ANALYSIS SELF ACTUALIZATION OF JOSEPHINE MARCH IN "LITTLE WOMEN" NOVEL BY LOUSIA MAY ALCOTT: PSYCHOLOGICAL APPROACH

THESIS

By:
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ENGLISH DEPARTMENT
FACULTY OF SOCIAL SCIENCES AND HUMANITIES
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Submitted in Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra

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ii

DECLARATION OF THE THESIS ORIGINALITY

I, Milihana Br Simanjorang, NPM No. 141210020

Hereby declare that the thesis entitled:

ANALYSIS SELF ACTUALIZATION OF JOSEPHINE MARCH IN "LITTLE WOMEN" NOVEL BY LOUISA MAY ALCOTT: PSYCHOLOGICAL APPROACH

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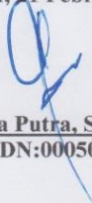# ANALYSIS SELF ACTUALIZATION OF JOSEPHINE MARCH IN "LITTLE WOMEN" NOVEL BY LOUISA MAY ALCOTT: PSYCHOLOGICAL APPROACH

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The thesis has been examined and approved on the date as indicated below

Batam, 21 February 2020

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iv

ABSTRAK

Penelitian ini bertujuan menafsirkan novel "Little Women" karya Louisa May Alcott dari sudut pandang psikologis. Novel ini dipublish pada tahun 1868 dan merupakan sebuah cerita tentang kehidupan sang penulis.Peneliti memfokuskan penelitian pada aktualisasi diri dari karak terutama tujuan dari penelitian ini adalah untuk mendeskripsikan kebutuhan yang telah dipenuhi oleh Josephine sebelum dia mencapai kebutuhan aktualisasi dirinya dan mendeskripsikan kriteria aktualisasi diri yang dimiliki karakter utama tersebut. Dalam penelitian ini, peneliti menggunakan teori dari Abraham H. Maslow yaitu Hierarki Kebutuhan Maslow. Penelitian ini adalah penelitian kualitatif deskriptif. Dalam mengumpulkan data, peneliti menggunakan metode dokumentasi. Dalam proses analisis data, metode yang digunakan oleh peneliti adalah metode kualitatif dengan Teknik membaca lebih dalam, mengelompokkan data berdasarkan teori yang digunakan dan menemukan aspek ekstrinsik/intrinsic dalam novel "Little Women". Dalam mempresentasikan hasil penelitian, peneliti menggunakan presentasi informal dengan menjelaskan melalui kata-kata dan kalimat. Dari data tersebut ditemukan bahwa kebutuhan aktualisasi diri Josephine March terpenuhi, dan kemudian ia memiliki criterio aktualisasi diri bahwa ia bebas dari psikopatologi, mengalami kemajuan melalui hierarki kebutuhan, dan ia memiliki nilai-nilai B dan terakhir adalah dia dapat menggunakan bakatnya untuk mencapai apa yang menjadi impiannya.

Kata Kunci: Kebutuhanaktualisasidiri; Novel;Psikologis.

ABSTRACT

This research is aimed at interpreting "Little Women" novel by Louisa May Alcott from psychological point of view. The novel is first published at 1868 and the story tells about the life of author. The researcher focuses on analyzing self actualization of the main character. The purpose of this study to describe needs have been fulfilled by Josephine before she achieve herself actualization needs and describe the criteria of self actualization the main character have. In this study, researcher used a theory from Maslow namely Hierarchy of Needs. This research is a descriptive qualitative research. In collecting data, researcher used the documentation method. In the process of data analysis, the method used is a qualitative method by conducting deeper reading techniques, categorizing data based on the theories used and finding extrinsic/intrinsic aspect in the "Little Women". In presenting the result of research, researcher use informal presentation by explaining through words and sentences. From analyzed the data it is found that the self-actualization needs of Josephine March are fulfilled, and she has the criteria of self actualization that she is free from psychopathology, had progress through the hierarchy of needs, she has the B-value and the last is she able to used her talent to be what is her dream.

Keywords: *Novel;Psychological; Self Actualization Needs.*

MOTTO AND DEDICATION

"I am able to do all things through the one who strengthens me"
■ *Philipians 4:13*

"I look up toward the hills. From where does my help come?
My help comes from the Lord, the Creator of heavent and earth!"
■ *Psalms 121:1-2*

"Happiness is not a destination. It is a way of life – Anynomous"

I dedicate this thesis to:

- My beloved Father K. Simanjorang and my Mother
  N.Tarigan in heavent

- My Brothers: Asmadi Pinem and my sister Henny Pinem

- My Aunt: Rosa darita Pinem & Mida sarita Pinem

- My beloved friend in Kingdom of God

- All of my classmates in English Department '14

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The researcher realizes that this thesis is still imperfect. Therefore, critics and suggestions will be accepted by researcher. With all the limitation, the researcher realizes this thesis will not be finished without any pray, love,support from my beloved father. The researcher also wishes to express her gratitude and appreciation to Mr. Emil Eka Putra, S.S., M.Hum.as her advisor who has contributed his ideas and time in arranging this thesis.

Furthermore, the researcher would like to express here sincere gratitude to all people who involve both directly and indirectly inthis thesis writing especially to:

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2. Mrs. Rizki Tri Anugrah Bhakti, S.H., M.H. as the Dean of Faculty of Social Sciences and Humanities at Putera Batam University
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   May God given mercy, peace and love for them. Amen

Batam, 21 February 2020

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viii

viii

TABLE OF CONTENTS

LIST OF FIGURE

Page

LIST OF FIGURE

Page

CHAPTER I

INTRODUCTION

1.1 Background of the Research

Literature and psychology are two things that are very closely related, in which psychology and literature have the purpose that is life of human as the object and have the functional correlations where both of them learn about the psychological condition of people. The difference is that psychology discusses something real but the literature discusses imaginative things of the author. The author presents a problem based on his experience and observation of his life or the result of the author's thoughts or imagination. An author represents life according to his/her objectives, perceptions, ideologies, and value judgments and opens the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to discover the meaning of life and existence (Aras, 2015, p. 251). However, it is done selectively and is formed according to its purpose, which also includes elements of entertainment and information about human life experiences. Psychology understands the creation of literature and the principles of psychology writers taken from literary works, and the impact of literary works on readers. Psychology is the scientific study of mind (mental processes) and behavior (Stangor et al., 2011). It means that the mental and the behavior of a person can be used as a reference to help doing a research.

Literary works produced by the author always display characters. Character is a reflection of human being created through the author's imagination and experience. Therefore, analyzing character is like analyzing human nature. With this fact literary works are always involved in all aspects of human life, including psychological aspects. This is inseparable from the dualist view which states that humans basically consist of body and soul. Psychology aspect in literary work can be identified by the character.

Literary are divide in some kind there are novel, poetry, fiction, drama, and movie, in this research researcher choose the character in one of the literary work that is a novel. The author of the novel is Louisa May Alcott with the title "Little Women". The "Little Women" novel is story about life of four sisters there are Margaret or Meg, Josephine or Jo, Elizabeth or Beth and Amy March who live with a mother called Marmee and their life are full of love although they not a rich family. This novel first published at 1868 and the novel tells the author life. The story start with the grumble of the girls who cannot get present and buy what they want like the others people around them, which is the first time for them celebrates Christmas without their father. Meg and Jo March as the two oldest children must work to help the family. Mega works as a private tutor and Jo work in the house of aunt March to help her wealthy who lives in a mansion. Beth is a girl who not interesting to going to school and she choose to stay at home and work to do the homework. Amy is the ones who still in school in the family. Margaret who called Meg is beautiful and traditional, Josephine or called Jo as the main character is a tomboys girls and she like reading and writing. Elizabeth or

Beth is a calm girls and she loves peace and she like playing a piano she is a pianist, while Amy the youngest girls of the family she like drawing or art and have interesting in good society.

In "Little Women" novel there are some psychological phenomena that the researcher found especially those are related to Hierarchy of Needs based on Abraham Maslow theory. Researcher found the psychological need that the Josephine have fulfilled in the novel as this quote "Hurry and get done! Don't stop to quirk your little finger and simper over your plate, Amy,' cried Jo, choking on her tea and dropping her bread, butter side down, on the carpet in her haste to get at the treat" (Alcott, 1868, p. 14). The conversation shows that Josephine has food to eat (bread, butter, tea) that is mean the main character has fulfilled her basic needs or one of her psychological needs and the needs also happened as long the story where the main character can fulfill her basic needs. The first needs based on Maslow is psychological needs, "The most basic needs of any person are psychological needs, including food, water, oxygen, maintenance of body temperature and so on" (Feist and Feist, 2009, p.287).

The second is safety needs, according to Maslow (1970) safety needs is what human being needs is a sense of security, being protected and being healthy, feeling safe and not included in war, terrorism, disease, accident and free to do what human are rationality (Feist and Feist, 2009, p.287) . On "Little Women" the safety needs that fulfilled by Josephine March is on this state "We've got Father and Mother, and each other,' said Beth contentedly from her corner" (Alcott, 1868, p.2) the text shows that the Josephine has place or home that make her

safety needs being fulfilled where she get feel happy and enjoy with her family especially her mother and her sisters. The next need is self esteem which in this needs the people need is for get the self respect, confidence, competence, and the knowledge that others hold them in high esteem (Feist and Feist, 2009, p.289). "Mr. Laurance came hurrying back with Beth, bringing every comfort the kind old gentlemen could bring of the invalid and friendliest promises of protection for the girls during the mother's absence, which comforted her very much. There was nothing he didn't offer, from his own dressing gown to himself as escort" (Alcott, 1868, p.285). The state above show that the Josephine families get a respect from their neighbor until the end of the story although their family is not a rich people but their neighbor so cares and appreciates them.

Based on the some stated above shows that four needs of the character have fulfilled and last is self actualization. According to Maslow the people will fulfilled their self actualization if they have fulfilled the four needs that is why researcher do this research to analyze about the self actualization of the main character. In Maslow theory of Human Motivation, that people will be motivated to achieve something or a need. Maslow said that people achieving a longing will indirectly be motivated, especially in the fulfillment of their needs, Maslow arrange the needs in hierarchical consisting of five stages. The first is physiological needs, safety needs, love and belonging needs, esteem needs, and finally is self actualization needs. In the concept of hierarchy, Maslow (1970) said the highest level of needs is the lowest needs because after fulfilled the lowest the higher need will be the motivator. Beside the aspect of psychology needs the

"Little Women" is a famous novel that contains a feminist aspect is a familiar at the time.

Some of researchers have made "Little Women" by Louisa May Alcott novel as their object, researcher knows that this novel has been analyzed by some researchers before. The first is Agustina Dwi Ratnaningrum of Muhammadiyah University Pamulang student (2016). She conducted the researcher entitled "Analyis of the Main Character in "Little Women" Novel Using Performativity Theory" the researcher explain about gender trouble of the female main character in the novel based on the main character's performance of performativity.

The second was conducted by Liza Novita Ningrum (2017) from University of Muria Kudus, with the title "Flouting Maxim of Relation in "Little Women" Novel by Louisa May Alcott". The main aim of the research is to find out flouting maxim of relation which employed by the characters and to find out the speakers meaning of flouting maxim of relation in the "Little Women Novel". The third is conducted by Herliawati Erlis in University of Mercu Buana Yogyakarta (2018). She entitled she entitled the research "The Influence of Josephine's Emotion Toward Her Relationship with Family Members in Louisa May Alcott's Little Women". She used descriptive analyze method to write the research. The purpose of the research is to find out Josephine's emotion in the novel and to analyze the effects of Josephine's emotion with her family members in the novel. All of the research using the "Little Women" as their object but the different with this researcher is the purpose of the research, this research focus in analyzing the self actualization of the main character.

Based on the explanation above there are some reasons make researcher is interesting to conduct this research and use the "Little Women" novel. First is because the literature has a close relation. Second is because in "Little Women" novel there are some values that people can get because that is a true story of the writer and the novel shows how the main character against her life in her simple family and can fulfilled her need according to Maslow theory. The last reason is because not yet people whose doing a research about the psychological especially self actualization needs analysis in the novel. Based on the reason research make title of this research "Analysis Self Actualization of Josephine March in "Little Women" novel by Louisa May Alcott."

1.2   Identification of the Problem

From the background of the study above, the researcher make the identification the problem of the study as follows:

1. Josephine March character in the "Little Women"novel.

2. Josephine March is fulfilled her hierarchy of need in the "Little Women"novel.

3. Josephine March represent her self-actualization in the "Little Women" novel.

4. The self-actualization criteria that Josephine March has in the "Little Women" novel.

1.3   Limitation if the Problem

Based on the identification of the problem above, researcher is going to make the limitation of the problem as below:

1. Josephine March is fulfilled her hierarchy of need in the "Little Women"novel.

2. The self-actualization criteria that Josephine March has in the "Little Women" novel.

1.4   Formulation of the Problem

Based on the limitation of the problem above, researcher is going to make the formulation of the problem as below:

1. Does Josephine March is fulfilled her hierarchy of need in the "Little Women" novel?

2. What are the self actualization criteria that Josephine has in the "Little Women" novel?

1.5   Objective of the Research

Based on the formulation of the problem above, researcher is going to make the objective of the problem as below:

1. To describe the needs have been fulfilled by Josephine March before she achieves herself actualization in the *"Little Women"*novel

2. To describe the criteria of self-actualization has of Josephine March in the "Little Women"novel.

1.6   Significance of the Research

Researcher hope the concluding from this research can provide benefits to increase the knowledge to be require to both of researcher and the reader, the benefits are as follows:

1. Theoretically; as theoretically this research hopegives some contribution in studying writing knowing about literary study, especially in understanding psychology in literature.

2. Practically; as practically this research conducted to give benefit and expected to useful for further researcher and by this analysis the result can implement in real life.

1.7   Definition of the Key Terms

Based on the background of the research, researcher finding out the meaning of the terms based from the expert that the researcher used before, such as:

Novel	Novel is a story with the prose form in long shape, this long shape means the story including the complex plot, many character and various setting. (Sumardjo, 1998: 29)
Psychological	Psychology is the scientific study of behavior and mental processes. Behavior includes all of our outward or overt actions and reactions, such as

	verbal and facial expressions and movements. (Resma. S)
Self-actualization	Represents growth of an individual toward fulfillment of the highest needs—those for meaning in life, in particular

CHAPTER II

REVIEW OF RELATED LITERATURES AND THEORETICAL

FRAMEWORK

2.1 Psychological Approach

As what researcher has written in the background of the researches that literature and psychology have close relation. To interpret a literature need some literary criticism that must be used, one of them is technique of psychoanalytic.Psychoanalysis is a form of therapy which aims to cure mental disorder by investigating the interaction of conscious and unconscious (Peter Barry, 2017, p.87). Psychology understands the creation of literature and the principle of psychology writer taken from literary works and the impact of literary works on reader.In conducting research in a literary work there are several aspects that can be used one of which is psychology, because psychology can be used to analyze the characters in a work.

The psychological approach leads most directly to a substantial amplification of the meaning of a literary work (Wijaya Awin, 2012). The aim of psychological study folds in three natures. Foremost, the objective of understanding behavior, that is by defining factors that combine the development and expression of behavior. Psychodynamic approach focuses on the role of internal processes (for example, motivation) in shaping personality, and thereby behavior (Glassman. W, Haded. M, 2009, p. 224). Based on the explanation above

researcher conclude that the psychological approach is focus on the internal things of human and their behavior.

This research focused on self-actualization of Josephine in "Little Women" novel by Louisa May Alcott. Therefore, the researcher applies theory hierarchy of needs by Abraham Maslow to analyze the novel and use psychological approach. There are many kinds of psychology theory exist to support a research, among of them are Sigmund Freud, B.F Skinner, Curl Gustav Jung, Alfred Adler and the other.

2.2 Hierarchy of needs

The concept of Maslow's hierarchy of needs estimates that the needs that must be satisfied by someone are those that are at the lowest level or those needs that are at least sufficient to have motivation in achieve the higher need, because what motivates is the need above (Feist and Feist, 2009). The needs are arranged in the form of a pyramid with the explanation that the lowest level is met then it will rise to a higher level. Basic needs have the highest level of need and this must be a priority the pyramid of Maslow theory is as below picture:

Figure 1.1 Maslow Hierarchies of Needs

2.2.1 Physiological Needs

The first need that the human need to fulfill is physiological needs, this need is the basic needs. The needs that the human must fulfilled in these needs are foods, water, air, clothes, oxygen's and so on, human cannot life without this need (Maslow, 1970). Furthermore, the first need that human have to fulfill is the needs of their body because without fulfill these needs human cannot doing activity after the needs has fulfilled human would thing about how to get the next needs, because of that why human have to fulfill this need.

For example, if someone who are feeling hungry the first things that she/he do is think about food or image about what foods he wants to eat and try to find the foods or something things what make the hungry felt can satisfy. So that the

human would not feel hungry anymore, he must eat something after that the physiological of the human can be fulfilled.

Based on Maslow (1970) if someone cannot fulfill their needs the effect is the human can be controlled of their physiological needs, then the other needs are not thing or become simply nonexistent or the human would be staying to fulfill their basic needs. It can conclude that without satisfying the physiological needs the human cannot go to the next needs and they would stuck in her or his physiological need or they do not survive.

In fact of satisfy the hungry human the whole organism consciousness of human almost completely the preceded of the hungry. All capacities are put into the service of hungry satisfaction and the organization of these capacities is almost entirely determined by the ones purposed that is satisfying the hungry.

The condition of hungry human the other desire would be ruled out. The desire or urge to write poetry, the desire to acquire an automobile, the interesting in American history, the desire for new pair of shoes, the desire to hang out or going to travelling in the urgent time being not the priority or become of second important things. Human cannot things and make another plant as their priority as the examples of desire to have a new car or want to buy a new pair of shoes or another desire, as long the basic need that human must fulfill that is when they are hungry they would going to eat. After the hungry feels has been satisfied is mention that the psychological of the human are fulfill. After human have been fulfill the physiological needs the next need will be follow and he step are up. The next need that includes is in safety needs.

2.2.2 Safety Needs

The next need after fulfilling the physiological needs is safety needs. If the physiological needs are relatively well gratified, there then emerges new set of needs, which human may categorize roughly as the safety needs(security; stability; dependency; protection; freedom from fear, from anxiety and chaos; need for structure, order, law, limits; strength in the protector; and so on)(Maslow, 1970).

In addition, the human may equally well be wholly dominated by them. They may serve as the almost exclusive organizers of behavior, recruiting all the capacities of the human in their service, and we may then fairly describe the whole organism as a safety-seeking mechanism. Again we may say of the receptors, the effectors, of the intellect, and of the other capacities that they are primarily safety-seeking tools. Again, as in the hungry man, we find that the dominating goal is a strong determinant not only of his current world outlook and philosophy but also of his philosophy of the future and of values. Practically everything looks less important than safety and protection (even sometimes the physiological needs, which, being satisfied, are now underestimated). A man in this state, if it is extreme enough and chronic enough, may be characterized as living almost for safety alone(Maslow, 1970).In addition, from that case it can be known that human who underestimates all his need, such as when human satisfy their physiological needs. It means that they only live for themselves or live alone.

Primarily in the needs of the adult, we can approach an understanding of his safety needs perhaps more efficiently by observation of infants and children, in

whom these needs are much simpler and more obvious. One reason for the clearer appearance of the threat or danger reaction in infants is that they do not inhibit this reaction at all, whereas adults in our society have been taught to inhibit it at all costs. Thus even when adults do feel their safety to be threatened, we may not be able to see this on the surface. Infants will react in a total fashion and as if they were endangered, if they are disturbed or dropped suddenly, startled by loud noises, flashing light, or other unusual sensory stimulation, by rough handling, by general loss of support in the mother's arms, or by inadequate support safety needs is that human need to feel protecting, away from the criminals, and so forth. The safety needs can become very urgent on the social scene whenever there are real threats to law, to order, to the authority of society. The threat of chaos or of nihilism can be expected in most human beings to produce a regression from any higher needs to the more proponent safety needs(Maslow, 1970).

Another indication of the child's need for safety is his preference for some kind of undisrupted routine or rhythm. He seems to want a predictable, lawful, orderly world. For instance, injustice, unfairness, or inconsistency in the parents seems to make a child feel anxious and unsafe. This attitude may be not so much because of the injustice per se or any particular pains involved, but rather because this treatment threatens to make the world look unreliable, or unsafe, or unpredictable. Young children seem to thrive better under a system that has at least a skeletal outline of rigidity, in which there is a schedule of a kind, some sort of routine, something that can be counted upon, not only for the present but also far into the future. Child psychologists, teachers, and psychotherapists have found

that permissiveness within limits, rather than unrestricted permissiveness is preferred as well as needed by children. Perhaps one could express this more accurately by saying that the child needs an organized and structured world rather than an unorganized or unstructured done. The central role of the parents and the normal family setup are in disputable. Quarreling, physical assault, separation, divorce, or death within the family may be particularly terrifying. Also parental out bursts of rage or threats of punishment directed to the child, calling him names, speaking to him harshly, handling him roughly, or actual physical punishment sometimes elicit such total panic and terror that we must assume more is involved than the physical pain alone. While it is true that in some children this terror may represent also a fear of loss of parental love, it can also occur in completely rejected children, who seem to cling to the hating parents more for sheer safety and protection than because of hope of love. Confronting the average child with new, unfamiliar, strange, unmanageable stimuli or situations will too frequently elicit the danger or terror reaction, as for example, getting lost or even being separated from the parents for a short time, being confronted with new faces, new situations.

In contrast, it can be seen the differences safety needs that children and adults needs needed. The children need the protection from their parents or their other relatives such as aunt, uncle, or grandfather and grandmother. Besides that for adults they can protect themselves, but they also need the protection from the others. Both of children and adults have the protection under the law. After

human safety needs are fulfilled, then, human can go to the next level of needs is love and belonging needs.

2.2.3   Love and Belonging Needs

The next need after fulfilling the safety needs is love and belonging needs. The needs where human need to be loved, getting attention, share the affection, and intimacy. If both the physiological and the safety needs are fairly well gratified, there will emerge the love and affection and belongingness needs, and the whole cycle already described will repeat itself with this new center. Now the person will feel keenly, as never before, the absence of friends, or a sweetheart, or a wife, or children. He will hunger for affectionate relations with people in general, namely, for a place in his group or family, and he will strive with great intensity to achieve this goal (Maslow, 1970).

As social beings, family, friendships and intimate connections get many people through the ups and downs of life. Numerous studies have shown that the healthiest, happiest people tend to be more involved in their communities. While there is debate on whether one causes the other is unclear, there is some sense that having wider social connections and relationships are an important part of being happy. Lack of interactions, human relationships and the sense of belonging may result in depression or loneliness while an abundance of love and community often sustain people through difficult times(Desan et al., 2016).

One thing that must be stressed at this point is that love is not synonymous with sex. Sex may be studied as a purely physiological need. Ordinarily sexual

behavior is multi determined, that is to say, determined not only by sexual but also by other needs, chief among which are the love and affection needs. Also not to be overlooked is the fact that the love needs involve both giving and receiving love. In love and belonging needs, there are three parts includes in love and belonging needs such as family, intimacy, and friendship.

2.2.3.1 Family

The family is the relationship between the parents and children or relationship brother and sister. Now the person will feel keenly, as never before, the absence of parents or children. He will hunger for affectionate relations with people in general, namely, for a place in his group or family, and he will strive with great intensity to achieve this goal (Maslow, 1970).

2.2.3.2 Friendship

Friendship is relationship between friends. Friends can be from neighbors, classmates, partner in workplace and so forth. Human can get the affection and attention not only from family but also from friend. Making relationship with friend is finding someone who care with each other, sharing problems or something that can build the motivation to be a better person and so forth.

2.2.3.3 Intimacy

The intimacy is the relationship between girlfriend and boyfriend or husband and wife. When human have got married (husband and wife) or in relationship (boyfriend and girlfriend) they can share the affection and attention to their spouse.

2.2.4   Esteem Needs

After human have fulfilled their love and belonging needs, then, human go to the next level of needs is esteem need. All people in our society (with a few pathological exceptions) have a need or desire for a stable, firmly based, usually high evaluation of themselves, for self-respect, or self-esteem, and for the esteem of others (Maslow, 1970). Additionally, self-esteem is basically needs of being accepted, respected and valued and it is a desire that people need both to them and to other people or social life.

These are, first, the desire for strength, for achievement, for adequacy, for mastery and competence, for confidence in the face of the world, and for independence and freedom. Second, we have what we may call the desire for reputation or prestige (defining it as respect or esteem from other people), status, fame and glory, dominance, recognition, attention, importance, dignity, or appreciation. Satisfaction of the self-esteem need leads to feelings of self-confidence, worth, strength, capability, and adequacy, of being useful and necessary in the world. But thwarting of these needs produces feelings of inferiority, of weakness, and of helplessness. These feelings in turn give rise to either basic discouragement or else compensatory or neurotic trends. An appreciation of the necessity of basic self-confidence and an understanding of how helpless people are without it can be easily gained from a study of severe traumatic neurosis.

According to Maslow (1970) there are two part of esteem needs, such as human are being respected by himself and human are being respected from others.

First, human are being respected by himself are the desire for strength, for achievement, for adequacy, for mastery and competence, for confidence in the face of the world, and for independence and freedom. Then, human are being respected from others are the desire for reputation or prestige (defining it as respect or esteem from other people), status, fame and glory, dominance, recognition, attention, importance, dignity, or appreciation.

As Maslow says the needs that human need are the need to be respected, need for freedom and independence, pride, achievement, courage, reputation, glory and so on. All these needs are needed for somebody in this real life.

2.2.5 Self-Actualization Needs

After human have satisfied the four needs before the human would arrived at the highest needs that is self-actualization. People would things about this needs is a people past the needs before or the lower needs has been fulfilled. Self-actualization does not mean nonexistence of problems; it is a movement from temporary and unreal problems to real problems and solving of them. Person's life quality is determined by his capacity to act, that is entirety of qualities, abilities and actions (Strazdina, 2014, p.1).The human who have characteristic acceptance of who are he/she is in reflects in individuals, knowing what is he/she competent and realize her/his realistic and accurate perception of the world around their live include how is the people have relation with the others and have good communication with people around he/she. Next is Problem-centering: people who are a self-actualized are not purely focused on internal gain, they would

appreciate the benefits of solving problems that affect others so as to improve the external world. Then spontaneity; the human who are self-actualized individual think and acts spontaneously, as a result of having an accurate self and world view. Autonomy and Solitude: In this characteristic the self-actualized is conform to societal norms and are often people centered in their problem solving. They often display the needs for personal freedom and privacy. The next is continued freshness of appreciation; that no problem how simple, straightforward or familiar an experiences. The self-actualizing individual is capable of seeing things from new perspectives and appreciating the breadth and wonder of things in her/his world. Peak Experience; the actualize people have the experiences that display three core characteristic that are significance, fulfillment, and spirituality (Komninos, 2017)

Self-actualized people is refers to what is he/her desire to be self-fulfillment, namely, to the tendency for him or her to become in actualized in what he or she is potentially. As what Maslow stated that if someone has capability in music he or she must make a music and if someone have capability in art so he or she must paint that is the actualization that the people could be as what they are desire to be becoming what capable. As Maslow stated in Bauer. J, et al, 2011, p. 4characterizes self-actualizing in ways that represent heightened capacities forunderstanding the self and others, such as the capacities: to distinguish genuine from dishonestor scripted motives; to accept and respect others as whole human beings.

2.3   Criteria of Self Actualization

There are four criteria of self-actualizing people possess; first, they were free from psychopathology. They were neither neurotic nor psychotic nor did theyhave a tendency toward psychological disturbances. This point is an important negativecriterion because some neurotic and psychotic individuals have some things incommon with self-actualizing people: namely, such characteristics as a heightenedsense of reality, mystical experiences, creativity, and detachment from other people.Maslow eliminated from the list of possible self-actualizing people anyone whoshowed clear signs of psychopathology—excepting some psychosomatic illnesses.

Second, these self-actualizing people had progressed through the hierarchy ofneeds and therefore lived above the subsistence level of existence and had no ever presentthreat to their safety. Also, they experienced love and had a well-rooted senseof self-worth. Because they had their lower level needs satisfied, self-actualizingpeople were better able to tolerate the frustration of these needs, even in the face ofcriticism and scorn. They are capable of loving a wide variety of people but have noobligation to love everyone.

Maslow's third criterion for self-actualization was the embracing of the B-values.Maslow (1971) held that self-actualizing people are motivated by the "eternal verities,"what he called B-values. These "Being" values are indicators of psychologicalhealth and are opposed to deficiency needs, which motivate non-self-actualizers. B-valuesare not needs in the same sense that food, shelter, or companionship.Maslow termed B-values "metaneeds" to indicate that they are the

ultimate level ofneeds. He distinguished between ordinary need motivation and the motives of self-actualizingpeople, which he called Meta motivation.
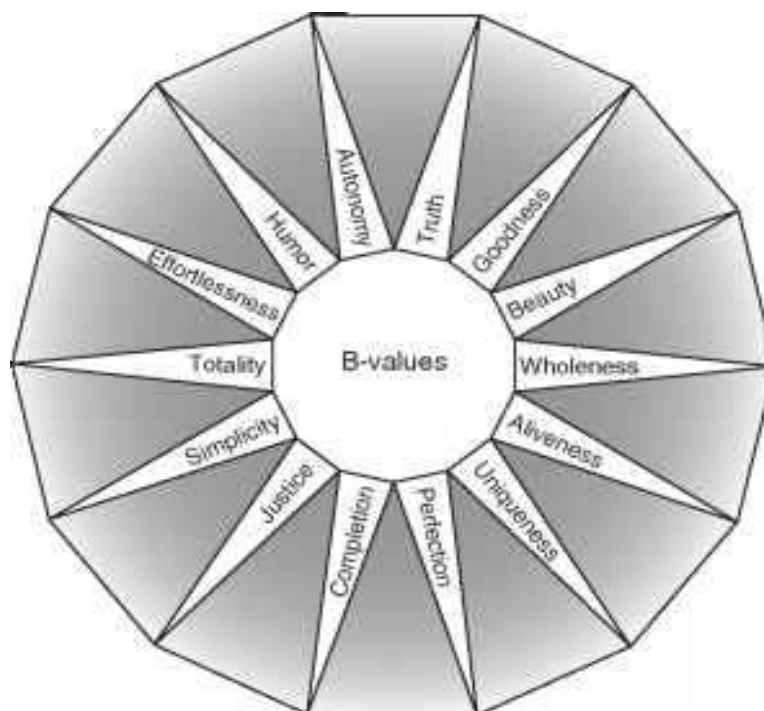

Figure 2.1 Maslow's B-values: A Single Jewel with Many Facets.

Metamotivation is characterized by expressive rather than coping behavior andis associated with the B-values. It differentiates self-actualizing people from thosewho are not. In other words, metamotivation was Maslow's tentative answer to theproblem of why some people have their lower needs satisfied, are capable of givingand receiving love, possess a great amount of confidence and self-esteem, and yetfail to pass over the threshold to self-actualization. The lives of these people aremeaningless and lacking in B-values. Only people who live among the B-values areself-actualizing, and they alone are capable of metamotivation.

Maslow (1964, 1970) identified 14 B-values, but the exact number is not importantbecause ultimately all become one, or at least all are highly correlated. The values of self-actualizing people include truth, goodness, beauty, wholeness or the transcendence of dichotomies, aliveness or spontaneity, uniqueness, perfection, completion,justice and order, simplicity, richness or totality, effortlessness, playfulnessor humor, and self-sufficiency or autonomy.

The final criterion for reaching self-actualization was "full use and exploitationof talents, capacities, potentialities, etc." (Maslow, 1970, p. 150). In other words,his self-actualizing individuals fulfilled their needs to grow, to develop, and to increasinglybecome what they were capable of becoming.

2.4 Review of Previous Research

In completing this thesis researcher find some previous thesis and theory about self-actualization and hierarchy of needs. The first is by Agustin Dwi Ratnaningrum (2016) from Muhammadiyah University she entitled the research "Analysis of the Main Character in "Little Women" Novel Using Performatifity Theory". The study explained about gender trouble of the main character in "Little Women" novel based on the main character's performance or performativity. The aim of this study is to explain gender trouble that the main female character has done through performativity or performance of physical appearance and personality in "Little Women" novel which are sometime contrast with the original gender. The different of this research analysis is the theory and the aim of the research. In this

researcher used theory of Abraham Maslow than in the research used the theory performative.

The second research is written by IkaRahmawatyDiniar (2015) with the research title "Pi Patel's Self-Actualization in Yann Martel's Life of Pie". She used qualitative research. The aim of the study is to answer the problem how the process of self-actualization achieving by Pie Petel in Yann Martin Life of Pie. Researcher divides the analysis in two. The first part is the life of Pie Petel before he on the boat and the second is the life that the Pie Petel struggle in the boat. The researcher found the Pie Petel successful satisfying the needs of psychological needs, safety needs, love and belonging needs and his esteem needs until he is able to achieve his self-actualization to be a religious person. The different of this research is the object and the novel that are used. In this research the object of the research is all needs while in this paper researcher analyzing focus on the self-actualization needs.

The third research is a journal by Irina Strazdina (2014) she entitled her research "Aspect of Personality Self-Actualization in the Context of Life Quality in Relation with Sense of Humor". The purpose of the research is to clarifying factor and aspects that the form quality, if life then study social psychological aspects of sense of humor in the context of personality self-actualization. The object of the research is the Latvia population and researcher found that people of Latvia's quality of life based on analysis is satisfied it is identified by the clarified of sense of life quality factor than higher or lower. The different with this research is the object and the theory that researcher used in Irana research is not

specific while in this research researcher just use the Abraham Maslow theory. The next research is by Dhina Melinda (2019) with the tittle "Self-Actualization of the Main Characters in the Ford Country, by Grisham" in her research she is focus on analyzing the self-actualization too but in the research she combines the Maslow theory with the concept of self-actualization by Roger, she also use a qualitative data in the technique research, in her research she found that most of the short story fulfilled their self-actualization but there are two short story didn't reach it. The different with this research is the object analysis in this research focus on one object and one character but in her research, she focuses on seven short story and seven characters.

2.5   Theoretical of Framework

In this part is the theoretical framework of the research, researcher using psychological approach in this research one of the psychological approaches is hierarchy of need which developed by Abraham Maslow. The hierarchy of need would be analyzing the character in a novel, the title of the novel is "Little Women" by Louisa May Alcott. Based on Maslow hierarchy of needs has five level first is physiological needs, safety needs, love and belonging needs, self esteem needs, and last is self actualization needs.

In this research, researcher focus in the level five that is self actualization Maslow said self actualization people has criteria. The criteria are free from psychopathology, had progress through the hierarchy of need, embracing the B-value and exploitation of talent and capacities.
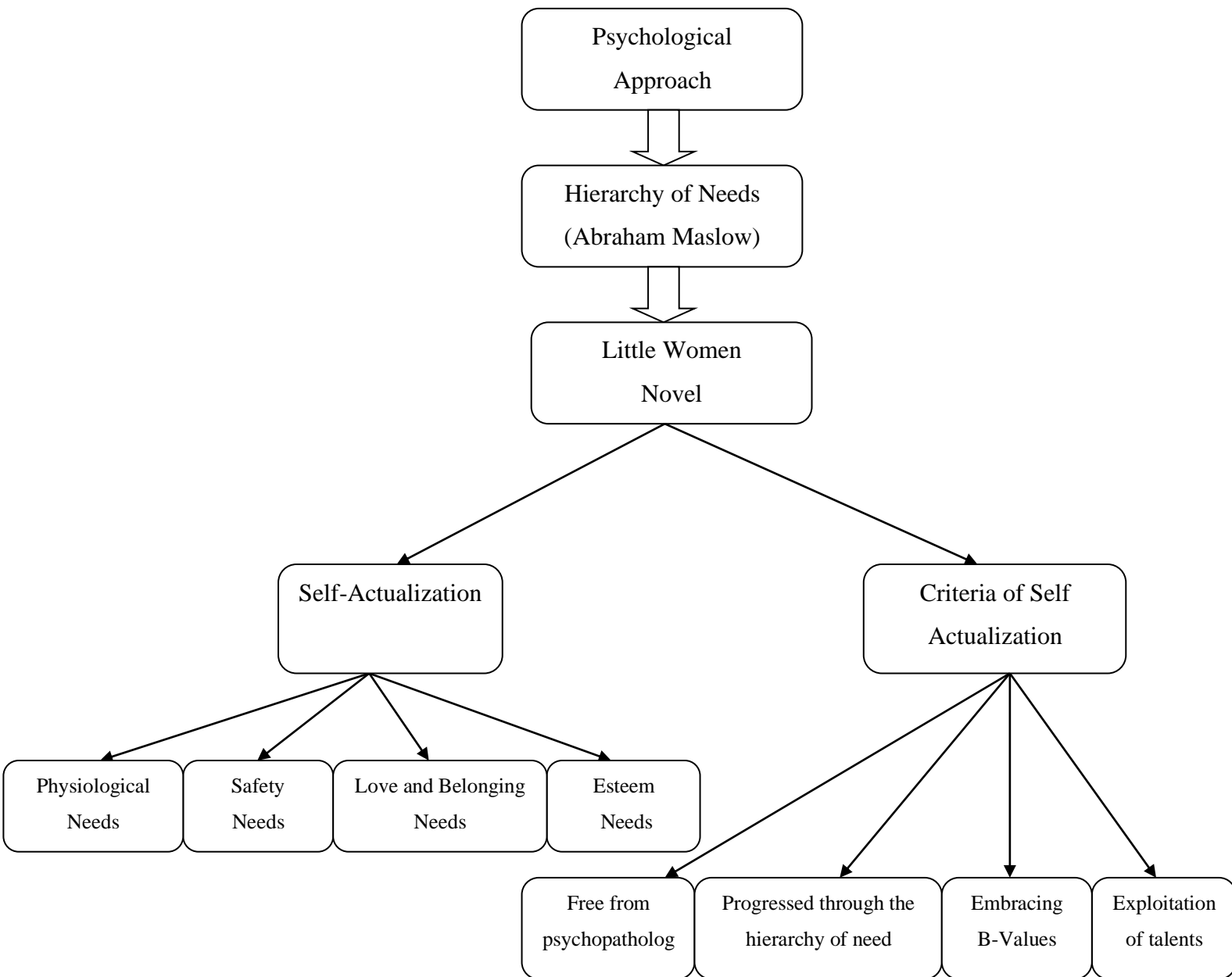
Figure 2.4 Theoretical framework

CHAPTER III

METHOD OF RESEARCH

3.1 Research Design

Research design is a way that researcher use as a method to collecting the data and analyzing the data. Creswell (2014) divide the approach into three approaches those are quantitative, qualitative, and mixed method. Creswell (2014, p.19) stated that research design is the specific procedure used by researcher in research progress: collecting data, analyzing data and reporting data. So research design is approach that applied by researcher to answer the research problem.

The qualitative method used based on the phenomena of self-actualization that the researcher finds when reading the "Little Women" novel by Louisa May Alcott. The researcher takes the data based on some criteria relating to hierarchy of needs especially the self-actualization needs from the main character in the novel.

3.2 Object of the Research

Object of the research is, by (Sugiyono, 2012) , the value of someone something or activity that has a certain variation and divided by the researcher to be analyze. In addition, the research object is the main source of the data and it would be analyzed by the researcher. Therefore, the object of this research is self-actualization of the main character in "Little Women" novel.

3.3   Method of Collecting Data

In this research, the researcher used library research to collect the data. Library research use documentation technique collecting data (Creswell, 2014). In this research researcher applied non-participant methods because the researcher just read the novel and not involve in the conversation or in the life of the main character of the novel. In collecting the data, the researcher do some steps to collect data are as follows:

1. Read the "Little Women" novel

2. Underline the quotation on the novel that researcher found as the hierarchy of need of the main character

3. Selecting and classifying the data for self actualization of the main character.

4. Analyze the self-actualization data of the main character.

3.4   Method of Analizing Data

In the analyzing the data, the researcher uses qualitative descriptive analysis based on Psychological Approach by Abraham Maslow theory. The first researcher analyzes the intrinsic element then the extrinsic elements. The intrinsic that the analyzing plot, character, setting, point of view and the main the novel then the extrinsic element is involving the other disciplines outside of literature which help to build the fiction. In this research, researcher applies the psychological approach by Abraham Maslow to analyze self-actualization needs, the process of data analysis is doing by looking for the hierarchy of need of the

main character in the "Little Women" novel than selecting the data which consist of self-actualization needs and make an analyzing and comparing of the main character have with the self-actualization characteristics based on Maslow.

3.5   Method of Presenting Research Result

The process of reporting data, the researcher uses the qualitative descriptive method. This data presented by using words, statement or paragraph (Cresswell, 2014).   The researcher choose this method because the in analyzing the data researcher uses sentences and paragraphs.