

CHAPTER I

INTRODUCTION

This chapter features the researcher will talks about the backgrounds of the study, limitation of the study, problems statement, objectives of the study, benefits of the study, and thesis organizations.

A. Background of the Study

Life requires effort, sacrifice, and worthiness. On the other hand, other individuals claim that life entails work or study. People must fight for their rights and duties as well. One of the requirements for achieving their hopeful goals, desires, and aspirations is to struggle, sacrifice, and afford. The final goal that people work toward making a reality is gratitude. Therefore, everyone in life deserves to be appreciated.

A dream, aim, or destination would be analogous to appreciation. It is a soul in demonstrating what people have done. A person's spirit and vitality can be boosted by appreciation, enabling them to achieve their life goals. Many people who have received praise are happy and pleased of themselves, as well as other people in their surroundings. However, occasionally people use the incorrect methods to demonstrate their appreciations.

Pursuing an appreciations people needing struggles and efforts. In getting that appreciation, someone needs power to keep spirit in struggling,

they are optimistic of life view. Optimistic of life view is needed not only by man and woman, but also by society and nation. Even USA needs optimism when they have war with another country, like Iraq, Afghanistan, and Syria. Unfortunately, some western countries just don't like with Islam. They give some bad name and utterance for Islam.

Optimistic of life view need includes self-actualization of human needs. And trauma includes safety need. One essential need identified by humanistic psychological theory is self-actualization. In humanistic psychological theory, this need is a component of the hierarchy of needs. Humans are seen as free, active creatures in humanistic psychology. The humanistic analysis was described by Abraham Maslow in the psychological theory. The hierarchy of needs, which includes psychological sides, safety requirements, love and belonging needs, and esteem needs, is central to Maslow's theory. The four aforementioned points represent the minimal or fundamental needs. Maslow went on to discuss human motivation in terms of the drive for progress. The needs for progress encompass self-actualization, improvement in reality perception, acceptance of oneself, others, and nature, spontaneity, problem-focusing, detachment, and the urge for isolation, Autonomy, regardless of culture or setting Continued expressions of gratitude, Oneness with humanity, the oceanic sensation, and the mystic experience strong interpersonal ties, a democratic spirit, moral ends with ethical means, philosophical and inventive.

A needing optimistic of life view and trauma is focused on individual person. Humanistic psychology was founded on the premise that individuals are inherently good and that mental and societal issues arise when this natural inclination is violated. In essence, everyone needs to be appreciated, but everyone's appreciations are different from one another. Everyone has varied aspirations, goals, requirements, and methods for making their gratitude apparent and practical. They encounter numerous difficulties in trying to demonstrate their appreciations in daily life. Additionally, they have plans in place to make their wishes will true.

Here literature piece which connects to humanistic psychology and draws influence from a variety of sources optimistic of life view and trauma is American Sniper autobiography. This autobiography is written by Chris Kyle. American Sniper autobiography is one of autobiography that succeeds and booms in autobiography and movie entertainment, because this autobiography is made into movie. The movie is shot in America and Iraq, but mostly is taken in Iraq.

American Sniper is an autobiography written by Chris Kyle. This autobiography consists of 448 pages, and firstly published on January 29, 2012 in USA with English language. The publisher is Harper with ISBN-10: 0062238868, and ISBN-13: 978-0062238863. And their Product Dimensions is 4.2 x 1 x 7.5 inches.

American Sniper is a story about a Navy SEAL sniper group, Chris Kyle. Both his allies and adversaries see Chris Kyle as a legend. In fact,

because of its propensity for shooting exceedingly high, it was given the nickname "The Devil" or "Al-Shaitan" in Iraq. Once when she was in a town that fought and spied a woman and a boy. When she gave the missile to the boy to shoot Kyle remembered the time her child is born. His internal conflict made him feel like a murderer, and his ideas affected the safety from Chris' buddies. The boy from Texas named Chris Kyle interested and motivated to enter the United States Navy as a sense of nationalism. Initially, it was triggered by a television show in which he found that he loved the country deserves to be defended. In fact, in his childhood until he was an adult, Chris never thought could be a soldier.

However, the show has changed his outlook on life 180 degrees. Alongside his younger brother, Jeff Kyle, who originally aspired to be a Cowboy, childhood they have been taught to shoot and hunt by his father, Wayne Kyle (Ben Reed). They educated as a brave young man, should not be afraid of anyone. This is the capital of Chris Kyle dare apply to become part of the Navy SEALs. Interestingly, when he got there fairly young age again, that is 30 years old. With strong determination and discipline exercises Chris Kyle finally officially become a Navy SEAL. After that he met a beautiful woman named Taya. Both are in the hearts and decided to get married. Ironically, on his wedding day that Chris actually getting his first assignment to Fallujah, Iraq.

Chris is known as a sniper in a sniper unit and making it in Iraq. Arriving in Iraq and carry out its obligations, Chris Kyle experienced many

terrible incidents. In fact, he is often faced with a dilemma situation where sometimes had to force him to choose between nationalism and humanity. This is where your heart and mind raged and indirectly transformed him. Especially, he had to try to return to a normal life with his wife, children, and social environment. That's a little story in a movie based on a true story titled American Sniper. The film, directed by Clint Eastwood is a lot to get a rousing welcome, both pros and cons. Because the strength of this film lies in the fact indeed good visualize and show what really happened in Iraq when the United States is fighting terrorism. So, if there is reasonable support or otherwise. This autobiography is really going to inspire the hearts and mind.

According to Seligman (1992:15), The key to optimism is learning to change the negative self-talk you engage in when you encounter the setbacks life brings you. The optimist trait is the tendency to assume that unfortunate occurrences will persist for a very long time, will undermine all they do, and were caused by circumstances, poor luck, or other people. Such individuals are undeterred by failure; when faced with a challenging circumstance, they view it as a challenge and make it worse. In addition, Seligman (1992:55), a psychologist, claims that positive people enjoy interpersonal relationships more and suffer from depression less. The This is a human trait caused by their capacity for optimism, hence the study peel the psychological theory called as the Humanistic Psychological Method.

There why the author is motivated to examine this in analyzing this autobiography: number one is the autobiography gets best seller in USA.

American Sniper autobiography has become the highest-grossing book and novel in USA. This autobiography is very famous and curiosity for the reader.

The second is this autobiography is a real story from USA sniper, one of USA war heroes especially in Iraq namely Chris Kyle. He is one of the best snipers in the world. He can shoot 255 people in Iraq. It makes him called 'Al-Shaitan' or 'The Devil' of Iraq. The next is this autobiography brings many ideas for all society signing with optimistic to be successfulness need in the life. This book can encourage readers to think positively under a range of circumstances. Even though thinking positively won't necessarily solve the issue, it will at least make progress. The phrase "I can get it" is brought up in the autobiography of American Sniper.

The next reason is the autobiography This book can encourage readers to think positively under a range of circumstances. Even though thinking positively won't necessarily solve the issue, it will at least make progress. The phrase "I can get it" is brought up in the autobiography of American Sniper. The fifth reason is there are many controversial in this autobiography, especially between Islam and terrorism, so the writer is very interested to dig out deeply about that controversial, and may he can give stuff and explanations for people about Islam. Islam is peace and respect for each other's.

The sixth is there are two opposites thing that occur at one experience, that is the optimistic and trauma. The writer or major character has good appreciation because his optimistic, but also, he is trauma deeply

because he killed many people likes children, women, men, and old people that they don't have sin for him or for USA. So, it is very curiosity thing that will be analyzed by the researcher.

In addition, the seventh, this issue comes from autobiography which very rarely conducted by researcher to be his or her research. Several researchers usually are interested in novel, short story, poem, movie, etc. so the researcher thinks that very nice for conducting research in autobiography. And the autobiography also contains many controversial in the world both in political and religion side. The writer will note based on the earlier response the optimistic of life view in American Sniper autobiography by using humanistic psychological approach of Carl Roger and Abraham Maslow. So, the researcher constructs the title **“Optimistic View of Life Reflected in Chris Kyle’s American Sniper Autobiography (2013)”**.

B. Previous Study

This research is not only the one research which is focused on the humanistic psychological approach. The *American Sniper* autobiography is released on 2013, dealing that there are some previous studies about that topic. The previous related studies in which thesis or journal article that are in line with the researchers are as follows:

First is a research written by Fahas (2014) entitled *Optimistic view of life in Eleanor H. Porter’s Pollyanna*. This problem of the study is how the optimistic view of life by the major character portrayed in *Eleanor H.*

Porter's Pollyanna. The research is qualitative research. The results of the studies are the researcher analyzed the central figure, *Pollyanna*, because She plays a crucial part in the story and provides details about psychological phenomena and the major character can builds herself concept by building positive self-concept. The researcher uses humanistic psychological of Carl Rogers and Abraham Maslow to analyze the novel.

Second researcher is Wibowo (2007) entitled *The Optimism of Julia Stanford in Sydney Sheldon's Morning, Noon, and Night: An Individual Psychological Approach*. The major problem of this study is to elucidate the optimism of Julia Stanford Morning, Noon, and Night by Sydney Sheldon is an example of this. Analysis of the novel's structural components and an individual psychological analysis of Julia Stanford's character are the study's goals. Sydney Sheldon's novel Morning, Noon, and Night serves as the primary source of information for the researcher's qualitative research, while the biography of Sydney Sheldon and other information pertaining to the research analysis approach are utilized to examine the novel's aspects. The result of the study is Because of her optimism, Julia has developed a strong sense of autonomy and self-assurance.

Third is a research written by Susanti (2013). The title is *Optimism of Larry Crowne Reflected in Tom Hank's Larry Crowne Movie (2011): An Individual Psychological Approach*. The purpose of this study is to portray Larry's character from the 2011 film Larry Crowne utilizing an individual psychology method. The establishment of three items completes peeling the

film based on structural aspects, the film based on a person's psychological perspective, and the film based on the theory problem optimism. This study is descriptive qualitative in nature. Text and images from two different data sources make up the study's data type, the major data source is the Larry Crowne movie itself, and secondary data sources is other material taken from books, journals, and internet related to the study. The result of the study shows dispositional optimism, unrealistic optimism, situational optimism, strategic optimism, realistic optimism, and optimism bias are all aspects of this theory that may all be applied to the average person's life.

Fourth is a research written by Dart (2015) entitled *American Sniper' jurors to decide: was Chris Kyle's killer ill, or was he faking*. The object of the study is about Chris Kyle and his characteristic and also his personality. This research tells a lot about patriotism of Chris Kyle as NAVY Seal. Patriotism is included in political psychological approach. The research is qualitative research. The finding is the real-life drama behind the controversial war film American Sniper is being played out in court in a small Texas town, where for the shooting deaths of Chris Kyle and his companion Chad Littlefield at a nearby shooting range, Eddie Ray Routh is on trial. The film adaptation of Kyle's exploits, a former navy seal who is regarded as the worst killer in US military history, has sparked intense discussion over how the Iraq war, Kyle as a hero, and the treatment of wounded combat veterans after they return home are portrayed.

Fifth is a research written by Shenzhen (2015) entitled *American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History*. Chris Kyle, a retired Navy SEAL sniper who has officially been verified to have killed more than 160 people in the Iraq War between 2003 and 2009, tells his compelling narrative in this book. It deals with the history of *American Sniper* and his appreciation. For a sniper, understanding mission objectives was important because he had to be careful to tell between insurgents and bystanders. "Make an unjustified shot and you could be charged with murder," he writes. The result of the study is Critics of *American Sniper* disagreed as well. The National Review, on the other side, thought that *American Sniper* is a fantastic movie that reached a great nation with a message it needed to hear. David Edelstein, writing in New York magazine, frankly termed it a scandalously blinkered propaganda picture and a Republican platform movie. While many people have been surprised by the movie's success, some people argue that it was not wholly unexpected.

Sixth is research is written by McVeigh (2013) entitled "*The Devil is no more: America's deadliest sniper was shot and killed at a range: Chris Kyle is the newest victim of gun violence in the US. Navy Seals claimed to have killed 255 people with gunfire. Trauma and his accident on his last day are the main topics of this study. Chris Kyle, a U.S. Navy Seal, had the most sniper kills in a career in American military history from 1999 to 2009. The study's findings are that he was known as "The Legend" by the American soldiers he defended throughout the Iraq War from rooftops and covert*

locations. Kyle, who unfortunately died in 2013, writes frankly and honestly about the suffering of war, including the deaths of two close SEAL comrades. Taya, Kyle's wife, also speaks honestly about the toll that the war has taken on their family and on Chris. One of the best Great War memoirs ever written, Kyle's superb description of his special battlefield experiences is gripping and unforgettable.

Seventh is research is written by Rikawati (2019) with the title *The Survival Strategies of The Main Character in The Film American Sniper by Clint Eastwood*. The objectives of this study are to identify the types of survival techniques used by the main character in the movie American Sniper, to identify the means by which the main character manages to survive in the war zone as depicted in the movie American Sniper, and to identify the outcomes of the main character's use of survival techniques in the movie American Sniper. Both the descriptive approach and qualitative research were employed in this study. This study applies objective theory and a psychological methodology. According to study, Chris uses a variety of survival techniques. He eats to improve his energy and sleeps to preserve his stamina. He also feels safe from danger and the surroundings. Self-esteem is the need to feel respect for others, whereas Affection and Belongingness is the need to feel love for a spouse. Chris Kyle uses strategy, war-driven tactics, troop movement, raid tactics, warriors, and spies to survive in hostile environments. Chris is more self-assured and patient as a result of his employment of survival techniques.

Eight is research is compiled by Gunawan, Fajar Cahya (2018) with the title *The Muslims' Representation In "American Sniper" (2014) Movie An Orientalist Study*. The most appropriate research strategy for this project is to focus on orientalism from Edward Said's point of view because there are numerous instances throughout the entire movie that mock Islam. The researcher had identified numerous areas, such as attire, language, body language, and other people who feature in this movie, to gather data. It was decided to analyze the data using both narrative and non-narrative methods. Story and plot were the two main elements in narrative analysis, and camera movements, costumes, settings, color schemes, noises, people, and environments were some of the technical elements in non-narrative. With its exaggerations and assumptions, American Sniper subtly mocks Muslims by portraying them as terrorists.

Ninth is research from Thompson, Westley (2019) with the title *American Sniper Good Portrayal of Heroism, Effect of War in Iraq*. The researcher focusses on the portrayal of heroic about Chris Kyle. The movie American Sniper does a fantastic job of highlighting both the good and bad aspects of war. On the one hand, combat is highly thrilling. The SEALs and Marines hunt down and eliminate opponents in American Sniper. War does have a terrible price. Some of the soldiers, who were among Kyle's closest friends, were injured or killed while serving in Iraq as a result of his leadership decisions. Even if it is fortunate enough to avoid bodily harm, war nonetheless entails a significant mental and emotional burden.

Tenth is research *Fatimah, Ruliatul (2016)* with the title *American Sniper's portrayal of Chris Kyle as a hero: A study of popular literature*. The goal of this study is to illustrate how heroes and heroic behavior are portrayed in the film *American Sniper* and to provide an explanation of why this is the case. In this study, the researcher draws on popular literature. Qualitative descriptive research is the research methodology. The data comes from two different sources: main data and secondary data. The data analysis method employed is content analysis. The following is a description of the research's findings. the hero's portrayal has already occurred in the past, the heroic mode of a hero's mentality as a husband and father who loves his wife and his family, however, as it is presented in the movie *American Sniper*, is one of the new versions that does not occur in the previous time. It demonstrates that the popularity of action war movies occasionally reflects the enthusiasm of viewers or avid moviegoers in these films. Therefore, in order to satisfy consumer demand, Hollywood productions are driven to always produce the newest hero movie.

Eleventh is an essay from Cremer, Justin (2016) *How accurate is the portrayal of Chris Kyle in "American Sniper", in terms of his training, culture, and home-life*. This essay is to elaborate the accurate of Chris Kyle shoot. The is no the elaboration about the optimistic view of life in there. The researcher describes the culture as army in United State of America. And also, the researcher mentions the impact from war in Iraq. This latest generation of war is sad and somber. The researcher appreciates that Chris

Kyle is showing that war is not the glorious football game that we think it is, but it's just too close to home.

Twelfth is research from Subkhan, Muhammad Ilham (2018) *An Analysis of Idiomatic Expression Found on American Sniper Movie Writer*. Based on McCharty theory, this study examined idiomatic terms in the film American Sniper. The purpose of this study was to categorize the many kinds and connotations of idiomatic expressions used in the film American Sniper. Because the data were acquired from the conversations of the movie's transcript, the writer's research was planned as a descriptive qualitative study. The data were gathered through documentation. In order to analyze the data for this study, the steps from John W. Creswell (2007) were prepared and organized, then coding, and finally representing the data. According to the study's findings, 35 idiomatic idioms were present. Only 5 of the 8 idiomatic expression categories could be discovered in the film American Sniper.

Thirteenth is research from Yushinta, Pety (2016) *Representation of The East Through the West's Eyes: Analysis of American Sniper Mo's Eyes: Analysis Of American Sniper Mo*. This study investigates the ways the Iraqi cultures are represented through the eyes of westerners in the movie American Sniper by Clint Eastwood. Iraqi and other Middle Eastern civilizations are frequently interpreted with an implicit presumption that the west is superior and the east is inferior. The theoretical underpinning for this study is Orientalism by Edward Said (1978). The specific form that Western stereotyped perceptions of Eastern cultures have assumed is known as

"orientalism." As long as prejudices are retained and the other culture is perceived as alien and utterly different, intercultural dialogue becomes extremely difficult. The study finds that Iraq is represented as timelessness, exotic, degenerates, and constructs binary opposition. Based on an Orientalist perspective, those negative characteristics are considered as Orient stereotypes.

Fourteenth is research from Cannon, Taylor Margaret (2016) *Man'o War: Collisions of Masculinity and Patriotism in American Sniper*. This thesis examines the connection between dominating manhood and American military patriotism via Chris Kyle, the protagonist of the book, using the movie *American Sniper* as a case study. Kyle was well-known in the public because he is usually regarded as the deadliest sniper in American military history. However, due to potential exaggerations and misconceptions about his background that may have been included in the book, his renown was hotly contested in the mainstream media, especially after the release of his autobiography. This thesis claims that he is presented in *American Sniper* in a similar way and is shown as a man who fulfills current American conceptions of a true patriot and a "real" man. As a result, it is argued, he was unable to live up to such a public image.

In addition, the subjects of the research and the viewpoint from which the data were analyzed were different between this study and the one before it. Here, in the study's problem, the writer puts about "optimistic of life view and trauma" in *American Sniper* autobiography. A humanistic

psychological approach is taken by the researcher while assessing the data. The researcher continues to examine American Sniper in the autobiographical title. The study's title is the same as the previous one.

C. Problem Statement

The major problem of the study is “how is the optimistic of life view and trauma being reflected in Chris Kyle’s *American Sniper* (2012)?”. The following questions further break down the study's main theme:

1. How is Chris Kyle portrayed in *American Sniper* autobiography?
2. How does Chris Kyle build his self-concept in the autobiography?
3. What needs and motives underlie Chris Kyle’s behavior?

D. Limitation of the Study

In this study, the researcher limits the research in order to ensure that it is appropriate for the study's goal. The researcher examines the primary character's personality's upbeat outlook on life, the name is Chris Kyle, in Chris Kyle’s *American Sniper* autobiography based on Abraham Maslow's and Carl Rogers' humanistic psychological approach. *American Sniper* autobiography tells about the sniper who wants to be the best and he must survive living the war. The researcher adopts the humanistic psychology technique of Carl Rogers and Abraham Maslow since this autobiography comprises a psychological phenomenon, namely the optimism of a human. Chris Kyle's self-concept is examined using Carl Roger's theory, and Chris

Kyle's wants and driving forces are examined using Abraham Maslow's theory.

E. Objectives of the Study

The objectives of the research are as follows:

1. To describe Chris Kyle portrayal in *American Sniper* autobiography
2. To clarify Chris Kyle's self-concept in the autobiography
3. To describe needs and motives driving Chris Kyle actions

F. Benefits of the Study

The author expects that through disseminating this research work, the study will have the following theoretical and practical benefits:

1. Theoretical Benefit

The study is anticipated to provide information and autobiography input especially about getting optimistic of life view and decompressing trauma to the large body of knowledge particularly in the literary studies.

2. Practical Benefit

a. For the Students

The result of this research is expected to enrich the knowledge and experience about getting optimistic of life view and decompressing trauma of those university students at Muhammadiyah University in Surakarta and others who are interested in literature studies on autobiographies from a humanistic psychology perspective.

b. For the Teachers

The result of the instructors who are engaged in literary theory here on autobiography from a humanistic psychology perspective should find this research to be a valuable addition to their knowledge and experience regarding developing an optimistic outlook on life and decompressing trauma.

c. For the Other Researcher

The findings of this research become reference to the other researcher. They also can conduct study and the research about the same topic, that is optimistic of life view and trauma, so this research becomes a helpful and useful guidance, but still in different perspective of topic.

G. Research Paper Organization

In order to provide a clear grasp of the study's substance, the writer will organize this research. There are seven chapters in this study. The context of the study, its limitations, the problem statement, its aims, its advantages, and how the research report is organized are all explained in Chapter I, the introduction. The second chapter covers prior research, pertinent literature, a theoretical review, and a theoretical framework. The research methodology is provided in Chapter III. It consists of the research's kind, subject, data and sources, method of data collection, and method of data analysis. Chapter IV describing Chris Kyle portrayal in *American Sniper*

biography. Analyzing positive self-concept is Chapter V. The explanation of Rogers' model is covered, including the requirement for positive regard, the condition of worth, the belief in unconditional positive regard, the openness to experience, existential living, organismic trusting, experiential freedom, and creativity. Also covered in this chapter is debate. In Chapter VI, Chris Kyle's wants and motivations are discussed. It discusses Maslow's hierarchy of needs. is a necessity and reasons. Conclusion, educational implications, and recommendations are included in Chapter VII.