COPING BEHAVIOR OF MELINDA IN SPEAK NOVEL
BY LAURIE HALSE ANDERSON (1999):
AN INDIVIDUAL PSYCHOLOGICAL APPROACH

Submitted as Partial Fulfillment of the Requirements
for Getting Bachelor Degree of Education
in English Department

by

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ABSTRACT

The major problem of this study is to reveal the coping behavior of Melinda Sordino reflected in Laurie Halse Anderson’s novel Speak. The objectives of the study are to analyze the character of Melinda Sordino based on individual psychological analysis developed by Alfred Adler. This study belongs to qualitative study. In this method, there are two types of data sources, which are used to do the research, namely primary data and secondary data sources. The primary data source is Speak novel by Laurie Halse Anderson, meanwhile the secondary data source are taken from other resources related to the analysis such as internet, books, and other references which are related to this study. In analyzing the data, she applies two approaches Based on the individual psychological approach, the writer finds that the character of Melinda Sordino gets maturity in her personality that is shaped from her effort to cope her problems in gaining her life goals. She gets her strength and she can express her pain and emotion through the Tree Art Work. It is evident that Lauri Halse Anderson’s Speak wants to convey a moral message “speaking up for yourself and others. You have to speak up for what you believe in or nothing will ever change”. Melinda that success to get much impression for a Novel; continually plot from the beginning, the middle and the end; the point of view have been done in all ways precisely appropriate applied in the most setting place; and the other elements have the unity and successful relate to one another then finally formulated into good quality of a novel.

Key word: Coping Behavior, Speak, Individual Psychological Approach
1. Introduction

Background of the Study: Individual psychology is firstly proposed by Alfred Adler. It is a science that attempts to understand the human personality as an organized entity. He believes further that all actions are guided by a person's fundamental attitudes toward life. All psychological phenomena are unified within the individual in a self consistent manner. Adler's individual psychology depicts the human being a single indivisible self content and unified. Adler makes consciousness as the center of personality which makes him pioneer in the development of an ego oriented psychology. Man is conscious being; he is ordinarily aware of the reasons of his behavior. He is conscious of his inferiorities and conscious of the goals for which he strives. More than that, he is a self-conscious individual who is capable of planning and guiding his actions with full of awareness of their meaning for his own self-realization. In his earliest writings, the final goal of human struggle was to be aggressive and all powerful, to dominate others. Human were seen as selfish and concerned only with self aggrandizement. Latter, Adler revised his thinking and claimed that the final goal is to be superior.

The teenager’s life also can be seen in the story of the novel entitled Speak. Speak is a novel written by Laurie Halse Anderson, published by the Penguin Group, London. The novel consists of 198 pages, and 4 chapters. It was made into a film of the same name in 2004. This novel was first published in 1999. As a thriller novel, this novel covers the dynamics life in a teenager. It can be happened in our society. At the first publishing, there was good response from the people of New York Society. This ironic story of the novel makes the reader getting curious and with well language processing, makes this novel simple to read. The novel always reflects what is really happen in the real world. The writer always delivers the message through the story. The problem that is faced by the characters in the novel is always being followed by the way the character cope with their problems eventually.

Laurie Halse Anderson is the author of four award-winning novels. The novels are Fever 1973, Wild at Heart series, Saudi Arabia (A Ticket To), and
The title of this book is *Speak*, by Laurie Halse Anderson. The publication date is 1999. The writer would say the genre of this book is fictional drama. This book intends for young adults.

Laurie Halse Anderson was born on 1961. She came to Pennsylvania after finishing her study. She has written a number of books for young adults, the most honored of which is *Speak*. She was also a freelance writer and editor for a magazine. Anderson began publishing her own books in 1996. Her first publication was a picture book for children entitled *Ndito Runs*. Laurie Halse Anderson, grew up in Syracuse, New York. She discovered early on, she loved to write. Laurie started off her professional writing career writing for newspapers, first her local paper and then the *Philadelphia Inquirer*. When her children started elementary school, Laurie started writing fiction. Since then she's written and had published pictures books, a series called Wild at Heart, and children's novels. Laurie received notable recognition for her young adult novel.

This novel is a story about the silence. This novel is ironic, though the title of this novel is *Speak*, the major character of this novel is always mute. Late summer before her freshman year in high school, Melinda calls 911 and ends a party, where there is so much under age that drink alcohol. And she calls herself as pariah or outcast. No body wants to know what is her reason why did she call the cops. She becomes an introvert girl and never talks to anyone. It is because she does not trust anyone. Melinda's parents are not getting along. Her parents is a busy businessman, they do not realize what is really happen to their daughter. Her family life seems boring and uninteresting. Her mother, Mrs. Sordino is wrapped up in her retail sales job. So, there is an obvious lack of mother-daughter compassion in their relationship. Her father is mean, strict and uninvolved. He doesn't care about how his daughter feels, and he does not play much of a role in Melinda's life.
The first day of class a few weeks later, no one talk to her, except Heather, a new girl from Ohio, while everyone else snickers or ignores her. Heather just moves to town and wants to make a friend. She never knows what really happened to Melinda. But as the time goes by, Heather starts talking about the peculiarities of Melinda. She thinks Melinda is weird, depressed and boring. She does not think that they were really friends. These words are spoken to Melinda. She talks everything that Melinda really hates to hear about. That entire people do not know that Melinda was the victim of sexual assault. She is being raped by the upperclassman. That is the reason why did she call the cops in the party. The reason that makes her mute and being an introvert girl. Melinda calls the upperclassman who raped her as the beast. He is Andy Evans. Andy who dates Rachel, Melinda’s ex-best friend. Melinda thought that things were looking up between her and Rachel, and when Rachel probes Melinda about who raped her, Melinda finally tells Rachel that her boyfriend, Andy raped her. Rachel yell at her and tells her that she is jealous and lying. Melinda finally tells her secret to her, but she doesn't believe her. Andy always comes to every nook and her dreams. She has so many hard days that make her spending her time in a janitor’s closet; a place where she hides when cuts classes. She also tries to hide from Andy, but even janitor is not a safe place from him.

Finally, Melinda finds a person who helps her to express her feelings. He is her art teacher, Mr. Freeman. In a class assignment, Melinda is assigned to create an art project based on a tree. She begins to express her inner angry through this art project. At one point, she uses dried bones to sculpt a picture of a skeleton. Then she glues broken knives and forks to the project so that the bones look like the plastic utensils are stabbing them. It is a grim depiction of how Melinda feels, and is immediately praised by Mr. Freeman. She eventually tells him what she sees in her project. And for the first time she speaks up about how she feels and what she understands. Eventually, Melinda finds the courage to stand up and the evidence she needed to back up her story.
This novel has four major characters; they are Mellinda, Mr. Freeman, Rachel, and Andy Evans. Melinda is a teenager who is very introvert. She becomes a silent girl after her upperclassman raped her. She never talks to anyone what is really happened to her and being blamed by her friend for wrecking the party by calling the cops. Her only friend becomes her ex-best friend, even she has a boyfriend who rapped her. The only friend she has is Heather from Ohio, a new student who does not know anything, so she has a friend with Melinda. Her parents, Mr. and Mrs. Sordino do not know her problem and even have no time just to talk about what their daughter feels. Mr. and Mrs. Sordino are bad parents. They work too much, spending most of their time outside their house, they give all Mellinda’s need except attention and caring. They want the best for Melinda, but they do not know why Melinda becomes an introvert girl and has a bad achievement in class. They always demand her not to fail in any tests. Thy push her to be an adult student, but actually they always make Melinda frightened. Heather is her new friend in the school. She is the one who speaks to her in every moment. She doesn’t know what makes her friends hate Melinda. But someday she knows the truth and says something that hurts Melinda. Rachel Bruin is her ex-best friend. She hates Melinda so much, without confirming what really happen to Melinda. She even laughs at her everyday. She does not believe that Andy raped Melinda, because he is her boyfriend and thought that Melinda is just jealous to see their relationship. Mr. Freeman is a very friendly Art teacher. He finally can make Melinda speak with his pride on Melinda’s work on Art class. Mr. Freeman always challenges Melinda to do something that can describe her feeling. Mr. Freeman makes Art teacher as Melinda’s favorite class to join with. David Petrakis is Melinda’s Lab Partner. He is very careful in doing everything with his objects in the lab. He always put on Melinda mind of doing what exactly the teacher or the book said to the object when they work in a laboratory. In this novel, Melinda tries to survive her complex problem to stand up and to extend her feeling.
The writer chooses this novel as her research because firstly, this novel provides reader with meaningful story of a teenage life. She tries not to speak to other people, but at least she tries to break the silence. Secondly, this novel makes the reader understand what it takes for any individual to overcome major trauma or even just minor setbacks in her life. Thirdly, it is especially geared to young people who are in the terrible stage known as adolescence. So many changes at that time in our lives that we are often got with confusing signals about our place within our environment and the world at large. This novel is also interesting, because it uses a tree as a symbol. Laurie Halse Anderson continually brings up trees in *Speak*, so it becomes our job as the reader to look deeper into why she makes such a big deal about trees. The tree gradually becomes a symbol in the text that represents Melinda’s suffering and recovery. Fourthly, in this novel we can also find the frightening and sobering look at the cruelty contemporary high school life, as real as today's headlines. We can conduct so many moral values from this novel. We can be an available art teacher like Mr. Freeman who can understand and encourage our students. We can also think about how to be a good parent who has to monitor and understand the children.

**Problem Statement** of this research is, “how Melinda finds the courage to stand up and to cope her psychological problem that is reflected in Laurie Halse Anderson *Speak*?”

**Limitation of the Study** is focus in analyzing the coping behavior of Melinda in Laurie Halse Anderson’s *Speak* based on individual; psychological approach.

**Objective of the Study** is to reveal the coping behavior of Melinda Sordino reflected in Laurie Halse Anderson’s *Speak*.

**Literature Review** related to the research paper is coming from 5 journals. Firstly, entitled “Why won’t Melinda just Talk About What Happened? Speak and the confessional voice.” it was proposed by Chris, she believes that Melinda would not confess what really happen without an adult figure. Secondly, “Like falling up into a storybook: Trauma and intertextual
repetition in Laurie Halse Anderson’s *Speak.*” It was proposed by Barbara, she concludes that an adult author does not possess the entire history of traumatic event. Thirdly, “Melinda’s Closet: Trauma and queer Subtext of Laurie Halse Anderson’s *Speak*”. It was proposed by John Latham. He suggests that the traumatic healing done by Melinda in *Speak* novel was a kind of cultural responses to trauma. Fourthly, “Politicizing young adult literature: reading Anderson’s *Speak* as critical Text”. It was proposed by Alsup. She believes that people, neither young or adult, needs to read some literary works. Because the story can be the mirror of our past experience. Fifthly, “Between voice and voiceless: Transacting Silence in Laurie Halse Anderson’s *Speak*”. It was proposed by Elaine. She concludes that the oppression of silent woman is now being challenged publicly and becoming better understood privately as well.

2. **Research Method**

   In this research, the writer uses a qualitative research. It is library research while data sources are using literary data. It purposes to analyze the novel using individual psychological approach. The steps to conduct this research are (1) determining the type of study, (2) determining the object of the study, (3) determining the data and data source, (4) determining technique of data collection, and (5) determining technique of data analysis. The object of the study is *Speak* Novel written by Laurie Halse Anderson published by the Penguin Group, London. The novel consists of 198 pages, and 4 chapters. It was made into a film of the same name in 2004. This novel was first published in 1999. It is analyzed by using an individual psychological approach.

   There are two data sources that are needed to do this research (1) Primary Data Source, the primary data source is *Speak* Novel By Laurie Halse Anderson. (2) Secondary Data Source, the secondary data sources are books and other sources that support the analysis.

   The technique of data collection is library research, the steps are: reading the novel repeatedly, taking some important notes, categorizing the data, rejecting the data that is nor relevant to support the study. The technique
used in analyzing the data is descriptive analysis. It concerns with the analysis elements of the novel and an individual psychological approach.

3. **Individual Psychology Theory**

   a. **Notion of Individual Psychology**

      According to Adler as quoted by Ryckman (1985: 95) individual psychology is science that attempts to understand the human personality as an organized entity. He believes further that all actions are guided by a person's fundamental attitudes toward life. All psychological phenomena are unified within the individual in a self-consistent manner.

      Adler's individual psychology depicts the human being a single indivisible self content and unified (Adler in Hjelle and Ziegler, 1992:139). Adler makes consciousness as the center of personality which makes him pioneer in the development of an ego oriented psychology. Man is conscious being; he is ordinarily aware of the reasons of his behavior. He is conscious of his inferiorities and conscious of the goals for which he strives. More than that, he is a self-conscious individual who is capable of planning and guiding his actions with full of awareness of their meaning for his own self-realization (Hall and Lindzey, 1985: 143).

      In his earliest writings, the final goal of human struggle was to be aggressive and all powerful, to dominate others. Human were seen as selfish and concerned only with self-aggrandizement. Latter, Adler revised his thinking and claimed that the final goal is to be superior (Ryckman, 1985:95).

      Adler (in Feist, 1985: 64), gives the definition that “psychology is science that studies the human’s mind and behavior”. The concept covers all inner sides of human being such as thought, feeling, behavior, and personality. Based on the concept above, the main motives of human thought and behavior are the individual man’s striving for superiority and power, partly in compensation for his feeling inferiority, of course, people have different goal to be reached out. He stated, “Every person has the same goal of superiority, but there are innumerable ways of rising for their goal” (Hall and Lindzey, 1970: 126). Every individual, in this view, is unique, and his or
her personality structure—including his unique goal and ways of striving for it—finds expression in his/her style of life, this life-style being the product of his/her own creativity.

In Adler’s individual psychology as quoted by Hjelle (1992: 145), all of people’s lives activities are viewed from two sides; namely human as individual and as part of society. As individual, human has the certain goals, ideas, thinks and expectation (Feist, 1985: 65). The people will strive to bring about perfection, completion, holiness in his life (Hjelle, 1992: 153). While as part of society, human will strive to achieve or to exist in the society. The concept can be explained that the individual cannot be considered apart from society; all-important problems, including problems of general human relations, occupation, and love, are social.

In spite of that, Adler (in Hjelle, 1992: 153) presents the term of the unity of the individual. It means, “Individual is considered as the unit, both physically and psychologically”. He viewed a person holistically, as a totality, rather reductions.

The development and formation of social interest will have a great influence upon an individual's attitude and behaviors in facing or solving problems of his life (in Feist, 1985: 72). They will develop hundreds or thousands different ways so that “Each person has his own concrete mode of achieving or trying to achieve perfection (Hall and Lindzey, 1970: 123).

b. Basic Principles of Individual Psychology

1) Inferiority Feeling

According to Adler, “Inferiority means feeling weak and unskilled in the face of tasks that need to be completed (Adler in Hall and Lindsey, 1985: 147). It is manifestation of individual consciousness due to a condition which is resulted from inability or imperfection feeling. This inferiority feeling is considered as challenge to strive for the compensation of inferiority until psychological equilibrium is attained (Hall and Lindsey, 1985:67). However, an individual is not always accept this condition, then try to do
compensation. An individual tries to become something better by striving for superiority (Hall and Lindsey, 1985: 147). It means that the inferiority feeling can arise some efforts to solve this condition by compensation and it becomes an individual’s motivation to achieve something to be superior,”…the human being is motivated by one primary urge – the urge to overcome the inferiority feeling and to become superior” (Adler in Hall and Lindsey, 1985: 147).

2) **Fictional Finalism**

The fictional ideas are the products of individual’s main activities in responding and understanding his self-condition. Fictional ideas serve as a higher value or superior. In other words the individual will strive for perfection or compensation for his inferior condition in the course on gaining superiority. The compensation of inferiority feelings will continue until the individual feels that he has succeeded in reaching the goal of his life (Hall and Lindsey, 1970: 124).

3) **Striving for Superiority**

Superiority is the central goal of the human personality and it motivates them to do their action to be better. People must have efforts to achieve their goals. When people make effort to get goals, sometimes they use many ways either it is right or wrong (Feist, 1985: 71). The striving for superiority is based on the human's ability to be aware of himself of his ability to remember past experiences and to imagine himself in the future. Each individual is forced by drives to be superior, powerful and regarded. This is a response to feeling of inferiority. By inferiority feeling, person will make some efforts to cover it. Person will strive to cover his or her weakness to be perfect, superior and regarded. The one dynamic force behind the person's activity is the striving for success or superiority (Feist, 1985:68). It is the indication that people want to become superior. All efforts to reach superiority of
striving superiority established their continue effort in gaining life which is better than others.

4) **Social Interest**

Human being is social creature. As the social creature, human being must interact with others and also consider the existence and the importance of his society,“…we humans are social creatures – that we must consider our relationship to other and to the larger socio cultural context in which we live if we are to fully understand ourselves (Adler in Hjelle, 1992: 147). The man is social creature by nature, and not only by habit. However, like any other natural aptitude, this innate predisposition does not appear spontaneously but has to be brought to fruition by guidance and training. Humans must consider relationship to others and the socio-cultural in context in live in understanding their selves. Adler theorized that people are driven by an insatiable last for personal power and need to dominate. In particular, he held that people are pushed by the need to overcome their deep-seated feelings of inferiority and pulled by their desire to be superior (Hjelle, 1992:147).

5) **Style of Life**

Creative power means the influences of heredity of any environment toward a person in overcoming the problem of life. Each person is empowered with the freedom to create his or her own lifestyle (Adler in Hjelle, 1992:150). Ultimately, people are solely responsible for who they are and how they behave. This creative of life is responsible for person’s goal, determines the method of striving the goal, and contributes to the development of social interest. Based on the perspective of creative power, every human has a freedom in solving problem and determining the way of life. Every human has different mind and life experience. It can be principle in determining their life. Creative power implies freedom we are free to be what we will. We may choose the experience pain, joy, or anxiety, or to defend ourselves
against these experiences by creating various safeguarding tendencies (Adler in Feist, 1985: 78).

6) **Creative Self**

Everyone has a different style in life. Adler (in Ryckman, 1985:98) states that the style of life, originally called the “life plan” or “guiding image”, refers to the unique ways in which people pursue their goals. The style emerges as reactions to our inferiority. Style of life includes not only the person’s goal, but also self-concept, feelings toward others, and attitude toward the world. It is the product of the interaction of heredity, environment, and goal of success, social interest, and creative power (Feist, 1985:74).

There are many styles of life as there are people in the world. For example, one person may seek to become superior in physical strength and ability, and another may strive for intellectual achievement, each of these persons will arrange his or her life to fit the particular way of striving for it. For instance, the first person may play soccer and basketball in school. The second one may read and study alone much in the library (Adler on Hall and Lindsey, 1970: 151).

4. **Theory of Coping Behavior**

Everyone certainly has problems in his or her life. It is undeniable that people try to solve their problems through her or his own way. So people need coping strategy to resolve the problems. Coping strategy is a response from individual to control and to reduce the negative effect of a problem. this coping behavior needed to manage the demands from the environment and the conflict that appears surround it, so it can reduce the asymmetry of depressing situation with the individual capability to fulfill those demands.

5. **Research Finding**

   a. **Fictional Finalism**

   In here, Melinda's fictional finalism is her desire in her future's life. Melinda’s fictional finalism is to be happy, and being happy according to
Melinda is being accepted by her friends. She wants everybody understand anything that happened to her and stop blaming her for what she did at the prom night. For she cannot tell anyone about the accident, she does not want anyone even just touch about that problem. She always feels so tortured when her friends touch the part of the party that can bring her in the past moment, a moment that she does not want to remember.

A block of ice freezes our section of the bleachers. Heads snap in my direction with the sound of a hundred paparazzi cameras. I can't feel my fingers. I shake my head. Another girl chimes in. “My brother got arrested at that party. He got fired because of the arrest. I can't believe you did that. A-hole.”

Melinda tries to survive herself from other people’ blaming. She knows how hard it will be to convince the other people. She does not even dare to tell the truth. But she tries so hard to make everything clear, that she is not a girl who called the cop to arrest her own friends or to ruin the party. She will finally tell anyone that she is not as bad as what they think. Even she is a victim of a rape.

b. Inferiority Feeling

In the first day school, she sees her self as an out of date girl, she is way too long from being a modern student. She feels that she will be alone until she graduates from school, because there are so many clans in that school. Melinda also does not have self confidence to go out, spending her time to go shopping or just makes her body be more interesting. She prefers stay at home and watch the Television. And it gets worst because her friends really do not accept her in every corner of the school life. She can not join any clan in the school, she has no friend.

We fall into clans: Jocks, Country Clubbers, Idiot Savants, Cheerleaders, Human Waste, Eurotrash, Future Fascists of America, Big Hair Chix, the Marthas, Suffering Artist, Thespians, Goths, shredders. I am clanless. I wasted the last weeks of August watching bad cartoons. I didn't go to the mall, the lake, or the pool, or answer the phone. I have entered the school with the wrong hair, the wrong clothes, the wrong attitude. And I don't have anyone to sit with. I am outcast. (Anderson, 199-4)

Her feelings inferiority dominates her way of thinking. She does not realize that she needs to overcome this negative part. The part that makes her feeling incredibly less important and deserving than others,
helpless, hopeless, and unmotivated to strive for the superiority that would make her complete.

c. Striving for Superiority

The superiority in Melinda Sordino is when Melinda fights Andy when he tries to rape her for the second time. She never thought about fighting Andy, she realizes then that Andy is the beast that should not intimidate her or even rape her for the second time. She has a right to get free from fear, free from Andy Beast. Melinda does not want the rape happen again. She wants to show her superior side to prove that she is not a weak girl, so no body can treat her like badly.

No.
A sound explodes from me.

“NNNOOOO!!!”
I follow the sound, pushing off the wall, pushing Andy Evans off-balance, stumbling into the broken sink. He curses and turns, his fist coming, coming. An explosion in my head and blood in my mouth. He hit me. I scream, scream. Why aren’t the walls falling? I’m screaming loud enough to make the whole school crumble. I grab for anything, my potpourri bowl—I throw it at him, it bounces to the floor. (Anderson, 1999: 195)

She also wants Andy to know that he can’t treat all girls like he wants it to be. It can bee seen when Melinda tries to tell Rachel that Andy, his boyfriend, is the one who raped her. She does not want her best friend getting the bad experience like her. She wants everyone knows that Andy is the one who raped her. And she starts from Rachel. Besides, Rachel is her best-friend in the past. It is more human for Melinda to do that, as a girl who has been raped, she has to make a wall around her or around the girls from the danger of rapist like Andy.

d. Social Interest

Melinda is a kind of introvert girl. She does not like talking to anyone. She thinks that it is better to keep her thought by herself. The world will be better if no body knows about her, about what is really happen to her.
Kristiana and mistake and anger to someone else. There is a beast in my gut, I can hear it scraping away at the inside of my ribs. Even if I dump the memory, it will stay with me, staining me. My closet is a good thing, a quite place that helps me hold these thoughts inside my head where no one can hear them. (Anderson, 1999: 51)

She often talks to herself, in her own mind. She has a lot of things to say but she cannot. She lets her mind fighting with her own feeling. It is like something will getting worst if she tells her problems. She thinks that nobody can help and understand her as a victim of a rape. In fact, everyone blames all the time.

She cannot go with anyone, even if she knows them well. She does not go with David, although David is her best-lab-partner. She does not like showing up her body in the public for her condition.

If the feminists suffragette their right to speak, to give vote for the election. Melinda suffragettes for not speaking. Melinda sincerely believes that she has her right to not speak. She can do anything for not speaking to others. Even in her class, she gets punished for not doing the assignment to give speech in front of the class. She realizes by herself that without the suffragette women will not be treated as human, they can not own property, cannot give vote to the election, women can not also join school. But still, Melinda never speaks up in the class, though it is related to her homework or a class assignment.

THE SUFFRAGATES FOUGHT FOR THE RIGHT TO SPEAK. THEY WERE ATTACKED, ARRESTED, AND THROWN IN JAIL FOR DARING TO DO WHAT THEY WANTED. LIKE THEY WERE, I AM WILLING TO STAND UP FOR WHAT I BELIEVE. NO ONE SHOULD BE FORCED TO GIVE SPEECHES. I CHOOSE TO STAY SILENT. (Anderson, 1999: 156)

Then the thought of not being punished for not speaking is really good. Because nobody knows what is inside someone else’s head. It could be a children crying, a pinned of worry, a weight of doubt, guilt, fear or something worst than that.

e. **Style of Life**

In this novel, Melinda is a kind of girl who is trying so hard to not speak. Even though sometimes she feels that her head is going to explode.
She tries so hard hiding all the emotion so she manifests all the emotion in to her Art Class. She draws trees, drawing it such as she draws her pain on a paper. Art class is the best escape after Janitor’s closet. She can explore her feeling on her drawing.

I stay awake. I take out a page of notebook paper and a pen and doodle a tree, my second-grade version. Hopeless, I crumple it into a ball and take out another sheet. How hard it can be to put a tree on a piece of paper? Two vertical lines for the trunk. Maybe some thick branches, and plenty leaves to hide the mistakes. I draw a horizontal line for the ground and a daisy popping up next to the tree. Somehow I don’t think Mr. Freeman is going to find much emotion in it. I don’t find any. (Anderson, 1999: 32)

Mr. Freeman, as her Art teacher can understand what Melinda feels through her art work. He can see the emotion of Melinda and then keeps supporting her through his class. Mr. Freeman reminds Melinda to reach your goals or meet your ideals, and she can change along the way.

When Melinda finally finds her courage to stand up from her trauma, she opens herself to other people, especially to her parents and her friends. Melinda finds the appropriate way to solve her problem that she started in her Art Class. It can be seen from her Artwork, the tree.

f. *Creative Self*

Melinda realizes something when she has a conversation with her father about a sick tree that needs to be cared and healed. She reflects the tree with her. She sees a sick tree, she is like a girl with a pain too. She need a healer, she needs a care from anyone, even from herself.

DAD: “And the tree is sick. See how the branches on the left don’t have any buds? I should call someone to take a look at it. Don’t want it crashing into your room. (Anderson, 1999: 167)

Melinda has many strategies to gain her goal. She has a terrible memory about the rape. She has so many ways to escape from the pressure from her parents, her teachers, her friends through silent. However, she also tired and really wants to quit from thinking the rape. Melinda then incidentally visits Rogers Farm, a place where she has been raped. But in this place, she does not feel like afraid or scared.
Melinda starts over her life. Recognizing what is her mistake to be so introvert and feels like an outcast. She can resolve her problems through her Artwork, and also her patient Art teacher who always gives support and helps Melinda to throw up her emotion on the papers or canvas. She is a tough girl, this is why she can hold her life rather than doing suicide.

6. Conclusion

Having analyzed Laurie Halse Anderson’s novel *Speak* by employing the principles of Adler’s individual psychology in order to understand how Melinda copes with her problem, the researcher draws some conclusions. Laurie Halse Anderson’s *Speak* tells about the way how Melinda copes from her problems. She creates the main character – Melinda as a way to convey her idea about adolescence’s coping behavior. The story tells that Melinda is the victim of a rape, she uses the tree as a symbol of Malinda as a rape victim. And she has to cure her own pain that trap her for being a free girl. She tries to fight her own fear to tell the truth. It is evident that Lauri Halse Anderson’s *Speak* wants to convey a moral message “speaking up for yourself and others. It's speaking up for what you believe in and overcoming your fears. You cannot spend your whole life living in fear and you can never let fear run your life. You have to speak up for what you believe in or nothing will ever change”. It is doing the character of Melinda that success to get much impression for a Novel; continually plot from the beginning, the middle and the end; the point of view have been done in all ways precisely appropriate applied in the most setting place; and the other elements have the unity and successful relate to one another then finally formulated into good quality of a novel.

Based on psychological analysis, individual psychology is expressed in Melinda characterization. Individual psychology reflects through fictional finalism, inferiority feeling, striving for superiority, social interest, style of life and creative self. All of those aspects become part of individual psychology philosophy. The fictional finalism is the desire that people posses will form
the expectation of their life and influence their way of facing the life problems, the second is inferiority feeling that emerges when people realizes that no one will accept and feeling weak and disable, the third is striving for superiority, there are a thousand different ways that each person has to concrete mode of achieve perfection. The fourth is social interest, people cannot live without others that is why people are being called as social creatures that must consider our relationship to others and to the large socio cultural context in which we live. The last is creative self, it is the manifestation of someone’s feeling about something and what is better to do that is relevant to gain the goal. People have the freedom to create his or their own lifestyle. Thus people are fully recognized to control their own way to gain the goal. All of those are the aspect which occurs in *Speak* (1999) novel individual psychological approach.

*Speak* represents the complicated life of teenager. The problems faced in adolescence during their school. Adolescence sometimes pulls away from their parents. That is part of the maturation process. But they are often unsure how to reach back for parental support, and parents are unaware of the need or unsure how to proceed. Teens scream for attention in lots of ways. But they often just keep their problems and make it burden them. It is not an easy matter in teenage life where they could create a world in which they felt secure enough to ask for help the easy way.

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