



TINA EVANS'S DEPRESSION IN DEAN KOONTZ'S THE EYES OF DARKNESS

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ABSTRACT

This study analyzes the depression experienced by Tina Evans in the novel *The Eyes of Darkness* written by Dean Koontz. The focus of this research is the symptoms of depression experienced by Tina Evans, the causes and effects of depression experienced by Tina Evans, and the last is the solution to the depression experienced by Tina Evans. This study uses a qualitative method. This research is conducted by applying a psychological approach. From this analysis, it can be concluded that there are two symptoms of depression experienced by Tina Evans, namely sadness and sleep disturbances. The causes of Tina's depression are the stress of losing a loved one; her marital status is due to her husband Michael Evans' affair, which ended in their divorce, the third cause is trauma, and the last cause is spiritual terror experienced by Tina Evans. From the causes of depression experienced by Tina Evans, there are three effects of depression: insomnia, lack of concentration, and nightmares. The final discussion of this research is the solution to depression or how Tina Evans overcomes her depression. In the end, Tina manages to overcome her depression in various ways. From the results of the analysis, it is known that there are six solutions that Tina Evans do in overcoming her depression; namely, the first to distract her mind with hard work, the second to take significant responsibility for her work, the third to try to divert her mind by consuming alcohol, the fourth to think positively about whatever is happens she experienced, the fifth is expressing herself to talk to other people, in this case, Tina is trying to open up to her boyfriend. The last one is to accept the spiritual terror that is haunting her and find the facts about the death of her son Danny Evans with the help of Elliot Stryker. At the end of this analysis is Tina Evans, who overcame her depression by finding Danny Evans alive and back in her arms.

Keywords/Kata Kunci: *depression, symptom of depression, cause of depression, effect of depression, solution of depression.*

1. INTRODUCTION

Depression is a common health problem in the world. All ages, ethnicities, and socioeconomic groups are susceptible to depression. According to a survey from World Mental Health under the auspices of the World Health Organization, approximately 280 million people worldwide have depression, with an estimated 3.8% of the population

affected, including 5.0% among adults and 5.7% among adults older than 60 years (WHM, 2018:48). Depression is usually experienced by people who previously goes through pleasant life events but were immediately surprised by unexpected events that make the person experiencing it feel sad for a long time, such as the death of a loved one, and the loss of their job. It's normal to feel sorry to develop a response to the current situation. It might be explained as stress. Depression usually occurs when the stress experienced by a person does not go away, and the depression experienced is correlated with a dramatic event that has just happened or befell a person. Depression usually affects a person's thinking and behavior and can trigger various physical and emotional problems. A person who is depressed can have problems performing daily activities. In fact, they often feel that life is useless. However, someone who is depressed does not mean a weak person.

In relation to depression, Aaron Beck (1995: 35) says that depression is a painful experience or a feeling of hopelessness. Beck also explains that people who are depressed always blame themselves, always have a negative view, and have low social support. Depression can occur in someone who experiences an abnormal condition accompanied by signs such as a low mood, pessimistic attitude, loss of spontaneity, and specific vegetative signs. In addition, depressed individuals tend to think that life is not worth living for them.

Based on the description above, the problem statements are stated as follows: What are the symptoms of Tina Evans' depression in *The Eyes of Darkness*?, What are the causes of Tina Evans' depression in *The Eyes of Darkness*?, What are the effects of Tina Evans' depression in *The Eyes of Darkness*?, How does Tina Evans overcome her depression in *The Eyes of Darkness*?

The objective of the study is to analyze the symptoms of depression experienced by Tina Evans in the novel *The Eyes of Darkness* by Dean Koontz. It also aims to find out the cause of depression, the effect of depression, and the way to overcome her depression.

Psychology of Literature

In this study the psychological approach is used because the topic raised in this study is depression. The purpose of applying this approach is to try to highlight the main character's problems with depression through a psychological perspective. Through this literary psychology approach, it aims to solve the problems faced, especially those concerning aspects of the character's personality as the focus of the study.

The term psychology of literature according to Wallek and Warren (1995:108) has four possible meanings. First is the study of psychology of the author as a type or person, Second is the process of creative study, Third is the study of the types of psychological laws applied to literary works, Fourth is studying the impact of literature on readers (psychology of readers). Based on the opinion of Wellek and Warren above, the research on the novel *The Eyes of Darkness* leads to a third understanding, namely the psychological approach as a study of types and laws applied to literary works. Specifically, the analysis that will be carried out is directed at the psychological behavior of the main character that supports the story and the depressive behavior experienced by the main character so that it will reveal the factors causing the main character's depressive behavior as a whole. Moreover, a psychological approach is used because depression is a mental illness, which is studied in the field of psychology.

Theory of Depression

According to Beck and Alford in the book "Depression: Cause and Treatment" (Beck, 2009:8) state that depression is a psychological disorder characterized by deviations in feelings, cognitive, and individual behavior. Individuals who experience depression can feel sadness, loneliness, decreased self-concept, and show withdrawal behavior from their environment. Aberrations of feelings that occur due to depression are explained by Sadock (Sadock, 1972:223) the term aberration of feelings or better known as a depressed mood, where a person experiences sadness and several other negative affections in a not too long period of time due to his failure to carry out certain task. Depression shows symptoms in the form of the emergence of behaviors and emotions that reflect negative affect.

Symptoms of Depression

According to Aaron T Beck (Beck, 1985:13) the symptoms of depression are classified into four groups, namely:

1. Emotional symptoms are when individuals who are depressed will experience changes in feelings or moods.
2. Cognitive symptoms, namely when individuals who have depressive disorders also show symptoms of cognitive distortions or errors in thinking about themselves, experiences, and the future.
3. Motivational symptoms are defined as depressive disorders having a low level of motivation. This can be seen from the behavior that can indicate the level of individual motivation.
4. Physical symptoms are characterized by individuals who are depressed will show symptoms related to physical and natural behavior.

Causes of Depression

There are several factors that can cause depression according to Blazer, et al (Nevid, Rathus, & Greene, 1997:286), namely: Age, trauma, stress, economic and social status, marital status, gender, conflict with parents, and heredity factor.

Effects of Depression

Timothy J Legg (Legg, 2019:1) explains how depression can affect the whole body, especially if left untreated. Some of the effects of depression are the first feeling of prolonged sadness, emptiness, hopelessness, and constantly feeling unappreciated by others. The second is the difficulty of deciding on a thing, or easy to forget something that has just been done. The third is a heart attack; some factors explain why a person with depression is at a higher risk for heart disease. The fourth effect is weight problems. The fifth effect is weakening the immune system due to too many thoughts. The sixth effect is constriction of blood vessels.

Solutions of Depression

In handling depression, there are several ways that can be done, ranging from handling independently and doing therapy. According to the Dr. D'Archy Lyness (Lyness, 2021:1) in her paper that publication in *Teen Health* this is an independent

treatment of depression, namely doing routine, setting goals, doing exercise, eating healthy foods, having adequate sleep, taking responsibility, and expressing yourself.

According to Nevid, Rathus, Greene in the book *Abnormal Psychology in a Changing World Tenth Edition* (2017:88), there are several therapies for overcoming the depression, namely psychotherapy, drug therapy, cognitive behavior therapy, and electro cognitive therapy.

2. METHOD

In this study, the researcher uses a qualitative research. Qualitative methods help provide a broad description of the phenomenon. This method improves understanding of an event and its context. Qualitative methods tend to increase the basic understanding of what will be analyzed later. This basic understanding is an important phase in an analysis. Qualitative methods are also useful for making distinctions and finding patterns of combinations between variables. Thus, qualitative methods help easily to describe the initial context of the research for deeper analysis. (Sofaer, 1999:1011).

In accordance with Sofaer's explanation above, the purpose of qualitative research is to describe the main character's character, the depressive disorder experienced by the main character, the causes and ways to overcome are based on the data collection, both in the form of sentences and paragraphs contained in the data source, namely in the novel *The Eyes of Darkness*. To help understand and determine the nature of the circumstances and a particular case in the literature being studied, an interpretation activity is needed, to understand and determine which is a depressive disorder and which is not a depressive disorder.

The data collection technique in this study was using library and note-taking techniques. The library technique is a technique that is carried out by searching, collecting, reading, and studying reference books or writings related to the object of research. In this research, the writer will use library technique in the literary work of the novel "The Eyes of Darkness" by Dean Koontz. The note-taking technique is identifying the main character, psychological disorders experienced by the main character, causes of psychological disorders and how to overcome depression.

3. RESULT AND DISCUSSION

This chapter contains an analysis of depression experienced by Tina Evans. This chapter consists of four sub-chapters, which explain the symptoms of depression experienced by Tina Evans, the causes and effects of depression experienced by Tina Evans, and the last one is solution of Tina Evans's depression.

3.1 The Symptoms of Tina Evans's Depression

Tina Evans is a former showgirl marrying a blackjack dealer at a Las Vegas hotel. Tina starts her career as a dancer on the Lido de Paris, a Las Vegas-only gig, at 18, two

years before her marriage to Michael Evans. The beginning of their relationship is a meeting in the world of work until, in the end, they decide to get married and live together.

Tina and Michael's marriage goes smoothly, and when Tina realizes that she is pregnant, Tina immediately decides to quit her job. Until their first child is born and named Danny Evans. When Danny is three months old, Tina starts to exercise and rebuild her body; until Danny is six months old, Tina decides to go back to work and still take care of her child. Although at first, Tina finds it difficult, she can not leave one of them; Tina can still be a good mother and wife and remains professional in her work.

The happiness of their marriage is not always beautiful; when Danny was 11 years old, Tina Evans and Michael Evans divorced because of differences in views and Michael's infidelity. The difference in views between Tina and Michael is because Tina realizes that if she is lucky, she will continue to be a dancer until she is thirty-eight years old, but after that, Tina will be at the end of her career as a dancer. Therefore, Tina decides to explore a higher career level. This is vehemently opposed by Michael, as Michael feels he can support Tina and Danny with his income as a blackjack dealer and the tips he receives from guests.

Not only that, a few months after her divorce from Michael Evans, her son Danny Evans die in a bus accident when climbing with 14 other children and two professional climbers in the Sierra Mountains. These two bad events that happen to Tina Evans make her unaware that her life is changing, and the changes are leading to negative aspects. This negative aspect leads to depression. From the analysis that would have done, it finds that Tina Evans has symptoms of depression. The first symptom is a Sad Feeling, and the second symptom is a sleep disorder.

The first symptom that Tina Evans experiences are a prolonging feeling of sadness. Feelings of sadness are usually temporary and will disappear over time when complex events have passes. Unlike the feelings of despair experiences by Tina Evans, it can affect thoughts, emotions, perceptions, and sedentary behaviour. This sadness is often hallucinating when meeting a boy the same age as Danny Evans; her son died a year ago.

“This boy in the station wagon was not the first that she had imagined was Danny; in recent weeks, she had seen her lost son in other cars, in schoolyards past which she had been driving, on public streets, in a movie theatre.”
(Koontz, 1981:2)

The quotation above describes the incident that day when Tina sees a child in the station wagon and thinks it is Danny Evans. It is not the first time. That causes by feelings of sadness and rejection of Danny's Death. Tina begins to experience symptoms of depression a few months after her son died, she is unaware of these symptoms, but the

feelings of sadness she experiences little by little interfere with her life. She cannot let go of her only child.

The second symptom of depression that Tina Evans experiences is a sleep disorder. Tina Evans' sleep disorder is insomnia, or difficulty falling asleep. Tina experiences this sleep disorder several times with the exact cause, namely her thoughts about Danny Evans. Tina Evans has an unconscious sleep disorder. This sleep disorder is caused by Tina; she often thinks about events in her life, including the death of her child and her divorce.

“Although Michael was still living in town, less than a mile from her, he was in some respects, as far away and as unreachable as Danny. She sighed with resignation and opened her eyes. She wasn't sleepy now, but she knew she had to get more rest.” (Koontz, 1981:5)

From the quotation above, it can be concluded that Tina needs someone to rely on and share stories. However, her divorce from Michael Evans makes her sink even more with her sadness. This sleep disorder is quite disturbing to her life because when her body is tired, her mind does not want to stop thinking about past events.

3.2 The Causes of Tina Evans's Depression

Tina Evans begins to experience depression after the death of her son Danny Evans. That causes a change in Tina Evans' daily life. Some of the causes of depression experienced by Tina Evans are found after an analysis. Some of the causes of depression are namely stress, marital status, trauma, and terror.

The first cause of depression experienced by Tina Evans is stress due to the loss of a loved one. Tina Evans lost her son Danny Evans a year ago in a bus accident while hiking in the Sierra Mountains. That makes Tina Evans experience prolonged stress due to her grief. This sadness worsens when Tina Evans remembers or sees things that remind her of her son Danny.

Tina's depression would have interfered with her daily life, and Tina often remembers everything about her child Danny Evans. Wherever she goes, if she sees the slightest resemblance to Danny, her mind will be thrown into chaos. Like what Tina does in the quotation below,

At six minutes past midnight, Tuesday morning, on the way home from a late rehearsal of her new stage show, Tina Evans saw her son, Danny, in a stranger's car. But Danny had been dead more than a year. (Koontz, 1981:1)

That day Tina sees a boy in another car in a 24-hour self-service parking lot. Tina looks at the boy from her car, logically refusing to believe it is Danny; she keeps thinking that Danny died a year ago. Nevertheless, a part of her thinks it can be Danny; Danny does not die, he survived, but Danny lost his memory. Tina could think of that possibility because she never seen Danny Evans' body. The funeral home manager says that Danny's body badly torn apart and that Tina advises not to open Danny's casket.

Tina Evans has always considered herself a strong, competent woman who can get through everything in her life. However, her thinking is wrong; when Tina hears the news of her son's death, she is devastated and falls into a pit of darkness, burying her in grief. However, Tina tries to get up and move on with her life, take her career higher, and begins slowly leave the sadness about Danny. At first, Tina thinks it will be easy, but she is wrong. She can not bear to accept that Danny, her only child, is dead.

Tina's stress gets worse when Tina enters Danny's room. Everything in Danny's room makes her dizzy, and her sadness goes crazy. Danny's room has remains the same since his death, even though a year has passes. Even all Danny's stuff is still intact in its place. Like he is never left. Clothes, shoes, action figures, toys, even Danny's horror comic book. Tina has never has the urge to dismantle Danny's old stuff. Since she decides to get up, Tina starts visiting Danny's room less; only her maid always cleans Danny's room from dust. This makes Tina slightly better from her sadness. However, when Tina enters Danny's room again after a long time, her sadness returns.

The second cause of depression experienced by Tina Evans is her marital status. Tina marries Michael at 18; they meet at the hotel where they work. Tina used to be a dancer in the truest sense, not a showgirl, and Michael, the dealer at the blackjack table. They decide to get married, and Tina quits as a dancer after knowing that she is pregnant.

Tina loves Michael Evans with all her heart, but Michael's treatment makes her sick. In the end, Tina divorces her husband because Michael disagrees with Tina, who tries to pursue a career from a dancer, costume stylist, choreographer, and minor show coordinator to finally becoming a producer. Michael, with his thinks that do not want to keep up with the times and does not take Tina's career seriously, make Tina offended. Small arguments that occur between them continuously turn into domestic fights. Finally, Tina divorces Michael. This is evidenced by the quotation below,

She had lost her child and her husband in the same year, the man first, and the boy, the son to the grave and the husband to the winds of change. During the twelve years of their marriage, Tina had become a different and more complex

person than she'd been on their wedding day, but Michael hadn't changed at all—and didn't like the woman that she had become. (Koontz, 1981:5)

Tina also experiences pressure from Michael due to Danny's Death. Tina's stress from Michael starts from Danny's death ceremony and then months later. Michael always blames Tina for the death of their son, Danny Evans. Michael thinks that Danny will not die if Tina does not let Danny go on a hike in the Sierra mountains. However, according to Tina, she has no right to blame because Danny highly desires this climb; besides that, this climb supervises by professional climbers who have experienced climbing in the Sierra Mountains for a dozen years in the winter.

Another reason Tina's marriage cannot be maintained is Michael's infidelity. Tina loves Michael sincerely; at first, she thinks that Michael did the same thing, but Tina is wrong. Michael only likes her because she is a dancer, just like most Las Vegas guys who adore showgirls to stick with them all night. Although this fact is never directly expressed by Michael in words, all of Michael's actions are enough to prove that fact. Michael wants Tina to stay home as if to be a trophy to be proud of.

As Tina begins to work up the ladder, Michael feels rivaled and jealous of Tina's success. From that jealousy comes a betrayal from Michael. He starts coming home late from his working hours at the hotel, then every weekend, Michael spends on dates with his changing girlfriend. However, it should be if Michael realizes that he is also responsible for Danny's death. Michael always spends time outside without paying any attention to Danny.

The third cause of depression experienced by Tina Evans is trauma. This trauma causes by her fear of the facts or information she will get about her son Danny Evans when she decides to seek the truth about her son's death. Tina starts to feel uneasy when she hears or sees anything that has to do with Danny. Her fear appears instantly; this has felt since the first time Tina gets a call from the police in Reno about the accident that killed her child.

Tina ventures to dismantle Danny's room and are about to donate Danny's belongings to a social institution. Tina felt it is time for her to get up and move on with her life without any shadow of sadness about Danny. However, her son's memories are still neatly stored in her heart. When Tina unpacks Danny's room, she opens a box containing a pile of horror magazines covers with gruesome illustrations. In the pile of magazines, there is one magazine that interests her, namely a magazine that depicts a child who has not died but has buried because medical equipment at that time could not detect even the slightest heart movement.

Tina reads the comic carefully, but fear and anxiety attack her suddenly. She is afraid that her resolve to get up will collapse after reading the comic, and Tina is afraid that her trauma will worsen. This is because the story in the comic has a parallel relationship with the events that happens to her life recently. In the last few months, Tina began to dream of Danny and the exact same man as the death figure depicted in the comic. Then the terror Tina got about Danny's death some time ago. This evidenced in the quotation below,

Tina was dry-mouthed, weak. She didn't know what to make of the damned thing. This was just a silly comic book, an absurd horror story. Yet . . . strange parallels existed between this gruesome tale and the recent ugliness in her own life. She put the magazine aside, cover-down, so she wouldn't have to meet Death's wormy, red-eyed gaze.

The Boy Who Was Not Dead.

It was weird. (Koontz,1981:116)

Tina's fear of anything relates to Danny makes her trauma worse. This is known when Elliot Stryker, Tina's new boyfriend, invites Tina to go to Reno to find out the truth about Danny's death. Tina's fear based on her heart which is afraid of the bad news she will receive in Reno. She feared the collapse of the fort she had built to let Danny go. However, Elliot assures Tina that there will be no mistakes in this quest, although bad news will be welcome if Tina knows the facts.

The fourth cause of depression experienced by Tina Evans is terror. The terror refers to in this novel is the spiritual terror that has come to Tina recently. At first, Tina thinks that this terror carried out by people who hate her, but at that time, there are no signs that her house has forcibly opened.

Tina is quite disturbed by this terror, terror in the form of messages that contradict the fact that Danny Evans is dead, appears periodically wherever Tina is, with the same message. The first terror appears at night when Tina is about to sleep; the terror appears in Danny's room.

Tina has been bothered enough by the first terror that she feels someone else is playing her life by reminding her of Danny. Until Tina realizes the second terror appears again a few days later in Danny's room. Terrified with the words 'Not Dead' plasters on the blackboard, Tina feels awkward because she deleted the writing a few days ago before coming out of Danny's room. This evidenced in the quotation below,

When she went into Danny's bedroom, she saw at once that the easel-chalkboard had been knocked over again. She put it right. Two words were printed on the slate:

NOT DEAD

A chill swept down her back. (Koontz, 1981:18)

Tina thinks that Michael does this dirty work, but when Tina meets Michael, she finds no evidence that Michael is the culprit. In the end, the terror reappears in her office, on the sidelines of a pile of papers she requests from Angela, her secretary. Tina thinks that Angela does it, but it is implausible because she knows Angela is a kind woman. Tina's fear returns to the surface after thinking about the possibilities of the terror she has experienced.

Tina experiences the third terror when she tries to confirm that what Angela has printed on her office computer is wrong. However, when Tina enters Angela's room, she feels the room temperature dropping; Tina checks the thermostat, but it is clear that the temperature is normal, and she thinks there is something wrong with the thermostat. Tina turns on Angela's computer, opens the file that Angela has printed earlier and nothing is wrong. However, a moment later, Tina feels the temperature of the room dropping and the computer screen displaying strange writing, the same writing that appears on print paper and in Danny's room.

On the screen, scrolling up:

I'M COLD AND I HURT MOM? CAN YOU HEAR?

I'M SO COLD... The screen glowed with those words—then went blank. Again, she tried to feed in her questions. But the keyboard remained frozen. (Koontz,1981:69)

From the quotation above, it can be seen that Tina experienced a terror that makes her unable to think clearly. Tina wants to answer a question on the computer screen, but the keyboard is freezing as cold as room temperature. Tina is experiencing tremendous turmoil in her body, and fear and confusion mix. Her logic screams out loud that Danny is dead, but her heart says otherwise; her heart has another opinion; typing on the screen makes her feel like she is communicating with Danny.

3.3 The Effects of Tina Evans's Depression

Tina Evans' depression has several effects on her body and daily life. After conducting the analysis, it finds three effects of depression experienced by Tina, namely health problems, lack of concentration, and nightmares. Here is a further explanation.

The first effect of depression experienced by Tina Evans is insomnia, which is a health disorder that causes sufferers to have difficulty sleeping. Tina's insomnia begins with the death of her child, an incident that shakes her life considerably. Tina, who at that time needs support to share her story and realizes that no one could listen to her story. A few months before Danny's Death, Tina decides to divorce her husband, Michael Evans. The fact that she and Michael are still in the same city, but just like Danny, Michael can never reach again. This evidences in the quotation below,

Although Michael was still living in town, less than a mile from her, he was, in some respects, as far away and as unreachable as Danny.

She sighed with resignation and opened her eyes.

She wasn't sleepy now, but she knew she had to get more rest. She would need to be fresh and alert in the morning. (Koontz, 1981:5)

The second effect of depression experienced by Tina is a lack of concentration. This concentration disorder is more directed at things related to Danny Evans. Every time Tina sees a child the same age as Danny, wherever she is, she has the hallucination that it is Danny. Her concentration is about to break when she begins to think about all the possible similarities the little boy she sees with Danny has in common. This makes her sadness even worse.

The boy was in the front passenger seat of the wagon, waiting for someone in the store. Tina could see only the side of his face, but she gasped in painful recognition. Danny. The boy was about twelve, Danny's age. He had thick dark hair like Danny's, a nose that resembled Danny's, and a rather delicate jawline like Danny's too. (Koontz,1981:1)

The explanation of the quotation above is when Tina sees a child of Danny's age in a car parked in the yard of a 24-hour supermarket. Tina keeps thinking about Danny; she thinks that the boy is very similar to Danny; everything she sees in the boy is always the same as Danny. Her concentration will always be lost, she forgets what she is going to the supermarket for, and she forgets the fact that Danny buried in his coffin.

The third effect of Tina Evans' depression is nightmares. Tina's nightmare has been a recurring dream since Danny's death. The dreams always come and end the same way, and when Tina wakes up, she has difficulty distinguishing between reality and dreams. Like a dazed person. This is not comforting to Tina's life because every time the dream comes, Tina will not be able to sleep well. This explained in the following quotation:

That night Tina dreamed that Danny was alive again. Somehow. Somewhere. Alive. And he needed her. In the dream, Danny was standing at the edge of a bottomless gorge, and Tina was on the far side, opposite him, looking across the immense gulf. Danny was calling her name. He was lonely and afraid. She was miserable because she couldn't think of a way to reach him. (Koontz,1981:4)

At first, Tina thinks her deep sadness causes this dream or because she is afraid of the results of her hard work putting together a bigger show than she has ever worked on before. However, she realizes that this nightmare does not come by itself. This recurring nightmare is related to the terror she experiences months after Danny's death. A dream that always depicts Danny is asking for help to save from a man with a scary face.

With this nightmare, Tina has trouble sleeping after waking up from her dream. This nightmare also bothered her greatly because it hindered her acceptance of Danny's departure. Tina also feels that when she wakes up from her nightmare, she will have difficulty getting back to sleep. After all, she only slept a few hours.

3.4 The Solutions of Tina Evans's Depression

Tina has suffered from depression for more than a year since her son's death. At that time, Tina discovers several things that can make her survive her depression. Tina Evans' solution to dealing with depression is distracting her mind by working, taking responsibility, distracting her mind with alcohol, thinking positively, talking to other people, and finding out the facts about her child's death.

The first solution that Tina Evans does in dealing with her depression is to shift her sadness to work. Some time passes, and Tina gets up and moves on with her life. Tina takes a step higher in her career so that she can cope with her grief by working, forgetting for a moment her sadness about Danny's Death. This evidenced in the quotation below,

After the initial shock, after the funeral, she had begun to cope with the trauma.

... She had taken several steps up in her career during the past year, and she had relied on hard work as a sort of morphine, using it to dull her pain until the wound fully healed. (Koontz, 1981:2)

Tina rearranges her career with feelings of sadness, feelings of guilt; every second of her career, she is always thinking about Danny. Her escape from grief with work does not last long; after she returns home, the sadness will return. However, Tina is determined to get up and move on with her life.

The second solution Tina Evans uses in dealing with her depression is to take responsibility. Not long-ago Tina starts her career in the world of producers; Tina gets an excellent opportunity to direct a luxury show that costs ten million dollars. This show will hold in the most luxurious and largest hotel in Las Vegas. Tina thinks this is a perfect opportunity to raise her name to be more known in Las Vegas. Nevertheless, suddenly a feeling of guilt come over her. As explains in the quotation below,

At first it had seemed terribly wrong that such a wonderful opportunity should come her way before she'd even had time to mourn her boy, as if the Fates were so shallow and insensitive as to think that they could balance the scales and offset Danny's death merely by presenting her with a chance at her dream job. Although she was bitter and depressed, although—or maybe because—she felt utterly empty and useless, she took the job. (Koontz, 1981:7)

Tina feels guilty when she accepts the offer; Tina feels this is not right; this opportunity comes not long after her son's death. Tina does not have time or not even done with her grief. However, it is the only way for Tina if she really wants to move on with her life. Tina will live on with the memories Danny left behind, but she feels better in the process of accepting Danny's Death with her busy schedule at work.

The third solution that Tina Evans does in dealing with her depression is to divert her mind by consuming alcohol. In terms of health, it is not good, but alcohol can calm Tina's mind, which is confused because she thinks about Danny. Even though Tina knows alcohol is not suitable for her body, she still drinks it, and thus she will fall asleep soundly at night.

She was drinking too much. Bourbon last night. Wine now. Until recently, she had rarely used alcohol to calm her nerves—but now it was her cure of first resort.

Once she had gotten through the premiere of *Magyck!*, she'd better start cutting back on the booze. Now she desperately needed it. (Koontz, 1981:20)

The fourth solution that Tina Evans uses in dealing with her depression is positive thinking. Tina needs something to take her mind off her sadness. Her positive thoughts lead Tina to peace in the process of accepting Danny's death. It is the same as when Tina finishes meeting Michael to ask about the terror Tina has experienced these past few months. However, instead of getting an answer, Tina ends up in a long argument with Michael. Then after her fight with Michael Evans, Tina goes and cries in her car. Tina regretted what has happened in her life, but she knows it is time to wake up.

In a few minutes she got control of herself. She dried her eyes and blew her nose. She had to stop being so gloomy. She'd had enough gloom in her life. A whole hell of a lot of gloom. "Think positive," she said aloud. "Maybe the past wasn't so great, but the future seems pretty damn good." (Koontz, 1981:60)

The fifth solution Tina Evans uses to deal with her depression is expressing herself to open up and start talking to other people about what she is going through. At this point, Tina starts telling her new boyfriend what has happened to her life over the past year to Elliot Stryker. Tina feels relieved after sharing the story, especially with the response from Elliot, which helps her calm down and find peace in accepting Danny's death. This is explained in the quotation below,

"Thank you, Elliot."

"Just don't ask for a mixed drink," he said. "I'm the world's worst bartender. I can pour anything straight or over ice, but I can't even mix vodka and orange juice properly."

"I wasn't thanking you for the drink. I was thanking you for ... being a good listener."

"Most attorneys talk too much." (Koontz, 1981:74)

The sixth solution that Tina Evans uses in dealing with her depression is to accept the terror and try to find out about her son's death. This is on the advice of Elliot, and Tina herself feels strange about the terror she receives. Elliot offers help to Tina to resolve her grief by dismantling Danny's grave. This supports by the fact that since Tina hears the news about the bus accident driven by Danny and the fourteen other children in the Sierra Mountains, Tina is not allowed by the funeral home administrator in Reno to see Danny's body because, according to the funeral home administrator, Danny's body is the most destroyed among others. Tina Evans agrees with Elliot's suggestion to dismantle Danny's

grave. Because Tina also feels guilty for never being able to see Danny one last time and pay her respects.

Tina and Elliot feel something wrong while trying to get permission to demolish Danny's grave. When Tina and Elliot try to find the truth about Danny's death, many things reveal—starting from the attempts to murder that happens to them both to their going to Reno to climb and accept Tina's terror as a secret message from Danny. Finally, Tina discovers the fact that Danny is still alive. Danny is never dead; Danny uses as a biological weapon testing material in a forbidden research area in the Sierra Mountains. This explained in the quotation below,

He turned away from them, spun the wheel on the steel door, and swung that barrier inward. Minutes ago, when Tina had first peered through the observation window, when she had seen the frighteningly thin child, she had told herself that she would not cry. ... Danny became excited when he saw her drawing near, and in spite of his terrible condition, he shakily thrust himself into a sitting position, clutching at the bed rails with one frail, trembling hand, eagerly extending his other hand toward her. (Koontz,1981:238)

Finally, Tina and Elliot's fact-finding of Danny Evans' Death is successful. They find Danny still alive, the answer to the terror that Tina has been experiencing, the recurring nightmares, all of those things have answered. At the end of this analysis is Tina Evans, who overcome her depression by finding Danny Evans alive and back in her arms.

CONCLUSION

From the analysis that has been carried out on Tina Evans, the main character in the novel *The Eyes of Darkness* by Dean Koontz, the following conclusions can be drawn. Tina Evans is a former showgirl who is marrying a blackjack dealer at a Las Vegas hotel. Tina and Michael Evans' marriage is blessed with a son named Dany Evans. Nevertheless, unfortunately, Tina's marriage to Michael does not last long because of the infidelity committed by Michael. Not only that, a few months after her divorce from Michael Evans, her son Danny Evans dead in a bus accident while climbing the Sierra Mountains.

From the two events above, Tina Evans' life changes, and the change leads to depression. From the analysis that has been done, it is found that Tina Evans experienced two symptoms of depression. Symptoms of depression experienced by Tina Evans are feeling sadness caused by the death of her child, Danny Evans, and having trouble sleeping because her mind is always full of images of Danny.

From the symptoms experienced by Tina, it is concluded that there are several causes of her depression, namely stress due to the loss of a loved one. Her marital status of this is due to the infidelity of her husband, Michael Evans, which ends in their divorce.

The last cause is the spiritual terror Tina Evans experiences a few months after Danny Evans' death.

Of all the causes of depression experienced by Tina Evans, there are three effects of depression, namely insomnia caused by sadness about events in her life and worries about big responsibilities at work. The second effect is lack of concentration; this concentration disturbance is more directed at things related to Danny Evans. Every time Tina sees a child the same age as Danny, wherever she is, she will have the illusion that it is as Danny Evans. The last effect of Tina Evans's depression is nightmares; these nightmares are caused by the spiritual terror experienced by Tina Evans a few months after Danny's death, this dream comes repeatedly and with the same meaning as the terror she experienced, namely about Danny who is still alive and asks to be saved.

From the depression problem described above, it is found that Tina Evans does six solutions to overcome her depression, namely the first is to divert her sadness by working hard, the second is to take responsibility by taking the opportunity to become a director of luxury shows, the third is to divert her mind with consuming alcohol this is what Tina does when she wakes up from her nightmare and starts having trouble sleeping. The fourth is positive thinking. The fifth is expressing herself to talk with others. This is done by Tina by starting to open up to her new boyfriend Elliot Stryker and telling her about what happened, and the last is accepting the terror and finding out the facts about the death of her son Danny Evans. At the end of this analysis is Tina Evans, who overcame her depression by finding Danny Evans alive and back in her arms.

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