SELF-ACTUALIZATION IN MAIN CHARACTER'S LIFE JOURNEY IN *THE BELL JAR*

A Final Project
submitted in partial fulfillment of the requirements
for the degree of *Sarjana Sastra*
in English

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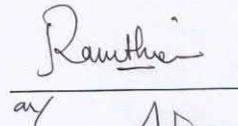   Arif Suryo Priyatmojo, S.Pd., M.Pd.

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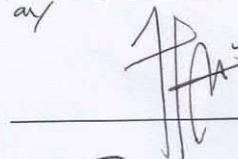   Dr. Rahayu Puji Haryanti, M.Hum.

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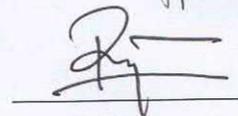
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ii

DECLARATION OF ORIGINALITY

I, Muhammad Fadhli Nur Farid, hereby declare that this final project entitled Self-actualization in main character's life journey in *The Bell Jar* is my own work and has not been submitted in any form for another degree or diploma at any university or other institutes. Information derived from the published and unpublished work of other has been acknowledged in the text and a list of references is also given.

Semarang, July 11th 2019

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MOTTO AND DEDICATION

Sometimes, life will kick you around, but sooner or later, you'll realize that you're not just a survivor. You're a warrior and you're stronger than anything life throw your way.

-Brooke Davis-

This final project is dedicated to:

My beloved parents who always believe in me and support me with everything they have.

My beloved brothers who always encourage me

And all my dear friends who always support me/

ACKNOWLEDGEMENT

This final project is still far from perfection. Therefore, I need some constructive suggestion to make it better. I hope that this final project will be useful for the readers and will become a reference for those who concern with this study.

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ABSTRACT

Farid, M.F.N. 2019. *Self-actualization in main character's life journey in The Bell Jar*. A Final Project. English Department. Faculty of Languages and Arts, Universitas Negeri Semarang. First advisor: Mohamad Ikhwan Rosyidi, S.S., M.A. Second advisor: Yuliati, S.Pd., M.Pd., M.Ed.

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Self-actualization is term that is commonly used in psychology theories. The term translated as the full realization of someone's potential or true self. This study was conducted to analyze the life journey of the main character of *The Bell Jar* in achieving her self-actualization. The purposes of this study are to describe the character of the main character in *The Bell Jar* and to describe the main character in achieving self-actualization and how it is portrayed in the novel. This study was done using a descriptive qualitative method and using Maslow's Hierarchy of Human Needs theory and New Criticism theory to explain the self-actualization of the main character in the form of words. The object of the study was the novel *The Bell Jar* and this study focused on Esther Greenwood as the main character. List of an observational sheet was used as the research instrument and the data was taken through library research. The analysis was conducted by interpreting Esther's utterances and actions using New Criticism theory to describe Esther's characterization and Maslow's Hierarchy of Human Needs theory to describe Esther's self-actualization. The study results showed that Esther's self-actualization is the results of her being able to fulfill her previous stages before reaching self-actualization stage.

TABLE OF CONTENTS

CHAPTER I

INTRODUCTION

CHAPTER II

REVIEW OF RELATED LITERATURE

CHAPTER III

RESEARCH METHODOLOGY

CHAPTER IV

RESULTS OF THE DATA ANALYSIS

CHAPTER V

CONCLUSION AND SUGGESTION

LIST OF APPENDICES

CHAPTER I

INTRODUCTION

This chapter provides introduction of the final project, which consists of five subchapters. They are general background of the study, reasons for choosing the topic, research questions, purpose of the study and significance of the study. The description of each sub chapter is presented as follows.

1.1. Background of the Study

Self-actualization is a term that is commonly used in psychology theories. The term can be simply translated as the full realization of someone's potential or true self. The examples of self-actualization may vary, like expressing their creativity, a journey for spiritual enlightenment, or pursuit of knowledge. The term self-actualization was first coined by Kurt Goldstein. As quoted by Modell (1993), Goldstein viewed that the real motive of someone in doing something is the tendency to actualize itself as fully as possible is the basic drive, the drive of self-actualization.

The concept of self-actualization was widely known after Abraham Maslow brought the term in his hierarchy of need theory. Maslow defined self-actualization by claiming that "what a man can be, he must be. This need we may call self-actualization" (Maslow, 1943). Self-actualization can also be translated as "the psychological process aimed at maximizing the use of a person's abilities

and resources. This process may vary from one person to another" (Couture et al., 2007).

There are some well-known public figures that Maslow and many others believed had achieved the level of self-actualization. The most popular one is Albert Einstein.

Albert Einstein was born into a middle-class Jewish family; his father was a salesman and engineer, and his mother ran their household. It would appear that in Einstein's earlier life, he comfortably met his basic needs, as his family could support him, and his childhood proved to bring no challenging and concern-inducing difficulties. However, as early schooling passed, life began to introduce fresh issues. Once graduated from Polytechnic Institute, Einstein's next few years proved to bring him to his lowest point in life. Einstein disagreed with the operations of the school system, and he expressed this opinion by often skipping classes and simply studying on his own. His studying was a success, too, as he taught himself natural science, geometry, and philosophy by reading books on his own (Weinstein, 2013). Regardless, his professors strongly disagreed with his decisions, and his professors' poor letters of recommendation led to Einstein's inability to obtain a job post-graduation.   Einstein, with no career, struggled greatly to support his family. Einstein's necessary dedication to securing a source of income hindered him from advancing his state of being to a higher level on Maslow's hierarchy of needs, which may be why we see no great discoveries from him in this era of his life (Folsing, 1997).

Albert Einstein's life shifted in one of the years to come. After finally obtaining a job evaluating patent applications for electromagnetic devices, it was not long before he mastered the skill. Because he could work so quickly, Einstein had additional free time to think independently. It was in this free time that Einstein formulated the principle of relativity, which quickly proved to be his "big break." It was not long before Einstein became well-known within the scientific community. Ironically, as Einstein's career escalated (escalating his basic needs and consequently, his safety and security), his marriage fell apart, compromising the love and belongingness in that aspect of his life (Folsing, 1997). However, this does not confirm that Einstein did not achieve this level. In fact, Einstein is quoted, "My relationship with the Jewish people became my strongest human tie' (Folsing, 1997)." This is understandable when it is considered that Einstein lived among the World War II era. In fact, Einstein was so well affiliated and connected with the Jewish community that in November of 1952, Prime Minister David Ben-Gurion asked Einstein to be Israel's second President (Federer). This proves that Einstein did not neglect the love and belongingness aspect of self-fulfillment. Einstein was well-established and accepted within the Jewish community, he remarried to woman named Elsa Löwenthal after various affairs, and he had strong ties within the scientific community. His solid achievement in this area allowed him to continue onto greater self-evolvement (Folsing, 1997).

Self-esteem is defined as confidence in one's own worth or abilities, and it is usually a result of others' feelings of respect towards that person. Esteem arises from a feeling of accomplishment and prestige, the feeling that others value you,

and the feeling that you are making a contribution to the world (McLeod, 2007). In his life-long career at Princeton, Albert Einstein formulated his mathematical equation about the nature of energy, $E = MC2$, wrote a paper that contradicted the former understanding of the structure of light in his discussion of the photoelectric effect, and he made significant scientific contributions to the United States during WWII with the creation of the atomic bomb (Folsing, 1997). In reflection of Einstein's scientific success, it is undeniable that he not only strongly participated in his professional activity, but also had incredible academic accomplishments-both of which are markers of self-esteemed individuals. Albert Einstein is considered to be the most influential physicist of the 20th century; clearly, by achieving so remarkably in his field, Einstein had also achieved Maslow's fourth level of the hierarchy: esteem.

The fifth and most paramount level, self-actualization, is left much more to interpretation. It is stated that any individual, provided the necessary conditions, has the potential to reach their fullest potential. By looking at Einstein's life, it can be concluded that he did reach self-actualization. It is further confirmed by what Einstein says after refusing surgery, "I want to go when I want…I have done my share, it is time to go. I will do it elegantly" (Folsing, 1997).

One of the main characters in *The Bell Jar*, Esther Greenwood, is also having a journey to achieve her self-actualization. The novel tells about Esther, a female college student in America in the 1950s. Esther is a strong and

independent woman who struggles against her oppressive environment that leads to her encroaching madness.

She was having some sort of cultural shock when she was being a guest editor in New York and when she returns to Boston suburbs, she find herself unable to read, write or even sleep. Her mother brings her to a psychiatrist and Esther receives her electric treatment that only makes things worse for her. She begins to attempt suicide. A lot of methods of suicide but none of them ever succeeded.

Then by the help of a famous novelist that sponsors her college scholarship, Esther moves to a private hospital where she gets the proper treatment and even trusting her new psychiatrist and having a new friend from her hometown that is having almost same problem with her. At the end, Esther leaves the hospital as she feels like she grasp her sanity once again while deep inside, she knows that the madness is still inside her, waiting to come out anytime it could.

The Bell Jar was chosen as the object of this study because of it has its own uniqueness in its realism level. Compared to the similar novel like *Eat, Pray, Love, The Bell Jar* gives more realism in portraying the struggle of its characters especially the main character in her journey to reach self-actualization level. In *Eat, Pray, Love,* one of the character, Elizabeth Gilbert, also seems to manage to be at self-actualization level, but the self-actualization that she tried to reach is about her that looking for the meaning of life not about what a person can do about their world. While it is still included as self-actualization, Esther

Greenwood's self-actualization is more intriguing and interesting to be discussed since it stay true to the true meaning of self-actualization. In *The Bell Jar,* Sylvia Plath as the writer succeeded in portraying the struggles because it is based on her own experiences since the novel is a semi auto-biography of hers.

The man character of this novel, which is Esther Greenwood, is chosen because she has the most positive changes that led to self-actualization since the beginning of the story. There is also other character like Joan Gilling that almost managed to be at self-actualization level.

Joan Gilling is Esther's friend in the mental hospital that Esther thought as her double as both of them are having almost similar past and troubles. Together with Esther, she showed some development in her treatment, but in the end she took her own life by hanging herself.

Self Actualization of Abby Green's The Legend of de Marco (Indah, 2015) states that a character similar to Esther, Marco, also has to climb and fulfill his needs according to the hierarchy of needs by Maslow to be considered as self-actualized. He must fight his way to fulfill all the stages from the very bottom because he was disowned by his father and decided to live by his own and be successful. The fight was very hard on him but slowly, Marco fulfilled each stage of the hierarchy of need and finally arrived at the top stage which is self-actualization.

In this study, the writer wants to analyze the Esther Greenwood's journey in achieving her self-actualization by analyzing the background that leads to her confused self and how she finally reaching her true self since Esther must struggle a lot because if her own inability to fulfill her needs at the beginning. Esther is a character that seems to have a great positive change at the end compare to the beginning of the story that actually a process of achieving self-actualization.

1.2. Reasons for Choosing the Topic

There are several reasons why the topic Self-actualization in main character's life journey in *The Bell Jar* is chosen to be discussed in this study. Based on the background of the study, there reasons are:

As Abraham Maslow noted, reaching a state of true self-actualization in everyday society was fairly rare. Research shows that when people live lives that are different from their true nature and capabilities, they are less likely to be happy than those whose goals and lives match. Therefore, it is interesting to find out how someone managed to reach self-actualization.

Esther's problematic environment is pretty much all about woman's life in that era and still relevant to the reality in the present. The problems can be used as culture of representation of America in the 1950s and the world nowadays.

1.3. Research Questions

This study will answer the following questions:

1. How is the main character described in the novel?

2. How does the main character show self-actualization in the novel?

1.4. Purpose of the Study

The goals of this study are pointed as follows:

1. To describe the character of the main character in *The Bell Jar*.

2. To describe the main character in achieving self-actualization and how it is portrayed in the novel.

1.5. Significance of the Study

For readers in general, this study provides an interpretation of self-actualization in *The Bell Jar*, which may broaden the readers' knowledge about the self-actualization concept and also as a view of woman's life in general in 1950s especially in America.

For the students of English Department, this study can be used as a reference for the next studies regarding the same book or the same theory. This study also intended to give knowledge about self-actualization since the concept is not so commonly used.

For the researcher, this study is conducted as a fulfillment of the requirements for the degree of *Sarjana Sastra* in English. Moreover, it is expected that this research can escalate the researcher's knowledge about literature and culture.

CHAPTER II

REVIEW OF RELATED STUDIES

This chapter presents theories related to the topic of the study. The review of therelated literature is obtained from different sources and references such as books,journals, essay, and the other scientific material. This chapter consists of three subchapters, the first subchapter is review of the previous studies, the second subchapter is review of theoretical studies and the last subchapter is theoretical framework.

2.1. Review of the Previous Studies

There are some studies that the writer used as references. The first is Mcleod (2007) in "simply psychology" that describes Rogers's (psychologist of eminence) conception of self-actualization as "that for a person to grow", they need an environment that provides them with genuineness (openness and self-disclosure), acceptance (being seen with unconditional positive regard), and empathy (being listened to and understood). Without these, relationships and healthy personalities will not develop as they should, much like a tree will not grow without sunlight and water .Rogers believed that every person can achieve their goals, wishes and desires in life. When, or rather if they did so, *self-actualization took place"*.

Ross. W. in Chauhan M. B. & Jogsan Y. A. describes self-actualization as ongoing process of fully developing personal potential. According to him, "Self-actualization is not restricted to high-profile, high-achieving individuals; you don't have to be famous to self-actualize. Self-actualizer feel safe, calm, accepted, loved, loving and alive". Study conducted on Faculty Self-actualization was based on "Maslow's notion of self-actualization which guided the construction of the personal indices of self-democratic, support, tolerance, and trust". Trust according to the research was the only personal variable significantly and consistently related to success and satisfaction.

Combs (1962) in *Perceiving Behaving Becoming* stated that the achievement of self-actualization (in the sense of autonomy) paradoxically make-more possible the transcendence of self, and of self-consciousness and of selfishness. It makes it easier for the person to be homonomous, i.e., to merge himself as a part in a larger whole than him-self. The condition of the fullest homonomy is full autonomy, and, to some extent, vice versa one can attain to autonomy only via successful homonomous experiences (child dependence, care for others, etc.). It is necessary to speak of levels of homonomy (more and more mature), and to differentiate a "low homonomy" (of fear, weakness and regression) from a "high homonomy" (of courage and full, self-confident autonomy).

İlkay Agir (2015) in *Identity Crisis and Alienation in Sylvia Plath's The Bell Jar* wrote about an analysis of identity crisis and alienation in the same novel.

He tried to apply R.D. Laing"s existential psychology to the analysis of the heroine's painful search for identity and illustrate its use for the cure of her mental crisis and discussed heroine's alienation in the patriarchal society and presents the United States women's situation and emotional life in the fifties and sixties.

Cengiz Akcay and Bertan Akyol (2014) in *Self-Actualization Levels of Participants in Lifelong Education Centers*. Self-actualization need was theorized in Maslow's Theory of Human Motivation and defined as the potential of the individual to reach his highest level of personal fulfillment throughout his life (Schultz and Schultz, 2001). According to them, Lifelong Education Centers (LEC) in Turkey are appropriate places to satisfy this need. They aimed to find out the self-actualization levels of participants who attended the educational programs in LECs and discuss how these educational programs affect their self-actualization needs. According to the findings, both the general and the dimensional level of self-actualization for the participants have been found as high.

Meylysa One Putri, et al in *Self-actualization On Movie "Eat, Pray, Love* stated that self-actualization is a fundamental concept in humanistic psychology. Humanist theorists believe people are inherently driven to reach beyond the scope of their basic needs in hope of realizing their full potentials. However, Maslow's hierarchy of needs requires the individual to satisfy their basic needs to be able to move forward and being considered as a fully functioning person, yet this theory of Maslow prompted a question whether a fully functioning person does actually

have the tendency to reach self-actualization. Their study examines the research question through a case study of an autobiography based on the quest of Liz Gilbert in achieving her self-actualization. The result shows that a fully functioning person does have a rather huge tendency to actualize themselves, judging by the experience Liz Gilbert went through which led to her experiencing peak experience.

Rika Agustin (2011) *The Patriarchal Oppression Faced By Main Character In Sylvia Plath's The Bell Jar*. This research used the same novel as the one used as the object in this research. In her research, she analyzed the patriarchal oppression faced by the main character in Sylvia Plath's The Bell Jar. She aims to describe and explain the patriarchal oppression faced by main character and the efforts taken by the main character.

Setianingrum Indah Pertiwi (2015) from State Islamic University Sunan Ampel Surabaya in her thesis entitled *Self Actualization of Abby Green's The Legend of de Marco.* Indah stated in her thesis, *Self Actualization of Abby Green's The Legend of de Marco*, that the main character, Rocco, being a son of a whore and disowned by his father because he is an illegitimate son of his, moved to London from Italy in order to improve himself. After struggling for years, he finally became a boss that owns his own company. Being a wealthy and respectable man, Rocco fulfilled his four levels of need and arrived at the stage of self-actualization.

A thesis by Iwa Wiwaha (2016) from State Islamic University of Jakarta entitled *An analysis of Robert McCall's self-actualization in the equalizer movie.* Iwa wrote that *The Equalizer* tells the story of Robert McCall who is starting a new life after the death of his wife. He achieves the four stages of basic needs; physiological, safety, love and belongingness and esteem needs. He also achieves self-actualization that he could not reach in when McCall working in CIA because of his wife that did not support him in his job. The form of McCall's self-actualization appears when he helps Alina to get a worth life as she wants, protect Alina from Russian gang. After that, he helps Ralphie's mother who has almost gone bankrupt because she was extorted by a corrupt police. He also helps Jeni loses her ring given by her mother because of the robbery at work. Finally, McCall makes a website for anyone who is in trouble and needs help in the face of the criminals he encounters.

Sella Lufitaningsih Afriani (2018) in *Esther Greenwood's Intimacy Crisis In Sylvia Plath's The Bell Jar* wrote about similar main character of the same novel, The Bell Jar. She wrote about how Esther Greenwood struggles to overcome her intimacy crisis through the novel. She tried to depict Esther's crisis of intimate relationship dealing with sixth stage of Erikson's Psychosocial Development, isolation vs. intimacy, and assessed Esther's struggle to control her crisis and to gain intimacy among society supported by Reis and Shaver's Interpersonal Model Process of Intimacy.

Siswanto (2009) in his thesis *Self-Actualization in The Character of Daisy Miller in Henry James' Daisy Miller* tried to analyze the main character in *Daisy Miller* and how she can be concluded as self-actualized. His analysis showed that Henry James presented Daisy Miller in particular ways to reveal her quality as human being and Henry James shows Daisy Miller as rich, beautiful, unsophisticated, and many more positive traits. Daisy Miller, consequently, has reached her self-actualization which can be seen in her specific characteristics as Maslow has theorized indicated from what she does and the condition she faces in the novel.

Chintya Bayu Lestari and Siti Gomo Attas(2018) in *Self-actualization of The Main Character Hujan Novel by Tere Liye A Review of Psychology Abraham Maslow*. The results of their research indicate that the six basic needs based on Maslow's hierarchy are contained in the main character of the novel Hujan by Tere Liye. The main character can actualize himself although only a few basic needs that have been fulfilled in the character, meaning that six basic needs are not all owned by characters. Although they only meet some of the needs of the six basic needs, they can actualize themselves.

Ika Rahmawati Diniar (2015) in her thesis entitled *Pi Patel's self-actualization in Yann Martel's Life of Pi*. She focused on the self-actualization fulfillment on the main character of the novel Life of Pi using Abraham Maslow's theory. She tried to answer the problem of how the process of self-actualization achieving by Pi Patel in Yann Martel's Life of Pi is. She found that Pi Patel is

successfully satisfying the needs of physiological needs, safety needs, love and belongingness needs, esteem needs, until he is able to achieve his self-actualization to be a religious person. His strong believe in God make him want to be the one who always obedient to God. Pi Patel is successful in achieving his self-actualization by always maintaining his conviction.

Putri Chumairoh (2015) in her thesis *A Study of Hazel's Struggle to Get Self-Actualization in John Green's The Fault in Our Stars*. She analyzed John Green's novel The Fault in Our Stars. This study focused on analyzing that girl character Hazel Grace and her struggle to face her life with stage IV cancer thyroid. The aims of this thesis are to describe the characteristics of Hazel Grace in The Fault in Our Stars novel and to reveal Hazel's struggle to fulfill her needs based on Abraham Maslow's hierarchy of need theory. Since studying on character, this thesis basically uses character and characterization. Abraham Maslow's Hierarchy of Human Needs theory is also used by the writer. This theory is classified into five stages of human needs. The needs are the physiological needs, the safety and security needs, the love and belongingness needs, the self-esteem needs and the self-actualization needs. The writer analyzed the data collected by categorizing them into five point which include in hierarchy of needs. As the conclusion, Hazel can fulfill her needs with her struggle and she can fulfill until the higher need that is self-actualization.

Ade Nora Afriansyah (2016) in his thesis *Meeting The Needs Analysis Figure Hierarchy Riana Merry In The Novel "Million Dollar Dream " Alberthiene*

Endah Works: Study Of Abraham Humanistic Psychology Maslow. The issues raised in this paper is about the fulfillment of the needs hierarchy Merry Riana character in the novel Dream of a Million Dollars Endah Alberthiene works: Study of Humanistic Psychology of Abraham Maslow. The purpose of this study is to describe the hierarchy of needs fulfillment Merry Riana Figures in Million Dollar Dream novel Endah Alberthiene works: Study of Humanistic Psychology of Abraham Maslow. Analysis of the Million Dollar Dream novel works Alberthiene Endah: Abraham Maslow Humanistic Psychology study found that there are five storied needs include: physiological needs, basic human needs are the most urgent needs include food, drink, rest, air and shelter. Security needs, needs that drive individuals to acquire tranquility, certainty and regularity of the state of the environment so that it requires security, protection, fear and anxiety. Needs owned and has, needs that drive individuals to conduct effective relationship or emotional bond with another individual. Needs of self-esteem, their sense of reward, achievement and self-esteem. Self-actualization needs, this requirement is achieved if the underlying needs are met and satisfied, in achieving self-actualization there are eight traits that will be met.

Antin Irsanti (2013) in her thesis *Self-actualization Analysis of Ipssak in "Madangeul Naon Amthak" Film: An Abraham Maslow's Humanistic Psychology Study.* This research examines the struggle of Ipssak's life to figure out what she wants in the film "Madangeul Naon Amthak (Leafie, A Hen Into The Wild)". Ipssak is a hen that used to live in the chicken farm. Although the chicken farm is her original habitat, Ipssak prefer to live in the nature than in the chicken farm.

Even though living in the nature are difficult and danger, Ipssak won't give up easily and keep fighting to survive in the nature. This research uses theory of Abraham Maslow's self-actualization. In addition, this research also uses the theory of self-concept as a supporting factor to achieve the self-actualization of Ipssak. The results of this research indicates that Ipssak can actualize herself by fulfilled the four basic needs of Abraham Maslow's theory which are physiological needs, safety needs, belongingness and love needs, and self-esteem needs. Ipssak also has the characteristics of self-actualizing person as she can see life clearly, devotes herself to her work or duties, has spontaneity and creativity, has low self-conflict, has psychological independence, and simply enjoys life and practical in all aspects. Ipssak also has three out of four characteristics of a positive self-concept which are having a confidence to solve a problem, feeling equal to others and accepting praise without feeling embarrassed. Ipssak doesn't have a negative self concept, so it makes her easier to reach self-actualization. The self-actualization which can be achieved by Ipssak is that she can survive in the nature with her physical limitations. She can manage to be responsible for herself, capable of being a good mother for her son and she can help another.

Hapsari Dian Sylvatri (2011) in her thesis *Self Actualization of Andrea Sachs in The Devil Wears Prada Movie.* This study analyzes about how an ordinary girl successfully actualizes herself to reach her dream which is reflected in the movie. The writer uses human motivation theory consists of Abraham Maslow's Hierarchy of Need's theory. Hierarchy of needs in this case is closely related to an ordinary girl namely Andrea Sachs as the main character of this

movie who does the transformation to be accepted in Run Way magazine. This study refers to the tendency of the main character to fulfill of her basic needs to be a self actualized person to be just the way she is for reaching her dream in the end of the movie. In the end of the analysis, it can be concluded that an ordinary girl is still able to actualize herself as long as she has a big passion or motivation. It gives a good effect to Andrea Sachs's life so that she is able to survive in RunWay and faces the underestimating look from Run Way people, pressure from her Editor in Chief of Run Way, Miranda Priestley successfully, and also becomes self actualized. As the result of her effort to actualize herself by being just the way she is, she deserves for respect from her society and gains self actualization.

Alsonny Sastrawan (2014) in his thesis entitled *The Fulfillment Of Milo's Needs Based On Paul W.S Anderson's Pompeii (2014) Through Maslow's Hierarchy Of Needs.* He wrote that human being have primary needs or basic needs such as water, food, sex and the other needs. Like in the Pompeii Movie, Milo as the main character also has basic needs and other needs. Therefore, a research about Hierarchy of needs is needed to find out and observe the needs of human being. Library research is used to analyze pictures and dialogues from Pompeii Movie by using hierarchy of needs theory. The analysis includes Physiological need, safety needs, love and belongingness needs, self esteem needs and self actualization needs which are represented in the main character. It can be concluded from the analysis that there are five needs which are physiological needs, safety needs, love and belongingness needs, self-esteem needs and self-actualization needs. The need that Milo has fulfilled are physiological needs, love

and belongingness needs, self-esteem needs, self-actualization needs and another is not fulfilled.

Priambada Aryobimo (2017) in his thesis entitled *Bilbo Baggins` Self-Actualization In J.R.R. Tolkien`s Novel The Hobbit*. He wrote that Bilbo Baggins is described as rich, polite, clever, curious, adventurous, fear, and weak hobbit. His traits were changed within the story from fear and weak hobbit, into brave and strong individual, then later he develops into a leader and savior figure. Bilbo experiences internal and external conflict against Gandalf, Thorin, Dwarves, Troll, Environment, Stone-Giants, Goblins, Gollum, Wargs, Eagle, Spiders, and Smaug. The setting in this novel is divided into setting of place, time, and social. The setting of place are The Hill and Bag-end, Bywater, Last Homely House, Misty Mountain, Forest, Beorn`s House, Mirkwood, Elvinking`s Palace, Long-Lake, Esgaroth, Ravenhill, Dale, and Lonely Mountain. The setting of time is Morning or Dawn, Wednesday, Night, Late May and Rainy, June and Summer, Evening, Spring, and Autumn. As the setting of social, Bilbo Baggins belongs to high class society from the beginning until the story ends. All of the intrinsic elements influenced one another to help Bilbo Baggins reach self-actualization. Bilbo Baggins` self-actualization is triggered by two conditions; curiosity of outside world and helps dwarves to reclaim their home from dragon. Bilbo Baggins start with the fulfillment of two basic needs, and later, he begins to satisfy other basic needs layer as he embarks the adventure.

Dwi Anggara Asianti (2010) in *Self–actualization of human's needs: The portrait of a woman's struggle against patriarchy in NH. Dini's novel Bandungan Street*. Patriarchal condition impedes the main character, Mur, to reach Maslow's hierarchy of needs. The apathy and sadness come since those needs cannot be met. It prompted Mur to be powerless. Then, Mur uses the "Will to Power" proposed by Nietzsche as to control the undesired condition to empower herself. At last, she can achieve self-actualization, to be the best she can be, as the highest need's rank. She proves that women can even be the better species if they are also given the same opportunity.

2.2. Review of the Theoretical Studies

This sub-chapter talks about the theories used in analyzing the novel. Hierarchy of Human Needs by Abraham Maslow is used as the main theory and New Criticism is used as the supporting theory. This sub-chapter provides the theoretical review of this research.

2.2.1. Maslow's Hierarchy of Needs

Maslow stated that there are five levels of need that human have. A higher level cannot be achieved when the lower level is not fulfilled. In other words, the crux of the theory is that individuals' most basic needs must be met before they become motivated to achieve higher level needs (Steere, 1988). The hierarchy is as follows:

2.2.1.1 Psychological Needs

Psychological need is the very basic need of a human being. This theory states that humans are compelled to fulfill these physiological needs first in order to pursue intrinsic satisfaction on a higher level (Decker, 2018). Psychological needs are food, water, sleep, shelter, and sex. Some people who are in a hunger and harm condition do not have other desires except looking for the food. For the prosperous community, these types of need generally have been fulfilled. When these basic needs are satisfied, the other needs on higher level will appear and dominate human behavior soon (Goble, 1970).

2.2.1.2 Safety Needs

After the very basic need is fulfilled, the next level of need is safety needs. It is included the need for physical safety (such as free from war, natural disasters, or violence), financial safety (such as free from economic crisis and the presence of job opportunity), emotional safety (such as free from threat or anything that badly affect someone's emotion) and health and well-being.

2.2.1.3 Social Belonging and Love Needs

According to Maslow, humans need to feel a sense of belonging and acceptance among social groups, regardless of whether these groups are large or small. For example, some large social groups may include clubs, co-workers, religious groups, professional organizations, sports teams, gangs, and online communities. Some examples of small social connections include family

members, intimate partners, mentors, colleagues, and confidants. Humans need to love and be loved – both sexually and non-sexually – by others (Maslow, 1943).Many people become susceptible to loneliness, social anxiety and depression in the absence of this love or belonging element. This need for belonging may overcome the physiological and security needs, depending on the strength of the peer pressure.

2.2.1.4 Self Esteem Needs

In this need level, Maslow differentiates the esteem needs into internally and externally. The first (internal) include the need for self-respect, confidence, competence, mastery, independence, achievement, adequacy, and freedom (liberty). The second (external) concerns the recognition of others, prestige, recognition, acceptance, fame, dignity, position, attention, appreciation or good name. People with enough self-esteem will be more confident. Thus they will be more potential and productive. On the other way, lack of self-esteem will cause a sense of low self-esteem, a sense of helplessness, even a sense of desperate and neurotic behavior (Maslow, 1943).

2.2.1.5 Self-Actualization Needs

At the top level there is the self-actualization need. It is possessed by an individual who have the needs to grow, develop and use their abilities to the fullest. In other words, it is a personal need that push someone to be themselves as best as they can. This need is at the top level that appears after the needs

below are satisfied (Goble, 1970). Maslow stated that the order in which these needs are fulfilled does not always follow this standard progression. For example, he notes that for some individuals, the need for self-esteem is more important than the need for love. For others, the need for creative fulfillment may supersede even the most basic needs (Cherry, 2016). In his studies, Maslow found that self-actualizers share similarities. Whether famous or unknown, educated or not, rich or poor, self-actualizers tend to fit the following profile (Coon, 2007). The characteristics of the self-actualizer are as follows:

- *Efficient perceptions of reality.* Self-actualizers are able to judge situations correctly and honestly. They are very sensitive to the fake and dishonest, and are free to see reality 'as it is'.
- *Comfortable acceptance of self, others and nature.* Self-actualizers accept their own human nature with all its flaws. The shortcomings of others and the contradictions of the human condition are accepted with humor and tolerance.
- *Reliant on own experiences and judgment.* Independent, not reliant on culture and environment to form opinions and views.
- *Spontaneous and natural.* True to themselves, rather than being how others want.
- *Task centering.* Most of Maslow's subjects had a mission to fulfill in life or some task or problem 'beyond' themselves (instead of outside themselves) to pursue. Humanitarians such as Albert Schweitzer are considered to have possessed this quality.

- *Autonomy.* Self-actualizers are free from reliance on external authorities or other people. They tend to be resourceful and independent.

- *Continued freshness of appreciation.* The self-actualizer seems to constantly renew appreciation of life's basic goods. A sunset or a flower will be experienced as intensely time after time as it was at first. There is an "innocence of vision", like that of an artist or child.

- *Profound interpersonal relationships.* The interpersonal relationships of self-actualizers are marked by deep loving bonds.

- *Comfort with solitude.* Despite their satisfying relationships with others, self-actualizing people value solitude and are comfortable being alone.

- *Non-hostile sense of humor.* This refers to the ability to laugh at oneself.

- *Peak experiences.* All of Maslow's subjects reported the frequent occurrence of peak experience (temporary moments of self-actualization). These occasions were marked by feelings of ecstasy, harmony, and deep meaning. Self-actualizers reported feeling at one with the universe, stronger and calmer than ever before, filled with light, beauty, goodness, and so forth.

- *Socially compassionate.* Possessing humanity.

- *Few friends.* Few close intimate friends rather than many superficial relationships.

In summary, self-actualizers feel finally themselves, safe, not anxious, accepted, loved, loving, and alive, certainly living a fulfilling life.

2.2.2. New Criticism

New criticism introduced to America and called "close reading," has been a standard method of high school and college instruction in literary studies for the past several decades. So in this sense, New Criticism is still a real presence among us and probably will remain so for some time to come (Tyson, 2006). At that time New Criticism become a new standard that is introduced to high school student or even college in literary text analizing. At the past people analize literary text based on author's life and book's history. It is supported by Tyson's statement that previously, biographical-historical criticism was popular among literary critics.

This study uses new criticism as the supporting theory to analize the novel as Tyson said; new criticism is the main tool in analysis to reveal the true meaning of a text based on the text itself. It means that new criticism does not need both the author's background and intention or the reader's response to getting meaning of the text. Prior to the emergence of new criticism, people analize a literary work based on the author's background.

Unlike biographical-historical criticism, new criticism focuses its analysis on the literary text, instead of on the author's life and time (Tyson, 2006). Further. Tyson explained that new critics believe that a literary text is sometimes more meaningful and complex than its author's intention. The text's meaning could be dissimilar with the meaning which was constructed by the author. Wrong impression about the literary text might be constructed if the focus of analysis is

put on the author's background, Then, the best way to get an understanding of a literary text is by examining its own details.

Neither the author's intention nor reader's responses are discussed in a New Criticism research. Reader's emotion and attitude towards a literary text (also known as affective fallacy) might confuse the text through the reader's personal past experiences (Tyson, 2006). The readers' personal life or background will affect their assumptions about the literary text when they have an emotional bond with the text. Hence, applying both the author's intention and reader's response towards a literary text might not exactly represent the literary text itself.

New Criticism approach requires a scrupulous analysis of the formal elements of the literary text to help us reveal its theme (Tyson, 2006). Tyson mentioned that formal elements are elements forming the literary text. Those elements include images, symbols, metaphors, rhyme, meter, point of view, selling, characterization, and plot. The elements work together to shape an inseparable whole of literary text which is called organic unity. These elements can help the readers to understand contain literary work more clearly and deeply.

Based On the elements above, this study only focuses on character and characterization. This element is to complete the first problem of statement. A character, then, is presumably an imagined person who inhabits a story although that simple may admit to a few exceptions (Kennedy, 1995). The readers imagine an interpreting character in the story. Although the writer has created these characters, the reader can imagine it. Abrahams said that character are the

represented in a dramatic or narrative work, who are interpreted by the reader as being endowed with particular moral, intellectual, and emotional qualities by inferences from what the persons say and their distinctive ways of saying it (the dialogue) and from what they do (the action). In this situation, the readers determine the characters based on their personality or attitude in the story. It makes the reader have different thought between writer and reader, or another reader in character imagination.

Di Yanni (2002) says a character in fiction can be conveniently classified as major and minor, static and dynamic. A major character is an important figure at the centre of the story's action or theme. Usually, major character appears when main conflict happened. It makes major character becomes "soul" and influence the story.

According to Di Yanni, minor characters are often static or unchanging: they remain the same from beginning of a work to the end. Dynamic characters, on the other hand, exhibit some change in their attitude, purpose. and behavior as the story progresses. Readers should be careful not to automatically equate major characters with dynamic ones or minor character with static ones.

According to Kennedy, characters may seem flat or round, depending on whether a writer sketches or sculptures them. A flat character usually has only one outstanding trait or feature, or at most a few distinguishing marks. At the beginning until the end, the flat character is only described by one certain characteristic. This character has monotonous characteristic and has no changing.

Round characters, however, present the reader with more facets. Their authors portray them in greater depth and in more generous detail. Such a round character may appear to the reader only as he appeals to the other characters in the story, if their views of him differ, the reader will see him from more than one side.

Reflecting the novel chosen in the study, the main character, Esther, is considered as a major character as her actions are very important for the story. The major character can be a developing character as the change she has from being somebody with certain traits to being somebody else with different traits in the future.

The character becomes prominent thing in this study since it focuses on the major character, Esther. By analyzing her character, this study intends to tell how the characters built by their speech and action to reach her self-actualization.

The character also has characterization. Characterization is the means by which writers present and reveal character (Di Yanni, 2002). The author simply presents the characters talking and acting and leaves the reader to the motives and dispositions that lie behind what they say and do. The author may show not only external speech and actions, but also a characters inner thoughts, feelings, and responsiveness to events for a highly developed mode of such inner showing, see the stream of consciousness. In telling, the author intervenes authoritatively in order to describe, and often to evaluate, the motives and dispositional qualities of the characters (Abrams, 1999).

Di Yanni says that there are six major methods of revealing character in fiction. They are narrative summary without judgment, narrative description with implied or explicit judgment, surface details of dress and physical appearance, character's action what they do, character speech (what they say and how the way they say it), and character's consciousness (what they think and feel).

On the other side, characterization is the way the author gives information to the readers of what kind person that the author depicts in his/her work. Through characterization, the readers are expected to know and understand the character of the novel. That is why this study used characterization as the tool to reveal the personality and the characters traits of the main character, Esther.

2.3. Theoretical Framework

In doing this analysis, the writer will analyze a novel entitled *The Bell Jar* written by Sylvia Plath in 1963. Later, this study will use psychology approach by using Sigmund Freud's psychoanalysis theory. The psychoanalysis theory is used to analyze Esther Greenwood's conditions as she struggles to reach her self-actualization. Afterward, it includes the three structures of mind of id, ego, and superego. Those three structures of mind will find out her personality when there is imbalance between them. So, the writer tries to match it with symptoms of self-actualization by Maslow. The theoretical framework can be seen through the figure below:

Framework of Analysis Figure

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┌─────────────────────┐
│    The Bell Jar      │
└─────────────────────┘
           │
           ▼
┌─────────────────────┐
│   Characterization   │
└─────────────────────┘
           │
           ▼
┌─────────────────────┐
│ Maslow's Hierarchy of│
│        Needs         │
└─────────────────────┘
           │
           ▼
┌─────────────────────┐
│  Finding/Discussion  │
└─────────────────────┘
           │
           ▼
┌─────────────────────┐
│     Conclusion       │
└─────────────────────┘
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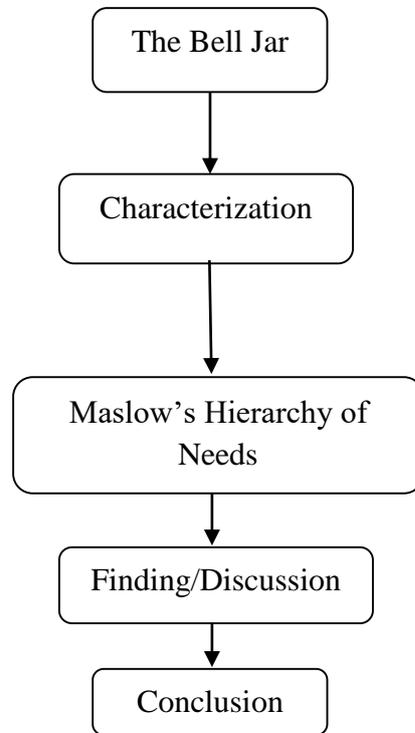
Figure 1. Theoretical Framework of the Study

CHAPTER V

CONCLUSION AND SUGGESTION

In this last chapter the writer presents the conclusions that the writer draw after the data of this study is analyzed. It encompasses the main points of the investigation and the writer also provided some suggestion for the readers who want to conduct a research in literature.

5.1 Conclusion

From the analysis we can conclude that self-actualization is a natural process who can occured to everybody. One simply needs to fulfill the other needs to achieve self-actualization, but since most people did not know what it is or how to achieve it, they simply cannot become self-actualizer. Become a self-actualizer is important in order to understand and enjoy our life to the fullest, but it is indeed still a very hard things to do even to the people who studied and understand it.

Some part of *The Bell Jar* story was written according to the Sylvia Plath's experiences since this work is a semi-autobiographical novel. Some phenomena which happened at that time were shown consciously and unconsciously. Some of the phenomena are the amount of stress and pressure that a woman get at the time, the way of the world view woman, the way mental illness was seen, and how women who were willing to break out of those rules are viewed. Plath wrote his

memories according to the situation at that time and added her imagination to make the story more interesting.

5.2 Suggestion

The writer expects to give contribution to the readers by conducting this study, especially for English Literature students. The writer presents some suggestion based on the result of this study. The writer hopes that the readers could appreciate works of literature not only as an entertainment but also as a lesson. The moral value and inspirational things that contain in the works of literature can be applied in real life and enhance the quality of a person. It is expected for further research to use of the theory of human need by Abraham Maslow which is still rarely used. Doing a research in literature with the topic related to self-actualization is recommended for people since it is very useful to open their mind about social problem in the surrounding and the way to understand self-actualization and how to achieve it.

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