

### 3. THE CAUSES OF HAMLET'S DEPRESSION AND THE EFFECTS ON HIS BEHAVIORS

In this chapter, the thesis writer will analyze the causes of Hamlet's depression and its effects on his behaviors. Narramore (1977) states that depression is a condition marked by feelings of worthlessness, dejection, and worry (p.81). Someone who suffers from depression feels desperate in his life and usually views the life in pessimistic way. Depression is caused by some factors, such as physical factors and external factor like family background and experience of loss. As Seligman (1975) postulated in *Introduction to Psychology*, the repeated experiences of being unable to change or influence important events in a person's life led to depression (Atkinson, Atkinson, & Hilgard, 1983, p. 467). So, a person's inability and failures may lead him into depression. He believes in his own helplessness and thus he cannot take any actions. As a result, it will develop strong guilt feeling inside that person and he often blames himself for what happens with him. It will not solve the problem; instead, the person will grow into severe condition in which he cannot manage his mind well. Depression happens to Hamlet, the main character in this play, Shakespeare's *Hamlet*.

According to Gleitman (1991), no patient in real life has described his preoccupation with death, suicide, and discussion as eloquently as that greatest depressive in all of English literature, which is Shakespeare's *Hamlet*. Like Hamlet, many depressives think of suicide. Some attempt to act and more than a few succeed (p. 766-767).

Therefore, in this chapter, the thesis writer analyses the possible causes or sources of why Hamlet experiences depression. Moreover, the writer is also examining the effects of Hamlet's depression through his behaviors after he gets depressed.

The thesis writer learns that there are several problems both coming from other people and himself causing his depression. Those are his anguish upon his father's death, his disappointment upon his mother's unfaithfulness and his worthlessness feeling as he fails to carry out his father's message. Besides, the need to act is always prevented by his conscience that causes his inner conflict.

Those continuous unpleasant conditions seem to convince Hamlet of his inability and failure and thus it leads him into depression. The effects of his depression, later on, are reflected on his inward behavior. Overwhelmed by his problems and negative feeling, Hamlet chooses to perform the tendency into self-blaming and run away from reality.

### **3.1 The Causes of Hamlet's Depression**

The causes of Hamlet's depression mainly arise from a series of problems happened as he arrives in Elsinore. The first one is his anguish upon his father's death that makes him fall into a deep grief. This experience of loss, for Hamlet, is a hard situation that he must face. As a young man, certainly, this experience of loss influences his state of emotion and makes him unstable. His anguish upon his father's death leads him to fall into depression. Besides, within two months after the King's death, his mother gets married with his uncle. It, once again, influences Hamlet's state of emotion since he feels disappointed by his mother's unfaithfulness. As a son, he thinks that his mother has been so unfaithful to his late father. As he finds the truth of his father's murderer, Hamlet is obliged to take revenge as his father commands him. He has sworn before his father, unfortunately he is unable to carry it out and makes him feel worthless. This situation also stimulates him to fall into severe depression.

#### **3.1.1 His Anguish upon His Father's Death**

The experience of loss is one of the factors causing depression in Hamlet. The mysterious death of his father, former king of Denmark, leaves unpleasant feeling in Hamlet. It is due to the unexplained reason of why he dies. As a son, Hamlet must have questioned about it. Therefore, he gets confused and makes him look gloomy. He will never believe that he suddenly loses his father. His anguish upon his father's death afterward leads him into depression. It is because Hamlet is a son who admires figure of his father and thus his father's presence is so important for him. Besides, Hamlet seems to lose his future orientation since he has no direction in his life.

Firstly, Hamlet is a son who admires his father so much. The loss of someone he loves and respects, his father, makes him always look gloomy as an expression of his deep grief. Besides, the loss of his father is the same as loss of

an ideal central figure of excellent father, who is a king as well. It grows into a deep despair, anguish and sometimes it isolates Hamlet from his circumstances. It appears to be the indication of depression.

As seen in his first soliloquy, it is obvious that he adores his father so much.

HAMLET. So excellent a king, that was, to this,

Hyperion to a satyr; so loving to my mother (I.ii.p.139-140)

This speech shows how Hamlet admires his father by comparing him with Hyperion, Greek sun god, a figure of important and powerful one that Hamlet never sees again. It has proven how important figure of a father for Hamlet.

HAMLET. He was a man, take him for all in all.

I shall not look upon his like again. (I.ii.p.188-189)

Hamlet thinks that his father is irreplaceable and none is equal to with him.

Facing that kind of problem, Hamlet can only be silent and do nothing to console himself because he is a typical private person. According to Boorman (1987), he is a man of inner thoughts, inner emotions, a personal inner world involved in an insensitive and bustling outer world (p. 155). He never talks about his sadness to other people; instead he keeps his sadness for himself on his contemplation. His response to his sadness is actually giving no solution and even he gets confused. Hamlet is like trapped in his own confusion. The more he contemplates about it, the more he falls into depression. It is revealed through his melancholy expression that is afterward noticed by people around him that causes curiosity among them. One of them is Claudius, his uncle, who now becomes King of Denmark. It is found in his speech, "How is it that the clouds still hang on you?" (I.ii.p.67) Hamlet's grief and sadness because of his experience of loss generates depression on him.

Next, Hamlet's anguish seems to drive him to lose his future orientation. The absence of his father makes Hamlet lose parental affection which is his father and makes him insecure. He becomes hopeless as his father dies and thus he loses of his future orientation. He does not know his purpose in the future as his father dies. When his father is still alive, the thesis writer believes that Hamlet has bright future because he attends University of Wittenberg, Germany, a school where Martin Luther once taught as professor of theology. In this school, Hamlet must be prepared to be the next king of Denmark. He should be taught about literature

and art since he has good skill in writing. During studying, Hamlet must have planned his future that he wants to have as he is graduated. However, it turns out to be different as his father dies. He comes back to Denmark and never returns to Wittenberg. It is also because of his uncle and mother's request for not going back to Wittenberg. Thus he stays in Denmark after his father's death. If his father were not dead, Hamlet would still have been in Wittenberg for planning his aspiration and preparing himself to be the next king. It all disappears as his father dies. Ironically, his uncle now seizes the throne from him and becomes king of Denmark. He loses his chance to be a king and surely he would lose it forever and he would be abandoned if his mother had a child with his uncle. Hamlet might feel this as unfairness but he never protests against it directly. He would never think that he will lose his father so soon. Unfortunately, he must experience the loss of his bright future, chance to be a king. Now he has no orientation in his life and he lives with uncertain future. He is unable to do anything to face the reality and he becomes hopeless. Later on it leads him into depression.

Unexplained cause of his father's death leaves anguish in Hamlet. He admires his father as an excellent figure of father so that he cannot believe the fact that suddenly he leaves him forever. Besides, losing his father, for him, is like losing his future orientation. Studying in Wittenberg is his preparation for his future to be a king. It all fades away as his father dies. His chance to be a king is minimized as his uncle seizes the throne to be a king of Denmark. He must bear those problems alone since he never shares them with other people. As a thoughtful person, he can only contemplate his problems without performing any action to solve his problem. He would never think that he will lose his father so soon and as a consequence he must experience this unfairness that causes feeling so lonely. His anguish upon his father's death makes him hopeless and leads him into depression.

### 3.1.2 His Disappointment upon His Mother's Unfaithfulness

The fact that his mother gets married with his uncle, for Hamlet, is something that he could not understand and it is often confusing him. He does not understand why she gets married so easily and hastily within two months after his father's death. Hamlet loses figure of wise mother who now turns out to be an

unfaithful one. Therefore he is disappointed by his mother's unfaithfulness and it also makes him have no more future orientation. These unhappy conditions seem to convince Hamlet to be more hopeless and lead him into depression.

His mother's remarriage means that he has no full affection from his mother. He is losing figure of mother as he must share his mother's love with his uncle. Besides, Hamlet loses communication with his mother. If his mother were not married with his uncle, Hamlet probably would still have a friend to talk with and to share his innermost problems. As his mother gets remarried, his uncle is like a separating wall between Hamlet and his mother. His communication with his mother would not be as easy as it used to be. It is because Hamlet is probably worried that his mother would tell his problems to his uncle if he is honestly saying his problems to her. His uncle's presence in Hamlet's family disables him to act freely. Therefore, he thinks Denmark is like prison for him as he says, "Denmark's a prison" (II.ii.p.245). It is impossible for Hamlet to speak the truth that he disagrees with his mother's remarriage since his uncle now becomes king of Denmark and he is authorized to do anything to Hamlet, including anything that harms him. Therefore, Hamlet becomes jealous to his uncle and angry with him. As he loses communication with his mother, Hamlet likes talking with himself that is revealed in his soliloquy. In his first soliloquy, it shows his hatred toward his uncle by comparing his uncle that he hates with a beast. He says, "Hyperion to a satyr; so loving to my mother" (I.ii.p.140). He compares his deceased father with his uncle who now becomes his mother's husband. He puts his uncle similar to a beast as an expression of his dejection and rejection toward his uncle. This hasty marriage puts Hamlet as well in difficult situation. He can not accept the fact that the excellent king, a figure of his father, has been replaced by this un-excellent and unequal figure of father. Terribly, he is now the king of Denmark.

Besides, Hamlet is disappointed by his mother's unfaithfulness. Figure of mother who probably once he admires about, must turn out to be an adulterous one. It is apparent when he performs his first soliloquy.

HAMLET. She married. – O most wicked speed, to post  
With such dexterity to incestuous sheets!  
It is not, nor it cannot come to good.

But break, my heart, for I must hold my tongue! (I.ii.p.156- 159)

He is mocking at his mother's disloyalty to his deceased father. He thinks that this marriage as an adulterous and incestuous one. This fact is like pressing him to reveal it, to say his objection. As a young man, Hamlet certainly wants to protest against it, expresses his disagreement. Unfortunately he is not brave enough to act. His weakness, hesitation, seems to prevent him to do so. Then, it leads him into inner conflict. According to Harmon and Holman (1986), "Conflict is the struggle that grows out of the interplay of the two opposing forces in a plot" (p. 107). His ambivalent trait prevents his desire to act. Therefore, he can not make any satisfied decision to solve it and falls into more depressed. Poor young Hamlet, for he has no courage to act and he can only accumulate his displeasure feeling within himself as he says, "But break, my heart, for I must hold my tongue!" (I.ii.p.159).

The more he keeps his problem within himself, the more depressed he becomes. Such feeling is dangerous for it can explode at any time. It is reaching its peak when he gets a chance to meet his mother alone in his chamber and awfully at that time he is in condition in which he is overwhelmed with his anger. At this moment, he can not hide his displeasure feeling on his mother's remarriage and finally he reveals it to his mother.

HAMLET. The counterfeit presentment of two brothers.

See what a grace was seated on this brow;  
Hyperion's curls the front of Jove himself,  
An eye like Mars, to threaten and command  
A station like the herald Mercury  
New lighted on a heaven-kissing hill;  
A combination and a form indeed  
Where every god did seem to set his seal,  
To give the world assurance of a man.

This was your husband. Look you now what follows.

Here is your husband, like a mildewed ear

Blasting his wholesome brother. Have you eyes? (III.iv.p.55-73)

Hamlet is trying to warn his mother's mistake by, once again, comparing his deceased father and his uncle as two unequal people. At this time Hamlet expresses his displeasure feeling fully, as seen in line 67-68, "Could you on this

fair mountain leave to feed, and batten on this moor? Ha! have you eyes?"; even he shows his anger to his mother for her betrayal since she is so easily forgetting memory of his father and turns to another man.

Moreover, his mother's remarriage also causes Hamlet to lose his future orientation. This remarriage seems to ensure him that he has lost his future. His father's death has already made Hamlet to lose his future and so this remarriage also triggers Hamlet to fall into the state of hopelessness. It is because no one guides Hamlet to step forward to achieve his aspiration. His mother that Hamlet hopes to be the one staying next to him must now share her attention to her new husband. Hamlet thinks that her mother is crazy for him and he rebukes her for her passion.

HAMLET. You cannot call it love; for at your age

The hey-day in the blood is tame, it's humble, (III.iv.p.69-70)

At this time, Hamlet expresses his rage on his mother. He regrets his mother's remarriage because she should realize that she is too old to experience passionate love.

His mother's remarriage has put Hamlet on depressed situation. He always questions it in his mind. He feels that he has lost an ideal wise figure of mother and lost his future orientation. This remarriage means that Hamlet must share his mother's love with his uncle. He cannot have a figure of wise mother to whom he should share his problems with. Moreover, Hamlet is disappointed by his mother's unfaithfulness since she can easily forget the memory of his father and turn to another man. Hamlet keeps concealing his disagreement until he finally reveals it to his mother. Unfortunately he speaks angrily to him that makes his mother scared and thinks that he is mad. Besides, as a son who has just lost his father, Hamlet is still not able to accept his uncle's presence replacing his father's position either as a father and a king. He thinks that his uncle is unequal with his father so that Hamlet extremely hates him. Moreover, this depressing situation seems to ensure Hamlet that he has no more future orientation. Neither his father nor his mother guide Hamlet to step forward to reach what he dreams of for his future. Instead of telling his disagreement, he chooses to speak nothing about that. It is obvious that his depression overwhelms his mind that prevents him to think clearly and act in proper way.

### 3.1.3 His Worthlessness Feeling as He Fails to Carry out His Father's Message

Hamlet's weakness also disables him to carry out his father's message, which is to avenge his death. Before explaining how his inability to carry it out leads him into depression, the thesis writer is going to discuss the significance of the message of Hamlet's father. For Hamlet, his father's message of asking him to take revenge is a kind of filial duty. It is a challenge for Hamlet to prove his love to his father and to prove that he really admires figure of his father. Therefore, by accomplishing his father's command, Hamlet will be proud of it and he also will prove that he is a devoted son. However, his weakness prevents him to achieve this high expectation. He is not able to fulfill his obligation to set justice in Denmark because his own weakness and as a consequence it creates deep worthless feeling in Hamlet that leads him into depression.

Hamlet finally finds the truth that his uncle is the one who is responsible for his father's death. It is when he meets his father's ghost one night. The ghost charges him to take revenge for his death. As a faithful son, he is obliged to carry it out.

GHOST. If thou didst ever thy dear father love-

HAMLET. O God!

GHOST. Revenge his foul and most unnatural murder. (I.v.p.23-25)

This command is like a challenge for Hamlet as an obligation for him if he indeed loves his father. He must commit what his father says which it to take revenge. So, revenge is like an absolute obligation for Hamlet.

HAMLET. Yea, from the table of my memory

I'll wipe away all trivial fond records,

All saw of books, all forms, all pressure past,

That youth and observation copied there;

And thy commandment all alone shall live

Within the book and volume of my brain,

Unmixed with baser matter. (I.v.p.98-104)

Hamlet has committed fully to carry out his father's command. Revenge is his only goal and he must accomplish it. However, it does not run smoothly since Hamlet is a typical hesitant person, he has no courage to act. At this situation,



Hamlet experiences difficult situation to decide what he is supposed to do. Since he cannot make any exact decision, Hamlet chooses to prolong the time.

His inability to make up his mind to act is stimulated by his lack of experience in taking action. Hamlet does not have real experience to perform heroic action to avenge. Previously he was studying in University of Wittenberg and he would never find difficult situation as he faces now. Hamlet is used to thinking deeply like a philosopher. His philosophical thought is revealed through his speeches. Thus his father's command for revenge is like forcing his philosophical mind to take harsh action which is to murder his uncle. It directs Hamlet into his inner conflict on how he must act to solve his problems.

HAMLET. To be, or not to be – that is the question:

Whether 'tis nobler in the mind to suffer  
The slings and arrows of outrageous fortune,  
Or to take arms against a sea of troubles,  
And by opposing end them. (III.i.p.56-59)

He is confused whether he should let injustice happen or act to finish it. He is getting impatient anymore to bear it alone and wants to end it. It also influences Hamlet's way of thinking. Since he has no enough experience, he does not know what strategy he has to take to reveal his uncle's guilt in public and punish him according to his wickedness. Then his mind becomes narrow for he does not know what he should think to solve this problem. Besides, Hamlet's hesitancy is also caused by his fear. Hamlet actually fears if his uncle would suspect his intention and since he is now a king, he can do anything that harms him. In addition, Hamlet is often spied by the Lord of Chamberlain, Polonius, the one who is loyal to the king. Therefore, his fear avoids him to take action and instead it keeps him in his safety zone.

Hamlet's hesitancy, however, is likely supported by the coming of a group of players. It excuses Hamlet to prolong the time for revenge. He decides to make a play reflecting his father's murder in front of public to see how his uncle would react and prove and that the ghost is truly his father's spirit. So, Hamlet's uncertainty leads him to have doubts about the ghost. He is facing doubt within himself if this is truly his father's spirit since Hamlet also believes that a ghost might be a disguised devil.

HAMLET. The spirit that I have seen  
 May be the devil. And the devil hath power  
 T' assume a pleasing shape; (II.ii.p.619-621)

Hamlet uses the players to justify his slow action by excusing that he will prove the ghost's words first. Hamlet's ambiguity puts him in a confusing and depressing situation. Speculations that often appear through his contemplation that he thought would be helpful to make a right decision do not help him at all. On the contrary, it puts him more and more in uncertainty. He neither performs a certain act nor makes a strategy to uncover his uncle's guilt in front of public; he even draws attention from his obligation of revenge. He carries out something which is actually unnecessary. He decides to make a play reflecting his father's murder in front of public to see how his uncle would react and prove that the ghost is truly his father's spirit. This action is successfully revealing his uncle's guilt and that the ghost is truly his father's spirit. Unfortunately, Hamlet and his friend, Horatio are the only ones who know the truth.

After the presentation of the drama, Hamlet acts as if he wants to pour out his anger and complete his revenge.

HAMLET. Now could I drink hot blood,  
 And do such bitter business as the day  
 Would quake to look on. (III.ii.p.403-405)

It seems that he really wants to carry out his father's command. As he passes his uncle's room, he gets a chance to kill him when since he is alone kneeling for prayer. He has drawn his sword and almost kills his uncle. However, his hesitancy always prevents his action. He is involved in his own inner conflict. On one side he wants to kill his uncle that means it would fulfill his father's order and put his problem to an end. It is the best chance he ever has because his uncle is alone to pray in his chamber. On another side, a strong force blocks his intention to do so. Subsequently, he wastes it by delaying his action. His hesitancy is quite strong to forbid him to carry out his revenge. He wastes the most precious time of completing his father's order. Instead, he excuses not killing him for his uncle is praying to admit his sin. Whereas, his uncle does not give his father a chance to pray for repentance.

HAMLET. A villain kills my father, and, for that,

I, his sole son, do this same villain send  
To heaven.

Why, this is hire and salary, not revenge! (III.iii.p.76-79)

What a contrary look of Hamlet. Previously he is passionate to commit evil by killing his uncle. As he gets his opportunity, he turns out to be powerless by delaying his action. Even he makes an excuse that his mother is waiting for him.

This fatal delay leaves unpleasant feeling in Hamlet. He feels worthless for not being able to carry out his father's message and fails to show that he is a dedicated son. He is ashamed on himself for not being able to prove to himself as a dedicated son. As mentioned above, that he is a son who always adores his father and this experience of loss makes him to lose a perfect example of figure of father and direction in his life. However, when he gets an opportunity to prove his loyalty to his father, he wastes it. Besides, as a son of royal family, Hamlet should have felt ashamed on other people, particularly in this play it will probably to Horatio as his closest friend to whom he shares his innermost secret. It is because he has sworn to carry out his revenge and known by some of his friends, but in fact he fails to accomplish it. As a result, his strong guilt for canceling the best chance to carry out his father's command leads him into depression.

In addition, as an impact of his postponement, he makes confession reflected on his 7<sup>th</sup> soliloquy. He confesses that.

HAMLET. How stand I then,  
That have a father killed, a mother stained,  
Excitements of my reason and my blood,  
And let all sleep? (IV.iv.p.56-59)

O, from this time forth

My thoughts be bloody, or be nothing worth! (IV.iv.p.65-66)

The context of soliloquy above is when Hamlet watches loyal army of Fortinbras who will fight for a ground commanded by Fortinbras, king of Norway. Hamlet once again contemplates it and compares it with him. This army is ready for sacrificing their lives for honor which is fulfilling their king's order. Meanwhile, he knows that his father is murdered and he is commanded by his father's spirit for revenge, but he cannot fulfill it. He is not brave enough to sacrifice his own

life for the sake of fulfilling his father's last request. It is like what Narramore (1977) states in his theory of depression, that the person suffering from depression often has feelings of strong guilt. This strong guilt makes him unworthy, hate himself and view himself in negative way (p. 81). Hamlet thinks that he is worthless for he is responsible to take revenge but he does nothing to accomplish it.

Hamlet is always overwhelmed by his weakness. He disables to carry out his father's message for revenge. It means that he has failed to fulfill this filial duty and to prove that he is a faithful son. Though he knows that his uncle is the murderer of his father, he still cannot decide what he must do to reveal it in public and punish his uncle. The thesis writer finds that his weakness is mainly caused by his lack of experience in taking action. As an educated man, it would be difficult to drive his philosophical thought into harsh action. Therefore he is confused and involved in his inner conflict. His hesitancy leads him to perform a drama to test his uncle's guilt and if the ghost speaks the truth. Ironically, it leads to a fatal action in which he wastes the best chance to kill his uncle. He feels worthless for not being able to carry out his father's message and fails to show that he is a dedicated son. Compare to Fortinbras' army, he is merely a coward who is afraid sacrificing his life for honorable duty which is revenge. He feels worthless for that and he is disappointed for not being able to fulfill his father's expectation. What he does, in fact, is not solving his problems at all and he feels depressed for that.

### **3.2 The Effects of Hamlet's Depression on His Behaviors**

Hamlet's unsolved problems leave unpleasant feeling on Hamlet. He feels worthless and desperate for not being able to accomplish his obligation. He feels guilty for that and he is extremely unhappy in such condition. Therefore he experiences depression. The effects of Hamlet's depression are reflected on his behavior. His depression is also stimulating him to turn his anger inward so that he tends to be self-blaming. He often mocks himself for being a coward. It is fitting with theory of depression that the effect of it is feeling of self-blame for failing to act. His hesitancy seems to avoid him to act in order to secure himself from any future risks or consequences caused by his action. Therefore, he is depressed and performs strange behavior as his way to run away from reality and

avoid the burden. This tendency will not solve his problems; instead it will make him suffer more and more.

### 3.2.1 The Tendency into Self-Blaming

According to Goethals and Worchel (1985), people who undergo depression would feel self-hatred, worthlessness, helplessness, and an inability to take any effective action to improve their situation (p. 180-181). As the effects of depression, he tends to be self-blaming since he fails to fulfill his purpose to set justice in Denmark. He performs no important actions since he is always prevented by his own weakness and lack of experience. His failure, however, leads him into depression that drives Hamlet to blame himself. His expression of self-blaming is revealed in some of his soliloquies.

First of all, Hamlet blames himself for not being able to complete his father's command of revenge by taking particular action. His overwhelming weakness often blocks him to perform heroic action to fulfill his oath for revenge before his father's ghost. He regrets for not being able to control his mind to plan his action for revenge. His lack of experience seems to make Hamlet hesitant to take action. As expressed in his third soliloquy, he rebukes his passionless and compares himself with the players that he asks to perform a story of his father's death.

HAMLET. O what a rogue and peasant slave am I!  
Is it not monstrous that this player here,  
But in a fiction, in a dream of passion,  
Could force his soul so to his own conceit,  
That, from her working, all his visage wanned,  
Tears in his eyes, distraction in his aspect,  
A broken voice, and his whole function suiting  
With forms to his conceit? And all for nothing! (II.ii.p.569-576)

Yet I,  
A dull and muddy-mettled rascal, peak,  
Like John-a-dreams, unpregnant of my cause,  
And can say nothing-no, not for a king,

Upon whose property and most dear life

A damned defeat was made. Am I a coward? (II.ii.p.586-591)

Inspired by the players, Hamlet has them to perform a drama presenting his father's murder and write a speech to insert in the play. Afterward, in his soliloquy, he expresses his ashamed because the players have shown more passion to carry out the performance based on Hamlet's request than what Hamlet has shown so far in taking revenge of his father's death. So, he compares himself with the players in which each of them has mission. The players have mission to carry out performance commanded by Hamlet, whereas Hamlet has mission to carry out revenge commanded by his father. However, their responses toward their missions are extremely different. The players are more passionate in carrying it out rather than Hamlet. Therefore Hamlet considers himself as "a rogue and peasant slave" as an expression of his disability. Besides, he also scolds himself for not revealing the truth of foul play in Denmark. He considers himself as "a dull and muddy-mettled rascal, peak" as an expression of dejection on his apathy on his father's command. Even he questions if he is a coward when he behaves this way. Poor Hamlet, it seems that this is the only way he can do to express his innermost anger, by rebuking himself as he feels no more patient of his weakness. He starts not appreciating himself anymore and mocking his incapability.

HAMLET. Why, what an ass am I! This is most brave,  
That I, the son of a dear father murdered,  
Prompted to my revenge by heaven and hell,  
Must, like a whore, unpack my heart with words,  
And fall a-cursing like a very drab,  
A scullion! (II.ii.p.603-608)

He hates himself for his slowness in taking revenge, he hates himself for his inability and he mocks himself as nothing worth than 'a whore' for this is the bravest action he can do. Hamlet lacks of experience fails him to perform action for revenge soon. Thus he is depressed and blames himself for being a coward.

Next, this self-blaming is also impact of his inner conflict that is responsible for his slowness and delay to act. His weakness and conscience have too much controlled him and prevented him to act and makes him a coward. Their interventions make Hamlet depressed. He cannot bear this conflict anymore, so

that he is angered to his own conscience. Hamlet is also cursing himself for his cowardice when he speaks, “Thus conscience does make cowards of us all” (III.i.p.83). Hamlet’s inability is also sourced from his conscience that leads him to be uncertain of what he is supposed to do to solve his problems. It always judges his action and as a result Hamlet always withdraws his action. Therefore, he is depressed for letting anything go wrong. He also admits his too much thinking always prevents him to act.

HAMLET. Of thinking too precisely on the event-

A thought which, quartered, hath but one part

And ever three parts coward-I do know (IV.iv.p.41-43)

His speculation does not result wise decision, instead makes him a coward.

In addition, his anger to himself is stimulated by his inability to accomplish his divine purpose.

HAMLET. O cursed spite,

That ever I was born to set it right! - (I.v.p.184-185)

As he meets his father’s ghost, he is obliged to reveal the justice on Denmark. He must reveal his uncle’s guilt and take revenge as his father has told him. He thinks that he is deliberately born to bear this burden. However, his inability prevents him to reach this purpose in setting up the justice in Denmark. He cannot afford to bear this heavy responsibility. He is depressed and fails to carry out this purpose. Thus he regrets for letting a traitor, his uncle, walk freely in Denmark and for letting his mother becomes an adulterous. He blames himself for permitting evil predominates in Denmark. Moreover, he is disappointed by his failure in carrying out his goal which is to avenge his father’s death. He fails to show that he is a faithful son.

Hamlet’s failure to set justice in Denmark leaves unpleasant feeling on Hamlet. He performs no important action to show his power as a prince. Thus he is depressed and as a result he tends to blame himself for letting anything go wrong in Denmark. Hamlet blames himself for his lack of concern to complete his father’s command of revenge by taking particular action. He mocks himself as a coward. Besides, he regrets his too much thinking that causes him fail to act. It makes him experience inner conflict and become uncertain with what he is supposed to do. His speculation does not result wise decision, instead makes him a

coward. He is also angered for not being able to accomplish his divine purpose to set the justice in Denmark. He cannot afford to bear this heavy responsibility and he is disappointed for not being able to prove him as a faithful son by carrying out his father's command for revenge. Those are Hamlet's expression of self-blaming as he gets depressed.

### 3.2.2 Running Away From Reality

Due to his failure in determining certain action to end the problems in Denmark, Hamlet gets depressed and he feels terrible for not being able to act and solve his problems. His lack of experience seems to ensure him that he will be in danger if he performs any actions and his conscience always warns him anytime he wants to act. Overwhelmed by that fear, Hamlet gets depressed and chooses to run away from reality to avoid burden instead of planning brilliant strategy. Therefore, he often makes excuses and performs strange behavior to run away from reality. His strange behavior is considered to be madness by other people. These attitudes as his way to run away from reality are revealed in some occasions.

Firstly, Hamlet is trying to run away to release his tension as he gets depressed for his inability to act. Encouraged by the coming of a group of players, Hamlet arranges a drama to reveal his uncle's guilt. Actually, Hamlet makes an excuse to delay his actions. Performing drama to reveal his uncle's guilt is merely one of his efforts to prolong the time. Actually, he does not need to do it because it is useless. He can only reveal his uncle's guilt to himself not to the public. Hamlet should have made well-planned strategy to disclose his uncle's guilt in front of the people so that his uncle will be punished by the court. However, he commits another way around.

Besides, because of his depression, Hamlet performs strange behavior to run away from reality. It is when he is committed to perform 'antic disposition', strange behavior, since he meets his father's ghost.

HAMLET. (As I, perchance, hereafter shall think meet  
To put an antic disposition on), (I.v.p.167-168)

At that time, Hamlet swears to always remember what his father has commanded and committed to take revenge. However, he still does not have any plan to carry



it out. He is depressed for he has come too far by swearing before his father to always put this command in his memory and it is like a challenge to prove that he really loves his father. Unable to find strategy to avenge, yet he tries to run away from his burden by performing strange behavior. He makes an excuse that his strange behavior aims to hide his investigation on his uncle to reveal his guilt. Actually, it is a part of Hamlet's hesitancy in performing action for revenge. By doing so, he thought, his uncle would not suspect him. His strange behavior has convinced other people that he is mad. It appears through his attitude and obviously through his speech. The way he talks seems to ensure the others that there is something wrong with Hamlet. His response to other people is considered as reaction of insane person. His behavior is revealed in some events on this play.

It happens when Polonius is trying to have conversation with Hamlet. Hamlet answers Polonius' questions in confusing way for Polonius.

POLONIUS. Do you know me, my Lord?

HAMLET. Excellent well; you are fishmonger. (II.ii.p.173-174)

Hamlet definitely knows who Polonius is, the Lord Chamberlain. Yet, Hamlet lies to him saying that he is a fishmonger. It ensures Polonius' suspicion of Hamlet's madness. This conversation also aims to prove Hamlet's madness because at the previous speech, Polonius has informed Hamlet's madness to King and Queen.

POLONIUS. I will be brief. Your noble son is mad.

Mad call I it; for, to define true madness,

What is 't but to be nothing else but mad? (II.ii.p.93-95)

Polonius suspects that Hamlet is mad for love, Ophelia's love. When he hears Hamlet's answer, he says aside.

POLONIUS. Yet he knew me not at first;

he said I was a fishmonger. He is far gone, far gone!

And truly in my youth I suffered much extremity

for love, very near this. (II.ii.p.189-192)

Still not enough with this, Polonius questions Hamlet again and Hamlet intentionally misunderstands Polonius' question and answers it confusingly.

Moreover, Hamlet's strange behavior also emerges through his speech when he is interrogated by the King after he kills Polonius. He answers the King in puzzling way.

KING. Now, Hamlet, where's Polonius?

HAMLET. At supper.

KING. At supper! Where?

HAMLET. Not where he eats, but where he is eaten. (IV.iii.p.17-20)

The King is displeased by Hamlet's answer for his answer seems irrelevant with the question. The King knows that Hamlet has killed Polonius and Hamlet must know as well that the King knows about it. Therefore, the King expects Hamlet to tell where he puts Polonius' body in. Here, Hamlet is still performing his strangeness through his speech that even ensures the King of his madness and strengthens the reason for sending Hamlet to England. In addition, when Hamlet asks permission to the King for leaving to England, he even says, "Farewell, dear mother" (IV.iii.p.51). Hamlet knows exactly that his mother is not present there, but he still says, "Farewell, dear mother" to the King. Therefore, the King corrects what he thinks to be a mad error as he replies, "Thy loving father, Hamlet (IV.iii.p.52).

His strange behavior is also revealed when he is having conversation with Ophelia. Hamlet shows unusual behavior to her that surprising her. Hamlet denies his love for Ophelia. Moreover, Hamlet mocks her that is actually not directed toward Ophelia.

HAMLET. Get thee to a nunnery. Why wouldst thou  
be a breeder of sinners? (III. i.p.121-122)

Hamlet actually directs his scolding toward his mother. It is also an expression of his anger toward his mother that he reveals it through Ophelia. Since he is disappointed by his mother's unfaithfulness, Hamlet is like considering all women to be the same. They are only faithful temporarily and later on would be easily to turn to another one, just like her mother does that is so easily forgetting the memory of his deceased father and falls in love with another man. He also warns Ophelia that she should not marry because if she does, she will only bear a sinner, just like his mother who marries his father and bears Hamlet. He also thinks that he is a sinner since he is 'very proud', 'revengeful', 'ambitious'. This strange behavior is confusing Ophelia and considers him to be mad.

Those are what Hamlet does as the effects of his depression that makes him unable to think clearly. He gets depressed for his failure to act and it is due to his lack of experience and his fear. Thus he chooses to run away from reality to avoid burden instead of planning brilliant strategy. He runs away from reality and from his responsibility of revenge by making an excuse to prolong his action. He makes unimportant action by performing a drama presenting his father's murder. It is also stimulated by his hesitancy that causes Hamlet's doubt with the ghost and he chooses to test it first as well as to prove his uncle's guilt. However, it is only Hamlet's excuse to prolong his revenge and to hide his inability. Furthermore, depression leads him to run away from reality by performing strange behavior. It is when he cannot find any good strategy to carry out his father's command. However, it convinces other people that Hamlet is mad. It is revealed from his conversation with Polonius, King and Ophelia. The way he talks confuse them so that they really think Hamlet is truly mad. However, it is merely Hamlet's way to run away from reality in order to release his burden, his responsibility, his obligation for revenge.