernail...w hich I plucked out mys elf. _ _8 "G ood morning, H annah," it s ays . A nd every night w hen I get ready for bed. "S leep tight." (A s her, 2007;67 - 68) s how n that H annah gets hurt. F or H annah, getting hit by Jessica is the most heartbreaking moment. It can be s how n as there is a mark on her forehead.

In the quotation, the mark is a bad reminder for H annah, it haunts her every time s he looks at the mirrors . S he des cribes the w ound as if it can talk to her, haunting her w ith a good morning and sleep tight. It means that s he is traumatized by the event. F or Hannah, the w ound is the remembrance to Jessica, it feels like Jessica talks her through the w ound.

F rom H annah's reaction als o s how s that J es s ica is really clos e to her. It can be concluded that getting hit by J es s ica, w ho is clos e to H annah, hurt her pys hically and mentally. While w e w ere s tanding there, our backs agains t the doorframe, drinks in hand, w e couldn't s top laughing.

A nd yet the lonelines s I entered the party w ith came rus hing back. But I w as n't alone. I knew that. F or the firs t time in a long time, I w as connecting — connected — w ith another pers on from s chool. H ow in the w orld w as I alone? (A s her, 2007;212) F rom thos e quotation above, H annah is in anguis h, it is s how n by how lonely s he feels , des pite of s he is having fun.

Thos e lonelines s happens becaus e H annah's mind at the time is being occupied w ith

Clay,

the thesis writer found that Hannah There are three causes of her suicide, Or maybe you've never seen it. But I see it every morning when I get ready for school. _ From the quotation above, it can be

_s omeone w h o does not have bad rumors around him. H annah goes to the party becaus e he does .

At the party, H annah looks like enjoying her time w ith Clay, holding a drink, talking, laughing, but even s o, s he cannot help hers elf that s he feels aw fully lonely. It s eems l ike s he does not know anyone in the party, des pite of her talking w ith Clay, it als o s how s for the longes t time s he enjoys doing s omething w ith another pers on from her s chool.

Therefore, her lonelines s is caus ed by her w orry, s he w orries becaus e there is a chance that behind the perfect attitude, Clay may caus e her to s uffer. S he is being defens ive agains t Clay becaus e s he does not really know him that w ell and s he does not want anything bad to happen again. It can be concluded that her anguis h happens becaus e H annah is being deffens ive, s he s imply does not want anything bad to happen, therefore, it makes her feel so lonely des pite of w hatever s he does in the party. But s he cut me off. S he told me to calm dow n. A nd that's w hen I realized how hard I had been crying.

H ow much I w as s truggling to catch one good breath. (A s her, 2007;251) _9 convinced J enny to s top and call the police the s oon they break the s top s ign. S he cannot even cathch es a breathing to compos e a words becaus e of the guilt that lingers ins ide her mind. F rom thos e, it can be conclude that her s orenes s and aching come from the self- blame s he experience becaus e of the accident. 3.

The effects of Han n ah Bak er's s u icid e to her p aren ts and frien d s The effect of H annah Baker's s uicide to her parents and friends can be s een w ith the quotation bellow ; The day after her s uicide w as the firs t time I found mys elf at their s tore, s tanding outs ide the front door. The lights w ere out. A s ingle s heet of paper taped to the front w indow s aid, WELL BE O P EN S O O N in thick black marker. (A s her, 2007;72) They'll be back s oon, I thought.

They mus t have taken her home for the burial. Back to her old tow n. U nlike old age or cancer, no one anticipates a s uicide. They s imply left w ithout a chance to get things in order. (A s her, 2007;73)

It can be seen from the the quotation that Hannah is in sorrow and Aching. What Hannah feels is guilty because she partially causes an accident that kills her senior. she calls the police office with a payphone.

When she does, she realizes how hard she cries, it happens because she feels responsible for it, she should have _From the quotation above, it can be shown that Hannah's family is suffering from dysfunctional, that is their stress development. The day after Hannah commits suicide, they close their store. It shows that her parents are care for Hannah and they are mourning for her death.

But several days later, clay finds out that they leave the town and bury Hannah on the old town they live. From those, it shows how hard it is for her parents to keep staying in

_the tow n becaus e it is giving them a bad memory. This tow n is a place w here H annah dies , it traumatizes them s o they cannot live in this area anymore, and if they w ere to keep living in that town, they w ill not be able to recover and carry on w i th their life. U nlike old age or cancer, no one anticipates s uicide, like her parents do.

When it happens , they are being left behind and it is hurt for her parents , s o that they decide to leave the tow n. F rom thos e, it can be concluded that in order to recover and live, H annah's parents need to move back to the old tow n. It happens becaus e this tow n is w here H annah dies , therefore, it is a bad reminder for them. O r maybe I'll take the tapes s omew here els e. S omew here private.

Becaus e I can't lis ten here. N ot that M om or D ad w ill recognize the voice in the s peakers , but I need room. Room to breathe. (A s her, 2007;22) If I had been s mart, if I had been hones t w ith my s urvey, I w ould have des cribed H annah. A nd maybe we w ould have talked. S erious ly talked. Not jus t joking around like las t summer at the movie theater. But I didn't do that. I w as n't thinking that w ay.

(A s her, 2007;125) A nd that's w hy, right at this moment, I feel so much hate. Tow ard mys elf. I des erve to be on this lis t. Becaus e if I hadn't been s o afraid of everyone els e, I might have told H annah that s omeone cared. A nd H annah might still be alive. (A s her, 2007;181) J us t hearing my name, the pain in my head doubles . I feel _10 an agonizing tw is t in my heart.

(A s her, 2007;198) F rom the quotations above, Clay s everal times blame hims elf for H annah's death. Clay's s elf - blaming can be s how ed by how he feels s udden s ick, for example w hen he feels a s udden headache he gets w hen H annah s ays his name. F rom thos e it s how s that Clay feels that he is res pons ible for her death.

Not only a s udden s icknes s he feels , his self- blame also makes clay becomes a loner, becaus e he know s that he caus es H annah commits s uicide, he w ants to know at w hich tape he is in. F rom thos e it shows that Clay needs a private time to lis ten to her s uicide notes . In addition, their self- blame makes him regret s ome things in the pas t, he thinks that he s hould have done s omethin g different.

F or example, he s hould have taken the quiz more s erious ly and being more confident to hims elf becaus e in doing s o, he can s ave H annah. It can be conclude that Clay is having a s elf - blame is s ue becaus e of H annah's s uicide. Thes e tapes s houldn't be here. N ot w ith me. It has to be a mis take. O r a terrible joke. I pull the tras h can acros s the floor. A lthough I checked it once already, I check the w rapping again.

A return address has got to be here somewhere. Maybe I'm just overlooking it. (Asher, 2007;10) "Nothing. It's ridiculous," he says. "I don't belong on those tapes. Hannah just wanted an

“excuse to kill herself.” (A s her, 2007;110) I shoved my hands in my pockets , balled into fists . I want to slam them into a wall or punch them through a store window .

I’ve never hit anything or anyone before, and already, just tonight, I’ve wanted to hit Marcus with that rock. (A s her, 2007;142) Who else, Hannah? Your parents ? Me? You were not very clear with me. But I didn’t know what you were going through, Hannah. (A s her, 2007;280) From the quotations above, it can be shown that some characters blames someone else , those happen because they do not want to be someone who makes Hannah commits suicide or simply blames the person because he causes Hannah’s suicide.

Clay, when he finds out that he receive Hannah’s tapes , he thinks that the tapes do not belong to him, it shows by his words that it is a mistake, and a joke, he blames someone else that is the post- man may be sending it in the wrong address . He also blames Marcus for making Hannah for her death, it shows by how furious she is to Marcus when he finds out the truth about him.

In addition, some characters also blame Hannah, it shows when Marcus says that he does not belong to the tape and the tapes is her to get an excuse to commit suicide, from those it shows that Marcus blames Hannah for his situation. Not only Marcus but Clay also blame Hannah, he blames Hannah because she should have been more open towards her parents and _11 him, he believes that he can change Hannah’s situation. From those, it can be deduced that several characters is having blame issues , especially towards one another.

I caught Alex to keep him from falling. I asked if he was okay, but he just ignored me, picked up his backpack, and hurried down the hall. Did I do something to piss him off, I wondered. I couldn’t think of anything. (A s her, 2007;46) Courtney does come off as genuinely sweet. Hearing her story here, on these tapes , must have killed her. A shiver crawls up my back. “Killed her.” A phrase I will now drop from my vocabulary.

(A s her, 2007;95) With each house I walk by, trying not to stare too long, I look for those shutters . Maybe I’ll get lucky. Maybe there will be a sign posted in his yard. PEEPING TOM — COME INSIDE. (A s her, 2007;106) My voice shakes from both rage and an attempt to hold back tears .

“What makes us so different from him?” “He’s a Peeping Tom,” Marcus says . “He’s a freak. He looked in Hannah’s window , so why not break his ?” (A s her, 2007;109) From those quotation it can be seen that some characters are being judged negatively. For example, when Clay helps Alex, but he responds by getting angry, from those, it

s how s that Alex know s that Clay does s omething to H annah.

Clay also

uses harsh word which he never uses before, for example, kills her, it means that he judges her more negatively than just a simple sweet person. Tyler is also being judged more negatively, Clay and Marcus only sees Tyler as a peeping tom not just a simple photographer, but Marcus is more violent, he breaks Tyler's window because he thinks that he deserves it and he also calls him a freak _12 Literary terms seventh edition. Ascher, Jay. 2007.

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Conclusion It can be concluded that The proof of H annah Baker's suicide is that she commits suicide by swallowing bunch of pills .

The causes of her suicide is first, getting hurt; second, anguish; third, stress and aching. H annah Baker's suicide gives effects to her parents and her friends . The effects of H annah Baker's suicide To her family is her parents 's dysfunctional that Her parents move back to the old town.

The effects of H annah Baker's suicide to her friends are that their friends blame each other because of H annah Baker's suicide. Another effects of H annah Baker's suicide is the self - blame by one of her friend, in addition some of her friends being perceived more negatively by other characters . Bibliography Abrams , M . H . (1999). *A Glossary of* _Bogdan, R. C. & Biklen, K .S . 2007.

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