THE AUTHOR'S INSANITY AND SUICIDE AS REFLECTED BY THE MAIN CHARACTER IN
*MRS. DALLOWAY*

AN UNDERGRADUATE THESIS

Presented as Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* in English Letters

By

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A Sarjana Sastra Undergraduate Thesis

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Never Put Off until Tomorrow What You Can Do Today

(Anonymous)
This thesis is dedicated to:
My Praiseworthy and Worshipful Jesus Christ
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ABSTRACT

HANA RISTAMI (2007). THE AUTHOR’S INSANITY AND SUICIDE AS REFLECTED BY THE MAIN CHARACTER IN MRS. DALLOWAY.

Yogyakarta: Department of English Letters, Faculty of Letters, Sanata Dharma University.

This thesis analyzes a novel entitled Mrs. Dalloway which is written by Virginia Woolf. This novel was written in England and firstly published in the year of 1925. The reprinted edition was published by The Hogarth Press in 1958. This novel tells about a man who is insane because of prolonged stress. That stress is caused by the death of his best friend in the war. When he cannot stand any longer to his insanity and there is nobody who can understand his condition, he makes a decision to end his life by committing suicide. Since the author’s biography states that the author also commits suicide because of her insanity, the writer considers what happens to the character in the novel is the reflection of the author’s insanity and her idea about committing suicide.

This thesis has three objectives. The first objective is how the character is characterized in the story. The second one is how insanity can lead the character to commit suicide. The last objective is how the character’s insanity and suicide reflect the author’s insanity and suicide.

In doing this thesis, the writer uses library research to collect data. In doing the analysis, the writer did three steps. The first step was finding out the characteristics of the character by applying theories of characterization. The second step was explaining how insanity could lead the character to commit suicide. In this case, the writer used theories of insanity’s causes and theories of type and characteristics of insanity. The third step was showing that the character’s insanity and suicide were the reflection of the author’s insanity and suicide. In doing this part, the writer used the author’s biography to make comparisons between the character and the author’s insanity and suicide.

The result of the analysis covers three matters. First, the characterization of the character is characterized by direct statements from the author, the character’s dialogues and actions, and the other characters’ dialogues and actions toward the analyzed character. From the characterization, it can be known that the character has personality disorder which is caused by prolonged stress because of his best friend’s death in the war. Second, insanity leads the character to commit suicide by influencing the character’s mind and action through the voices in the character’s mind that always ask the character to kill himself. Third, the character’s insanity and suicide reflect the author’s insanity and suicide. This matter can be known from the comparisons between the character and the author’s insanity and suicide. Through the comparisons, the writer conclude that Mrs. Dalloway is a novel telling about the author’s insanity and idea about committing suicide which are revealed through the character.
ABSTRAK

HANA RISTAMI (2007). THE AUTHOR’S INSANITY AND SUICIDE AS REFLECTED BY THE MAIN CHARACTER IN MRS. DALLOWAY.
Yogyakarta: Jurusan Sastra Inggris, Fakultas Sastra, Universitas Sanata Dharma.


Skripsi ini mempunyai tiga permasalahan. Permasalahan pertama adalah bagaimana penokohan tokoh di novel ini. Permasalahan kedua adalah bagaimana gangguan jiwa mengarahkan sang tokoh untuk bunuh diri. Permasalahan ketiga adalah bagaimana gangguan jiwa dan bunuh diri sang tokoh mencerminkan gangguan jiwa dan bunuh diri sang pengarang.


Hasil dari analisis meliputi tiga hal. Pertama, penokohan dijelaskan melalui pernyataan langsung dari pengarang, dialog dan perbuatan sang tokoh, serta dialog dan perbuatan tokoh lain terhadap tokoh yang dianalisis. Dari penokohan, dapat diketahui bahwa sang tokoh mengalami kemunduran kepribadian karena stress akibat kematian sahabatnya di medan perang. Kedua, gangguan jiwa mengarahkan sang tokoh untuk bunuh diri dengan cara mempengaruhi pikiran dan perbuatannya melalui suara-suara dalam pikiran sang tokoh yang selalu mengajak bunuh diri. Ketiga, gangguan jiwa dan bunuh dirinya sang tokoh mencerminkan gangguan jiwa dan bunuh dirinya sang pengarang. Hal ini dapat diketahui dari perbandingan antara gangguan jiwa dan bunuh dirinya sang tokoh dan pengarang. Melalui perbandingan tersebut, penulis menyimpulkan bahwa Mrs. Dalloway adalah novel yang bercerita tentang gangguan jiwa dan ide bunuh diri sang pengarang yang dinyatakan melalui sang tokoh.
CHAPTER I
INTRODUCTION

A. Background of the Study

Virginia Woolf is one of the foremost modernist literary figures of the twentieth century. Her achievement in literary work is amazing. People reading her works will have a question about what kind of person she is. Virginia Woolf is a brilliant woman writer who has complicated life. Reading her biography is as interesting as reading her works.

By reading biography, the writer can see authors’ point of view, ideas, life, and personality through their work. The same thing can be seen also in Woolf’s literary works, especially in her novels. One of her famous novels is *Mrs. Dalloway*. The story is about a single day which is performed by an insane person named Septimus Warren Smith. In (www.gradesaver.com/classicnotes/titles/dalloway/about.html. Aug 28th, 2006), Virginia Woolf stated, “To *Mrs. Dalloway*, I adumbrate the study of insanity and suicide, the world seen by the sane and the insane side by side”. This statement makes the writer have curiosity to explore because the author of this novel is also an insane person.

Moreover, the character’s end of life is the same as the author’s end of life. Both of them end their life by committing suicide. From an internet source, the writer gets information that Virginia Woolf commits suicide by filling her pockets with heavy stones and walking into the river near her country home in Sussex and drowns herself. What makes her take that kind of decision was because of her insanity (www.bl.uk/onlinegallery/themes.englishlit/ virginiawoolf.html. Aug 28th, 2006).
When the writer read and found the similarity about insanity and committing suicide, the writer thought that *Mrs. Dalloway* was a novel to reflect the author’s insanity and idea about committing suicide. Someone can suffer from insanity if he or she has prolonged stress. What kind of stress that can make both the character and the author stressed is interesting to study. This matter is interesting to study because the writer likes everything related to psychological problem. Therefore, in this thesis the writer will study about the character’s psychological problems, which are insanity and a decision to commit suicide, and how those problems reflect the author’s insanity and her idea about committing suicide.

**B. Problem Formulation**

There are three questions that will guide the writer to have further discussion in this thesis:

1. How is Septimus Warren Smith characterized in the story?
2. How can insanity lead Septimus Warren Smith to commit suicide?
3. How do Septimus Warren Smith’s insanity and suicide reflect the author’s insanity and suicide?

**C. Objectives of the Study**

This study has three objectives. Firstly, the objective of the study is to characterize the characteristics of Septimus Warren Smith. Secondly, the objective of the study is to analyze how insanity can lead Septimus Warren Smith to commit suicide. Thirdly, the objective of the study is to explain how Septimus Warren Smith’s insanity and suicide reflect the author’s insanity and suicide.
D. Definition of Terms

1. Insanity


In other words, insanity is a psychological problem that takes place to someone in which this condition makes him or her be under special treatment in order to cure this mental disorder.

2. Stress

Taken from the same book, *A Comprehensive Dictionary of Psychological and Psychoanalytical Terms*, it is explained that:

Stress is physical force or extended to psychological forces, applied to a system, sufficient to cause strain or distortion in the physical or psychological system, or, when very great, to alter it into a new form (English, 1958: 529).

Stress will appear when someone cannot accept more physical or psychological forces. If it is physical, the body will be sick. Not only body but also someone’s mind can be sick if he or she receives too much psychological forces. When this condition has been in climax, stress can change someone’s appearance or characteristic becomes worse.
CHAPTER II
THEORETICAL REVIEW

A. Review of Related Studies

Virginia Woolf’s *Mrs. Dalloway* is a popular novel that has been analyzed and criticized by many critics and experts. The writer found criticism examples toward this novel in internet and in an undergraduate thesis.

*Mrs. Dalloway* is one of Virginia Woolf’s most admired novels which dates from 1924. Originally, this novel was named ‘The Hours’, but it was published in the following year as *Mrs. Dalloway*. The character of *Mrs. Dalloway* herself has already appeared in Woolf’s first novel, *The Voyage Out*, as the wife of a Member of Parliament. In 1923, Woolf gets an idea to write a new story about the character. Virginia Woolf explores her ideas about life, death, sanity and insanity in this novel. To the end of story, Woolf parallels a single day in the lives of two people, Clarissa Dalloway and Septimus Warren Smith. The story is begun with Clarissa’s party preparation for the night and Septimus’s activity in Regent’s Park (www.bl.uk/onlinegallery/themes/englishlit/virginiawoolf.html. Aug 28th, 2006).

Before writing *Mrs. Dalloway*, character of Clarissa Dalloway has appeared in *Jacob’s Room*, the novel preceding *Mrs. Dalloway*. Many same themes are expanded in *Mrs. Dalloway*, but Virginia adds theme of insanity in it. To this novel, Virginia stated that she adumbrated the study of insanity and suicide. She described a world seen by the sane and the insane side by side. The theme of insanity was close to Virginia Woolf’s past and present. Woolf originally planned Clarissa Dalloway to commit suicide at the end of the story, but finally she gave different closure for this
character. Critic Manly Johnson said that the original intention to make a story about Clarissa Dalloway’s suicide in the pattern of Woolf’s own intermittent despair was rejected in favor of a dark double who would take that act upon himself. Creating Septimus Warren Smith led directly to Clarissa’s mystical theory of vicarious death and shared existence, saving the novel from a damaging balance on the side of darkness (www.gradesaver.com/classicnotes/titles/dalloway/about.html. Aug 28th, 2006).

*Mrs. Dalloway* gives the idea of sanity and insanity through its two major characters, Clarissa Dalloway and Septimus Warren Smith. Septimus is described as Clarissa’s side of darkness and the symbol of the insanity (www.sparknotes.com/mb.epl=mrs,virginia,dalloway,woolf,review,critical. Sept 13th, 2006).

Virginia Woolf’s novels are highly experimental which means that they are refracted in the characters’ receptive consciousness. Virginia used the style of writing called ‘stream consciousness’ to express the flow of character’s thoughts and feelings by words. Stream consciousness is the style of writing in which the readers can experience the character’s mind. For example, when the character thinks about the sad moment and he or she will be sad, so do the readers. It seems that the readers who think about that sad moment, not the character. So, stream of consciousness makes the readers involved in the character’s mind. This style was also used when she wrote *Mrs. Dalloway* (1925) which was set in an environment of war. This novel centered on the efforts of Clarissa Dalloway, a middle-aged society woman, who wanted to organize a party and Septimus Warren Smith, a soldier who had psychological scars after he returned from the First World War (www.en.wikipedia.org/wiki/Virginia_Woolf. Sept 15th, 2006).
From the same source, it can be known that Woolf’s *Mrs. Dalloway* also has inspired the movie industry men to present that novel into a film titled “The Hours”.

This quotation can be seen below:

The 2002 film "The Hours," uses some of Woolf's characteristic stylistic tools to intertwine a story of the Virginia who is writing "Mrs. Dalloway" with stories of two other women decades apart, each of whom is planning a party. The film was nominated for the Academy Award for Best Picture. It did not win, but Nicole Kidman was awarded the Academy Award for Best Actress for her portrayal of Woolf in the movie. The film was adapted from Michael Cunningham’s 1998 Pulitzer Prize-winning novel of the same name. *The Hours* was Woolf's working title for *Mrs. Dalloway*. Many Virginia Woolf scholars are highly critical of the portrayal of Woolf and her works in the film (www.en.wikipedia.org/wiki/Virginia_Woolf. Sept 15th, 2006).

Margaretha Ratna Soesanti in her thesis *A Socio-Historical Study of Virginia Woolf’s Mrs. Dalloway: Critical Comments on the Impact of the First World War toward the English Society* wrote that she had several reasons in deciding Clarissa Dalloway and Septimus Warren Smith as the main characters in the novel. First, the novel focused on the character of Clarissa Dalloway which ran parallel to the story of Septimus. Second, these two characters had influenced each other to fulfill the meaning of the story. If one of these two characters was dismissed, the story would lose its meaning and the message of the story could not be conveyed thoroughly. Third, these two characters joined together to build the appeal of the story (Yogyakarta: Sanata Dharma, 2004).

Woolf portrayed about insane condition that made people who suffered from this could be cut off from their environment. She described that theme in *Mrs. Dalloway*. The critic, Ruotolo excellently developed the idea behind that theme, “Estranged from the insanity of others, the veteran (Septimus) asks for what purpose

This thesis will discuss the insanity and suicide as Virginia Woolf explores in her novel, Mrs. Dalloway. The idea has been analyzed by critics. However, this thesis will analyze more about the insane character’s insanity and suicide as the reflection of the author’s insanity and idea about committing suicide. It means that this thesis will take position as the additional study of insanity and suicide. Moreover, this thesis will use the related studies mentioned before as the supportive data. The analysis will be based on the characterization of the insane character in Mrs. Dalloway, Septimus Warren Smith, and Virginia Woolf’s biography. The writer wants to prove that through this novel the author wants to reflect her insanity and the idea of committed suicide that can be seen in Septimus Warren Smith’s insanity and suicide.

B. Review of Related Theories

This thesis has three matters to be discussed. Each matter will use different theory to have the answer. There are some theories that will be applied in this thesis, such as theories of character and characterization, theories of type and characteristics of insanity, theories of insanity’s causes, and some theories which state that there are relations between biography and literary work.

1. Theories of Character and Characterization.

The first matter will use theories of character and characterization to give the answer. There are some theories of character and characterization taken from experts’ books.
In *Literature: An Introduction to Fiction, Poetry, and Drama*, there is a statement explaining about what is character. In this book, Kennedy stated:

A character, then, is presumably an imagined person who inhabits a story although that simple definition may admit to a few exception. But, usually we recognize, in the main character of a story, human personalities that become familiar to us. If the story seems ‘true to life’, we generally find that its characters act in reasonably consistent manner, and that the author has provided them with motivation, that is sufficient reason to behave as they do (1999: 60).

In *An Introduction to the Study of Literature*, it is explained that character is the creation of the author which is made real to reader’s imagination. Even though this is only a creation in people’s imagination, it seems that they are real, something which is made from flesh and blood, just like a real human being. This creation is created to raise the reader’s sympathy, cause feeling of love and hatred, and insert moral lessons. Usually, the author keeps closely his character with common experiences so that the character can move through the pages of story like a living being. Character is created like a living being in order to remain in reader’s memory after the book is laid aside. Even though the readers forget the details in the story, character makes reader still remember the story (Hudson, 1958: 145).

Taken from the same book, *An Introduction to the Study of Literature*, the writer also takes a quotation about characterization:

“In the one case the novelist portrays his characters from the outside, dissects their passions, motives, thoughts and feelings, explains, comments, and often pronounces authoritative judgment upon them. In the other case, he stands apart, allows his characters to reveal themselves through speech and action, and reinforces their self-delineation by the comments and judgments of other characters in the story” (Hudson, 1958: 146-147).

Abcarian and Klotz said in their book *Literature: Reading and Writing the Human Experience*, “Characterization, in plays as in fiction, is revealed by what
characters do, say, and by what other characters say or reveal” (1998: 1434). It means that the characterization of the character can be known by the character’s dialogues and actions and also by the other characters’ dialogues and actions toward the character.

In *Discovering Literature*, the writer also quotes an explanation about character. The complete quotation can be read below:

“Storytellers create characters and set them in motion. The writers appeal to an ancient curiosity: we are fascinated with the variety of people in our world. We are willing to hear about their hopes and fears, their goals and self-doubts, their quirks and plays, their clever and dense ways. The more we learn about them, the harder it is for us to stay aloof. We begin to care, we take sides, we become involved” (Guth and Rico, 1997: 68).

It means that character is a creation to revive the story because the creation of character is based on people in real world. The same as people in real world, characters also have personalities, goals, motivations, hopes, fears, and other characteristics that are possessed by human beings in real world. That is why characters can make the readers involved in the story.

In *Introduction to Literature Volume I* Barnet, Berman, and Burto expressed, “Characterization is the presentation of a character, whether by direct description, by showing the character in action, or by the presentation of other characters that help to define each other” (1994: 1536).

Those theories above are theories of character and characterization that will be used to explain how Septimus Warren Smith as the character in the novel *Mrs. Dalloway* is characterized. In other words, Septimus will be characterized through direct statement from the author, his own dialogues and actions, and other characters’ dialogues and actions toward Septimus Warren Smith.
2. Theories of Type and Characteristics of Insanity

To prove that both the author and the character in *Mrs. Dalloway* are insane people, the writer needs theories of type and characteristics of insanity. The theories that will be applied are theories of schizophrenia and theories of manic-depressive.

a. Theories of Schizophrenia

In general, schizophrenia is a kind of insanity that causes personality disorder. Daradjat in *Kesehatan Mental* listed down the characteristics of person suffering from schizophrenia. The characteristics involve ignorance, daydream, negative prejudice, hallucination, and desperate feeling. The writer will explain them one by one.

i. Ignorance

The person does not have attention to his surrounding. There is no emotional reaction to other people, even to his closest person. That is why he usually faces everything ignorantly.

ii. Daydream

The person likes daydreaming because he cannot accept the reality. Usually, he likes to be alone and does not like to socialize with other people.

iii. Negative Prejudice

If there are people talking or writing something, he will think that those people are talking or writing something bad about him.

iv. Hallucination

This hallucination makes him act as if he sees, smells, or hears something that is actually nothing.
v. Desperate Feeling

If the insane person is in this condition, he usually needs someone that can help him. He will ask someone sent for him because he cannot stand any longer with his condition. If he thinks that his problem cannot be solved anymore, there will be a desire to end his life (1996: 56-57).

The writer does not only take data from Kesehatan Mental, but also takes quotation from Abnormal Psychology. In this book, person who suffers from schizophrenia usually has a severely restricted range of emotions that is most notably associated with social detachment. In psychological term, this range of emotions is called as schizoid personality disorder. The characteristics of schizoid personality disorder can be read in this quotation below:

Schizoid personalities appear to have little or no interest in relationship. They are often distant from their families, they rarely marry, and they have no close friends. In the contacts they do have with others, they seem not to experience the emotions that are part of ordinary social life: warmth, pleasure, disappointment, hurt. They also seem to take little pleasure in solitary activities. In the most severe cases, the ability to experience positive emotional experiences such as joy, happiness, gaiety, and pleasure is completely lacking (Alloy, Riskind, and Manos, 2005: 289).

b. Theories of Manic-Depressive

The next theory is theory about a kind of insanity which is called as manic depressive. According to Daradjat in Kesehatan Mental, manic-depressive is a kind of insanity which makes the patient can have the change of emotions in sudden time. For example, the person can feel over happy then, suddenly, turn into depressed. The characteristics of manic-depressive are divided into two, they are manic and depressive. The complete explanation can be seen below.
i. Manic

In this characteristic, the person who suffers from this insanity likes to dominate the discussion and does not like if his idea or comment is criticized. He or she will be so active and dynamic in every activity that other people will not ever guess that actually the person is insane. If the person is happy or sad, he or she will express the feeling exaggeratedly.

ii. Depressive

In this characteristic, the insane person looks sad, sorrowful, depressed, and desperate. He or she can hurt himself, even committed suicide. The person often isolates himself, likes to be alone, and does not want to socialize with other people. He or she tends to do kinds of activities that are far away from many people (1996: 60-61).

3. Theories of Insanity’s Causes

The writer uses these theories to have more explanation about what is insanity and what are the causes of it. Horace B. English stated in his book *A Comprehensive Study of Psychological and Psychoanalytical Terms* that insanity is any temporary mental disorder of sufficient gravity to bring a person under special legal custody and immunities (1958: 264).

Besides from *A Comprehensive Study of Psychological and Psychoanalytical Terms*, the writer also quotes another definition of insanity from *Psychology and Life*, “Insanity is the legal (not clinical) designation for the state of an individual judged to be legally irresponsible or incompetent” (Gerrig and Zimbardo, 2002: G-7).
It means that people who suffer from insanity cannot be asked to be responsible for their actions because they have psychological problem which is out of their control.

In Hilgard’s Introduction to Psychology, it is concluded that insanity as a serious psychological problem is developed from stressful events. In other words, stressful events can be the causes of insanity. Kinds of insanity that can be caused by stressful events are various. They can be schizophrenia, paranoia, or manic-depressive. It is also explained in this book that stressful events consist of five categories namely traumatic events, controllability, predictability, challenging our limits, and internal conflicts. The writer will explain one by one about those categories.

The first category is traumatic events. Traumatic events are situations of extreme danger that are outside the range of usual human experience. These include natural disaster (such as earthquakes and floods), man-made disasters (such as wars and nuclear accidents), catastrophic accidents (such as car or plane crashes), and physical assault (such as rape or attempted murder).

The second category is controllability. The more uncontrollable an event seems the more likely it is perceived as stressful. When someone does not have a belief that he can control his emotions when he faces a stressful event, he will not be able to reduce the impacts of the event. It means that having the belief will prevent someone from being stressed in facing an event even though he never exercises that control. Major uncontrollable events include the death of a loved one or serious illness.
The next category is predictability. It means to be able to predict the occurrence of a stressful event. In other words, if someone cannot initiate some sort of preparatory process that acts to lessen the shocking event, he or she will be stressed. Example of this category is facing job’s situation.

The fourth category is challenging our limits. Challenging our limits mean to push someone to the limits of his or her capabilities and challenge his or her view of himself or herself. The examples of challenging our limits are final exams for the students and marriage.

The last category of stressful event is internal conflict. Stress can also be brought about by internal process or unresolved conflicts that maybe conscious or unconscious. This can be a desire to achieve something. If someone wants to get something by fighting for that, but finally he cannot achieve it, he will be stressed. People who suffer from insanity may not have all these categories. They can have only one of these categories (Atkinson, Smith, Bem, 1996: 477-483).

Besides stressful events, the writer also gets data about the causes of insanity, especially for manic-depressive. In *Kesehatan Mental*, Daradjat said that, “The major causes of manic-depressive are, usually, past experience in childhood and bad experience in family life” (1996: 61).

4. The Relations between Biography and Literary Work

To answer the third problem in this thesis, the writer needs biography of the author to help doing the analysis. Biography is one of important things that should be studied by the writer to have full understanding about the story. What kinds of moral messages in the story also depend on the values that the author holds on and they can
be known through biography. For the example, if the author is a feminist, it is common if the messages in the story are always about defending women’s position and their rights. Something like this can be known if the writer reads the author’s biography before or after reading the story.

In *Theory of Literature*, it is explained that there are three points of view why biography is important to study. First, biography can explain and illuminate the actual product of literary work. The meaning is biography helps the readers to understand the story. In biography, the readers can find out what values, morals, and ideas that the author has. Like the example mentioned above, the readers will understand the feminism in a story if they know that the author is a feminist. In other words, biography gives additional information which is not explained explicitly in the story.

The second point of view is to shift the center of attention to human personality. Usually, when reading a story, character’s personality will be the focus of attention. In this case, biography will make the readers more realize that it is not only personality of the character in the story, but people in real world also have the same personality. In biography, the author usually tells the reason why she gives kind of personality to her characters. For example, when the author makes a story in which the major male character has good maturity, it can be the personality of the author’s father. It also may happen when the personality of the character is the same as the author’s personality. In this case, the author wants to tell a story about herself through the character. This thing can be known when readers read the author’s biography.
Biography also can be considered as a material for science and psychology of artistic creation. That is the third point of view. It means that biography itself is also a literary work that can be observed for the scientific and psychological purpose. When reading a biography, the readers will know the psychological condition of the author. Besides, biography also can be object for the science, especially literature. These three points of view are the reasons why biography is needed in analyzing a story (Wellek and Warren, 1956: 75).

The writer also quotes from *Reading and Writing about Literature* why biography is needed in doing analysis of a story. The complete quotation can be read below:

Biographical material provides useful facts that could put the reader in a better position to understand and appreciate the literary object. It is far better to try to find out what the author did say than to try to find out what he intended to say (Rohrberger and Woods, 1971: 8-9). The meaning is biography can give brief explanation directly about what the author means in his story. It is a simple way to have information through the biography rather than to read the story and guessing what the author means to say.

**C. Notes on Virginia Woolf’s Insanity and Suicide**

In (www.en.wikipedia.org/wiki/Virginia_Woolf. Sept 15th, 2006), the writer got data about Virginia Woolf’s family and her childhood. Virginia was born on 26 March 1882 as the third child from her parents’ second marriage. Virginia’s father, Leslie Stephen had his first marriage with Minnie Thackeray. From that marriage, they got a daughter named Laura Makepeace Stephen who was mentally disabled. Julia Princep Duckworth, Virginia’s mother, also had got first marriage with Hubert Duckworth and their children were George Duckworth, Stella Duckworth, and
Gerald Duckworth. After separated from their first marriage, Leslie and Julia met and they got married. From this marriage, Leslie and Julia had four children; they were Vanessa Stephen, Thoby Stephen, Virginia, and Adrian Stephen. Throughout her life, Virginia was plagued by drastic mood swings started from her childhood where so many members lived in a family. In this source, the writer could know that Virginia was often nervous because she had to face many people in her house who consisted of her parents, siblings, half-brothers and sisters.

From (www.gradesaver.com/classicnotes/authors/about_virginia_woolf.html. Sept 15th, 2006), the writer knew that during her life Virginia Woolf suffered from three times mental breakdowns. These breakdowns became the symptoms that showed Woolf was insane. The first mental breakdown occurred in 1895 when her mother died. Virginia called it as ‘the greatest disaster that could have happened’. In this first mental breakdown, Virginia was sick. Second mental breakdown took place in 1904 and it was more complicated than the first one in which made Virginia think for the first time about committing suicide. This mental breakdown was triggered by her father’s death. However, the form of the background was sexual abuse done by Virginia’s half-brother, George Duckworth. George had done it since Virginia’s age of six until her early twenties. These events became traumatic events for her. When she recovered, Virginia left Kensington and moved to Bloomsbury. There she joined with her friends to form a group named Bloomsbury Group. This group was dedicated to the liberal discussion of politics and art. Unfortunately, her mental breakdown happened again in 1913. She was over depressed because of her works. Moreover, something in the past related with sexual abuse had made her dislike man. She preferred having relationship with the same sex whereas she had got married
with Leonard Woolf. This marriage was a partnership marriage, not an institution between husband and wife. This condition actually caused her life uncomfortable even though she looked ignoring it.

In *Kegelisahan Seorang Feminis Sosok Virginia Woolf*, the writer also got important data about Woolf’s insanity. In this book, Brouwer and Sidharta explained that Woolf suffered from manic-depressive. This kind of insanity made her could be very happy, humorous and cheerful, but suddenly it could turn into deep sadness, even depressed. She liked to dominate the discussion and did not like to be criticized even though she liked to criticize other people (1989: 8).

Moreover, Woolf also often acted uncontrollably. Without any reason, she often asked her husband to burn her books and other literary works even though she had done big efforts for them. Woolf also liked to isolate herself. She would spend many hours, at least twelve hours, just to write rather than socialize with other people. Virginia knew that she had psychological matters and she tried to save her soul by writing. By writing, she could create new world and make anything inside her work. If she did not write, she would be mad and hysteric (1989: 22).

In *Glencoe Literature*, the writer took a quotation quoted from Virginia Woolf’s book, *Granite and Rainbow*. In her book, Woolf herself described how monstrous her mind is. It thought about many things that Woolf herself could not manage it. In this quotation, Woolf wanted to say that she needed writing to burst out what was in her mind. Here is the quotation:

The mind was full of monstrous, hybrid, unmanageable emotions, that the age of the earth was 3,000,000,000 years; that human life lasts but a second; that the capacity of the human mind was nevertheless boundless; that life was infinitely adorable but disgusting (Chin, 2000: 879).
By 1923, Virginia had got the idea to write a new story about what happened around her. She put many themes in that story, including insanity and death. That story was entitled *Mrs. Dalloway* which was published on 1925. Virginia herself ended her life because she could not stand her insanity powering her life any longer. On 28 March 1941, Virginia filled her pockets with heavy stones, walked into the River Ouse, and drowned herself. She left a note for her husband read, “I hear voices and cannot concentrate on my work. I have fought against it but cannot fight any longer. I owe all my happiness to you but cannot go on and spoil your life.” (www.bl.uk/onlinegallery/themes/englishlit/virginiawoolf.html. Aug 28th, 2006).

This biography about Woolf’s insanity and suicide will be used to give description about the causes, the type and the characteristics of Woolf’s insanity. So, this biography will be helpful for the writer to make analysis, especially in answering the third problem about how the character’s insanity and suicide reflect the author’s insanity and her idea about committing suicide.

D. Theoretical Framework

The writer uses theories of character and characterization to get the answer of the first problem that is how Septimus Warren Smith is characterized in the story. The theories will be used to find the characteristics of Septimus Warren Smith in which directly point at his insanity.

Since Septimus Warren Smith is created as an insane character in *Mrs. Dalloway*, the writer also needs theories of type and characteristics of insanity to know the type of insanity and show that Septimus really has insane characteristics. These theories will be applied together with theories of insanity’s causes. The
contribution of these theories will be helpful in answering the second problem that is how insanity can lead Septimus Warren Smith to commit suicide.

The last, biography about Virginia Woolf’s insanity and suicide will help the writer to do a comparison between Septimus Warren Smith’s insanity and suicide and the author’s insanity and suicide. This biography will be used as the application of theories of biography. By using the author’s biography, the writer can understand more about insanity and suicide which are not stated exactly in the story. Therefore, the biography will be helpful for the writer to get the answer for the third problem that is how Septimus’s insanity and suicide reflect Virginia Woolf’s insanity and suicide.
CHAPTER III
METHODOLOGY

A. Object of the Study

The object of this study is *Mrs. Dalloway*. *Mrs. Dalloway* is a novel written by Virginia Woolf. This novel was published by The Hogarth Press in 1958. This edition is the third reprinted of the 1947 New Edition. This novel consists of 213 pages and, unlike the other novels, there is no division into the chapters.

From the source in internet, the writer knows that this novel is not a common novel. The proof is the appreciation given by men of the movie industry in Hollywood. Hollywood will not produce film from unqualified script. This one of Virginia Woolf’s most admired novels dated from 1924 had become the inspiration of the 2002 film *The Hours*. This film was nominated for the *Academy Award for Best Picture*. Even though did not win, Nicole Kidman was awarded the *Academy Award for Best Actress* for her portrayal of Virginia Woolf in the movie. *The Hours* was the title of film based on Virginia Woolf’s novel, *Mrs. Dalloway* (www.en.wikipedia.org/wiki/Virginia_Woolf. Sept 15th, 2006).

*Mrs. Dalloway* was a novel telling about Septimus Warren Smith who suffered from insanity. In the story, it was told that Septimus Warren Smith often spent his time in Regent’s Park with his wife, Lucrezia. He often talked to himself or tree. Doctor and psychologist had analyzed him and stated that there was nothing wrong with Septimus. Septimus’s wife also could do nothing to help her husband. He was paranoid which made him could not thinking positively to anyone. What he thought was only Evans, his friend that had passed away in war. At the end of story,
Septimus chose to commit suicide by throwing himself out to the window because he could not stand any longer to other people attitude toward his insanity. He tended to follow the voices in his mind which asked him to kill himself. By committing suicide, Septimus could escape from his doctors who always asked him for the treatment. Furthermore, committing suicide also made Septimus be together again with his best friend, Evans.

B. Approach of the Study

This study will apply biographical and psychological approach. Biographical approach is used to support the analysis because the focus of the study is the author’s life. The reason why this approach applied in this study is to relate between the analyzed intrinsic-element and the reflection of that intrinsic element toward the author’s life. This thesis will look deeper about Virginia Woolf’s insanity and suicide through the insane character in Mrs. Dalloway.

In Kegelisahan Seorang Feminis Sosok Virginia Woolf, Brouwer and Sidharta explained that to have the relationship between author’s life and her work, the writer should do biography analysis. Biography analysis could help the writer to know about the author’s past and present condition. Past and present conditions were two factors that develop someone’s self-existence. To understand the reason about something happened in the present time could be found out from events in the past. The writer had to move around the facts in both author’s past and present events to get what actually the author wanted to imply in the work (1989: 14).

Beside biographical approach, the writer also applies psychological approach. Wellek and Warren in Theory of Literature stated that psychology could be included
as one of extrinsic approaches to the study of literature. Moreover, the writer quoted from their book:

“By psychology of literature, we may mean the psychological study of the writer, as type and as individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or, finally the effects of literature upon its readers” (1956: 81).

In other words, psychological approach should be used in this thesis because the writer will study about the author’s psychological problem that is insanity.

C. Method of the Study

Research for this study needs many sources to help getting valid data. The sources cover books in library as the main data to support the analysis. In other words, this study is a library research. Besides, the writer also takes some internet sources to complete the analysis.

In analysis part, the writer would take three steps to answer all problems in this thesis. For the first step, the writer would find out the characteristics of Septimus Warren Smith through his dialogues and actions, other character’s dialogues and actions toward Septimus, and direct statements from the author. All of them would be applied from theories of character and characterization. Since this thesis studies about insanity, the characteristics found would be focused on directly to Septimus’s insanity.

In the second step, the writer would explain how insanity could lead Septimus to commit suicide. In this step, the writer would apply theories of insanity’s causes to get fact about the cause of Septimus’s insanity. After that, the writer would complete it with the explanation about the type of Septimus’s insanity and the characteristics
showing that person who suffered from that type of insanity could commit suicide when he had been desperate.

The last step, the writer would show that Septimus Warren Smith’s insanity and suicide were actually the reflection of Virginia Woolf’s insanity and idea about committing suicide. In this case, biography about the author’s insanity and suicide would take part in making a comparison. From the biography about the author’s insanity and suicide, the writer would explain the causes, type, and characteristics of Virginia Woolf’s insanity. Then the writer would complete it with the characteristics of Woolf’s insanity in which committing suicide became one of the characteristics. When this part had been finished, the writer would take a conclusion that the character’s insanity and suicide reflect the author’s insanity and idea about committing suicide.
CHAPTER IV

ANALYSIS

In this chapter, the writer will answer the problems that have been formulated in previous chapter. There are three problems that are going to be analyzed. First problem is how the character, Septimus Warren Smith, is characterized in Virginia Woolf’s *Mrs. Dalloway*. Second problem is how insanity can lead Septimus Warren Smith to commit suicide. The last problem is how Septimus Warren Smith’s insanity and suicide reflect the author’s insanity and suicide.

A. The Characterization of Septimus Warren Smith

How the character is characterized in the story will be analyzed by using theories of characterization. The character that is going to be analyzed is a character named Septimus Warren Smith. In the story, Septimus Warren Smith is described as the character who has personality disorder. This personality disorder appears as an impact of an event in which Septimus’s best friend, Evans, passes away in a war. After having that event, Septimus becomes stressed and insane. His insanity is indicated by personality disorder.

To show Septimus’s personality disorder, the writer is going to categorize the characterization into two sections. The first section is to portray Septimus’s characteristics before he is stressed, while the second one is to describe his personality disorder after he is stressed.

Based on the theories, the characteristics of Septimus Warren Smith will be characterized in three ways; they are the characterizations through the author’s direct
statement, Septimus Warren Smith’s dialogues and actions, and other characters’ dialogues and actions toward Septimus Warren Smith.

1. Septimus Warren Smith before Stressed

In this section, the writer will show Septimus’s characteristics before he is stressed because of Evans’s death. Before stressed, Septimus is a responsible, admirable, gentle, serious, clever, and literary young man. From the quotations below, it is only one quotation describing Septimus’s appearance. This quotation is to show how fresh and bright Septimus is before he is stressed. The major quotations talk about his personality in purpose to clarify the writer’s focus about Septimus’s personality changes that is going to be discussed later in the next section.

Now, the writer will start to characterize Septimus Warren Smith. From the other character says and acts toward Septimus, it can be known who Septimus Warren Smith is. Septimus is an Englishman who is liked by Lucrezia, an Italian girl who will be Septimus’s future wife. Even though Septimus is not large like the other Englishmen, Lucrezia still likes him. She likes his fresh colour, big nose, bright eyes, gentleness, and way of sitting a little hunched which is like a young hawk. In the quotation below, it can be seen what Lucrezia thinks about Septimus:

She knew he was English, though not one of the large Englishmen her sister admired, for he was always thin; but he had a beautiful fresh colour; and with his big nose, his bright eyes, his way of sitting a little hunched, made her think, she had often told him, of a young hawk, that first evening she saw him, when they were playing dominoes, and he had come in—of a young hawk; but with her he was always very gentle (Woolf, 1958: 161).

Beside all those characteristics, Septimus is also a serious, clever, and young literary man. He likes reading literature, especially Shakespeare’s plays. This
fondness to Shakespeare is realized by Lucrezia. She also wants to understand Shakespeare’s plays although they seem difficult for her. What Lucrezia says toward Septimus’s interest in literature can be known from the quotation below:

But nobody could be like Septimus; so gentle; so serious; so clever. Could she not read Shakespeare too? Was Shakespeare a difficult author? She asked (Woolf, 1958: 99).

Having interest in Shakespeare’s plays becomes one characteristic that is also emphasized by the author. In the quotation below, the author gives her direct statement about Septimus’s interest in Shakespeare’s plays. That interest is one reason why he goes to France to join in the war to save his country.

Septimus was one of the first volunteer. He went to France to save an England which consisted almost entirely of Shakespeare’s plays….. (Woolf, 1958: 95).

Septimus is also a responsible soldier. This characteristic is stated by the other characters in the story. Looking at to what Mr. Brewer says toward Septimus’s duty, it can be concluded that Septimus has finished it well. Not only Mr. Brewer as Septimus’s superior but also people in Septimus’s office admire his success in winning crosses. Crosses is an award to symbolize a soldier’s success in doing his duty.

At the office they advanced him to a post of considerable responsibility. They were proud of him; he had won crosses. “You have done your duty; it is up to us—“ began Mr. Brewer; and could not finish, so pleasurable was his emotion. They took admirable lodgings off the Tottenham Court Road (Woolf, 1958: 98).

All of those characteristics above are characteristics that Septimus Warren Smith possesses before he is stressed because of Evans’s death in the war. The use of these characteristics is to be compared to the next section because what the writer
focuses on is about Septimus’s personality disorder that is the indicator of his insanity. Now, the writer will move on to the second section in which the changes of Septimus Warren Smith’s personality will be completely pictured.

2. Septimus Warren Smith after Stressed

In this second section, the writer will explain one by one about Septimus’s personality disorder. Here, Septimus’s portrayed personalities are different from the ones that have been described in the previous section. If in the first section Septimus is pictured as clever, responsible, and admired, those characteristics will not be found anymore in this second section. In this section, the writer points directly to Septimus’s insane characteristics which are many described through his actions.

Septimus has much changed in his personality after he is stressed because of Evans’s death. Why only Evans who must die in the war makes Septimus unwilling to accept Evans’s death. Both of them have defended together for their country. That is why when Septimus is still alive, Evans also should be alive. If there is should be victims of the war, Septimus wants both Evans and him to die together. They cannot be separated because they are best friend.

Losing Evans as a best friend, Septimus starts to show strange behaviors. Slowly, his good characteristics as a gentle, serious, clever, and responsible person do not exist anymore. Now, Septimus’s life is fulfilled by ignorance, negative prejudice to other people, hallucination, and desperate feeling which are the indicators of his insanity. In this condition, he really lacks of positive emotional experience. He cannot feel happiness, joy, gaiety, or pleasure. He also cannot be proud of his marriage. Furthermore, he wants it to end soon. The writer will show the
insane characteristics in Septimus Warren Smith through Septimus’s dialogues and actions, other characters’ dialogues and actions toward Septimus, and direct explanation from the author.

Firstly, the writer will show the only quotation about Septimus’s appearance that has changed after losing his best friend, Evans. Compared to the previous section, Septimus’s appearance now is really different. The author herself gives brief explanation how Septimus looks like after he is stressed:

Septimus Warren Smith, aged about thirty, pale-faced, beak-nosed, wearing brown shoes and a shabby overcoat, with hazel eyes which had that look of apprehension in them which makes complete strangers apprehensive too (Woolf, 1958: 17).

The major changes involve almost in Septimus’ personality traits. It can be seen from what the other character says toward Septimus’s strange behaviors. Lucrezia, as Septimus’s wife, thinks that her husband has not been Septimus any longer. In page 72-73, it can be read how Lucrezia feels suffered because she has a husband like Septimus. She still loves Septimus but she cannot hide her sadness when looking at Septimus’s condition in which he likes to talk to the dead man and himself, to say something cruel and wicked. This happens in Regent’s Park when she and Septimus just walk outside to get fresh view for her husband.

But Lucrezia Warren Smith was saying to herself, It’s wicked; why should I suffer? She was asking, as she walked down the broad path. No; I can’t stand it any longer, she was saying, having left Septimus. Who wasn’t Septimus any longer, to say hard, cruel, wicked things, to talk to himself, to talk to a dead man, on the seat over there;… (Woolf, 1958: 72-73).

Talking to himself or to the dead man is not the only thing showing that Septimus is insane. From what the character thinks about himself, there can be found another thing which indicates Septimus’s insanity; that is having negative prejudice
to other people. In a situation when Lucrezia and Septimus have to face a traffic caused by a motor car, Septimus thinks that he who is blocking the way. In Septimus’s mind, all people look and point at him for what he has done. The real fact, people look at each other because they want to know what happens to the motor car so that it blocks the way.

Traffic accumulated. And there the motor car stood, with drawn blinds, and upon them a curious pattern like a tree, Septimus thought, and this gradual drawing together of everything to one centre before his eyes, as if some horror had come almost to the surface and was about to burst into flames, terrified him. The world wavered and quivered and threatened to burst into flames. It is I who am blocking the way, he thought. Was he not being looked at and pointed at;.... (Woolf, 1958: 18).

Not only negative prejudice but also hallucination colors Septimus’s mind. He often acts as if he sees something. He says that leaves are alive and their fibres connect with his own body. When the trees make a movement, like stretching, so does he. From his words, they can be a proof showing that Septimus is insane.

But they beckoned; leaves were alive; trees were alive. And the leaves being connected by millions of fibres with his own body, there on the seat, fanned it up and down; when the branch stretched he, too, made that statement (Woolf, 1958: 26).

Septimus does not only say that the trees are alive but also he acts as if the dead man is alive. In Septimus’s opinion, Evans, his dead friend, is still alive. Septimus remembered when he was in the war and Evans died, Septimus held the body. As time goes by, Septimus still can feel Evans’s body at his hand but he is not dead. Evans is still alive. Of course, what the character thinks is impossible. Dead person cannot be alive anymore. If the dead one is suddenly alive, it is only a hallucination. Nonetheless, the character remains with his opinion that his friend is still alive. From the theories of characteristics of insane people, an insane person can
get the hallucination as part of his insanity. It also happens in Septimus’s insanity.

This quotation below shows his hallucination about Evans:

There was his hand; there the dead. White things were assembling behind the railings opposite. But he dared not look. Evans was behind the railings! (Woolf, 1958: 28).

Septimus’s condition makes Lucrezia sad. Through this character, Lucrezia, it can be known that Septimus’s gentleness in the past has changed into ignorance. Moreover, Septimus has turned into a coward. Looking at how Lucrezia is very confused when Septimus says that he will kill himself shows that Septimus in the past is different from Septimus now. He was brave, but he is not now. If he is still brave, there will be no a thought to kill himself. He will face everything in his life bravely. That is why Lucrezia says that committing suicide is a coward way.

And it was cowardly for a man to say he would kill himself, but Septimus had fought; he was brave, he was not Septimus now. She put on her lace collar. She put on her new hat and he never noticed; and he was happy without her. Nothing could make her happy without him! Nothing. He was selfish (Woolf, 1958: 27).

Not only once, but in another event Septimus also shows his intention to commit suicide. It is pictured in Septimus’s dialogue below:

Suddenly he said, “Now we will kill ourselves,” when they were standing by the river,…. (Woolf, 1958: 74).

What makes the intention to commit suicide appear in Septimus’s mind is his negative prejudice to other people. He says that all people in the world are wicked. Life is meaningless when a person is surrounded by wicked people. This opinion motivates Septimus to end his life. This uncommon thought is described in an interaction between the character and his wife. Septimus explains to his wife the
reason why he intends to kill himself. For Septimus, his life is meaningless and one way to escape from it is committing suicide. Here is the quotation:

   He would argue with her about killing themselves; and explain how wicked people were; how he could see them making up lies as they passed in the street. He knew all their thoughts, he said; he knew everything. He knew the meaning of the world, he said (Woolf, 1958: 74).

    Septimus’s worse condition insists Lucrezia to find someone for giving advices. That person is Dr. Holmes. Through this character, Septimus’s insane characteristic which likes paying attention to unreal things is revealed. As a doctor, Holmes knows that Septimus has psychological disorder but he does not tell the truth to his wife in order not to make her worried. Dr. Holmes understands that Septimus often notices unreal things which are called hallucinations. What he can suggest to Lucrezia is just asking her husband to notice real things, such as go to music hall, play cricket, and other outdoor activities.

    “Look,” she implored him, for Dr. Holmes had told her to make him notice real things, go to music hall, play cricket—that was the very game, Dr. Holmes said, a nice out-of-door game, the very game for her husband (Woolf, 1958: 29).

    Unfortunately, those kinds of activities do not give any effects to Septimus’s personality disorder. He has lacked of feeling to have experiences in positive emotions, such as joy, happiness, gaiety, and pleasure. This losing of feeling is caused by Evans’s death. Septimus thinks that after Evans is buried, he will be alright and better in his life. Nevertheless, he never guesses that Evans’s death will bring a great effect for his feeling. This matter can be discovered from an event when Septimus sees activities of making hats done by Italian girls. Those Italian girls are busy with their activities, but Septimus cannot feel the situation. This characteristic
can be known from what the character, that is Septimus, does in that event. When Septimus is in the room, he cannot feel the situation:

For now that it was all over, truce signed, and the dead buried, he had, especially in the evening, these sudden thunder-claps of fear. He could not feel. As he opened the door of the room where the Italian girls sat making hats, he could see them; could hear them; they were rubbing wires among coloured beads in saucers; they were turning buckrams shapes this way and that; the table was all strewn with feathers, spangles, silks, ribbons; scissors were rapping on the table; but something failed him; he could not feel (Woolf, 1958: 96-97).

In his marriage, Septimus also indicates a strange symptom. Deep down in his heart, he does not really want to have a marriage with Lucrezia. Based on the theories of characteristics of insanity, one characteristic that is owned by person having personality disorder like Septimus is not too interested in having a marriage. It is exposed through the character’s action in marrying a girl. Septimus gets married with Lucrezia in order to return his sense of feeling, not to have happiness.

When peace came he was in Milan, billeted in the house of an innkeeper with a courtyard, flowers in tubs, little tables in the open, daughters making hats, and to Lucrezia, the younger daughter, he became engaged one evening when the panic was on him—that he could not feel (Woolf, 1958: 96).

Having a marriage cannot solve Septimus’s problem about losing of feeling. Furthermore, this marriage results unhappiness for his wife because Septimus does not have common hopes like the other couples. Having a baby is the biggest Lucrezia’s hope, but this hope is not obsessed by Septimus. To his wife, Septimus also openly does nothing when his wife is in sadness. Lucrezia is lonely without a baby, but Septimus ignores her feeling. He chooses to be silent because he feels nothing when he hears his wife sobbing. Septimus reveals this lack of feeling through his action below:
At tea Rezia told him that Mrs. Filmer’s daughter was expecting a baby. She could not grow old and have no children! She was very lonely, she was very unhappy! She cried for the first time since they were married. Far away he heard her sobbing; he heard it accurately, he noticed it distinctly; he compared it to a piston thumping. But he felt nothing (Woolf, 1958: 100).

Finally, the marriage is over. In a moment Septimus is curious why Lucrezia does not wear her ring, he gets the answer which is implicitly says that Lucrezia does not love him anymore. In fact, Lucrezia grows so thin that the ring becomes loose to wear. What Septimus thinks implies his disinterested in getting married.

Was it that she had taken off her wedding ring? “My hand has grown so thin,” she said; “I have put it in my purse,” she told him. He dropped her hand. Their marriage was over, he thought, with agony, with relief. The rope was cut; he mounted; he was free, as it was decreed that he, Septimus, the lord of the men, should be free; alone (since his wife had thrown away her wedding ring; since she had left him). (Woolf, 1958: 75).

Besides losing his feeling, Septimus also gets hallucination which becomes one characteristic of his insanity. This is portrayed through Septimus’s action. He often sees Evans and hears his voices. When Lucrezia reminds him the time to come to Mr. Bradshaw, a psychologist who is Dr. Holmes’ friend, Septimus suddenly remembers about an ode to immortal Time. Time here means the death. In the past, he often sang that together with Evans. Now, when Septimus sings that ode, Evans appears and comes closer to him. It makes Septimus panic and cry.

…an immortal ode to Time. He sang. Evans answered from behind the tree. The dead were in Thessaly, Evans sang, among the orchids. There they waited till the War was over, and now the dead, now Evans himself—“For God’s sake don’t come!” Septimus cried out. For he could not look upon the dead. But the branches parted. A man in grey was actually walking towards them. It was Evans! But no mud was on him; no wounds; he was not changed (Woolf, 1958: 78).

Having a husband with strange behaviors does not make Lucrezia broken heart. Since she knows her husband is mad, Lucrezia wants her husband to get right
treatments for his insanity. The statement that Septimus is mad and needs help is revealed by her words and action to call Dr. Holmes when she catches by surprise her husband talking to himself. On the other hand, Septimus dislikes her action because he hates doctors. He calls them brute. It can be seen through his dialogue when Dr. Holmes enters to his room.

“What are you saying, Septimus?” Rezia asked, wild with terror, for he was talking to himself. She sent Agnes running for Dr. Holmes. Her husband, she said, was mad. He scarcely knew her. “You brute! You brute!” cried Septimus, seeing human nature, that is Dr. Holmes, enter the room (Woolf, 1958: 104).

Lucrezia does not understand why Septimus really hates the doctors. Septimus dislikes doctors whereas he says that he has given in. Looking back to the matter of feeling nothing, Septimus has thought that someone must be sent for helping him. This is stated by Septimus himself:

Now he had surrendered; now other people must help him. People must be sent for. He gave in (Woolf, 1958: 100).

Nevertheless, Septimus’s thought is not realized into reality. Through Lucrezia, it is explained that Septimus does not like doctors. When Lucrezia takes him to Sir William for diagnosis, the doctor says that Septimus must take a rest in a house of treatment. Lucrezia object to his advice because she and Septimus must live separately.

There was a delightful home down in the country where her husband would be perfectly looked after. Away from her? She asked. Unfortunately, yes; the people we care for most are not good for us when we are ill. But he was not mad, was he? Sir William said he never spoke of “madness”; he called it not having a sense of proportion. But her husband did not like doctors. He would refuse to go there (Woolf, 1958: 107).

Septimus dislikes the doctors. In Septimus opinion, doctors will treat him arbitrarily just because he is a sick person. They will insist him to do everything they
like. Absolutely, this is only a personal opinion of Septimus Warren Smith because his mind cannot think positively toward other people.

Once you fall, Septimus repeated to himself, human nature is on you. Holmes and Bradshaw are on you. They scour the desert. They fly screaming into the wilderness. The rack and the thumbscrew are applied. Human nature is remorseless (Woolf, 1958: 108).

Septimus feels deserted when Lucrezia does not understand his feeling toward his doctors. Even though she has explained that Dr. Holmes will treat him well, he still disbelieves that doctor. In his deserted feeling, Septimus thinks that nobody cares about him and it makes the hallucinations about the voices become worsen. In Septimus’s hallucinations, the voices involve the whole world’s voices that ask him to kill himself and Evans’s voice. These hallucinations are described by the character himself:

But Rezia could not understand him. Dr. Holmes was such kind a kind man. He was so interested in Septimus. He only wanted to help them, he said. He had four little children and he had asked her to tea, she told Septimus. So he was deserted. The whole world was clamouring: Kill yourself, kill yourself, for our sakes (Woolf, 1958: 102-103).

A voice spoke from behind the screen. Evans was speaking. The dead were with him. “Evans, Evans!” he cried (Woolf, 1958: 103).

Lastly, Septimus cannot stand any longer to his insanity. He cannot stand on Evans’ appearances and voices. He cannot differentiate between reality and hallucination. Moreover, he cannot be helped anymore because he does not like the doctors. Septimus chooses to throw himself out to the window rather than to be brought by his doctors to the house of treatment.

Holmes was coming. Razors he might have got, but Rezia, who always did that sort of thing, had packed them. There remained only the window, the large Bloomsbury lodging-house window; the tiresome, the troublesome,
and rather melodramatic business of opening the window and throwing himself out. It was their idea of tragedy, not his or Rezia’s (for she was with him). Holmes and Bradshaw liked that sort of thing. (He sat on the sill). But he would wait till the very last moment. He did not want to die. Life was good. The sun hot. Only human beings? Coming down the staircase opposite an old man stopped and stared at him. Holmes was at the door. “I’ll give it you! He cried, and flung himself vigorously, violently down on to Mrs. Filmer’s area railings (Woolf, 1958: 164).

All quotations in this section are about Septimus’s insanity which can be seen in his personality disorder. They are taken from what the other characters say, think, or act toward Septimus. The author also gives direct statement about Septimus. Beside the other characters and the author, Septimus himself shows his insanity through his dialogues and actions.

**B. Insanity Leading Septimus Warren Smith to Commit Suicide**

In this section, the writer is going to answer the second problem about how insanity can lead Septimus Warren Smith to commit suicide. This section will be divided into two parts. First, the writer will explain briefly what the cause of Septimus’s insanity is. In this case, the writer will use the theories of insanity’s causes. Second, the writer will tell what type and characteristics of insanity that Septimus suffers from. This is meant to avoid a broader discussion about insanity because there are many types of insanity. By knowing the type, the writer can describe the characteristics of Septimus’s insanity in which committing suicide becomes one of them. For this part, the writer will apply the theories of schizophrenia. Through these theories, the writer will show that Septimus Warren Smith suffers from a kind of insanity named schizophrenia which is indicated by his strange actions.
1. The Cause of Septimus’s Insanity

Insanity is developed from prolonged stress that is caused by stressful events. In the previous section, the writer has talked about the changes of Septimus’s appearance and personality traits after his friend’s death. It is concluded that Septimus’s prolonged stress is caused by the death of loved one.

Based on the theories of insanity’s causes, the stressful event that Septimus has is categorized into controllability. Controllability means the potential to control an event. If someone has a belief that he can control a stressful event, he can reduce the impact of the event even though he never exercises that control.

This controllability is not possessed by Septimus. That is why he cannot reduce the impact of his best friend’s death. Everybody knows that a war must have many victims. A good soldier must have good mental preparation before he goes to the war. He must prepare himself from losing everything which includes the loss of best friend. This matter takes place commonly in the war. Unfortunately, Septimus as a soldier does not have such good mental preparation. So, when his best friend passes away in the war, it becomes a stressful event for Septimus. People around him, such as his wife, consider Evans’s death as an ordinary experience, but Septimus makes it into a horrible thing. Since Septimus does not possess the potential to control the event of his best friend’s death, the impact of that event becomes extensive. Started from a sorrow that develops into prolonged stress, Septimus changes both physically and psychologically. Since stress affects someone’s psychology, the major changes also occur in Septimus’s. In the story, these changes are stated by Lucrezia, Septimus’s wife. As the closest person, Lucrezia recognizes Septimus’s strange behaviors as the result of losing his best friend in the war. She knows Septimus often
talks to the dead man, Evans. She does not understand why Septimus views that
death as a horrible, whereas Lucrezia judges that event as a common thing.

But such things happen to every one. Every one has friends who were killed
in the War. Every one gives up something when they marry. She had given
up her home. She had come to live here, in this awful city. But Septimus let
himself think about horrible things, as she could too, if she tried. He had
grown stranger and stranger. He said people were talking behind the

From the explanation, it is clear that having no controllability in facing a
stressful event causes a serious psychological problem. How severe this
psychological problem affects Septimus has been showed in the previous section
which is about Septimus’s characteristics changes. There has been fully portrayed
how Evans’s death causes Septimus’s personality disorder.

2. The Type and Characteristics of Septimus’s Insanity

As mentioned before, the death of Evans has caused Septimus’s personality
disorder from a brilliant, successful, and admired man into a spiritless, ignorant, and
desperate person. In the theories of characteristics of insane people, this personality
disorder is known as schizophrenia.

During the story, Septimus is described as the person who indicates the
characteristics of schizophrenia. This kind of insanity causes personality disorder.
The schizophrenia’s characteristics that Septimus has are ignorance, negative
prejudice, hallucination, and desperate feeling. The writer will explain one by one
about those characteristics and it will be completed with the examples to make clear
how insanity has changed Septimus’s personalities in many ways.
i. Ignorance

Septimus does not have attention to his surrounding. There is no emotional reaction and feeling to other people, even to his wife. In his marriage, it can be seen that actually Septimus does not really want to have a marriage with Lucrezia.

She put on her lace collar. She put on her new hat and he never noticed; and he was happy without her. Nothing could make her happy without him! Nothing. He was selfish (Woolf, 1958: 27).

The quotation above shows how Septimus’s wife, Lucrezia, is really sad because Septimus does not have attention to what she does. In another event, Lucrezia cries because she really wants a baby. However, Septimus does not do anything even though he hears his wife sobbing. This can be seen in this quotation below:

At tea Rezia told him that Mrs. Filmer’s daughter was expecting a baby. She could not grow old and have no children! She was very lonely, she was very unhappy! She cried for the first time since they were married. Far away he heard her sobbing; he heard it accurately, he noticed it distinctly; he compared it to a piston thumping. But he felt nothing (Woolf, 1958: 100).

ii. Negative Prejudice

Septimus often thinks negatively to other people. He can directly judge that all people are wicked and liars. He is not able to believe people around him, such as his doctors, who still have good intention to him.

In the quotation below, Septimus thinks that people judge him as the cause of a blocked way. In real fact, traffic is caused by a stopped motorcar and people look at each other to know what makes the motor stop and block the way.

Traffic accumulated. And there the motor car stood, with drawn blinds, and upon them a curious pattern like a tree, Septimus thought, and this gradual drawing together of everything to one centre before his eyes, as if some
horror had come almost to the surface and was about to burst into flames, terrified him. The world wavered and quivered and threatened to burst into flames. It is I who am blocking the way, he thought. Was he not being looked at and pointed at;…. (Woolf, 1958: 18).

Septimus also tells Lucrezia that people in the world are wicked and liars. He says that he can know people’s thought:

……and explain how wicked people were; how he could see them making up lies as they passed in the street. He knew all their thoughts, he said; he knew everything. He knew the meaning of the world, he said (Woolf, 1958: 74).

Not only the people but also his doctors cannot be believed by Septimus. Even though Dr. Holmes and Sir Bradshaw show a good intention to treat him, Septimus still judges them that they only want to be on him:

Once you fall, Septimus repeated to himself, human nature is on you. Holmes and Bradshaw are on you. They scour the desert. They fly screaming into the wilderness. The rack and the thumbscrew are applied. Human nature is remorseless (Woolf, 1958: 108).

But he remembered. Bradshaw said, “The people we are most fond of are not good for us when we are ill.” Bradshaw said he must be taught to rest. Bradshaw said they must be separated. “Must”, “must”, why “must”? What power had Bradshaw over him? “What right has Bradshaw to say ‘must’ to me?” he demanded. “It is because you talked of killing yourself,” said Rezia. (Mercifully, she could now say anything to Septimus.) So he was in their power! Holmes and Bradshaw were on him! The brute with the red nostrils was snuffing into every secret place! (Woolf, 1958: 162).

iii. Hallucination

When Septimus gets hallucinations, he often acts as if he sees or hears something that is actually nothing. He often hallucinates about living trees, Evans, and committing suicide.

For example, when he hallucinates about living trees, Septimus will describe them by saying that there are fibres connecting his body with the tree. That
connection makes him know about the trees’ movement, it means that when the trees move, so does Septimus (p.26).

Beside living trees, Septimus’s hallucinations are mostly about Evans. According to Septimus, Evans is still alive and he always follows Septimus wherever he goes. In one event, Septimus states that he sees Evans behind the park’s railings, but he is not able to look at Evans. Even though Septimus is glad to know that Evans is still alive, he is afraid of Evans’s presence (p.28).

In another event, Evans comes when he hears Septimus sings an ode. Septimus cries and asks Evans not to come toward him, but Evans still gets closer. Feeling guilty not to protect his best friend well during the war makes Septimus afraid of meeting Evans. In Septimus’s mind, Evans comes to him to ask for his responsibility for letting his best friend die in the war (p.78).

Septimus’s hallucinations about Evans are not limited only in physical appearance but also voice. Although Septimus does not see Evans, his voices will always make Septimus realize that actually Evans is around him (p.103).

Septimus’s hallucinations do not only take place when he is walking at Regent’s Park but also in his home. At the moment he is getting hallucinations, Septimus often asks his wife to write down what he sees or hears. Lucrezia does it to make her husband relief even though a great number of her writings are nonsense. It means that some of Septimus’s statements are beautiful but most of them have no meaning. Lucrezia understands that actually her husband sees or hears nothing; she just tries to appreciate her husband because an insane person cannot think logically. Here is the quotation:
He knew everything! That man, his friend who was killed, Evans, had come, he said. He was singing behind the screen. She wrote it down just as he spoke it. Some things were very beautiful; others sheer nonsense. And he was always stopping in the middle, changing his mind; wanting to add something; hearing something new; listening with his hand up. But she heard nothing (Woolf, 1958: 154-155).

Sometimes, the idea of killing himself also often appears in Septimus’s hallucinations. The examples can be seen in page 77 and 155. In page 77, Septimus hallucinates as a drowned sailor. He thinks that he is under the sea and he has been dead. Yet, he rises from his death and lives again. Septimus himself is surprised why he can have an idea like that and he assumes that the idea is awful.

In another hallucination, Septimus feels that he is falling down into the flames. Absolutely, Lucrezia who thinks they are real at the first time is panic. When she looks for the flames and she does not find them, finally she knows that they are only Septimus’s hallucination. This can be read on page 155.

And he would lie listening until suddenly he would cry that he was falling down, down into the flames! Actually she would look for flames, it was so vivid. But there was nothing. They were alone in the room. It was a dream, she would tell him, and so quiet him at last, but sometimes she was frightened too (Woolf, 1958: 155).

iv. Desperate Feeling

In this characteristic, the person suffering from schizophrenia has not been able to stand any longer with his psychological problem. He usually needs someone who can help him. The writer finds a quotation in the story describing how Septimus has been desperate with his condition and needs someone to help him.

Now he had surrendered; now other people must help him. People must be sent for. He gave in (Woolf, 1958: 100).
When the person has surrendered and thinks that the problem cannot be solved anymore, there will be a desire to end his life. In the story, Septimus is desperate because he has lost his feeling. He has tried to return his feeling back by getting marriage with Lucrezia. However, what they have is an unhappy marriage because he still cannot feel anything. The serious problem in this case is Septimus considers his loss of feeling as Evans’s curse. According to Septimus, Evans’s death is his mistake because he does not care and guard Evans well during the war. So, Evans curses him for being not care and letting him die in the war.

So there was no excuse; nothing whatever the matter, except the sin for which human nature had condemned him to death; that he did not feel. He had not cared when Evans was killed; that was worst;.. (Woolf, 1958: 101).

Since Septimus feels guilty, he tends to redeem his mistake by accompanying Evans in the death. That is why a desire to end life often appears in Septimus’s hallucinations. This desire comes not only in his hallucinations but also in his consciousness. This quotation is said by Septimus when he and Lucrezia are enjoying the view along the street:

They went to Hampton Court on top of a bus, and they were perfectly happy. All the little red and yellow flowers were out on the grass, like floating lamps he said, and talked and chattered and laughed, making up stories. Suddenly he said, “Now we kill ourselves,” when they were standing by the river,.. (Woolf, 1958: 74).

What Septimus means as the desire to kill himself is his redemption to Evans. He feels very guilty for letting Evans die in the war. He just wants to show to other people that committing suicide can free him from guilty feeling. One of his doctors, Dr. Holmes, says that he wants to help Septimus by taking Septimus to the house of
treatment, but Septimus knows that the doctor has judged him insane; even Septimus’s wife has the same opinion as the doctor.

According to Septimus, he is not insane. By committing suicide, Septimus just wants to be together with Evans and accompany him in the death world. That is the only one thing that he can do to redeem his mistake, but his doctor and Lucrezia cannot understand this. Septimus feels deserted and, in this condition, the voices to commit suicide dominate his mind. Those voices ask Septimus to leave this world because there is no one cares about him anymore, while in the death there will be many friends, including Evans. Here is the quotation:

But Rezia could not understand him. Dr. Holmes was such a kind man. He was so interested in Septimus. He only wanted to help them, he said. He had four little children and he had asked her to tea, she told Septimus. So he was deserted. The whole world was clamouring: Kill yourself, kill yourself, for our sakes (Woolf, 1958: 102-103).

Finally, the decision to kill himself is really done by Septimus. He really cannot stand any longer to his doctors that always insist him to follow their suggestion. The more his doctors prevent him from committing suicide, the more he wants to do it. That is why in the quotation below Septimus says that suicide is his doctors’ idea:

It was their idea of tragedy, not his or Rezia’s (for she was with him). Holmes and Bradshaw liked that sort of thing (Woolf, 1958: 164).

Perhaps, Septimus can cancel his suicide if his doctors can be patient in treating him. Nonetheless, they are not patient and always insist him to do what they say. Without feeling in doubt, Septimus chooses to follow the voices in his mind and go to the Evans’s world.
He did not want to die. Life was good. The sun hot. Only human beings? Coming down the staircase opposite an old man stopped and stared at him. Holmes was at the door. “I’ll give it you!” he cried, and flung himself vigorously, violently down on to Mrs. Filmer’s area railings (Woolf, 1958: 164).

In summary, the death of Evans really affects Septimus’s psychology and makes him stressed. This stress develops into insanity that influences Septimus’s mind and action to commit suicide. In other words, insanity leads Septimus to commit suicide.

C. Septimus’s Insanity and Suicide as the Reflection of the Author’s

This last section is the section to answer the third problem. In this section, the writer will explain about how Septimus Warren Smith’s insanity and suicide reflect the author’s insanity and suicide. The writer will do a comparison between Septimus Warren Smith and Virginia Woolf. Things that will be compared cover their insanity and suicide. From the comparisons, it can be known the similarities and differences about Septimus Warren Smith and Virginia Woolf.

*Mrs. Dalloway* is a story about one single day which is performed by an insane person named Septimus Warren Smith. Because of his insanity, Septimus ends his life by committing suicide. This matter is also found in Virginia Woolf’s biography. Based on this fact, the writer thinks that *Mrs. Dalloway* is Woolf’s novel that portrays her insanity and the idea to commit suicide which is revealed through the character Septimus Warren Smith.

The writer will start with the first comparison which is about the cause of Septimus and Virginia’s insanity. In the story, Septimus’s insanity is caused by the
death of his best friend, Evans. As a loved one, Evans’s death shocks Septimus’s psychology and it causes prolonged stress which develops into insanity. Based on (www.gradesaver.com/classicnotes/authors/about_virginia_woolf.html. Accessed on September 15th, 2006), Virginia also has psychological shocks because of the death of loved ones. Her mother dies in 1895 and her father passes away in 1904. They are the reasons why Virginia has her mental breakdown in those years. Virginia even calls her mother’s death as the great disaster in her life. Virginia also has had a desire to commit suicide when she has to face a reality that her father has died.

In *Mrs. Dalloway*, the cause of Septimus’s insanity is only one that is Evans’s death. It is different from Virginia’s because her parents’ deaths are not the only one cause of her insanity. Another cause of Virginia’s insanity is sexual abuse in her childhood done by her half-brother, George Duckworth. In (www.gradesaver.com/classicnotes/authors/about_virginia_woolf.html. Accessed on September 15th, 2006), it is informed that George has done that sexual abuse since Virginia’s age is six years old. Furthermore, it still lasts until Virginia reaches her early twenties. This sexual abuse really affects Virginia’s psychology in the future because this trauma makes her dislike men. It is clear that one similarity in this case is both Septimus and Virginia’s insanity are caused by the death of loved one.

The second comparison is about marriage. In the theories on characteristics of insane person, it is mentioned that the insane one will not be too interested in having a marriage. If the insane person gets married with someone, there must be a certain reason why he or she does it. In the story, it is described that Septimus does not like having a marriage with Lucrezia because he gets married just to return his feeling. Septimus’s feeling is lost because of Evans’s death and it makes him panic. Septimus
thinks that his feeling can be returned when he has a marriage. Nevertheless, he is not successful because his feeling is still lost. The result is Lucrezia, as Septimus’s wife, feels unhappy because Septimus never gives any attention to her as a husband during their marriage. Septimus himself feels relief when he sees Lucrezia does not wear her wedding anymore.

When peace came he was in Milan, billeted in the house of an innkeeper with a courtyard, flowers in tubs, little tables in the open, daughters making hats, and to Lucrezia, the younger daughter, he became engaged one evening when the panic was on him—that he could not feel (Woolf, 1958: 96).

Was it that she had taken off her wedding ring? “My hand has grown so thin,” she said; “I have put it in my purse,” she told him. He dropped her hand. Their marriage was over, he thought, with agony, with relief. The rope was cut; he mounted; he was free, as it was decreed that he, Septimus, the lord of the men, should be free; alone (since his wife had thrown away her wedding ring; since she had left him). (Woolf, 1958: 75).

Virginia also does the same thing as Septimus. Because of sexual abuse, she loses her feeling toward men and dislikes them. In (www.gradesaver.com/classicnotes/authors/about_virginia_woolf.html. Accessed on September 15th, 2006), it is stated that Virginia shows this feeling of dislike men by having relationship with the same sex. Although Virginia finally gets married with Leonard Woolf, it does not return her feeling toward men. Their marriage is only a partnership marriage. It is not an institution between husband and wife but it is more like a business relationship. Virginia and her husband have a publishing company in which they help each other. That is why their marriage is called as business relationship. Based on this explanation, it is clear that both Septimus and Virginia are not happy with their marriage because actually they have no intention to do that, except just to return their lost feeling.
The third comparison is about type of insanity. In the story, Septimus is portrayed a person who has a kind of insanity causing personality disorder. This kind of insanity is called as schizophrenia. Suffering from schizophrenia makes Septimus have personality disorder from a successful, gentle, serious, admired, and responsible person into an insane character. He likes talking to himself, getting hallucinations, being ignorant, and having negative prejudices even the desire to kill himself. This insanity makes Septimus lose his positive emotions such as pleasure and hopes. Septimus cannot feel those emotions anymore. What he has is only passive and strange in which people around him can directly know that there is something wrong with him. In Mrs. Dalloway, Sir Bradshaw who is one of Septimus’s doctors can understand about Septimus’s condition since he meets Septimus and his wife for the first time.

He could see the first moment they came into the room (the Warren Smiths they were called); he was ceratin directly he saw the man; it was a case of complete breakdown-complete physical and nervous breakdown, with every symptom in an advanced stage, he ascertained in two or three minutes… (Woolf, 1958: 106).

Septimus’s condition is different from Virginia’s because kind of Virginia’s insanity is different from Septimus’s. In Kegelisahan Seorang Feminis Sosok Virginia Woolf, it is told that Virginia suffers from manic-depressive. Manic-depressive is a kind of insanity which shows the changes of emotions in sudden time. These changes involve manic and depressive characteristic. When Virginia is in manic characteristic, she will show her feeling exaggeratedly. She can be a person with a happy, humorous, and cheerful personality. She will be aggressive in a discussion and does not like to be criticized. Insanity does not make Virginia lose her
active side. When she is in manic characteristic, people will not know that she suffers from insanity (Brouwer and Sidharta, 1989: 8).

Taken from the same book, *Kegelisahan Seorang Feminis Sosok Virginia Woolf*, there is also an explanation about Virginia’s emotional changes when depressive characteristic attacks her. When she is depressive, Virginia will look sad, sorrowful, and desperate. She can hurt herself, even commit suicide. It is also described how Virginia often acts uncontrollably when she is depressed. She can ask her husband to burn her books and other literary works without any reasons (Brouwer and Sidharta, 1989: 22).

Through the explanation above, it is clear that Septimus and Virginia have different type of insanity. Although the type is different, but there is a similarity that is the desire to commit suicide. This characteristic appears in both Septimus and Virginia’s insanity.

The fourth comparison is about Septimus and Virginia’s attitude toward their insanity. During the story, it is pictured how Septimus drowns in his mind. He lets hallucinations and negative prejudices dominate his mind. He chooses to live in his imaginations because in them he can meet and talk with Evans who has died. Septimus does not try to do something to prevent hallucinations come to his mind and this condition is different from Virginia’s. Virginia will not drown into her imagination and let her mind control her. In *Kegelisahan Seorang Feminis Sosok Virginia Woolf*, Virginia likes to spend her time at least twelve hours each day just to write. If she stops writing, she will be mad and hysterical (Brouwer and Sidharta, 1989: 22).
In *Glencoe Literature*, Virginia describes her mind monstrous and unmanageable. Virginia says that her mind is boundless; it means that her mind can think about various matters. It can think about something opposite at the same time, such as life that is adorable and disgusting. The way to control her mind is by writing because writing can burst out what is in Virginia’s mind (Chin, 2000: 879).

As long as Virginia is still able to write, she will do it to control her mind. She has many imaginations in her mind and Virginia tries to transfer them into her works. What Virginia does is not the same as Septimus does. In this comparison, it is clear that Septimus does not do anything to prevent his uncontrollable mind while Virginia fights against her mind by writing. They have different attitude toward their insanity.

The fifth comparison is about voices in Septimus and Virginia’s mind. These voices are the main cause of their committed suicide. In the story, Septimus tends to follow the voices in his mind which ask him to commit suicide. When Septimus has not been able to tolerate his doctors’ treatments anymore, Septimus obeys the voices in his mind and flings himself out to the window down to his neighbor’s railings. Even though Septimus commits suicide by flinging himself out to the window, there is a statement in the story showing that Septimus actually has had the idea to kill himself by drowning himself. In page 74, it can be read about Septimus’s hallucination about committed suicide by drowning himself:

Suddenly he said, “Now we kill ourselves,” when they were standing by the river…. (Woolf, 1958: 74).

The same as Septimus, Virginia also hears voices in her mind. They always disturb and make her not focus on the works. In the explanation above, it has been
told that Virginia protects herself from her uncontrollable mind by writing. However, the voices make her not be able to write. They really torture Virginia. Since she cannot stand any longer to the voices and she is not successful to fight against them, Virginia takes a decision to end her life by drowning herself in a river near her house.

Here is a quotation about Virginia Woolf’s suicide:

The River Ouse ran close by the Woolf’s country home in Sussex. On 28 March 1941, Virginia filled her pockets with heavy stones, walked into the river and drowned herself. The note she left for her husband read: “I hear voices and cannot concentrate on my work. I have fought against it but cannot fight any longer. I owe all my happiness to you but cannot go on spoil and spoil your life” (www.bl.uk/onlinegallery/themes/englishlit/virginiawoolf.html. Accessed on August 28th, 2006).

So, if Septimus commits suicide because he tends to follow the voices in his mind, Virginia ends her life to liberate herself from the voices that make her not be able to focus on her works. Even though the motives are different, both of them make a decision to commit suicide because of the voices.

From those comparisons, the writer assumes that insanity and suicide of Septimus Warren Smith are the reflection of Virginia’s experience about her insanity and the idea to commit suicide. From an internet source, it is informed that Virginia has had the idea to write a story about her. She involves the idea of insanity and death in that novel, Mrs. Dalloway, which is published on 1925 (www.bl.uk/onlinegallery/themes/englishlit/virginiawoolf.html. Accessed on August 28th, 2006).

The writer thinks that while writing this novel, Virginia has been insane and had a desire to end her life but she still can fight against it and continues to write. She creates Septimus Warren Smith as the insane character to reveal her insanity.
Through this character, Virginia describes how hard to live as an insane person. Nobody can understand about the condition and other people will directly consider the person insane without understanding what makes the person change psychologically. Virginia arranges a committed suicide for her character’s end of life because, actually, she wants herself who does it. Nevertheless, until Virginia finishes this story and publishes it, she has not done it. It seems that she is still able to fight against her insanity even though the idea to commit suicide has been in her mind. For Virginia, her life is precious and she must be able not surrender just because of her insanity. Unfortunately, this thought cannot remain forever in Virginia’s mind. She has to accept the reality that she cannot stand any longer to insanity. It is the same as Septimus, the insane character that Virginia creates in *Mrs. Dalloway*.

In other words, *Mrs. Dalloway* is an instrument that is used by Virginia to tell her story about insanity. Virginia also describes her plan to commit suicide which is revealed through Septimus Warren Smith. So, *Mrs. Dalloway* reflects the author’s insanity and her idea to commit suicide which is portrayed by the insane character in that story.
In this chapter, the writer will conclude about the problems that have been discussed in chapter four. The first problem is about how the character is characterized in the story. The analyzed character is an insane person named Septimus Warren Smith. In characterizing this character, the writer applies theories on characterization. The writer gets Septimus’s characteristics based on the author’s direct statement, Septimus’s dialogues and actions, and other character’s dialogues and actions toward Septimus Warren Smith.

Since Septimus is described as an insane person who has personality disorder, the writer divides his characteristics into two sections. The first section is Septimus’s characteristics before he is stressed and the second one is the characteristics of Septimus Warren Smith after he is stressed.

Before stressed, Septimus is portrayed as a responsible, admirable, gentle, serious, clever, and literary young man. He is a successful soldier because he can get an honor for his achievement in the war. He is one of soldiers who can go back from the war. Nevertheless, Septimus’s best friend, Evans, passes away in the war. This loss of best friend is the gate of Septimus’s personality disorder.

After realizing that Evans is not with him anymore, Septimus feels stressed because they usually do everything together. At that time, Septimus is regretful why he does not protect his best friend well during the war. If he cares and protects his best friend well, Evans will be still alive. The death of loved one makes Septimus stressed. Moreover, feeling guilty not to protect Evans well prolongs his stress.
Slowly, Septimus changes physically and psychologically. Then, he becomes insane. Septimus likes talking to himself and getting hallucinations. Furthermore, he becomes ignorant to his surrounding, even to his wife. Beside, negative prejudices and desperate feeling also color his life. When he has been so desperate, there will be a desire to commit suicide. All of them are the characteristics of Septimus’s insanity.

After finding Septimus’s characteristics which directly point at his insanity, the writer moves to the second problem about how insanity can lead Septimus commit suicide. In this part, the writer uses theories of insanity’s causes. Beside those theories, the writer also applies the theories of type and characteristics of insanity. Based on the story, Septimus’s insanity is triggered by his best friend’s death. According to the theories of insanity’s causes, that event is a stressful event categorized into controllability. The reason why Septimus is so stressed when Evans dies is he has no belief to control his emotions at that event. If Septimus has that belief, he can reduce the impact of the event, which is stress. Insanity develops from prolonged stress. Since Septimus always drowns in his stress, slowly he changes into an insane person. When the cause of Septimus’s insanity has been found, the writer continues to the type and characteristics of insanity. Based on the theories, Septimus’s type of insanity is schizophrenia. The characteristics of this insanity involve ignorance, negative prejudice, hallucination, and desperate feeling. When the person suffering from schizophrenia has reached the desperate feeling characteristic, he can have a desire to commit suicide. This takes place to Septimus. When he feels desperate because there is nobody can understand his condition, Septimus takes a decision to commit suicide. In other words, Septimus’s decision is influenced by his insanity.
Having finished with the second problem, the writer answers the third one. The third problem is about how Septimus’s insanity and suicide reflect the author’s insanity and suicide. In this part, the writer applies the theories of insanity’s causes and theories of type and characteristics of insanity. These theories are used together with the author’s biography. By using the biography and the theories, the writer does some comparisons between Septimus’s insanity and suicide and the author’s.

First comparison is about the insanity’s causes. If the cause of Septimus’s insanity is only one that is the death of his best friend, Virginia Woolf has two causes of insanity. The first cause is the death of Virginia’s parents and the second one is sexual abuse done by her half-brother in Virginia’s childhood. These two causes shocks Virginia’s psychology and makes her stressed.

Second comparison is marriage. Both Septimus and Virginia are not too interested in having a marriage. If they finally get married with someone, it means that there is a certain reason why they do that. In Septimus’s case, marriage is a tool to return his lost feeling. Since Evans’s death, Septimus loses his feeling. He cannot feel anything and this matter supports him to marry with Lucrezia in order to return his feeling back. Septimus’s effort is useless because his feeling does not return and his marriage becomes unhappy. The same as Septimus, Virginia Woolf also gets married to return his feeling. Because of sexual abuse in her past, Virginia dislikes men. To return his feeling back toward men, Virginia gets married with Leonard Woolf. Nevertheless, it means nothing because Virginia still does not like men.

Third comparison is about type of insanity. Based on the theories of type and characteristics of insanity, Septimus suffers from schizophrenia and Virginia suffers from manic-depressive. Although types of their insanity are different, one of the
characteristics is the same that is having a desire to commit suicide when they have been desperate.

Fourth comparison is Septimus and Virginia’s attitude toward their insanity. In Septimus’s case, he likes to drown in his mind and let his imaginations dominate it. In his imaginations, Septimus can meet and talk to Evans, his dead friend. It is different from Virginia who always tries to fight against her insanity. When her mind is attacking with disturbing things, she will fight it by writing. While she is writing, she can pour out what in her mind and will not let her mind control her. Virginia cannot accept if she must drown in her mind.

Last comparison is about the voices in Septimus and Virginia’s mind. These voices become the motive of their suicide. The difference is if Septimus tends to follow the voices which always ask him to kill himself, Virginia commits suicide because she wants those voices to disappear from her mind.

From those comparisons, it can be seen that Virginia tries to put the idea of insanity and suicide in her novel, Mrs. Dalloway. Since Mrs. Dalloway is written before Virginia commits suicide, it can be assumed that the idea about committed suicide has been in Virginia’s mind while she writes this novel. In conclusion, Mrs. Dalloway is a reflection of the Virginia Woolf’s insanity and suicide which is revealed through Septimus Warren Smith.
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Summary of *Mrs. Dalloway*

*Mrs. Dalloway* is a novel about a man named Septimus Warren Smith who is insane because of his best friend’s death. Before stressed, Septimus is a responsible, admirable, gentle, serious, clever man. Beside, he also likes literature, especially Shakespeare’s literary works. His personality changes after his best friend’s death in the war. Septimus drowns in his stressed and he becomes insane. He likes talking to himself, saying that trees are alive, telling that Evans, his dead best friend, is still alive.

Lucrezia, Septimus’s wife, does not know what she has to do in facing her husband’s insanity. She just tries to be patient and finds doctors to treat her husband. Septimus’s doctors, Dr. Holmes and Sir Bradshaw, say that there is nothing wrong with Septimus. He just needs to take a rest in a house of treatment owned by Sir Bradshaw. Septimus dislikes his doctors because they are intolerable in treating him. They treat Septimus arbitrarily and consider him insane. Septimus cannot accept that because he is really sure that Evans is still alive and always accompanies Septimus wherever he goes.

Although Evans is Septimus’s best friend, Septimus dares not to look at his best friend every time he comes. Septimus feels guilty because he does not protect and care about Evans well during the war. If he does it, Evans will not die. This guilty feeling makes Septimus often hallucinate about many things. He can say that trees are alive and Evans is around him. Furthermore, Septimus often talks about committing suicide. According to Septimus, committed suicide is the only way to be
together again with Evans and redeem his guilty feeling. Absolutely, this idea is considered strange by Septimus’s doctors. Moreover, this idea ensures them to bring Septimus soon to the house of treatment.

Septimus does not stand any longer to his insanity. He thinks that he is right but people around him say that he is insane. Lucrezia as his wife says that he is ignorant. Septimus knows that his feeling has been lost together with Evans’s death. Septimus’s ignorance makes his marriage become unhappy. Moreover, the doctors always suggest him to be treated. He does not want to be treated as a sick person. Realizing that nobody understands about his condition, Septimus tends to follow the voices in his mind which always ask him to commit suicide. Finally, when Dr. Holmes comes to meet him, Septimus flings himself out to the window and falls onto his neighbor’s railings.