

**TAKING A RISK TO GET A FREEDOM'S LIFE IN *EVERYTHING*,
EVERYTHING (2015) BY NICOLA YOON: AN INDIVIDUAL
PSYCHOLOGICAL APPROACH**



**Submitted to Fulfill Part of the Requirements for Completing a Bachelor's Degree in
Department of English Education at the Faculty of Teacher Training and Education**

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APPROVAL

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I hereby declare that in this scientific publication there is no work that has ever been submitted to obtain a bachelor's degree at a university and to the best of my knowledge there is also no work or opinion that has been written or published by another person, except in writing referred to in the manuscript and mentioned in the text of bibliography.

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TAKING A RISK TO GET A FREEDOM'S LIFE IN EVERYTHING, EVERYTHING (2015) BY NICOLA YOON: AN INDIVIDUAL PSYCHOLOGICAL ANALYSIS

Abstrak

Penelitian ini bertujuan untuk membahas isu Mengambil resiko untuk mendapatkan kebebasan dalam hidup dalam *Everything, everything* (2015) dengan menggunakan Pendekatan Psikologis Individual. Tujuan dari penelitian ini adalah untuk mengidentifikasi indikator mengambil resiko untuk mendapatkan kebebasan dalam kehidupan Maddy serta mengapa Maddy tidak mendapatkan kebebasannya dan hak-hak apa yang telah dirampas oleh ibunya. Peneliti menggunakan penelitian kualitatif selama penelitian. Ada dua langkah sumber data, seperti; data primer dan data sekunder. Sumber data primer adalah Nicola Yoon's *Everything, everything*, semua novel yang diterbitkan pada tahun 2015. Sumber data sekunder berasal dari buku, jurnal, artikel, dan informasi di internet untuk membantu peneliti mengumpulkan dan menganalisis penelitian. Kesimpulan yang dapat ditemukan selama penelitian adalah; Pertama, ada enam indikator dalam mengambil risiko untuk mendapatkan kehidupan yang bebas yaitu perasaan inferioritas, Finalisme Fiksi, Perebutan keunggulan, Kepentingan sosial, Gaya hidup, dan Diri kreatif. Kedua, hak yang dirampas ibu Maddy adalah hak pribadi dan hak sosial. Terakhir, perjuangan Maddy mendapatkan kebebasan dalam hidup adalah dengan mengambil risiko dengan pergi ke Hawaii bersama pria yang dicintainya dan menemukan beberapa fakta bahwa dia sebenarnya tidak mendapatkan SCID, momen yang membawanya mendapatkan kebebasan dalam hidup. kehidupan.

Kata kunci: Resiko, individual, perjuangan, SCID.

Abstract

This study aims to discuss the issue of Taking a risk to get a freedom in life in *Everything, everything* (2015) by using an Individual Psychological Approach. The objectives of the study is in order to identify the indicators of taking a risk to get a freedom in Maddy's life, also why Maddy does not get her freedom, the last is what rights they have deprived by her mom. The researcher is using a qualitative research during the study. There are two steps of data sources, such as; primary data and secondary data. The primary data source is Nicola Yoon's *Everything, everything* novel published in 2015. The secondary data sources are from the books, journal, article, and the information on the internet to help the researcher collect and analyzing the research. The conclusion that can be found out during the research are; First, there are six indicators of taking a risk to get a freedom's life which are Inferiority feelings, Fictional Finalism, Striving for superiority, Social interest, Style of life, and The creative self. Second, the rights that has deprived by Maddy's mom are personal right and social rights. The last, the struggle of Maddy gets the freedom in life is by taking a risk with going to Hawaii with the man she loves and found out a few facts that she is actually does not get SCID, a moment to bring her get a freedom in life.

Keywords: Risk, individual, struggle, SCID.

1. INTRODUCTION

Since somebody was born on earth they also will grow with something irreplaceable called "human-rights". According to United Nations (2016), human rights is made in order to make sure that human being can develop their human qualities such as talent, intelligence, satisfy

spiritual contentment and etc. Based on the definition by United Nations (2016) it can be concluded that human rights is something really important to anyone ---man and woman. One of the human rights in life that could not be replaced with anything is “freedom”. Somebody deserve a freedom such as; freedom of socialization, freedom of movement, freedom of speech, etc. Freedomless depicted in *Everything, everything* novel (2015) written by Nicola Yoon. The case inside the story is something so rare in this modern era where people can do many things freely.

The novel has an interesting point to ask the reader to drowning with the story. *Everything, everything* known by two characters. They are both falling in love until they decided to take a risk to get a freedom in Maddy’s life. Maddeline (Maddy) is 17-years-old girl who suffers from SCID (server combined immunodeficiency) she never leaves the house, steps on the grass, even her skin is never kissed by the sun. Being quarantined in house, she is having school only via internet and reading the books to spend her day. SCID is a situation where the immune system in the body is very weak so that it is easy to someone being infected. Her clothes have to go through a strict sterilization process, people who are connected to her directly (which in this case are only the mother and her nurse), must be sterile from external particles which have many possibilities of carrying viruses and bacteria. In house, Maddy lived with her mother and her nurse named Clara. Her mother is overprotective about Maddy’s condition so that she is not allowed to go anywhere, even just out of the house to feel the wind. The situation is slowly changed when Maddy meets her new neighbour named Olly. She was taking risk frequently since she met Olly. She thinks that is a way to herself get a freedom in life. They both met by the windows and continue with texting through the internet by giving their e-mail adress through the window. When love under controlled, she asks Clara to allow Olly to go inside her house, but in a few distancing so that their bodies did not meet directly. Their loves became bigger day by day till they decided to choose Hawai as a place to escape. What a big risk Maddy was taken. From that time she knows everything exactly about her life till finally she get a freedom in life.

The way Nicola brings reader’s interest to go through page by page is also the main important point of this novel. Making the reader is being curious with the plot, it makes this story is different from other love stories. Beside love as the storyline in the novel, human rights also can be a point to be noticed, did not get a freedom Maddy of being quarantined for 17 years and cannot go anywhere is something really important to be brought up. As we know, independence is being something really matters to everyone in this entire world, since we born until we are all pass away. Maddy; as the main character who did not get her

independent since she was born until 17 years later, must take a risk to get a freedom as the one of principle of Independence itself. The reason why the researcher chooses the issue is about: Firstly, want to spread to another how important of being human who can do more things freely. Secondly, the researcher wants to show the readers the process to get it as the lesson to the society; the risk taken by Maddy to get a freedom in life. Therefore, the researcher conducts a research on this novel using an Individual Psychological Approach entitled TAKING A RISK TO GET A FREEDOM'S LIFE in *Everything*,

2. METHOD

This research, the researcher used a qualitative research. The data sources are from library and also literary data. The purpose of the research is to analyze an individual psychological approach. The process of conducting the research are: 1. Determine the type of the study, 2.) determine data and data sources, 3.) determine the technique of data collection, 4.) determine technique of data analysis.

3. RESULT AND DISCUSSION

Individual Psychological by Alfred Adler has six components, namely; Inferiority feelings, Fictional Finalism, Striving for superiority, Social interest, Style of life, and The creative self.

3.1 Inferiority feelings

Based on the meaning of Kartono's psychological dictionary (Hariyani, 2017) Inferiority feeling is a feeling of inferiority that absorb and influence into various individual behaviours.

Human rights have been deprived by Maddy's mom is shown by how the Mom always try to protect everything about Maddy's activity, in order to make sure that she does not break the rules, because she has no freedom to live outside like everybody else. It can be seen through the text :

SCID (Severe Combined Immunodeficiency) that is basically kind of allergie of world and become very easy to make her sick. (Everything everything, 2015, p.8)

Based on the definition of SCID above, it means that Maddy's life is totally different than everybody else. All of her activities such as ; the health, the body and her life is totally controlled by her mom and the nurse at home. The human rights are the last thing to think about, since she knows she got that illness.

Inferiority feeling is visible when Maddy's mom measuring Maddy's blood pressure and did not look satisfied after doing that. It means the result is bad which is not like she was expected before. It is indicated on the following excerpt :

“I think if you were born with sickness that needs ongoing care, it would be better if your doctor is your own mom.”(Everything everything, 2015, p.14)

On Maddy’s statement above, the researcher thinks it can be categorized in Inferiority Feeling. Since the day she knows she got SCID, her life is totally depends on her mom, that is the only thing she can do. Inferiority is about an incompleteness that make us depend on something or someone to help us cope with that. Maddy feels fine if she was born with SCID because she thinks she has her mom as a doctor to take care of her.

3.2 Striving for Superiority feeling

Alfred Adler states that every individuals begin a life with physically weakness that activates the inferior feeling, a feeling that makes the people strive to become a person who is superior and the individual who has healthy psychological will be fighting to reach the perfection (Adler, 2007). The weakness about physically is one of a thing that activates the inferiority feeling. Feeling hard to do something to reach the achievement with the disperfection, but a healthy psychological helps to think positive to keep life going and reach the achievement with disperfection.

From the definitions of striving for superority feeling above, the researcher found the part of striving from superiority that depicted in *Everything, everything* (2015) novel. It is proven by Maddy’s view below :

Maddy: *“I walk to the mirror to clean my look. I almost forget how my face is. I don’t spend the time to take a look on my look. I don’t need to do that if nobody would see you. I want to admit that I am the fusion of the half of my dad and my mom. My brown skin was a combination of my mother's skin with my father's that little bit darker. My hair was flare, long and curly, not as stretchy as Dad's, but not as straight as Mother. Also my eyes are perfect combination --- does not look like a mix of Asian and African, but a mix of both”.* (Everything everything, 2015, p.75)

Striving for superiority showed by Maddy when she was not too confident when she looked at the mirror, knowing that she did not care too much about her look for a long time ago. Then, it comes the time when she needs to look perfect when she wants to meet someone special; Olly. Insecurity cross in her mind just for a few seconds in front of the mirror, she looks to the detail and thinks deeply that she is not that bad, she is proud of her whole appearance which she thinks she should be thankful to her parents as a perfect combination of her mom and dad. It shows that Striving for superiority showed when she felther unconfidence has already gone when she could think positively that has come from her mind.

3.3 Fictional Finalism

Basically, every person who lives in the world has their own future or purpose. According to Nike Nada (2015) fictional finalism has a nature character but somehow it becomes something to push someone to do something. The simplest way is creating their own plan, weekly, monthly or yearly to make us be motivated. Fictional finalism such as a guidance that every individual needs to have the purpose in life and push the people to get what they wish for in life.

Part of fictional finalism that founded by the researcher in *Everything, everything* novel, such as:

“Since Olly came into my life, Maddy is divided into two parts: Maddy who lives with the books and she won’t die, and Maddy who lives and expect that deathness is a cheap price to pay a life. First Maddy shocked with her mind direction. The second Maddy, Maddy that showed in that Hawaii’s picture? She was like a goddess---insensitive with the cold, hungry, a sickness, also with disaster and a disaster caused by human. She was insensitive with broken heart. The second Maddy knows that a half life is so boring and that is not a pure life.” (Everything everything, 2015, p.179-180)

The paragraph above tells that Maddy has a comparison about life before and after she met Olly. She realizes that there are many transformations that she has been through. She definitely hopes that she can change her world and stands up for herself. She thinks death is a cheap price to pay a life; it can be seen that she is motivated to live longer, she wants to see what is going to happen next and watching how far she goes with the love of Olly. Even though it was still a plan she was thinking lately, but with the right decision she would do it for a better future. It can be concluded that fictional finalism is about optimism to still alive since the day she met Olly.

3.4 Social Interest

Social interest is a form that dealt with the connection or relationship between human being life and their social environment (Ziegler and Hjelle, 1992 P.47). In the society people needs to follow the routinity and the rule as a good citizen. Beside of the rule, an empathy basically have to developed by every human-being in order to help people when they need it, and also to creat a good society itself.

In *Everything, everything* the condition is a little bit different than another social life. Knowing that Maddy’s life is isolated by her momin order to make her safe. A changement slowly happen when the new neighbor came, and love appears between as a reason of all. But the relationship about parents and the children (Olly and his sister) is noot good, they fight

for each other, their dad is an alcoholic and the emotional is always under controlled. Olly is beaten by his father, they were on a big fight. The only thing that Maddy can do when that happen is only watching from the window. A thing that she has never seen it before. Then again, as a human she cannot let it happen. She run fastly to help Olly that had beaten by his father. It's dangerous. It makes her almost die. It comes and happen naturally that time, no need too much time to think longer. As a human-being, she cannot watch it from far away.

The resercher categorized the story above can be included in social interest. To make a good connection we should use our empathy, sometimes it comes naturally when we realize there is something we can do like maddy did. Help becomes something interesting when we want or be able to do it.

3.5 Style of Life

The style of life is our unique way of seeking particular goals we have set in the particular life circumstances in which we find ourselves (Hall and Linzey, 1985). Style of life is a way of looking for a identity. According to Siti Prihatini (2021) style of life is a combination of between inner self with fictional finalism and the influence of environment. Inner self that biologically descended from the parents so that established a character, environment's factor also have a role to create a lifestyle; creativity and responsibility to the other people around.

In *Everything, everything* (2015) novel, the style of life of the main character "Maddy" is quite different than somebody else. The thing she does are only reading books other than waiting her check-up time. It can be seen through the text :

"I have read books more than you. Do not care about how many books you have read, I'm pretty sure I have read more books. Believe me. I have a lot of time."(*Everything everything, 2015, p.5*)

From Maddy's statement above the researcher thinks it concluded in style of life. The style of life of Maddy is definitely only repeating the same activities, re-reading the old books she had finished before and make a conclusion after reading the book, and buy a new book from the internet that needs to pass the disinfection process to make sure its clean and save before the book arrive on her hands. SCID (*Severe Combined Immunodeficiency*) really makes everything much complicated than somebody else.,

3.6 The creative self

"Adler (in Hjelle and Ziegler, 1992: 150) maintained that "the style of life is shaped by the person's creative power. In other word, each person is empowered with the freedom to create his or her own life-style". People have the freedom to create their own life-style. The rights and decisions are also influenced by the environment or a journey's life they had through.

The life of one to another is different and sometimes cannot be compared. It influenced by the experience and their rights to decide the life they wanted.

In *Everything everything* (2015) Maddy knows that her life is surrounded with so many rules, and all what she can do are only reading books and playing her own laptop that connected to the internet. Reading book is her favorite one. Since the books she had or going to read cannot move to anybody because she is not allowed to meet anyone, she makes an imagination to create a reward so that she can finish the book without pressure, and it is good to spend the time in her whole day. The rewards she made such as: vacation with her, having a tea and snorkeling. It is indicated on the narration below :

- 1) *“This is the part that I need a long time to think, and I made a variation on each of the book. Sometimes, the rewards are so fantastic:*
- 2) *A vacation with me (Madeline) in the field full of poppy’s flower powder, lily and man-in-the-moon mangold blossoms under a bright summer sky.*
- 3) *Having a cup of tea with me (Madeline) at the lighthouse in the middle of the Atlantic Ocean in the middle of a storm.*
- 4) *Snorkling with me (Madeline) at Molokini crater to see the Hawaii mascot fish - Humuhumunukunukuapua’a fish.*

Sometimes the rewards are not too fantastic:

- 1) *Going to the secondhand bookstore with me (Madeline)*
- 2) *Talk a walk with me (Madeline) down one of the block and then go back again.*
- 3) *Having a conversation with me (Madeline) discuss about anything that you want, sit on the white sofa, in my white bedroom.*

Sometimes the rewards is just:

- 1) *Me (Madeline)”(Everything everything, 2015, p.6-7)*

Based on all the reward Maddy written, she uses her own creativity to treat herself as its best. When life gets hard, totally boring, but when it comes to time she had through all the rules and such a medical check-up routine, she created the notes and the rewards in every each of books so that they can enjoy and imagine she can go with some people one day.

The creativity in a such of reward she made in order to make her feel alive, that is how she uses her creativity.

3.7 Discussion

3.7.1 The factor that causes Maddy did not get the freedom in life for a long time

The factor that causes Maddy did not get freedom in life for a long time is because of her mom rules. Maddy’s mom creates so many rules, did not allow Maddy to live outside, and

checking up her conditions to make sure she keeps life. She did it because she afraid of losing the loveliest one of the family, after her husband and son passed away in a car accident. Her traumatic is the main factors of all the rules she made before Maddy knows it is all her mom's scenario. According to Timothy (2020) A psychological trauma is a response to an incident that caused a person really stressfull. It included in a war zone, an accident, or a natural disaster. A wide range of emotional and physical appear because of trauma itself. The truth came out after Maddy looking for a document and end-up not finfing any document shows she had SCID. The time when Maddy's mom says the truth, these rules she made because she does not want to lose the loveliest family anymore. It shows on the statement below :

"I lost them. I lost your father and I lost your brother. I am not ready to lose you as well." Everything everything, 2015, p.296)

A wide range of emotional shows by Maddy's mom, a traumatic from the event happened on the past still being a biggest wound on her. Losing somebody who really loved at the same time, but leaving a trauma without trying to heal it is a wrong move as well. Let the trauma still being there and then keeping someone's life as strict as it is without thinking about her human rights is terrible. It supposed to heal all the wounds first, before controlling the other's life.

3.7.2 The impact of losing the freedom in Maddy's life

Based on the researcher analysis, Maddy is dealing with the illness she has, do a strict and boring activities, and the last is acceptance. What she can do to entertaining her is such as; reading books, watching movie on her own pc, and playing the internet. Her mom thinks Maddy will be fine with all the rules she made. The biggest impact since she does not get the freedom in life is when sometimes Maddy gets jealous of somebody else that can live freely, she only watching it from the window in her bedroom. She is 16 years old, the age when somebody explore anything, make friends, hang out, and going everywhere they want to go, but she loves her mom, she knows all the rules made in order to keep her safe. On the other side, pyscologically she cannot run from the rules, because she knows she has a dangerous illness and she cannot break rules, even though the impact of psychological much bigger than the fearness of the SCID (Severe Combined Immunodeficiency) itself.

3.7.3 Maddy's strategy to get her freedom back

As what researcher had analyzed data, the researcher found the part of how Maddy's strategy to get her freedom back. She takes a big risk, and accidently she find the truth that helps her get a freedom in life. It starts when she fell in love with the new neighbor named Olly. Start

with chatting on a internet, and continue with a secret date on Maddy's house. It was a secret date, only known by Clara (the nurse that always taking care and checking up on Maddy everyday). After the secret date, they are getting closer and Maddy did not though about her illness anymore, she fell in love and that what she needs than the medicine. On some moment, Olly asked Maddy to go to Hawaii- the perfect island. Without thinking too much, she accepted te invitation. They had fun until Maddy suddenly get a breathless that needs to stop their vacation. Olly taken Maddy to the hospital and quickly did a treatment and doing all the medical check up. After several days since she got home, she received an e-mail from the doctor in Hawaii- who take the treatment tells her that she did not find any medical to proof Maddy has an SCID but a miocardium--heart muscle inflammation that caused viral infection. A situation when the immune system cannot avoid the virus that caused the weakness. The immune system of Maddy has not brave enough to avoid the virus. It caused by the wrong nurturing, not allowing to go outside to inhale the fresh air and let the skin touch by the sun directly.

The journey of getting her freedom back is start from that accident. She decided to looking for the files on her mom's document that officially said that she has SCID. She did not find any proof of SCID. She realizes for a long time ago she only living with the lie and a perfectly fake scenario made by her mom. She knows what the truth , end-up very upset, she makes the decision to go out from home and start a new life. A freedom slowly get when she goes outside, love is a bridge to arrive on the destination, but taking a risk is so much valuable than only sitting on the chair and hope the miracle comes. What Maddy does is such a great move to tell us there is no time too late to see the God's gift, keep alive and being responsible the life you wanted.

4. CLOSING

The data that has been collected and analyzed, the researcher found out several points that can be answered the problem statements. Such as :

First, there are six indicators of taking a risk to get a freedom in Maddy's life using Individual Psychological Approach by Alfred such as: Inferiority feelings, Fictional Finalism, Striving for superiority, Social interest, Style of life, and The creative self. Inferiority feeling referes to the feeling of human's weakness, incompleteness. Striving for superiority feeling refers to those who feel discomfidence and limitation to reach the goals, but still have the healthy psychological toreach the goals beyond their imperfection. Fictional finalism refers to a thing that pushes someone to create their own plan as a purpose in life. Social interest refers

to a connection between a human with the environment, such as helping people when the other citizen need some help, to create a good social environment itself. Style of life refers to our behaviour or our own unique way to get something in life, style of life also created to help us to find our identity. The creative-self refers to a place to take everything from the thoughts to somebody who are willing to put their own perspective that originally created by their own imagination.

Second, from the data that completely collected and analyzed, Maddy was lose so many times and rights because it deprived by her mom, such as; personal right and social rights. She has been lost the rights for 16years just to follow her mom's rule, she lost the right of having a life to live outside, to get a free air and sun like anybody else, even touching the grass on the feet. A rule that is so unacceptable. But most of the times, she had to follow it because all she's know is she got SCID.

Third, the struggle of Maddy gets the freedom in life is taking a long time. Before founding out the truth, Maddy's life is totally under her mom's control. It makes her live with so much pressure. But when their new neighbour come, her life slowly change. She fall in love, she meets a man who makes her falling in love. He is Olly. A man who makes her takes a risk, a dangerous thing, but also gives her a big impact. For all that happened in Hawaii, she knows the truth, she does not have that illness. The doctor who checked up of Maddy's blood to be elaborated when she was in Hawaii does not see any proof to state that she gets SCID, he thinks it is Maddy's right to know all of this fact. She's only got an miocardium attack, and her body cannot against the virus. He decided to contact him by e-mail. By receiving an e-mail from the doctor, she did an investigation by looking for her mom's documents that stated she got SCID, end-up with she did not find in any document. She's upset, she lost her words. All her mom does is just a lie, she did it all because the wound of losing her husband and son is still being her biggest trauma, she does not want to lose Maddy again by doing all these over protection, but it is totally wrong when she gets something what she wants by losing her daughter's rights. After knowing all the facts, she decided to leave her mom and create her own life and she succesfully got that freedom. She can live freely, she can do everything what she wants, she can get her right that had deprived by her mom before.

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