



The Causes of Ove's Attempt of suicide in *A Man Called Ove*

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Abstract

The research focuses on the causes of Ove's committing to do suicide attempt in *A Man Called Ove* which the researcher use the meaning of life theory in this research. The researchers manage to do qualitative research. And in this research the researchers will describing and concluding the importance and the effect of having and losing the meaning of life. Using the Nelson point of view that people need a meaning in their life or in other word Nelson says that as a human need someone to love so people will have another specific purpose in their life. The findings shows that As a result, if stress and sadness occur, people who suffer both may attempt suicide.

Keywords: Meaning of life, A Man Called Ove, Nelson, Life

A. INTRODUCTION

Humans in their lives are looking for meaning in life as a means of fulfilling their souls so that they do not feel empty (Stegger, 2016:85). When humans cannot find the meaning of life, it comes to them to do suicide and becomes one of the triggers, as it is said by Orbach that meaninglessness and existential isolation can cause someone to commit suicide because of external stressors and existential sufferings and worries about the meaning of life; the meaninglessness and emptiness of life are at the heart of suicidal (Orbach in Khatami, 2021:1). Humans require a purpose of existence because the sensation that one's life is important has been associated with so many indicators of mental and physical health that it is known as a "flagship indicator of well-being" (Steger, 2017; Steger et al., 2013). Related to this problem, the researchers use Nelson a point of view of this hopeful theory to a literary work which was written by Nelson entitled *What Makes Life Meaningful for Theists and Atheists? Psychology of Religion and Spirituality*.

The researcher studies from the previous studies that shared the same issue that losing the meaning of life or arguably the lack of meaning of life will make life that was originally ordinary get worse and can have an impact on depression, stress, and suicide attempts or death. The

researchers focus this research on the losing of the meaning of life that exist in a person's life, from those who have had the meaning of life since birth or not. Because based on stated by Nelson in the meaning of life that people have more a meaningful life if they have people they love (Nelson 2019). Therefore, the researchers applied Nelson's perspective and theory when do researching and reading this novel, which the researchers refer to the main character, Ove who loses the meaning of his life due to several moments in his life. For some studies too, the researchers find that the meaning of life as the essence of human motivation (Frank, 2019:1). Meaning in life reflects the feeling that one's existence has significance, purpose, and coherence (Heintzelman, 2014: 561).

The researcher also learns that having a meaning or can also be referred to as a view of life is also very important. Without a doubt that it can be a source of happiness for people too even though some have an unclear meaning of life but from some of them they live their lives as they are and enjoy it. In the absence of meaning in life, researchers have learned that people will turn to problems such as depression, ongoing stress and hopelessness, and suicide attempts that lead to death.

B.RESEARCH METHOD

This research is descriptive qualitative that means the research does not use numbers to analyze the data. As a study on text, the researchers studies this thesis by using *A Man Called Ove* written by Fredrik Backman which was published by Washington Square Press with ISBN 9781476738024. This book has 290 pages and the data that are from all the information gained from the words, phrases, sentences uttered by the characters; describing Ove's external and internal conflicts. Taken from David Greenham (2018) who said that close reading is about enjoying the way from the words on the page that will create beauty in complexity and focuses on the specific details of a passage or text. In order to discern some deeper meaning, present in it. Furthermore, Gadamer's hermeneutics is a useful study method since it demonstrates how interpretation and understanding are mutually exclusive. Rather, Gadamer views language as a tool for communicating and comprehending the richness of the human experience.

The researchers also mentions that the literary work also uses several aspects as support such as factors of suicide, depression, failure, and self-punishment as described in

1. Psychic anguish and despair: Psychoanalysis acknowledges that people can feel great emotional pain, despair, and psychological suffering. Suicide may be viewed as an attempt to escape or alleviate extreme psychological suffering, as well as a way to cope with internal conflicts and overwhelming emotional states.

2. Loss, sorrow, and unresolved grieving: Psychoanalysis stresses the importance of loss, grief, and unresolved mourning in psychological health. Suicide may be viewed as an extreme reaction to unresolved or complicated grieving, in which the individual is unable to develop adequate coping mechanisms for the loss and its related emotions.

3. Suicidal fancies and wants: The psychoanalytic framework examines suicidal thoughts or fantasies as representations of unconscious needs or intentions. it can all happen because of the many and frequent loss of the meaning of life in this one-time life.

C.FINDINGS AND DISCUSSION

The researcher finds two proofs that shows or portrays the loss of meaning in Ove's life in novel *A Man Called Ove*. And some of the analysis discussed in the study of these literary works

The first proofs shows that Ove loses his color in his life that leads him to depress and his color is his wife. The statement is supported by the following quotation:

He was a man of black and white. And she was color all the color he has.” (Backman, 2012: 35)

Based on the quote above, the researcher can deduce that Ove was living alone after his father was killed by a train before, he met Sonja, his wife. Sonja then appears as a burst of color that gives his life a deeper sense of significance and intrigue. Ove remarks that everything in his life is flat and pointless, and that he only sees black and white.

Ove start to remember his memories back when he thinks that Sonja is the meaning of life he seek after all, it begun in restaurant when he realize that he not enough money to eat at a restaurant. This following statement is supported by what the narrator says:

So he could afford to let her order whatever she wanted from the menu”
(Backman, 2012: 116)

The author says that it suggests Ove thinks of Sonja and orders anything she wants from the menu. That way, he avoids disappointing Sonja on their first date. Then he recalls an episode from his suicide attempt, which reminds him that he once did such a thing for Sonja, who has become the new purpose of Ove's life since his father's death.

The second proofs from the researchers shows that After Ove and Sonja started dating, as evidenced by the time Ove proposed to Sonja, he remembers the events leading up to his nearly fatal suicide attempt. The narrator's statements corroborate the following quotation:

She wanted to get married, so Ove Proposed” (Backman, 2012: 118)

The researcher goes on to say that they choose to escalate their relationship after it first begins. And before Ove's suicide attempt fails and he passes away, that incident is remembered by him. In this sense, it also demonstrates that loving someone is something that everyone should do and possess; in fact, it can serve as a model or goal for life in general. Along with learning that having purpose in life can make it more meaningful, the researchers also study from Stegger that people who are loved and supported by others maintain good mental and physical health that can be found from this statement. Ove chooses to explain everything in. for this statement is supported by what the narrator says:

She wasn't angry... She started Laughing” (Backman, 2012: 117)

Based on the quotation above, the author investigates if the purpose of life may exist if one likes or loves another person and makes it a life aim. Ove notices this as he looks at Sonja, who is not upset but rather laughing. Ove learns to adore Sonja when he discovers she is not upset and instead urges him to sit down and relax. While inhaling the Saab fumes, Ove remembers the last time he held Sonja's hand before she left him forever. The narrator's statement supports the following quotation:

“Ove stayed there with her hand in his for several hours” (Backman, 2012:119)

At the time, Ove was already choking and coughing from inhaling too much exhaust fumes in his automobile. He remembers being at the hospital and touching Sonja's hand for the final time. They haven't had time to have children, but Sonja's death has divided them, which has hurt Ove deeply.

Losing the meaning of life once more causes him to give up at that point, and the author analyzes according to what Orbach says that losing the purpose of life might result in a person losing the will to live and attempting suicide.

Ove is a grouchy and stiff old man who lacks meaning in life when his wife dies and attempts suicide. This claim is backed by what the narrator states:

In the fourth year she died. Now he stands there running his hand over her gravestone. Again and again. As if he's trying to rub her back to life." (Backman, 2012: 224)

According to the quotation, the author investigates if the character Ove has a meaning in his life, which is his own wife. It demonstrates how much he loves his wife that when he loses her due to cancer, he is devastated and finds no meaning in life, or more specifically, a pointless life. After his wife dies of cancer, Ove becomes despondent, which is consistent with Orbach's observation that a man who lacks meaning in life is depressed and want to commit himself. This situation is inextricably linked to Heintzleman's remark that purpose in life reflects the sensation that one's existence significance, purpose, and coherence. Ove also recalls the first time he and Sonja developed and had a close bond. Sonja's comments support the following statement:

Are we an item now?" (Backman, 2012: 118)

From the quotation above, the author observes that Sonja questions what she believes to be doubtful since Ove has already considered her the purpose of life and his new objective, and Sonja does the same for Ove. They fell in love with one other due of their unique talents and personalities, which help each other find purpose in their lives. The author also describes Ove and Sonja's meaning of life, which is the same as it is described in Neilson's theory, where people have meaning in life if they have people they love, and that is one way to live a life by having a meaning in life that will keep them focused on their goals in the future.

D.CONCLUSION

After explaining the ideas above, the researchers concluded that it is very important to have the meaning of life in every person's life. Because by having meaning in life, one can move from

one goal to another. It can also be interpreted as having a meaning of life that prevents depression because it has a specific life goal. And the researchers also concluded that if there is no meaning of life in a person's life, it can cause severe depression, stress, and even suicide attempts until death.

According to research, having a sense of purpose in life is something that everyone should have. One example of having a sense of purpose includes having someone you care about and having internal and external motivation. The writer also concludes, building on the preceding chapter's research, that having no significance in life will lead to stress, sadness, and suicide attempts. Everyone who has read this thesis will eventually understand and realize that stress and despair can be conquered by finding meaning in life or taking the time to inform others. Because humans, being social beings, require other humans to interact. As a result, if stress and sadness occur, people who suffer both may attempt suicide.

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