

CHAPTER I

INTRODUCTION

A. Background of the Study

A literary work creates its own world in which we can find an atmosphere of life as we might find in the real world. As a matter of fact, a literary work which constitutes an author's imagination sometimes can reveal the truth, sadness, happiness and also struggle in real life as well as in human experiences. An author writes a literary work to make the work as a description of certain reality of life. The author uses the work to express and communicate the thoughts, feeling, and attitude toward a certain reality of life. Therefore the problem of life is actually the root of any literary work. Wellek and Warren (1956:54) states:

Literature represents "life"; and "life" is, in large measure, a social reality even though the natural world and the inner or subjective world of the individual have also been objects of literary imitation.

Literary works are very useful for human being. They can give happiness and spiritual satisfaction. Through literary works the readers can learn the event of their life. As problems and characters in literary work are the depiction of real life, therefore the problem or the conflict often comes from the reality which people faces in the real life and the characters are people who are involved in the problems of life, such as, sadness, happiness, despair, disappointment etc. Because of its resemblance to the reality, the

readers often assume that the content of literary work is real. In this case, Laurensen (1972:16) states:

We learn both of the nature of the society and the ways individuals experienced it, through the fictional characters who see and record not only the reality around them, but their hopes, wishes, dreams, and fantasies the social meaning the inner life of the characters.

Human life is one of the most interesting topics to discuss because their life experiences always develop as far as the time goes on. Novel, as one of literary forms, also serves the problem of life as its main topic . With reference to this fact, it is obvious that there fact and fiction. In a novel, all characters are real although the story is fictional. The author will always take the society as a model. In other words, through a creative process, the author creates a new world in the work itself.

A character can be treated as a real human being. To analyze a character, the researcher uses psychological approach, especially humanistic approach as a means. The study of literature by making use of psychology is an effort to find the parallelism between psychological aspects in the characterization of characters in a literary work with a view of a certain psychology.

Human being was born with the characteristics as God's gift. One of the gifts is human basic needs. Basic needs are the needs owned by every human being that are urgent to be fulfilled. For the very first time, the basic need appear in inner sense as a motivation of human activities to struggle. Goals appear as a stimulant for the beginning of those activities. After

getting the goal that will be achieved, the human will do the best to find the way. In achieving the goals, a human being undergoes mental process continually in which he/she will determine the life style that will follow.

Dealing with human life fulfillment, there is a condition in which the needs are satisfied. The condition may be neither a challenge nor an obstruction for some one. It will be an obstruction if it is faced pessimistically and it is a challenge if it is faced optimistically.

Actually, people in the world want to be regarded by another. For instance, people want their existences to be acknowledged. People will try to do anything to make them regarded by the other. They will try to improve their abilities to achieve their goal. They always make the efforts to actualize their ability in order that they can become like the other people, even though they can be different from another. They will improve their capabilities in order that they can be the perfect one in the world. For example, a person with his music talent composes a music composition or a person with intellectual talent becomes a scientist.

The effort to actualize one self is very difficult because there are many obstacles around them. One of them is the negative impact of the high safety needs. As we have known, the development process to actualization has demanded the individuals' preparation to take a risk. We may still undergo dissatisfaction feelings. If the self-actualization need is not satisfied, restlessness will be soon developed, unless the individual is doing what he / she is fitted for. A musician must make music, an artist must paint, a poet

must write, if he/she is to be ultimately happy. “what a man can be, he must be” (<http://psychclassic.yorku.ca/maslow/motivation.htm>).

Self-actualization is a part of psychological study, especially a part of humanistic psychological study. Maslow, in his book *Toward a Psychology of Being* describes self-actualization as the on going fulfillment of potentials, capabilities, and talent as a fuller knowledge of a persons’ own intrinsic nature and as an unceasing trend toward unity, integration or synergy within a person. Self-actualization is the peak of human basic needs. Therefore, universal characteristic of actualized person is an ability to see reality clearly, undisturbed by individual wishes.

One of the writers who concern the psychological study, especially self-actualization as the problem of his literary works is Danielle Steel in her novel *Secrets*. *Secrets* is one of the novels written by Danielle Steel, one of the greatest American Novelist. This novel was first published by Dell Publishing Co. Inc in New York in 1986. This novel consists of 442 pages and 39 chapters. Danielle Steel was born in August 14, 1947, is a popular writer. She has published 55 novels, and until 2002, there are more than 480 million copies of her books in print.

The *Secrets* describes the struggle of a woman to get self-actualization in her real life. This novel tells about Sabina’s struggle as the major character of this novel. She always tries to get the popularities as an actress. Sabina was born in Huntington, Pasadena, almost half a century before. Her father had died when she was nine and her mother had died when

she was seventeen. There was nothing left to hang around for, there had not been anyway. Then she went to New York. She wanted to get a better life in New York. She tried out for small modeling jobs and finally wound up in a chorus line in a show that was very much off Broadway. She thought it was the high point of her life, until at twenty-one, someone offered her a part in a movie. At the age of twenty-four she went to Los Angeles. She knew it was almost too late to her career. Almost, but not quite. She changed her appearance when she arrived in California. Three weeks later, she found herself a rented room and an agent, and there was no mention of the film work she had done in New York. It was part of another life, a life she no longer chose to remember.

Sabina, as she became and stayed after that, had a knack for forgetting whatever it was no longer convenient to remember, the life of the coal mines, the strip joint in New York. In Los Angeles she became a model, and was cast in a few commercials, had a screen test at MGM and another at fox, and in less than six months, she had landed a part in a very decent movie. There were there more small parts after that, and finally a decent role, and by twenty-six, Sabina's face was one that a number of directors knew and remembered. Her acting did not set the world on fire, but she was good enough, and her agent found her a coach who helped her over the rough spots. He also helped her to get a few more parts. By twenty-eight, people knew her name and face, and her press agent saw to it that her name appeared regularly in the papers.

The *Secrets* also talks about the secrets of the characters in this novel especially, Sabina as the major character, who has the secrets in her life. Actually, the name Sabina is not the real name. When she was a child the real name is Mary Elizabeth Ralston. But, when she went to New York for the first time she changed her name became Virginia Harlowe. Finally, she changed her name became Sabina Quarles when she moved to Los Angeles. Then she used name Sabina Quarles until now. The other secret in her life, that as an popular actress, actually she has a fifteen-year-old son. She never talks about her son to public. Her son called Anthony was ill since he born. Her husband had left her when Anthony was born. He couldn't deal with the realities of Anthony's life. And Sabina never saw him since Anthony was born.

Based on the illustration above, the researcher is interested in analyzing the novel under the title: SABINA'S STRUGGLE TO GET SELF-ACTUALIZATION IN DANIELLE STEEL'S *SECRETS*: A HUMANISTIC PSYCHOLOGICAL APPROACH. In order to analyze the novel, the researcher uses the Abraham Maslow's theory of humanistic psychological approach.

B. Literature Review

As far as researcher knows, there has been no study on Danielle Steel's *Secrets*, at least among the university students in Solo, Yogya, and Semarang. The present study gives focus on the author's view on the Sabina's

struggle to Get Self-Actualization in Danielle Steel's *Secrets* based on the psychological approach.

C. Problem Statement

The major problem statement of this research is how the Sabina struggles to get self-actualization is reflected in Danielle Steel's *Secrets*.

D. Limitation of the Study

The researcher will focus on analyzing the Sabina's struggle to get self-actualization as the major character of the novel based in the psychological approach, especially humanistic approach.

E. Objective of the Study

The objective of the study as follows:

1. To analyze the novel based on its structural elements.
2. To analyze the novel based on Maslow's humanistic psychological approach.

F. Benefit of the Study

1. Theoretical Benefit

To give additional information and contribute to the larger body of knowledge particularly studies on Danielle Steel's *Secrets*.

2. Practical Benefit

To give deeper understanding for the researcher herself and the reader about the novel based on psychological approach.

G. Research Method

1. Type of the Research

In analyzing the Danielle Steel's *Secrets*, the researcher uses the qualitative method because it does not need statistic to explore the fact.

2. Type of the Data and the Data Source

The type of data employed in this research is textual data, which consist of words, phrases, and sentences. In this research, the researcher uses two data sources that are primary and secondary data sources.

a. Primary Data Source

The primary data are taken from the novel itself *Secrets* by Danielle Steel.

b. Secondary Data Source

The secondary data sources are any information related to the novel and the humanistic psychology theory about. There are information of Danielle Steel's background and her work *Secrets* that is taken from many books and website. Beside that, there are also many information of humanistic psychology that is taken from many books and website.

3. Technique of the Data Collection

The method of data collection in this research is documentation. This data collection is as much as possible done through the library research. In this research, *Secrets* by Danielle Steel is treated as the primary data from other sources, the researcher would like to use a procedure as follows:

- a. Reading the novel many times until the researcher gets adequate information or data to analyze.
- b. Identifying a particular part considered important and relevant for the analysis.
- c. Taking notes of the important parts in both primary and secondary data
- d. Classifying the data into some categories.
- e. Selecting them by rejecting the irrelevant matters, which do not support the topic of the study.
- f. Drawing the selecting materials into a good unity supporting the topic of the study.

4. Technique of the Data Analysis

In analyzing the data, the researcher uses two kinds of technique. The first step in analyzing the data of this research is trying to clarify the obtained data. The second technique is analyzing data based on Abraham Maslow's theory of humanistic psychological approach.

H. Research Paper Organization

This research paper is divided into five chapters. The first chapter is introduction, covering the background of the study, literature review, problem statement, objective of the study, benefit of the study, research method and paper organization. The second chapter is about the underlying theory which covers the notion of humanistic psychology, elements of self-actualization development and theoretical application. The third chapter deals with the structural analysis of the novel, which includes the structural element of character and characterization, setting, plot, style, theme and the discussion of the novel. The fourth chapter presents the analysis of the data that contains self actualization in Danielle Steel's *Secrets* from Humanistic Psychological Approach. The last chapter contains conclusion and suggestion.