

CHAPTER II

REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK

In this second chapter, the researcher discussed in more depth the psychological approach formulated by Sigmund Freud's theory, i.e., the id, ego, and superego, and Abraham Maslow's theory, specifically with regard to love and belonging needs. These two theories serve as an introduction to the discussion of love as human instinct and needs. Love as a psychological force and need hereafter is developed with the Triangular Theory of Love formulated by Sternberg as a form of representation of consummate love and explored by Fromm's *The Art of Loving* in terms of the four elements of love as efforts to maintain the establishment of love. This research's theories are also supported by several previous research studies that have been conducted before. All in all, all of this research blueprint is summarized into the theoretical framework.

2.1 Psychological Approach in Literature

The psychological approach is a critical criticism of literature that employs the theory of psychology to examine psychological aspects of literary work. It is a way to better understand both the author's and the characters' motivations, themes, plots, and other elements of the literature written. Related to motivation, Freud emphasized that everything humans do is based on psychological forces that are often difficult for

humans to control (Guerin et al., 2011). Freud, in his psychology theory, explained the terminology of conscious and unconscious in the mental process of human beings. These two things refer to whether or not humans are aware of their own behavior. Conscious refers to things that humans are aware of that can influence behavior, while unconscious, as Freud described it, refers to any mental process that humans are not aware of that can also affect psychological state. From this concept of conscious and unconscious, Freud divided this mental process into three parts, namely, id, ego, and superego (Freud, 1923). Id refers to the reservoir of libido. This id is also instinctive and functions as a pleasure principle. Ego is described as a rational leading agent for humans as an effort to fulfill needs in a reasonable way. While the superego is a moral, ethical, and regulatory drive that humans hold in order to be accepted by norms in the society. These three psychic zones contribute to each other's psychological fulfillment of humans themselves (Freud, 2001).

Abraham Maslow, in his psychological perspective on thinking, argued that man is driven by his needs and that he classified these needs into five levels. These are the fundamental needs that must be fulfilled in order for man to live an optimal life. Maslow's humanistic psychology viewpoint, which he incorporated into the hierarchy of needs theory, emphasized that human beings have interconnected levels of needs, and if the basic needs are not met, they cannot or have difficulty meeting their needs at the higher level, and so on. When someone's basic needs, namely physiological needs, are met, the man tends to try to fulfill his needs at the higher level, namely safety and security needs, and once these higher-level needs are met, the man will try to fulfill his

other needs at the higher level, such as love and belonging needs and esteem needs, and so on to the highest peak level, that is the need for self-actualization. Humans' psychological health improves when all of the needs are fulfilled (Maslow, 1987).

The perspective of the two psychological approaches above provides an overview of what underlies human behavior in doing something. Love, which is a crucial element in human psychology, plays an important role in shaping someone's character. Freud explored libido as a representation of the id in terms of psychological force. Libido is related to the procreation instinct of human beings (Freud, 1923). Libido and procreation are primordial principles in every single human being that cannot be separated from the word of love. The need for love is one of the most fundamental things that humans have had since birth. Humans are born into the world lovingly cared for, nurtured, and raised. A newborn baby who is very weak and vulnerable will never be able to survive unless he receives affection from those who love him, particularly from his mother. Man was introduced to love from the moment he was born into this world, and he had been given love by those who love him. He began to sense love as a kid, and as he grew older, he developed the need to have his own love, which he can share with others in order to feel that he is part of the social group (Maslow, 1943). Beginning with being given love, moving on to knowing love, experiencing love, and sharing it with the loved ones, humans are social creatures who cannot survive alone, and as a result, they need intimacy, love, and to be accepted by others.

Based on the fundamental human need for love, many discussions among experts have delved deeper into what love truly is. A psychologist, Robert Sternberg, said that love consists of three components to be created, namely intimacy, passion, and decision or commitment, and from these three components, various kinds of love representations can be formed (Sternberg, 1986). Erich Fromm, a psychoanalyst, had stated that love is an art that must be practiced (Fromm, 1956). Love necessitates efforts to both build and maintain. These perspectives reveal another precious, sacred, and important aspect of what we call love. All these two psychological theories can be implemented in analyzing love representation portrayed by the main characters in the novel “Redeeming Love,” written by Francine Rivers, through a psychological approach in the literature lens.

2.1.1 Consummate Love of The Triangular Theory of Love

Love is a social construct that is crucial to society in establishing morality and immorality as well as right and wrong (Beall & Sternberg, 1995). Love can be a very crucial source of inspiration, but on the other hand, love can be the source of sadness and sorrow throughout a person’s life (Sternberg, 1998). According to Sternberg (1986), the most important aspects in the establishment of love are intimacy, passion, and decision or commitment. These three components then create numerous representations of love. Sternberg said that even if one component is absent, the resulting representation of love cannot be considered totally balanced. Sternberg defined eight kinds of love representation, beginning with **non-love**, which lacks any

components such as intimacy, passion, and decision or commitment. This form of non-love characterizes the vast majority of human casual partnerships. The second representation of love is **liking or friendship**, which solely includes intimacy. This is just a friendship-based relationship.

The third representation is **infatuated love**, which simply includes the passion component. This form of love is an example of love at first sight. The fourth is **empty love**, which simply includes the decision or commitment component. The bulk of examples of this form of love are long-term marriages that have lost their will to love each other. Arranged marriage is another example of this type of empty love. The fifth sort of love representation is **romantic love**, with two components: intimacy and passion. Romeo and Juliet's love story can also be classified as passionate love. The sixth representation of love is **companionate love**, which combines intimacy and decision or commitment. This love is related to empty love, which signifies long-term love. The distinction is that this sort of love still retains a desire to be connected to each other. **Fatuous love** is the seventh form of love representation. It is made up of passion and decision or commitment. Sternberg proposed that the combination of qualities of passion and commitment is risky and prone to collapse and divorce if it is not balanced by the element of intimacy, which serves as the balancer (Sternberg, 1986).

Of all the types of love that can be created from the aforementioned components, there is only one representation of love that is thought to be ideal. This love representation is **consummate love**. This ideal of perfect love is what the vast majority of people strive for. According to Sternberg, obtaining and maintaining this

ideal love is equivalent to following a weight loss diet program. It is relatively easy to achieve, but very difficult to maintain (Sternberg, 1986). The fundamental characteristics of consummate love are the gold standard in the ideal relationship that most individuals dream of. A relationship in loving and committing to each other in order to create a harmonious relationship that is more than just a relationship of mutual liking but the one that lasts until death separates one another. From an individual standpoint, the complete components in this consummate love have a significant impact on improving relationships (Sternberg & Sternberg, 2018). Consummate love is the consequence of an ideal, perfect, and full union of the three components, which consist of intimacy, passion, and decision or commitment (Sternberg, 1986).

2.1.1.1 Intimacy

Intimacy leads to an element of emotional closeness between partners (Sternberg, 1986). Intimacy produces a strong bond, generates profound affection, and facilitates emotional interconnection among loved ones. It is as if humans are always drawn to the people they care about and cannot be separated from them. Intimacy is a pure component of sincere love, unadulterated by lust. Having the determination to provide for the welfare among partners, sharing happiness with each other, respecting the loved one, relying on one's partner in various life conditions, understanding one another, surrendering oneself to one's partner, sharing ownership of something with the loved one, giving and receiving emotional support between partners, having a good communication relationship, and respecting one another's life as an interconnected

entity are all aspects that represent the component of intimacy in a relationship (Sternberg & Grajek, 1984). In addition, intimacy is a fundamental element of all relationships, as it is not just limited to romantic relationships. Sternberg also included intimacy in relationships between parents and children, brothers or cousins, and friendships (Sternberg, 1986).

2.1.1.2 Passion

Passion is directly linked to the physical attractiveness between couples (Sternberg, 1986). In a romantic relationship, physical attraction will result in sexual attraction between couples. This desire component serves as an instinct of the foundation for sexual urges that are inherent in human nature. The physical attraction among partners is often the gateway for two human beings to build a relationship, although in some relationships, physical attraction between partners can only grow if both have had a good intimacy beforehand. This component encourages partners to stay near to their loved ones and maintain physical touch, which produces romanticism in a romantic relationship. This passion component leads to the expression of love for a partner, which is demonstrated by hugging, kissing, caressing, touching, and even making love. All are representations of affection and attention given to a partner.

2.1.1.3 Decision or Commitment

Everything that has been developed and built before is strengthened by one critical component, namely decision or commitment. Decision or commitment is a determination to love and a dedication to live with your partner (Sternberg, 1986).

Decision or commitment is the indispensable basis in true love. This is the core. Humans are known to struggle with maintaining commitments in all parts of life, including love. The decision to love someone, not to abandon him, and to live in sickness and health through the highs and lows of life is the genuine representation of decision. Nobody wants to marry for the second or third time, and here is where commitment comes into play. Commitment reminds us of God's divine love. Commitment is the bridge that can reignite the feeling of love and rekindle the passion that has begun to wane. Couples must make a pure decision and firm commitment to ensure that their love relationship lasts until the end of time.

2.1.2 Love Elements of The Art of Loving

Love portrays one of the psychological aspects in literature that reveals human motivation to live. Love is the only thing that satisfies human needs to connect with the rest of the world (Fromm & Anderson, 2017). The definition of love said by a philosopher and psychoanalyst named Erich Fromm is unique. He stated that love is an art (Erich, 1956). The strong foundation that makes it art requires real efforts in mastering the art itself. Fromm's viewpoint on love said that love is more than just an emotion; it demands active, actual action and full consciousness to produce and maintain the love. It takes knowledge and effort. Love is a noun, but at the same time, love is also a verb, which is a real activity and action. To master an art, we must first understand the theory and then apply it in order to master the art as a whole (Fromm,

1956). Just like most other arts, like the skill to play music, sing, paint, write, etc., it takes repeated practice to master it.

According to Fromm, love is not a passive feeling, which is only wanting to be loved by someone, but an active, productive action to love the loved one (Erich, 1956). Productive here means an ability or effort that must be honed and learned to create the feeling of love. As a result, this is more than just accepting the emotion of love; it is also about creating, producing, and maintaining that love. It focuses on loving rather than being loved. Love is giving. In the mission of giving the love, a strong element base is needed to maintain it. There are four fundamental elements that create love. These four elements must be understood and implemented in order to assist the development of a strong root and foundation for love. These elements consist of **care, responsibility, respect, and knowledge** (Fromm, 1956).

2.1.2.1 Care

Care is the energy that a human spreads to show concern for something he loves (Fromm, 1956). Loving someone entails closely monitoring, observing, and examining the partner's habits and behaviors in order to develop sensitivity and understanding for one another. Care involves steadfast patience with one's partner. This patience proves a high level of concern in a loving relationship. Caring for someone is built on affection and a willingness to make sacrifices for the sake of love (Fromm, 1956).

2.1.2.2 Responsibility

Responsibility in the perspective of the art of love is not a duty that is forced to be fulfilled but rather an awareness for the development of the loved one. Being sensitive, empathetic, and able to respond to everything, like physical and psychic needs experienced by the loved one. The life of the beloved is not merely a part of himself alone but a shared entity that must be fought for together. This is not an attempt to dominate, which can eventually lead to possessiveness, but a conscious willingness to respond to the beloved for his progress, which in the end is for mutual development in a relationship (Fromm, 1956).

2.1.2.3 Respect

Respect is strongly related to embracing all of a partner's strengths and weaknesses. It is all about understanding that each individual is unique, exceptional, and special (Fromm, 1956). It involves recognizing and being appreciative of every effort made by the partner. The goal of respect in this context is the realization of love, which leads to a person's ability to respect himself first before respecting others. Therefore, there will be no judgment between partners because they are both conscious of their own uniqueness. Respect in a relationship also means supporting the partner to grow as best he can.

2.1.2.4 Knowledge

Acquiring knowledge entails learning about loved ones (Fromm, 1956). This knowledge element is what provides access to care, responsibility, and respect to be

understood so that its practice can be accomplished well in a relationship. It is imperative that a man ensures the love he possesses is not a blind love. Someone will find it difficult to care, respond, and respect the loved one he loves if he does not know the beloved well. This reflects curiosity in the object of love in an effort to improve the quality of the relationship. Man needs compelling reasons for loving someone. Knowledge also means learning more about oneself before deciding to learn about others and love them.

2.2 Previous Research

Previous research provides a theoretical basis for conducting the research that has never been done before. This gives new insights into existing concepts and how to develop them into better concepts. A better concept leads to novelty, and this is a must in a study. Previous research also prevents duplication so that research can develop new results. Several research studies covering the triangular theory of love and the art of loving have been previously conducted.

The first previous research using the triangular psychology theory of love was conducted by Sari et al., (2025) with a study entitled “Dinamika Friendzone pada tokoh utama dalam novel Friendzone karya Vanesa Marcella.” This study was also analyzed by the humanistic psychology theory of Carl Rogers as a complement to this research. This qualitative study used a novel as a source of data and a reading and note-taking technique in collecting data related to the issues discussed. The results of the study showed that the main character, Abel, experienced a high emotional dilemma that

ultimately caused an inner conflict within her. Abel wanted to have a romantic relationship with her best friend, David. The researchers realized that she experienced a good emotional connectedness with her best friend, but the elements of passion and commitment were only possessed by her. This also suggests Rogers' theory, which reveals the concept of real self in the novel, which was when Abel was a best friend of David and the concept of ideal self, where she wanted to be her best friend's partner.

The second previous research was titled "Consummate Love Valued by Sternberg's Triangular of Love Reflected in Sunrise in Heaven (2019) Movie: Psychological Approach" and was carried out by Elhamsyah & Rudianto (2024). The triangle of love served as the conceptual foundation for this kind of qualitative descriptive study. The movie of Sunrise in Heaven, which came out in 2019, was the subject of this research. This movie is based on a real story that has already been written up in a novel. Aspects of the love that Jan Hurst and her husband Steve Hurst exhibit in their marriage are what the researcher aimed to uncover. The researchers carefully observed the movie, listened to the major characters' speech, and took notes on their statements that reflected the triangle elements of love. As demonstrated by the research's findings, the two primary characters—Jan Hurst and her husband Steve Hurst—represented consummate love, which was defined by closeness, passion, and commitment or decision. Until their deaths separate them, the two main characters' love can endure.

The third previous research was entitled "Intimate Echoes: Unraveling Connections in Strout's Lucy by The Sea Through Sternberg's A Triangular Theory of

Love.” This qualitative study conducted by Najam et al., (2024) used the novel *Lucy by The Sea* written by Elizabeth Strout as the source of research data. In order to understand and locate the information pertaining to the theory employed, the researcher attentively read the novel and took notes. The results of this study revealed that the intimacy component was felt again by Lucy and William, who have been divorced for years. The researchers realized that the circumstances that forced them to live side by side during the coronavirus pandemic restrengthened the emotional bond that had been lost between the two of them. Their love story took a new journey after they rekindled their feelings for one another and were able to commit to being together. Additionally, researchers also found out about the American family system and how family ties can be strengthened in times of crisis, such as the pandemic.

Further research still discusses the triangular theory of love in the novel *The Wish* written by Nicholas Sparks. This research was entitled “The Power of Love: An Analysis of the Maggie and Bryce Relationship in Nicholas Sparks’s Novel *The Wish*” and was conducted by Mumpuni & Wajiran (2024). This study aimed to reveal the aspects that support the determination of the main character, Maggie, in loving someone. The researchers read the novel and understood the plot carefully in order to find the data related to the triangular theory of love. The results of this study indicate that the main characters represent consummate love in their love story. Their love story was able to represent the three components, namely intimacy, passion, and decision or commitment. Maggie still loved Bryce until the end of her life.

The next research was entitled “The Relevance of Triangular Theory of Love in Devon Daniels’ *Meet You in the Middle*.” This qualitative research conducted by Calista & Pasopati (2024). used the novel *Meet You in The Middle* by Devon Daniel as its data source. The purpose of the research was to reveal things that contribute to the fulfillment of love from the main characters using the triangular theory of love. The researchers eventually found that the love story of the two main characters, who had different political views, was able to overcome the challenges of professional life in building their relationship. Even though they had conflicts before due to having contrastive political beliefs, Kate, who is a Democrat, and Ben, who is a Republican, managed to build their love story, which is based on intimacy, passion, and decision or commitment.

The sixth research entitled “Robert Sternberg’s theory of triangular love in Colleen Hoover’s *All Your Perfects*” was conducted by Santoso & Pramesti (2023). The study used the triangular philosophy of love as the basis in examining the representation of love of the main characters, Graham and Quinn. The researchers used the novel *All Your Perfects* by Colleen Hoover and several journal articles to support the research. This type of research is qualitative research. The purpose of this study was to examine more deeply the representation of love from the main characters Graham and Quinn in their love journey from falling in love to going through trials and challenges after being married for seven years. The researchers found that in the end, their love story was able to maintain the three components: intimacy, passion, and decision or commitment.

This seventh previous research, which was conducted by Sebo & Nursi (2024), employed the theoretical approach put forward by Erich Fromm in terms of love as an art with a study entitled “Aktualisasi Cinta dalam Novel di Tepi Sungai Piedra Aku Duduk dan Menangis Karya Paulo Coelho Menurut Psikologi Erich Fromm.” This qualitative study used the novel entitled *Di Tepi Sungai Piedra Aku Duduk dan Menangis*, which was written by Paulo Coelho. The purpose of this study was to explore the objects and elements of love put forward by Fromm in the novel. The results show that the main character, Pilar, and her lover were able to practice the elements of love, namely care, responsibility, respect, and knowledge. The researchers also revealed the objects of love found in the novel, which include love of God, self-love, erotic love, and brotherly love.

The eighth research also still discusses art as love by Erich Fromm with the research title “Erich Fromm’s Psychoanalytic Theory: Psychology of Character in Mu’tamar Al-Hub’s short story *In a Love Banquet* by Taufiq Al-Hakim” conducted by Sandy et al., (2022). This study is a type of qualitative research that used a short story by Taufiq Al-Hakim as its research source. In this study, the researcher managed to find two classes of love psychology, including elements of love and objects of love. Elements of love were represented by various characters, such as care and responsibility represented by the journalist. The musician showed responsibility, and the character of a poet showed care. The female characters showed the aspect of knowledge in their attitude. The objects of love found in the novel are diverse, consisting of erotic love, motherly love, brotherly love, and self-love.

The last previous research conducted a comparative analysis of two literary works by also using two combined theories, specifically the triangular theory of love and the art of loving, as the fundamental basis in studying the two literary works. This research was conducted by Anjelita & Falah (2022) and entitled “Seni Mencintai dalam Novel Layla Majnun Karya Nizami dan Novel Romeo Juliet Karya William Shakespeare: Kajian Triangular of Love.” This qualitative research used the reading and note-taking method in finding and analyzing data related to the theory used. The purpose of this study was to provide a deeper view related to the comparative literary study between these two novels in terms of studying the psychology of love. The results of the study showed that the novel Layla Majnun by Nizami reflected a representation of ideal love in its story. While the love story in the novel Romeo and Juliet by William Shakespeare displayed that their love is part of a tool to unite two different families. Both novels represent love as art in their respective stories by reflecting erotic love as the object of love.

The similarity between previous research and the current research is that the exploration of the psychological aspects of love in literary works using the Sternberg and Fromm theories. Several previous studies also used novels as the basis for collecting data sources. Another similarity is that all previous research and the current research are qualitative research methods within psychological study. The difference between the current research and previous research is related to the combination of theoretical approaches used. Several previous studies only used either the triangular theory of love or the art of loving as the analytical tools. The ninth study used a

comparative study of literature in two different literary works in studying the aspects of love. The novelty of the current research combines two psychological theories of Sternberg, the triangular theory of love and Fromm's theory, the art of loving, in examining more deeply the love story of the two main characters, Michael Hosea and Sarah, in the novel "Redeeming Love." This research that reveals the representation of consummate love and love elements between the main characters, Michael Hosea and Sarah, is entitled "Consummate Love Portrayed in Redeeming Love Novel by Francine Rivers: A Psychological Approach."

2.3 Theoretical Framework

The theoretical framework is a conceptual basis in research that connects the theories and variables within. The goal of this theoretical framework is to present an overview of what the researcher performed during his research. This gives an idea of what is actually explained in a study. The novel "Redeeming Love" serves as the primary source of data for this research. Maslow's psychological approach begins with an introduction to humans' need for love, then moves on to the triangle theory of love and the art of loving, and ends with the overall conclusion of the results of the research.

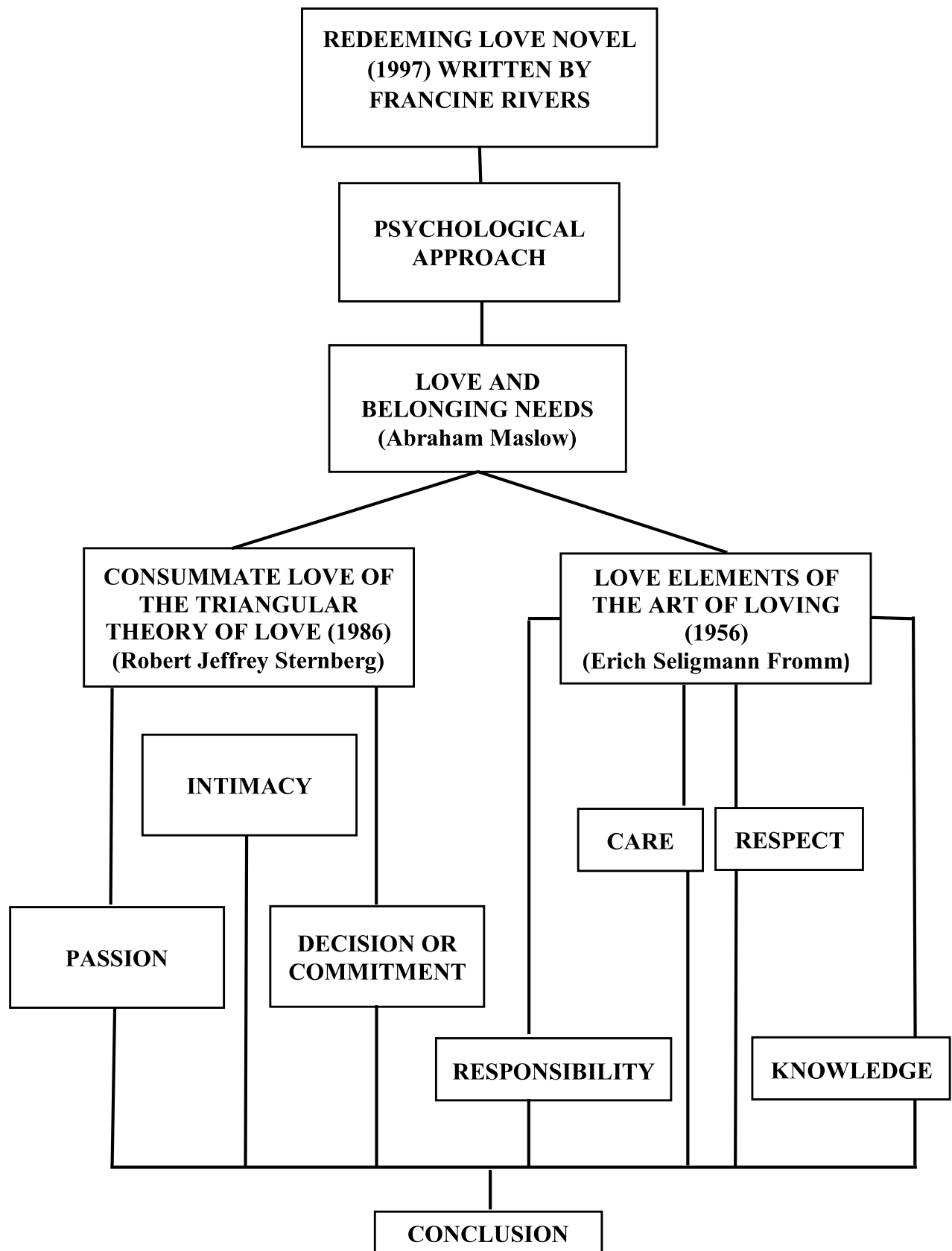


Figure 2.1 Theoretical Framework