

APPENDIX I

SYNOPSIS OF THE MIDNIGHT LIBRARY

The Midnight Library by Matt Haig centers on Nora Seed, who is deeply dissatisfied with her life and feels overwhelmed by regret. After a series of personal failures and losses, including a strained relationship with her family and the death of her cat, Nora decides to end her life. She finds herself in the midnight library, a magical place between life and death, where each book represents an alternate version of her life based on different choices she could have made. At the beginning of the novel, she is at her lowest point to depressed, disconnected from her family and friends, and feeling as though she has no purpose.

In the library, guided by her former school librarian Mrs. Elm, Nora has the opportunity to explore these alternate lives. She experiences various possibilities, such as becoming a famous rock star, an Olympic swimmer, or a glaciologist. The library is vast, filled with an infinite number of books. Each book represents a different version of Nora's life, reflecting the countless choices she could have made in her past. These alternate lives are based on pivotal moments, such as her decision to stay in a relationship, follow a career path, or pursue a different passion. In the library, a librarian named Mrs. Elm explains to Nora that she has the opportunity to explore these alternate lives.

As Nora opens book after book, she journeys experiencing what could have been had she made different choices. In one life, she is a famous rock star; in another life, she is happily married with children. In another life, she is an athlete completing at the Olympics. Each life offers new possibilities and new insights into what she values most, but none of them are perfect. In fact, in every life, Nora still encounters struggles difficult relationships, failures, and personal losses. These alternate lives reflect the truth that no path is free of pain or hardship.

Through these experiences, Nora begins to understand that perfection is an illusion. In each life, despite its seeming success or happiness, she faces challenges that she never anticipated. Some of these lives seem appealing at first, but ultimately, they show her that the things she thought she wanted such as fame, love, or wealth don't necessarily lead to happiness. For example, in one life, Nora realizes that despite her fame as a musician, she feels deeply isolated and lonely, a reflection of her ongoing struggle with her sense of self worth. In another life,

she is married but experiences the loss of a loved one and is forced to confront grief in a way she never imagined.

She grapples with the idea of whether she can ever truly be happy or whether happiness is something we create within ourselves, regardless of external circumstances. She encounters her former self, a version of herself she thought was more successful and happy, but finds that even that version struggles with the same doubts and insecurities. This revelation prompts Nora to reconsider the way she views her own existence. She begins to understand that happiness is not about avoiding failure or regret, it's about accepting the full range of experiences that make up one's life, both the joys and the sorrows. Nora also begins to see how her decisions have ripple effects, influencing not only her own life but the lives of others. She learns the importance of human connection, kindness, and the impact her relationships, even when she felt like she was a failure. Through the library, Nora reconnects with the people she lost touch with her brother, her best friend, and even a former love. This emotional healing becomes a major part of her journey, as she starts to understand that it is possible to rebuild the meaningful connections in her life, even if they were damaged in the past.

By the end of her journey, she realizes that her life, though not without pain. She comes to see that the small, seemingly insignificant moments such as a friendly conversation, a shared smile, or a quiet evening at home are just as meaningful as the grand achievements she once thought she needed to feel fulfilled. Nora begins to accept that there is no perfect life, and she doesn't need to keep searching for an ideal version of herself. The key to happiness lies in embracing her own life, with all its imperfections, and making peace with the past.

Through these experiences, Nora learns that no life is without its difficulties and that fulfillment comes from embracing and making the most of her current life rather than seeking a perfect one. She decides to return to her original life with a renewed sense of hope and purpose, understanding that happiness lies in accepting and appreciating the life. In the final pages, Nora decides to return to her original life choosing to live with intention and mindfulness. She understands that while she cannot change the past, she has the power to shape her future, starting with small, deliberate choices to reconnect with the people she loves and pursue what truly matters to her. She chooses life not because it's perfect, but because it is hers, and it is worth living.

APPENDIX II

BIOGRAPHY OF MATT HAIG

Matt Haig is a renowned English author and journalist, celebrated for his insightful and compassionate explorations of mental health, as well as his imaginative storytelling across both fiction and non-fiction. Born on July 3, 1975, in Sheffield, South Yorkshire, Haig grew up in Newark, Nottinghamshire, and later studied English and History at the University of Hull, followed by a master's degree at Leeds. His literary career began in 2002, and he has since published numerous bestselling books for both adults and children, with his works translated into dozens of languages and selling over three million copies world wide.

Haig's writing is characterized by its blend of speculative fiction and real life issues, often drawing from his own experiences. His acclaimed memoir, *Reasons to Stay Alive* (2015), recounts his personal battle with depression and anxiety, resonating with readers and remaining a bestseller for months. His novels, such as *The Midnight Library* (2021) and *How to Stop Time* (2017), combine elements of fantasy with profound philosophical questions about life, regret, and happiness. Matt Haig has also written beloved children's books, including *A Boy Called Christmas*, which was adapted into a successful film.

On a personal level, Matt Haig is married to fellow writer Andrea Semple, and they live in Brighton with their two children. He has been open about his struggles with mental health, particularly a major depressive episode in his early twenties, which has deeply influenced his work and advocacy. Through his books and public speaking, Matt Haig has become a prominent voice for mental health awareness, offering hope and understanding to countless readers around the world. His legacy is marked by his empathetic approach to storytelling and his dedication to destigmatizing mental illness.



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