THE SEARCH FOR PERSONAL IDENTITY IN KHALED HOSSEINI’S

AND THE MOUNTAIN ECHOED (2013):

A PSYCHOLOGICAL APPROACH

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ABSTRACT


The aim of this research is to analyze searching for personal identity in Khaled Hosseini’s And The Mountain Echoed novel. The objective of the study is to analyze the structure elements of the novel and to analyze the major character steps to search her personal identity based on psychological approach. The research is qualitative research.

The method to analyze the data is descriptive analysis. The object of the research is Khaled Hosseini’s And The Mountain Echoed novel and the writer analyzes the novel by using psychological approach.

Based on psychological analysis it can be concluded that the ignorance of individuals for themselves make people need to know their real self. The story illustrates the psychological phenomena in which individual searches her personal identity. It tells that the main character does not know much about herself and she feels like her life is like a puzzle. Hosseini describes the self concept experienced by major character to search for her true identity.

Key words: Personal identity, And The Mountain Echoed, Psychological approach
I. INTRODUCTION

*And the Mountains Echoed* is the third novel by Afghan-American author Khaled Hosseini. Published in 2013 by Riverhead Books, it different from Hosseini’s style in his first two works through his choice to avoid focusing on one character. In contrast, the book is written in collection of short stories, which has nine chapters being told from the perspective of a different character. The novel consists of 462 pages and has nine chapters.

There are four reasons why the writer is interested in studying this novel: the first is because this novel is based on the true story. The story is based on phenomenon of Afghanistan in civil war against Uni Soviet. This story is very touchy.

Second reason is about the characterization between two major characters, Nabi and Pari. Nabi is the step uncle of Pari. He is the person who separates Pari and her brother, Abdullah. Then at the end of his life he writes the letter to Pari, that Pari has the biological family in Shadbagh. And Pari, after being separated by her brother and adopt by wealthy couple in Kabul, when she is an adult, she feels something missing on her heart. All her life is like a puzzle. She feels that something missing with her past in Afghanistan, then she wonders and finally she finds testament from Nabi that she has brother in Afghanistan.

Third reason is about the setting. The setting takes place in Afghanistan and happens in war between Uni Soviet and Afganisthan. The writer then know the condition in Afghanistan during war and the impact of the war for the society especially low class society. Many children and babies die when the winter
comes, many family separated each other, many children loose their parents, and poverty happens in everywhere.

The last reason, the novel plot is unpredictable. Although the novel chapter consists of different character with different story, it makes the readers curious to read more and more. And the plot is not based on chronological order, so the readers have to read the novel wholeheartedly to catch the story of the novel.

Searching the personal identity becomes an issue chosen by the researcher in the novel. Eventhough siblings are separated by someone else, as the time goes by she will realize that she feels something missing in her soul. By realizing the missing lost pieces someone can search the personal identity to find her lost pieces on her soul. This issue is faced by the main character of the novel, Pari. Thus the researcher wants to study searching the personal identity from the psychological perspective.

According to those reasons, the researcher would like to analyze searching for personal identity in Khaled Hosseini’s And the Mountain Echoed novel based on the Psychological Approach and the title is **THE SEARCH FOR THE PERSONAL IDENTITY IN KHALED HOSSEINI’S AND THE MOUNTAIN ECHOED (2013): A PSYCHOLOGICAL APPROACH**

In this study, the researcher summarizes some relevant literature review to prove the originality of this study, by this literature review, the writer hopes that the reader can understand the differentiation and the similarities this study with the other relevant research.
The first researcher is a research conducted by Michiko Kakutani entitled *Siblings Haunted By The Past, And By Afghanistan's Cycle Of Misery* (2013). He wants to describe about Pari has felt “the absence of something, or someone, fundamental to her own existence sometimes it felt so clear, this absence, so intimately close it made her heart lurch.” she has haunted by her past and try to remember where she belongs to and the ways the past can haunt the present.

The Second research is a research conducted by Rachel Martin From NPR Staff Entitled *Siblings' Separation Haunts In 'Kite Runner' Author's Latest* focuses on the relationship on sibling between an older brother and sister. *And The Mountains Echoed* is a story about family — specifically the siblings Abdullah and Pari, separated at a young age. He describe a young Abdullah thinks that he would rather forget Pari than be haunted by his memory:

Abdullah would find himself on a spot where Pari had once stood, her absence like a smell pushing up from the earth beneath his feet, and his heart would collapse in on itself. This focuses on sibling relationship between brother and sister not about sort of traditional, romantic love.

The similarity of this research with both literature reviews is analyzing the same novel from Khaled Hosseini *And The Mountain Echoed* The differentiation between both literature review with this research is the first research focuses on analyzing the issues the *Siblings Haunted By The Past*, second research is focused on *Siblings' Separation Haunts In 'Kite Runner' Author's Latest*. While in this research, researcher focuses on seraching for personal identity by using psychological approach.
A. Research Method

While analyzing the novel, the writer uses qualitative research. The data sources are library and literary data. Its purposes is to analyze using psychological approach. The object of the study is the search for personal identity reflected in Khaled Hosseini’s And The Mountain Echoed (2013) by using humanistic psychological theory. The writer uses two data sources, namely primary data and secondary data. Primary data sources taken from And The Mountain Echoed novel (2013). Secondary data source are taken from some books, journal, article, website related to psychological analysis. The technique of analyzing data the writer use are: reading repeatedly the novel, reading the translation novel to make more understand, look for some information on internet, journal, article related to the object of the study. The steps analyzing the data as follows: first, analyzing the data based on its structural elements. Second, analyzing the data based on psychological analysis.

II. Research Finding

A. Three Elements Self Concept

This part includes the three elements of self concept of major character which consists of, self image, self esteem, and ideal self.

1. Self Image

Self-image refers to the way people describe themselves, what they think they are like. According to Gross (2010: 583), as well as social roles and personality traits, people's answers often refer to their physical characteristics.
such as tall, short, fat, thin, blue-eyed, brown-haired. Self images also related to social roles, individual interest and personality.

From analyzing the novel, the writer finds Self Image appears when Pari as the main character try to identify her physical appearance. She realizes that she has the little resemblance with her parents, Suleiman Wahdati and Nila Wahdati.

She thinks that her mother is more beautiful than her. At the age of 40s she still looks so beautiful to woman as her age. Her mother has long dark hair, full chest, startling eyes and a face that glowed with the intimidating sheen of classic regal features. Then Pari wonders why she has little resemblances to her mother. She questions to herself why she has little resemblance to her mother. She look at herself then she identify her physical appearance.

Then when she remembers her father, she also realizes that she didn’t resemblances her father much either. She remebers her father is tall, has serious face, a high forehead, narrow chin, thin lips. And she also realizes that she has little resemblaces to her father too.

From the personality, Pari is kind of a shy girl. She feel not confident with herself. She like to underestimate herself in front of the person she love. In contrast her mother, Nila Wahdati is kind of woman who has high self confident. She is not shy woman. she can show her attractive look when she face the one that she loved.

About the interest, Pari more interest to learn mathematic. She said that she finds feel comfortable from that science. That mathematic is exact science
and has no ambiguity not like a life. In contrast, Nila Wahdati the person who does not has interest in science. She feel bored when Pari and Julien talk about mathematic. She like to give jokes to them as kind of satire.

2. Self Esteem

Self-esteem is a personal opinion of oneself and is shaped by individuals’ relationships with others, experiences, and accomplishments in life. Self esteem consists of two parts, they are high self esteem and low self esteem. A high self esteem related to many positive behaviours and positive results. In contrast low self esteem related to negative behaviours such as negative self talk, frequently apologizes, often feel ashamed and perfectionist with the failure. (Duncan and White, 2005: 318)

From analyzing the novel, Pari self esteem theory including in low self esteem. Because she feels that she is not beautiful and has the confidence to her physical appearance. Low self esteem can causes the person feels not confidence with herself, compare herself to others, anxiety, stress, fear to do something, sensitive and etc.

Pari thinks that she is not beautiful. She is far beautiful from her mother. She feels that her mother has everything that she does not have in herself. And she likes to compares herself to her mother. It makes her feels not confident with herself. She thinks that her appearance is usual and not interesting at all than her mother. She thinks that if she had any beauty it just simple and not special as her mother.
People with low self esteem always thinks about her fault. She does not think about excess. She focuses on her fault than her excess. It happens to Pari when she look at herself, sometimes she walks to her mother bedroom to look at long mirror and look at her body. She mention her fails in her body. She is too tall, too unshape, too utilitarian. And she thinks that she does not have her mother bewitching curves. Sometimes, she walks to her mother bedroom undress and lay on the bed where she knew Maman and Julien made love. She does not feels happy with herself. Pari likes to compare her beauty to her mother. And it makes her feels not confident with herself.

3. Ideal Self

Ideal self refers to what person would like to be or hold out as goal for individual development and achievement. (Wendkos, 1986: 226). Some people may have dreams eventhough they are struggle to achieve it or not.

a. Ideal self consist of achievement, goal and dream of the person. Her achievement is when she become the youngest profesor in the department. She is one of two woman professor in her department. When she was young she likes studying mathematic then she continous her studies on mathematic too until she gets Ph.D then she become the professor in the one of the University in Lyon, France

b. Her goal is to visists her homeland in Afghanistan. She wants to remember her childhood memories so she wants to visit her homeland in Afghanistan. She has plan to visit it when she hiatus from her P.h D and her husband Eric was have a holiday. when she almost visit her
homeland, and Eric is busy look for about information for the trip, she is pregnant. And she decides to cancel her plan to go to Afghanistan.

c. And her dream is search her personal identity, when she realized that she is different from her mother and her father from their physical appearance, then she wonders whether she is biological family of her parents. Then she wants to know her personal identity.

There are many reasons why she wants to know her personal identity; her self image is different from her parents; when she grows up she feels like something missing on her heart, the absence of something or someone, fundamental to her own existence; she ever asks about her childhood and her past, but her mother does not give her the best answer, before her mother suicide, her mother said that she look at her like stranger in her eyes.

C. Congruence Incongruence

A person’s ideal self may not be consistent with what actually happens in life and experiences of the person. According to Mcleod (2008), it is called incongruence when there is different a person’s ideal self and actual experience. Congruence occurs when a person’s ideal self and actual experience are consistent or very similar.

Pari experiences related to congruence experience is when she was young, she likes studying mathematic. She feels comfortable when she do mathematic exercises. And at college she chooses her studies on complex variables. She finds comfort in the permanenece of mathematical truths, in the lack of arbitraritness and the absence of ambiguity. And knowing that the answear
is difficult to found, but it could be found. When she complete her studies in mathematic she continous her studies on Ph.D mathematic too. And she becomes the youngest professor in the department. And she is one of the two woman of them.

Pari’s experiences related to serach her identity is involved in incongruence experience. Incongruence experience occurs when Pari feels confused about herself. She thinks that she does not know much about herself and her mother.

It happens when Pari has realized that she is different than her parents both on her physical appearance and behaviours. And she thinks that her mother more beautiful than her. Her face, her body, her physical appearance far different than Pari. And about experiences Pari feels that she miss something or someone missing in her heart that she feels like her heart has the big hole. All her life surrounded by some questions that she does not know the answear. She has ever asked to her mother but her mother’s answer can not reply all her questions with satisfaction. All her life is like a puzzle. After she got call from Markos Varvaris she knows the truth. Her intuition said that everything that has been told by Markos is true based on that letter. She feels like her mother had told her lies about her childhood.

When she got a call she finally knows what she feels now. Something or someone is missing in her heart. Finally she can find the answers of some questions that she never knows. Then she said “brother” and cries. And she sings a verse from a Farsi song suddenly.
III. Discussion

The analysis shows that Khaled Hosseini wants to share about human process to identify his true identity. That everyone wants to know about themselves. Some people might ask about themselves “Who am I” . It can be drawn from psychological phenomena that the ignorance of individuals for themselves make people need to know their real self. The main character does not know much about herself and she feels that her life is like a puzzle. Here the main character, Pari tries to search her personal identity by defining her self concept. Self concept consists of self image, self esteem and ideal self. First step is she defines her self image. She tries to identify herself from her physical appearance. She thinks that her physical appearance has little similarities with her parents. She tries to compare her physical appearance with her mother and her father. She has different taste with her mother. She also has different personality with her mother.

Second, she tries to define her self esteem. Pari is included as the person with low self esteem. She is not happy with herself and not confident with herself. She likes to compare herself with her mother. She feels not much happy with herself. On the relationship with men, she also does not have much confidence to face the man that she likes. She likes to underestimate herself in front of that man. In contrast, her mother has high self confidence to face the man that she likes. All her life Pari just has four ex-boyfriends. It is much different from her mother at her age.

Third, Pari has ideal self to search her personal identity. There are many reasons why she wants to search her personal identity. The first, she thinks
that herself image is different from her parents; when she grows up she feels like something missing on her heart, the absence of something or someone, fundamental to her own existence; she ever asks about her childhood and her past, but her mother does not give her the best answer, before her mother suicides, her mother said that she looks at her like a stranger in her eyes.

Sometimes human perception about themselves match and does not match with their experience. If people perception about themselves match with their experience it is called congruence. In contrast, while people perception about themselves does not match with their experience, it is called incongruence. She feels congruence experience when she was young when she liked studying mathematic. She feels comfortable when she does mathematic exercises. And in college she chooses mathematic as her studies and then she continous her P.h D degree in mathematic too. She becomes the youngest professor at the department in one of University in Paris.

She also feels incongruence experience. It is called incongruence because her self concept does not match with the experience that she has. She feels that she has little resemblaces with her parents. And from her experience she feels that she has something or someone missing in her heart. She lives with many questions on her head. She is confused with herself.

In this novel, Khaled Hosseini not only explains the stuggle of the main character to search her personal identity but also shows how truth condition human in a war. that caused of war many people being killed, proverty everywhere. And at the cold war some poor families lose her family. Beacuse of
the extreme cold in Afghanistan many babies die, children and older people. And because of that phenomena, there is a father who is forced to sell his daughter to wealthy couples in Kabul in order her daughter get a better life for her future. And the effect of being adopted, the main character, Pari does not know much about herself and feels like her life begin in the middle and the end and she does not know about begining. So she wants to know about herself by searching her true identity

IV. Conclusion

Based on the analysis in the previous chapter on *And The Mountain Echoed* novel by Khaled Hosseini using psychological approach the writer can draw the following conclusions as below:

Firstly, based on the structural analysis of the novel, it can be concluded that Khaled Hosseini wants to show that people tend to find out their personal identity. Hosseini create the mahor character, Pari who does not know about her past and her true identity. All her life, Pari feels that there is something missing or someone in her heart. After being adopted by wealthy couple in Kabul, Pari forget about her past. And the time goes by she feels like her life is like a puzzle which is she does not know the begining then she suddenly comes up in the middle. Then she tries to look for her true identity and look for some unsweared question in her head about her past.

Secondly, based on psychological analysis, it can be concluded that *And The Mountain Echoed* Khaled Hosseini that the ignorance of individuals for themself make people need to know their real self. The story illustrates the
psychological phenomena in which individual search her personal identity. It tells that from the main character does not know much about herself and she feels like her life is like a puzzle. She feels like she has a big hole in her heart, the missing someone or something important in her life. And Hosseini describes the self concept experienced by major character to search for her true identity. First step she tries to identify her self image by compares her physical appearance, interest and personality to her parents. Second, she tries to identify her self esteem to her mother, which is there is a big difference between her and her mother. Third, she tries to identifies her ideal self. And she has the dreams to search her true identity and find something or someone missing in her heart. In And The Mountain Echoed, Hosseini creates Pari as a girl who does not know much about herself. She is confused with herself whether she is has little similarities with her parents. And all her life she fells like she has the big hole in her heart and some unswearedquestion that she does not know the answear was. Then she decides to search for her true identity and try to define the big hole in her life.
V. REFERENCES


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VI. VIRTUAL REFERENCES


