

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, Carl 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 prominent 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 one. The central role of the parents and the normal family setup are in dispute. Quarreling, physical assault, separation, divorce, or death within the family may be particularly terrifying. Also parental outbursts 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 need. 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. 4 characterizes self-actualizing in ways that represent heightened capacities for understanding the self and others, such as the capacities: to distinguish genuine from dishonest or 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 they have a tendency toward psychological disturbances. This point is an important negative criterion because some neurotic and psychotic individuals have some things in common with self-actualizing people: namely, such characteristics as a heightened sense of reality, mystical experiences, creativity, and detachment from other people. Maslow eliminated from the list of possible self-actualizing people anyone who showed clear signs of psychopathology—excepting some psychosomatic illnesses.

Second, these self-actualizing people had progressed through the hierarchy of needs and therefore lived above the subsistence level of existence and had no ever present threat to their safety. Also, they experienced love and had a well-rooted sense of self-worth. Because they had their lower level needs satisfied, self-actualizing people were better able to tolerate the frustration of these needs, even in the face of criticism and scorn. They are capable of loving a wide variety of people but have no obligation 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 psychological health and are opposed to deficiency needs, which motivate non-self-actualizers. B-values are not needs in the same sense that food, shelter, or companionship. Maslow termed B-values "metaneeds" to indicate that they are the

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

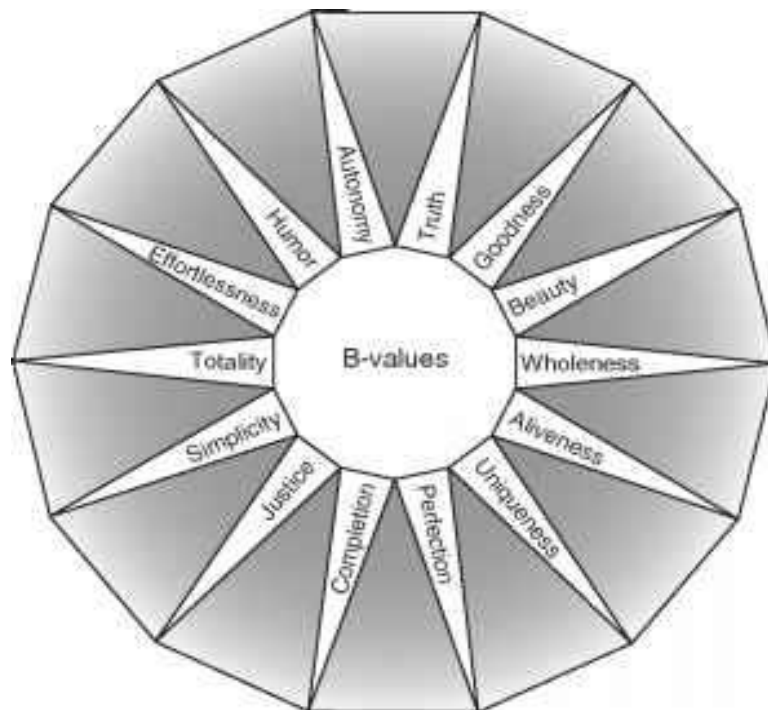


Figure 2.1 Maslow's B-values: A Single Jewel with Many Facets.

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

Maslow (1964, 1970) identified 14 B-values, but the exact number is not important because 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, playfulness or humor, and self-sufficiency or autonomy.

The final criterion for reaching self-actualization was “full use and exploitation of talents, capacities, potentialities, etc.” (Maslow, 1970, p. 150). In other words, his self-actualizing individuals fulfilled their needs to grow, to develop, and to increasingly become 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 Performativity 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 title “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.

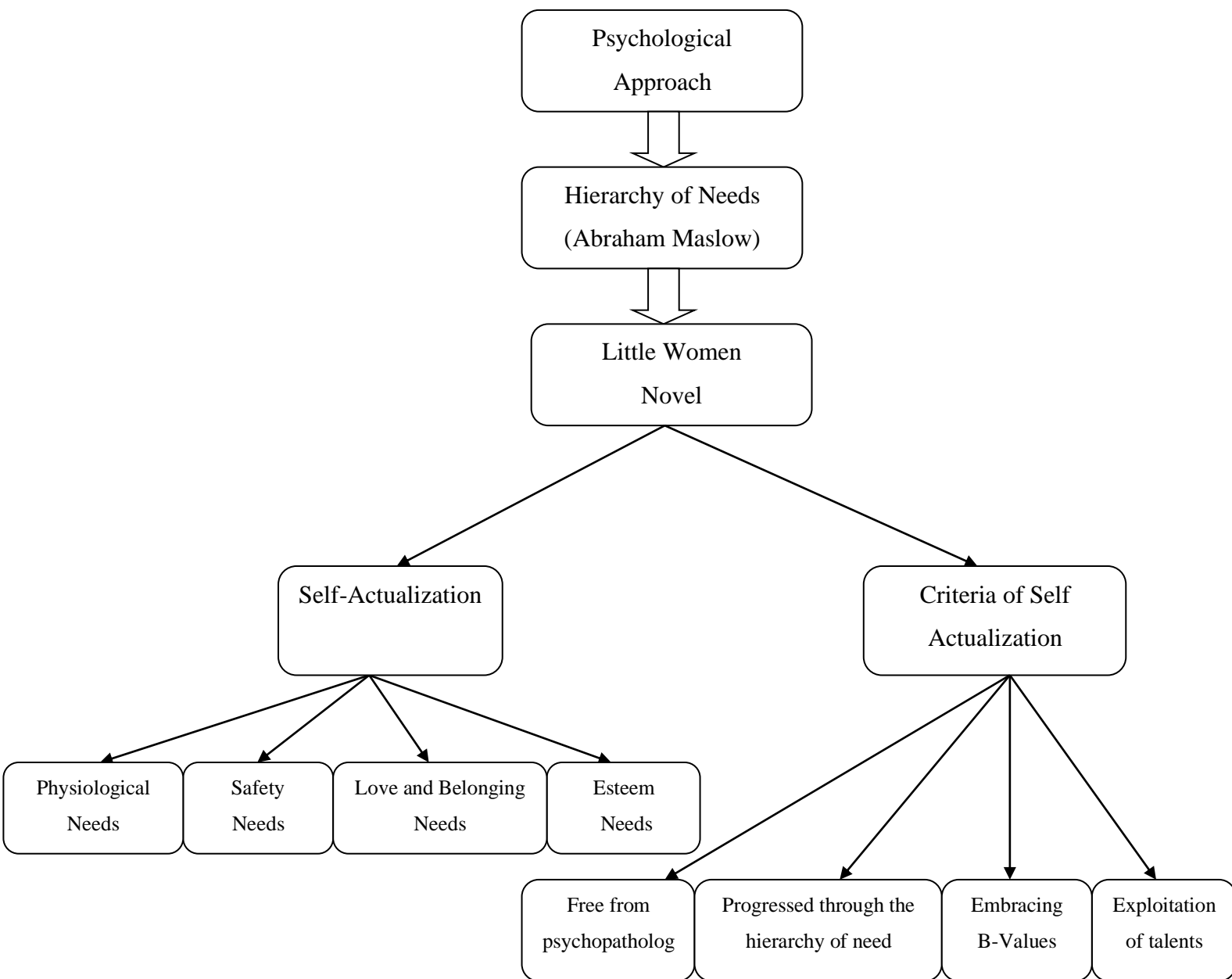


Figure 2.4 Theoretical framework