

**THE NEED FOR LOVE AND BELONGINGNESS IN JENNIFER
CRUSIE`S *ANYONE BUT YOU* (1996): A HUMANISTIC
PSYCHOLOGICAL APPROACH**

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**THE NEED FOR LOVE AND BELONGINGNESS IN JENNIFER
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SUMMARY

GANANG YOSTIN PRASETYO, A 320100189. THE NEED FOR LOVE AND BELONGINGNESS IN JENNIFER CRUSIE'S ANYONE BUT YOU NOVEL (1996): HUMANISTIC PSYCHOLOGICAL APPROACH. RESEARCH PAPER. MUHAMMADIYAH UNIVERSITY OF SURAKARTA. 2014

The objective of the study is analyzing the novel based on the structural elements, and the analyzing the issue of the need for love and belongingness by using humanistic psychological approach.

The methods to conduct this research are determining the type of the study, determining the object of the study, determining the data sources, determining the technique of data collection, and determining the technique for data analysis. This research is a descriptive qualitative research. The primary data data sources is Jennifer Crusie`s Anyone But You (1996) novel. The secondary data sources are books, journals, and internet sources related to the study. The two kinds of data collected through library research and analyzed with descriptive analysis.

The researcher draws two conclusions. First, the structural element of the novel described the character and characterization, setting of time and place, plot, point of view, and theme. They shape into one unity. Second, based on humanistic psychological approach, the need for love and belongingness was revealed with other descriptions of physiological and safety needs that reflected in the novel.

Keywords: need for love and belongingness, structural elements of novel, humanistic psychological approach

A. INTRODUCTION

Need is everything that must be fulfilled by human to stay alive. Human has to fulfill not only objective and physical need but also subjective and psychological needs. The objective and physical need is the needs to get food, drink, place to live, safety, healthy, etc. The subjective and psychological need is the needs to get happiness, affection, love, self-esteem, etc. The dependency of love makes human belonging to others. Need of love and belongingness is one of fundamental reason that makes people related to others. This thing is related to emotional relationship which gives people`s desire to pass the life enthusiastically.

Anyone But You (1996) novel presence the theme of love disregards age difference. They are Alex who is thirty and Nina who is forty. The struggle to keep their love is difficult. Nina, who is older than Alex get trouble with his status of widow, her age and her body. She has to manage her passion to Alex. Then, Alex gets trouble that he should have same position with Nina. He wants to prove that age differentiation is not a matter to have love relationship. This novel is a famous romance novel. The novel ends with a happy condition after facing some problems.

The issue of the need of love belongingness in the novel is reflected well. The main character Nina is described as the mature woman who does not get affection from her marriage then it makes her to get divorced. Then she meets Fred, a big old and depressed dog, as her friend in her apartment. Fred has brought her to Alex. The whole parts of the novel describe condition where Nina, Fred and Alex love and belongs each other.

The researcher has searched other researches that analyzed *Anyone But You* novel in library and internet. The researcher finds many researches that conducted on the research of love belongingness by using humanistic psychological approach in different object. The first literature review is research paper by NasirAnshorla entitled Needs for Love and Belongingness in Maclachlan`s Sarah, *Plain and Tall* Novel: A Humanistic Psychological Approach in 2012.

The second is research paper by PratamaFebri Risky entitled Needs For Love And Belongingness In The Character Of Huck Finn In Mark Twain's The Adventures Of Huckleberry Finn Novel: A Humanistic Psychological Approach in 2014. The third is research paper by Suwening Windy Astuti entitled Needs For Love And Belongingness In The Character of Giacomo Casanova in Casanova Movie: Humanistics Psychological Approach in 2009.

Humanistic psychological approach is an approach to psychology that Maslow and others viewed as viable alternative to psychoanalysis and behaviorism (Hjelle and Ziegler, 1992:486). Human being also has many needs. They always try to fulfill their needs. Therefore, Maslow proposes the hierarchy of needs. They are divided into basic needs and meta needs. Basic needs covered physiological needs, safety and security needs, belongingness and love needs, and self-esteem. Meta need covers the growth need, that is self-actualization.

A need is something that is necessary for organisms to live a healthy life. Needs can be objective and physical, such as food, or they can be subjective and psychological, such as the need for self-esteem. To most psychologists, need is a psychological feature that arouses an organism to action toward a goal, giving purpose and direction to behavior.

According to Chaplin (1968:281), Love is a strong feeling full of affection for someone, usually accompanied by sexual component.. Love can be divided into romantic love and affection love. Maslow (in Hjelle and Ziedgler, 1992:452) identifies two kinds of adult's love, there are deficiency or D Love and being or B Love. D Love is based on a deficit need, B love based on valuing the other person as a person, as an end in himself or herself. According to Chaplin (1968: 58), belongingness is the quality or state of being an essential or important part of something. It can be explained that a feeling of acceptance by others. Every people wonder that his or her presence is considered by others. Every kind of feeling that make people want, need, hope other people is considered belongingness. In short, the need for love and belongingness is feeling that people want, need, hope about love from others.

B. RESEARCH METHOD

Type of the study used by the writer to make this research is descriptive qualitative research. The purpose of descriptive qualitative research is to analyze the novel using feminist perspective. The first step of conducting the research is determining the type of the study. The second is determining the object of the study. Then the third is determining the data sources. The fourth is determining the technique of data collection, and the fifth is determining the technique for data analysis. The object of the study of the research is *Anyone But You* (1996) novel, written by Jennifer Crusie`s.

C. RESEARCH FINDING

1. Physiological Need

According to Cloninger, (1984: 452). "Physiological needs is the most fundamental, strong and visible needs than others". The example of physiological needs are oxygen, water, food, shelter, activity, rest, and sex. The description of the physiological needs which happened to Nina is not crucial at the very beginning of the story. Nina is a forty widow who live only with her dog in her apartment. Nina does not has problem to fulfill her basic needs. She can get food and water easily. She also does not have problem with her new shelter. She live in her own apartment only with her dog. Even tough there are only both of them, they enjoy to have quality time by watching movie and jogging.

Nina`s ex-husband, Guy, is very rich. On the other hand, he has no time for Nina. when she has just moved to her new apartment, she feel lonely, depressed for several times. Nina works as a editor in her friend`s publishing. Her days are spend mostly in her apartment rather than in the office. She can do her editing job at home. That is why, she prefers working at home because it will be more relax. Therefore, she has enough time to take rest and being together with Fred.

Other main character which is reflected a physiological need is Alex. He is a thirty ER doctor. His basic needs of food, drink, oxygen are never be threatened. Working in ER makes him to be ready everytime he is needed. His job sometimes threatened his rest time. When he has part time at hospital, he used it to sleep. But, when his brother, Max, comes to visit him, it is hard to do. He is the closest family of Alex. Max usually comes to visit Alex and brings cans of beer. They drink beer together and share every things. Alex ever stated that "I'm sleeping. Go away. And take that damn beer with you before somebody sees it." (Crusie: *ABY*, 1996: 5). It means that Max coming bothered him, sometimes, especially when he is really tired and sleepy. This condition shows that Alex phsiological need of doing activity and rest is not inbalance. He sould have equal proportion to take rest and work.

2. Safety Need

According to Maslow in Huffman, Vernoy and Vernoy (1997: 383), "human needs the feeling of secure and safe, they also want to seek pleasure and avoid pain". The safety needs which is emerged to Nina at the bigining of the story if freedom from anxiety. She worried about her condition which was just divorced with her husband. She worried of getting old and her body. The condition is stated on the quote bellow:

"Forty was a good age for a woman. It meant freedom. Especially freedom from her overambitious ex-husband and their overpriced suburban castle, which had finally sold after a year of open-house hell. There was something good: she was out of that damn house" (Crusie: *ABY*, 1996: 2)

Fred, is the only family of her who can release her loneliness. By owning Fred, she can release her love, her attention, her care to him. They love to go jogging in the afternoon and watch movie in the night. That is the only thing that she wants to do to enjoy her life, to fulfill her loneliness, and to own her freedom. Alex ever feels that his safety need is threatened. This condition

is happened when he saw Nina at E.R room. The safety need threatened by the fear of blood. As a doctor, Alex should not has this feeling. He fears of blood of someone who he loved. It described on the quote bellow:

“Alex stood up. "I can't stand looking at that. You scared the hell out of me, woman. Next time you show up here, break a leg or something. The sight of all that blood on you makes me want to throw up." "I thought doctors weren't supposed to get sick at the sight of blood," Nina said. "That depends on whose blood they're seeing," Alex said.(Crusie: *ABY*, 1996: 74)

3. Love and Belongingness Need

Maslow in Huffman, Vernoy and Vernoy (1997: 383), stated that “belongingness and love needs is the needs to affiliate with others, be accepted and give and receive attention”. At this level, people seeks love from different gender, love between boy and girl or men and women. People also seek love in friendship and relation

By owning Fred, Nina can release her affection, which was under pressure when she stayed with her ex-husband. The way Nina express her love to Fred is by hugging. She hugs Fred and feels all of her problems, her frustration and her loneliness. She releases all that feeling and makes her crying. Her cry is harder when Fred start to link her face with his tongue. She feels that Fred is belonged to her. The condition is described in the following excerpts:

"Oh, Fred." Nina burst into tears and wrapped her arms around him. His body was fat and warm and wiggly, and Nina hugged him tighter, so glad to have someone alive in her life again and so relieved to finally be able to cry out the frustration and loneliness that she didn't even care the someone had four legs and smelled like rank canine. "We're going to be so happy together, Fred," she told him, sobbing. "We really are. We're going to be wonderful together." Fred sighed and began to lick the tears from her face, which made Nina cry even harder” (Crusie: *ABY*, 1996: 5)

The need of love and belongingness is very needed by Nina. She ever stated that she cannot release her love and belonging to someone that she loved. That feeling makes her lonely. Loneliness is one of her big problems, as stated in the quote below:

“Her other problem was the loneliness. It had been bad this last week, being in a new place and being so lonely. She'd been lonely before in the big house, but she was used to being lonely there. Her marriage had been a series of important parties and important charities and important career moves for her husband, but after the first couple of years, not much warmth and not much fun. She and Guy had laughed together at first, but then his future had gotten in their way, and the fun had stopped.” (Crusie: *ABY*, 1996: 17)

Even though Nina feels loneliness, she ever rejected someone`s love. He is Guy, her ex-husband. Her husband ever came to her apartment and asked her to come back to him. He said that he still love her and asked her to stay with him again. She rejected his offer. In this case, the condition where she did not receive her ex-husband`s love means that she was not love and not belongs to him. She did not need the love and belongingness from her ex-husband.

Nina jerked back. She'd left him because she was fed up and wanted a new life, and he'd still managed to turn the divorce into something about him. Amazing. She tried not to glare at him. "You can't mean you want us back together." "Yes." Guy gazed into her eyes. "I didn't realize until I heard that you were hurt how much I've missed you. How much you need me to take care of you. How much I want to take care of you. And I know you've missed me, too, living in this tiny apartment with a dog, for heaven's sake." He looked at Fred with contempt. (Crusie: *ABY*, 1996: 80)

One day, Nina lost Fred. She cannot find him in every side of the apartment. Then suddenly someone knocked the door and returned Fred, someone who is a young, handsome and very attractive boy. He is Alex, her neighbor who stays in the second floor. As time went by, Alex visited Nina so often. They had good time by sharing their life, past, job, and everything.

The need of belongingness and love in Alex is very limited. It cause from his background family. All of his families are doctors. They have different working time and very busy. This condition makes Alex lack of family`s affection. He never wonders to have quality time with his family. When his birthday comes, his brother, Max, said that his mother would come to have dinner with him. However, Alex does not believe that his mother comes for him. He thinks that must be something more important that makes his mother comes. That condition is described in the quote bellow:

"It gets worse." Max beamed at him, cheerful as always. "He said your mother's coming to town tomorrow." Alex sat up. "My mother's flying in for my birthday?" "No," Max said. "She's flying in for a one-day seminar on the new laser technology. It just worked out that it's your birthday."
(Crusie: *ABY*, 1996: 7)

Alex`s brother, Max, also has same feeling with him. He is the only family who cares to Alex. He usually comes to visit Alex to drink and share about everything. He and their father had bad experience in their life. Max realized it. Therefore, he always gives good advice to Alex

Alex did not get love not only from his family, but also he does not have any bravery to express his love to Nina. Alex`s feeling to Nina is not only about his desire to give and receive love, but also to be his soul mate. Alex feels that Nina is likes his mother and his friend. They way Alex and Nina need each other is also expressed when they get trouble with their dating. As time went by, Alex and Nina had knew that they felt in love and belong each other. After Nina can release her loneliness by owning Fred, she gets warmth and humor from Alex. She got her need of love and belongingness, then, other need that emerged to be fulfilled is their love desire. They start to seek for their sex fulfillment. This feeling is having not only by Nina but also Alex.

Nina cannot stop thinking about Alex. The accident that she got had brought her to the reality that she does not know it before. It was Alex`s maturity. Before the accident happened, she only knew foolish Ales who wear

Duffy Duck and t-shirt. When the accident happened, she charmed of Alex's professionalism. After the accident, she cannot stop her mind not to thinking of Alex. This condition shows how Nina has a big desire to Alex. She always imaging Alex's body and having sexual intercourse with him. She really loves and needs Alex. They realize that they are belongs to each other and declare their love.

"Good." Alex shifted against her, making all her nerve endings jump and throb, and evidently his, too, because he drew in a sharp breath. "He can wear it in the wedding." He grew still then, watching her, obviously waiting for her to say that she couldn't marry him, that it was out of the question, that he was too young, that people would talk. "Fred's going to be in our wedding?" she said, and he relaxed against her and laughed, and she held him close, completely sure of him and his love." (Crusie: *ABY*, 1996:110)

Nina and Alex got their need of love and belongingness fulfilled. Their need to receive love is as big as their need to release it. Their big need of love makes them having big desire of sexuality. The sexual desire is involved with their love and belongingness need. After they got the fulfillment of their needs, they are planning to have intimate relationship by conducting marriage.

4. Discussion

The last step is completing this research by relating the entire element to one another and putting them back into unity. By using humanistic psychological theory by Maslow to analyze *Anyone But You* (1996) novel, the researcher understand about the physiological needs, safety needs, and belongingness and love needs which is reflected on the main characters in the story.

The physiological need, there are two main characters have deficiency of this need. First is Nina, she feels deficiency of food when she has to take care of Fred and nobody in her apartment. Then she asked charity for help. Second is Alex, different from Nina, he has deficiency basic need of rest time. He is a busy doctor. When he wants to take rest and her brother comes and

brings cans of beer, he feels that he had bothered his rest time. Both Nina and Alex seems do not have any difficulties to fulfill their basic needs.

Safety need, Nina`s safety need is fulfilled when she divorced with her husband, moved to apartment and had Fred. She get her freedom in her forty. On the other hand, her safety need threatened when she got injured in her hand and she had to go to the hospital by herself. In order to fulfill safety need, sometimes Nina need others to help her, but Alex can handled his need by himself.

Love and belongingness need, Nina`s need of love and belongingness need is to looking for mate. She released her loneliness by owning Fred. Nina has problem in maintaing her love. The big desire turn to be physiological need. It makes her mind chaos. She doesnot think about her status and age anymore. If she wants her desire fulfilled, she has to come to Alex. Finally, she said that she really need, love and belongs to him.

Alex face the condition that he is lack of love and belongingness from his family. He cannot fulfill it because all of his family members are busy. This need had fulfilled by having some girl to be dated. Alex did not get Nina`s trust that he really need her. He do some effort to prove it. Finally, both of them realize that they have same feeling. While Alex and Nina are having same need of love and belongingness. They can fulfill it easily because both of them are love and belong each other. They have prove that their love have break down age differentiation.

Those are the discussion of the humanistic psychological needs in the Jennifer Crusie`s *Anyone But You* (1996) Novel. The researcher had analyze the physiological needs, safety need, and love and belongingness need, which are reflected on the main character of the novel. After analyzing all of the needs, the researcher assumed that the need for love and belongingness is the most emerged need than others.

5. Conclusion

First, based on the structural analysis, the author deliver a message that love disregards age difference. The author creates characters having age difference. The characters are put in a specific context of place, and time, that highlight the issue of age difference. Second, based on the psychological analysis, the author illustrates a psychological phenomenon in which a man and a woman fall in love with each other without considering their age difference. In this novel the author reflects that the need for love and belonging in part of the human nature.

The research presents the need for love and belongingness in Jeniffer Crusie`s *Anyone But You* (1996) novel, a humanistic psychological approach possesses a pedagogical implication. Pedagogical is the principle component used to motivate the other people in the comprehend literature work especially in the education world. This novel has many problems but there is one problem in education, which related to the issue of needs for love and belongingness. The problem in education that identified is the main character, Alex, who has debts to pay his school fees.

The researcher states that this novel is highly recommended to read. He hopes the research can be useful for other researchers related to Jeniffer Crusie`s *Anyone But You* (1996) novel. The novel presents some problems related to self-controlling and self-actualization of the characters. It may be the issue for other researcher to conduct research in this novel by using certain theory related to them.

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