

**OPTIMISTIC VIEW OF LIFE REFLECTED  
IN CHRIS KYLE'S *AMERICAN SNIPER* AUTOBIOGRAPHY  
(2012)**

**THESIS**



**Submitted to the Department of English Education,  
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**by:**

**SRI MARTONO LANJAR SARI**

**S400180028**

**POST GRADUATE  
MAGISTER OF ENGLISH LANGUAGE  
MUHAMMADIYAH UNIVERSITY OF SURAKARTA  
2023**

## PRIMARY SUPERVISOR'S APPROVAL FORM

The student submits the thesis for examination:

Name : Sri Martono Lanjar Sari

ID Number : S400180028

Department : English Education

Field of study : Literature study

Thesis title : Optimistic View of Life Reflected in Chris Kyle's *American Sniper*  
Autobiography (2012)

### Supervisor's Approval:

I confirm that the thesis written by the above-named student meets the scholarly standards for the degree and is therefore eligible to proceed to an examination by the board of examiners of the Department of English Education, the Graduate School of Universitas Muhammadiyah Surakarta.

Surakarta, 30 Januari 2023

Primary Supervisor



Dewi Candraningrum, Ph.D

OPTIMISTIC VIEW OF LIFE REFLECTED IN CHRIS KYLE'S  
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THESIS

By

SRI MARTONO LANJAR SARI  
NIM : S400180028

Supervisor Dewi Candraningrum, Ph.D.  
NIDN : 0609127502

Co-Supervisor Agus Wijayanto, M.A., Ph.D.  
NIDN : 0609096801

Accepted and Approved by Board Examiner

The Graduate School  
Universitas Muhammadiyah Surakarta  
The Head of Magister of English Language Education  
The Faculty of Teacher Training and Education

 Universitas Muhammadiyah Surakarta  
  
Agus Wijayanto, M.A., Ph.D.  
NIDN : 0609096801

OPTIMISTIC VIEW OF LIFE REFLECTED IN CHRIS KYLE'S  
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THESIS

By

SRI MARTONO LANJAR SARI  
NIM : S400180028

The Board of Examiners

Supervisor Dewi Candraningrum, Ph.D.  
NIDN : 0609127502

Examiner Agus Wijayanto, M.A., Ph.D.  
NIDN : 0609096801

Examiner Yeny Prastiwi, Ph.D.  
NIDN : 0609017703

Has been examined by the board of examiners on 30 January 2023. All feedback, corrections, and suggestions recommended by the examiners have been considered and revision has been accordingly made by the student.



The Director of Graduate School  
Universitas Muhammadiyah Surakarta

Drs. M. Farid Wajdi, M.M., Ph.D.  
NIDN : 0605056501

## STATEMENT OF AUTHORSHIP

I hereby confirm that the thesis entitled “**Optimistic View of Life Reflected in Chris Kyle’s *American Sniper* Autobiography (2012)**” is an original and authentic work written by my self and it has satisfied the rules and regulations on Universitas Muhammadiyah Surakarta with respect to plagiarism. I certify that all quotations and the sources of information have been fully referred and acknowledged accordingly.

I confirm that this thesis has not been submitted for the reward of my previous degree in any tertiary institutions in Indonesia and aboard.

Name : Sri Martono Lanjar Sari  
ID Number : S400180028  
Department : English Language Education

Surakarta, January 2023



Sri Martono Lanjar Sari

## **MOTTO**

**Hanya kepada Engkau lah kami menyembah  
dan hanya kepada Engkau lah kami mohon pertolongan**

***[Al Fatihah: 5]***

## **DEDICATION**

This thesis is dedicated to:

*Surani My beloved Mother*

*Suwarno My beloved Father*

*Usnul Khotimah My beloved wife*

*Aisyah Qurrota A'yun My beloved daughter*

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## **ABSTRACT**

The major problem of this study is the optimistic view of life reflected in American Sniper author. The aims of this study are to describe Chris Kyle portrayal in American Sniper author, to explain Chris Kyle's self-concept in novel, and to describe needs and motives underlie Chris Kyle's behavior. This study focuses on the major character, namely Chris Kyle. The type of the study is qualitative research. The method of data collection is occurred analysis, while the technique of data analysis is descriptive analysis in which the researcher interprets the text and the content relating to the Psychological the major character. This study uses two data sources, namely primary and secondary data source. The primary data source of the study is the autobiography itself, American Sniper autobiography. The secondary data sources are Biography of the author namely Chris Kyle, websites in the internet about American Sniper, and other resources which support to analyze. The outcome of this study shows the following conclusion. Firstly, based on the portrayal analysis of Chris Kyle, the researcher concludes that Chris Kyle as the major character in this autobiography has flat character. Chris Kyle 's character has one side of personality, namely positive. From the beginning of the story until the end of the story, Chris Kyle's personal identity, physical qualities, moral qualities, mental qualities, and social qualities are positive. Secondly, based on humanistic psychological analysis of Carl Rogers, American Sniper autobiography shows that the major character, Chris Kyle, builds himself concept by building positive self-concept. Thirdly, based on humanistic psychological analysis of Abraham Maslow, Chris Kyle's behavior generally is based on self-actualization.

**Keywords:** *optimistic, view of life, Humanistic Psychology, American Sniper*

## **ABSTRAK**

Masalah utama dari penelitian ini adalah pandangan hidup optimis yang tercermin dalam penulis American Sniper. Tujuan dari penelitian ini adalah untuk mendeskripsikan penggambaran Chris Kyle dalam penulis American Sniper, untuk menjelaskan konsep diri Chris Kyle dalam novel, dan untuk mendeskripsikan kebutuhan dan motif yang mendasari perilaku Chris Kyle. Penelitian ini berfokus pada tokoh utama yaitu Chris Kyle. Jenis penelitian ini adalah penelitian kualitatif. Metode pengumpulan data adalah analisis kejadian, sedangkan teknik analisis data adalah analisis deskriptif di mana peneliti menginterpretasikan teks dan konten yang berkaitan dengan Psikologi tokoh

utama. Penelitian ini menggunakan dua sumber data, yaitu sumber data primer dan sekunder. Sumber data utama dari penelitian ini adalah otobiografi itu sendiri, otobiografi American Sniper. Sumber data sekunder adalah Biografi penulis yaitu Chris Kyle, website di internet tentang American Sniper, dan sumber lain yang mendukung untuk dianalisis. Hasil penelitian ini menunjukkan kesimpulan sebagai berikut. Pertama, berdasarkan analisis penggambaran Chris Kyle, peneliti menyimpulkan bahwa Chris Kyle sebagai tokoh utama dalam otobiografi ini berkarakter datar. Karakter Chris Kyle memiliki satu sisi kepribadian yaitu positif. Dari awal cerita hingga akhir cerita, identitas pribadi, kualitas fisik, kualitas moral, kualitas mental, dan kualitas sosial Chris Kyle positif. Kedua, berdasarkan analisis psikologi humanistik Carl Rogers, otobiografi American Sniper menunjukkan bahwa tokoh utama, Chris Kyle, membangun konsep dirinya dengan membangun konsep diri yang positif. Ketiga, berdasarkan analisis psikologi humanistik Abraham Maslow, perilaku Chris Kyle secara umum didasarkan pada aktualisasi diri.

**Kata kunci:** optimis, pandangan hidup, Psikologi Humanistik, American Sniper