AFFECTION REFLECTED IN *THE NOTEBOOK* NOVEL (1996) BY NICHOLAS SPARKS: A PSYCHOANALYTIC APPROACH

MUHAMMADIYAH UNIVERSITY OF SURAKARTA

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Hence, later, if it is proven that there are some untrue statements in this testimony, I will hold fully responsibility.

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ABSTRACT

The major problem of the study is showing affection and care to our beloved people that happened to the main character, Noah Calhoun. Noah is a strong, romantic and a man who really cares about other people, especially his wife. He never leaves his wife although she is affected by Alzheimer's disease. The object of this study is to analyze Nicholas Sparks The Notebook novel based on the structural elements and analyze this novel based on the psychoanalytic approach. The writer employs qualitative method. The researcher uses two data sources; primary and secondary. The primary data source is about The Notebook novel. Then the secondary data sources are the books about psychoanalysis, references from internet about The Notebook novel, and other sources, which have relation to the analysis. The method of data collection is library research and the techniques of data collection are reading the novel and note taking. Based on the analysis, the Researcher get some conclusions. This study shows that the problem faced by the major character is he loves his wife so much, he does everything for Allie, including writing her letters for three years although the letters are never ever replayed by Allie; but after they meet for the first time, the love that has been lost over fourteen years grows back in their hearts. Until they grow old and Allie affected by Alzheimer's disease, Noah still beside her.

Keywords: The Notebook, Affection, True Love, Psychoanalytic approach

1. Introduction

The Notebook novel was written by Nicholas Sparks published in October 1996. The Notebook is a romantic novel based on true story. The novel was later adapted into a popular film of the same name, in 2004. This was Nicholas Sparks' first published novel. It was the third written after The Passing and The Royal Murders, which he did not publish. He wrote it over a period of six months in 1994. The Notebook was a hardcover best seller for more than a year. In interviews, Sparks said
he was inspired to write the novel by the grandparents of his wife, who had been married for more than 60 years when he met them. In The Notebook, he tried to express the long romantic love of that couple.

The researcher has three reasons why she wants to analyze this novel. The first reason, The Notebook presents the story of first love, which turns into true loves. Noah and Allie fall for each other one summer, but they come from different worlds where their love is forbidden, then Allie engaged to Lon, and also when Allie was suffering from Alzheimer’s, Noah never turned away from Allie and kept waiting for her until she was back to him again. It is a classic tale of love lost and regained after many years, and is a truly romantic and touching story. This is an amazing book that captures your attention and keeps guessing what will happen next.

The second reason is the style of The Notebook uses detail that makes readers imagine everything as if we were there. Sparks focuses on characters’ thoughts and feelings. The third reason is because of this novel must be romantic and popular novel and also the film. It shows that on October 1995, Park secured a $1 million advance for the book from the Time Warner Book Group, and the novel was published in October 1996. It was on The New York Times Best Seller list in its first week of release. And also the moral values that given by the authors are a lot especially spiritual, divine, and the magical values that are very dominating story in this novel.

The problem statement of the study will focus on the affection in The Notebook novel. Noah’s affections are influenced by his cares and loves. Based on the background of choosing the subject above, the researcher was going to focus her research on the affection of Noah Calhoun to reach his hopes in The Notebook novel with the problem of this study as follow: “How is Noah Calhoun’s affection reflected in Nicholas Sparks’ The Notebook novel?”. The objective of the study is to analyze the affection reflected in The Notebook novel (1999) by Nicholas Sparks on a psychoanalytic approach. Based on researcher’s observation, at least in Muhammadiyah University of Surakarta, the writer finds some research papers that have the same object as the writer analyzes. The first is from Andina Dwi Kanti (2011) by her research paper: “Book Review of The Notebook Written by Nicholas Sparks”. The second researcher’s observation was already done by Yuli Andria Fajarini (2015) by her research paper: “Devotion in Nicholas Sparks’ The Notebook (1996): An Individual Psychological Approach”. The differences between the writer and the two previous studies are the theme and the perspective. The first previous study focused on the review from The Notebook novel that elaborates the moral lessons from this book and also to find out the weakness and excess of the novel. The second is shows that the main characters in this novel have a devotion feeling. In this research, the researcher wants to conduct a study on Nicholas Sparks’ novel based on psychoanalytic approach. The writer focuses on the affection in The Notebook novel. The similarity of this research is the use of The Notebook novel (1996) as the data source.

The term affection originally derived from the Latin affectio and its earliest appearances (c.1230 A.D) were in reference to “an emotion of the mind” or a “permanent state of feeling”. Floyd and Morman (1998) conceptually defined affection as an emotional state of fondness and intense positive regard that is directed at a living or once-living target.

Affection, attraction, infatuation, or fondness is a "disposition or rare state of mind or body" that is often associated with a feeling or type of love. It has given rise to a number of branches of philosophy and psychology concerning emotion, disease, influence, and state of being. "Affection" is popularly used to denote a feeling or type of love, amounting to more than goodwill or friendship. Writers on ethics generally use the word to refer to distinct states of feeling, both lasting and spasmodic. Some contrast it with passion as being free from the distinctively sensual element.

Based on the definition above, the writer uses a psychoanalytic approach to study the personality of human beings in this novel, because the personality has connection with psychology of human beings. A psychoanalytic approach is a theory that is proposed by Sigmund Freud. This theory
is applied to different aspects of psychology the approach basically provides an explanation of a specific topic from a certain point of view. Freud and Newman (1983: 385) described three components of personality; the Id, the ego, and the superego. The id is the most basic system of personality, totally unconscious, the ego is authorized by reality principles and connects with real world, and the superego as the principle of morality consists of some values and evaluated norms.

Based on the description above, the researcher proposes to conduct a research entitled “AFFECTION REFLECTED IN THE NOTEBOOK NOVEL (1996) BY NICHOLAS SPARKS: A PSYCHOANALYTIC APPROACH”

2. Research Method

In this research, the researcher uses a qualitative research. It is a library research while data sources need literary data. This kind of research has purpose to analyze literature using an individual psychology approach. There are some steps to conduct the research. They are: (1) determining the type of the study (2) determining the object of the study (3) determining data and data sources (4) determining technique of data collection, and (5) determining technique of data analysis. The object of the study is Affection Reflected in The Notebook Novel (1996) By Nicholas Sparks: A Psychoanalytic Approach. It is analyzed by using a psychoanalytic approach. There are two data sources which are needed to conduct this research. They are primary data sources and secondary data sources. The primary data are the main data obtained from all the words, dialogues, phrases, and sentences in the novel. The source of primary data is The Notebook novel. It is published by Nicholas Sparks. The secondary data are the supporting data taken from library books, criticism, and some articles related to the novel. The sources of secondary data are taken from other sources related to the study, such as: website, dictionary, and some books which support the research. In conducting the study, the writer uses the technique in collecting the data as follows: (a) reading the original The Notebook novel several times (b) determining the characters of the novel (c) taking notes of important things for both of primary and secondary data sources (d) classifying data by determining the relevant data. The technique used in analyzing the data is descriptive analysis.

3. Research Finding and Discussion

3.1 Finding

There are three kinds of personality in The Notebook novel based on Freud Id, Ego, and Superego. Noah Calhoun as the major character faces those kinds of personality and the discussion below will show Id, Ego, and Superego that happen in Noah Calhoun.

3.1.1 Id

Id keeps biological needs, dream, fantasies, obsession, ambition, desire, and all the reality demands. It can be illogically or immorally when Id wants satisfaction of those feeling (Pervin, 1970: 76)

Noah’s id occurs when he will visit Allie’s room to read her about their story. It is shown in some statements in this novel, for instance:

I cough, and through squinted eyes I check my watch. I realize it is time to go. I stand from my seat by the window and shuffle across the room, stopping at the desk to pick up the notebook I have read a hundred times. I do not glance through it. Instead I slip it beneath my arm and continue on my way to the place I must go. (TN, 1996: 18)

3.1.2 Ego

The aim of ego is to distinguish between fantasy and reality: it follows reality principle and operates by secondary process (Burger, 1986: 56)
Noah’s ego occurs when he begins to read the story, he always wonders that miracles will happen today. The possibility that makes him just go on and he never stops hoping. It is shown in some statements in this novel, for instance:

There is always a moment right before I begin to read the story when my mind churns, and I wonder, will it happen today? I don’t know, for I never know beforehand, and deep down it really doesn’t matter. It’s the possibility that keeps me going, not guarantee, a short of wager on my part. (TN, 1996: 22)

3.1.3 Superego

Superego is used to control human behavior based on the moral ethic in society (Pervin, 1970: 76). Noah’s superego occurs when he will read a story to Allie, his ego feels worried, but his superego still wants to do it because he believes that the miracles may be happen. It is shown in some statements in this novel, for instance:

I realize the odds, and science, are against me. But science is not the total answer; this I know, this I have learned in my life time. And that leaves me with the belief that miracles, no matter how inexplicable or unbelievable, are real and can occur without regard to the natural order of things. (TN, 1996: 23)

4. Discussion

After analyzing the major character’s personality element that consist of the id, ego, and superego and the affection, it shows the important role in creating the major character’s mental condition. In this discussion of analysis, the researcher tries to relate one element to the others. In describing the condition of each element, it is necessary to collect and relate these elements into discussion of analysis. Nicholas Sparks gives attention in the personality elements, especially in Noah calhoun as the major character of the novel.

The discussion in this chapter is based on the supplication of psychoanalytic theory of Sigmund Freud. There are a lot of conflicts faced by the characters that are chosen by the author. Noah Calhoun has show many affections in a lot of aspect on his life. In The Notebook novel, Nicholas Sparks gives attention in the personality of the elements and focuses both on the internal and external conflicts especially in the major character of the novel.

The id is the thing that sounds illogical, irrational, and without consideration to the execution concept of idea from Noah’s mind into the form of action based only on what he has said. Noah’s personality conflict begins when he tries to make his wife remember him again. He does everything he can to make her back, he gives all of his time and his affection to her. He believes on miracle and its work at the end of the story.

Noah’s first id is when he checks his watch, he realizes that it is the time to visit his beloved wife. In the morning, especially, he will visit the room of his wife to tell and read her a story about them. Here the ego of Noah works, there is always a moment right before he begins to read the story when his mind churns, and he wonders that the miracle will happen. The superego of Noah believes that just the possibility keeps him going on, not the guarantee. He realizes the odds, and science, are against him. He believes that science is not the total answer. So once again, just as he does every day, he begins to read the notebook aloud, so that she can hear it, in the hope that miracle has come to dominate his life will once again prevail.

Noah is a strong, romantic and a man that loves nature very much. In the evening after he has finished his works, he sits in the porch of his plantation-style home. He especially likes to look at the trees and their reflections in the river. Their dazzling colors glow with the sun. Here is Noah’s
ego, for the hundredth times, Noah wonders if the original owners of the house has spent their evenings thinking the same thing, that Carolina trees are beautiful in deep autumn. His superego occurs here, after he feels satisfied, he goes into the house, drinking a glass of sweet tea, then he showers. He always shows at the end of the day, the water washes away both dirt and fatigue.

After he has finished to take a shower, he sits in the porch of his house with an old book by Walt Whitman. He rubs the cover, dusting it off just a little, then he lets the book randomly, and reads the words in front of him. His ego works here, he smiles to himself. For some reason Whitman always reminds him of New Bern, and he is glad to come back. New Bern is a place that has many finances for him, especially Allie, his true love. His superego works here, he never wants to think about Allie anymore, but sometimes when he visits the place that they often come, he will remember her again. He works very hard for his house is one of the ways to forget her shadows, but it does not totally work. It makes him like a man that doesn't have the spirit of life.

One day, when Noah sits in the porch of his house, someone comes, and he doesn’t believe that it is Allie. His id works here, not either one of them moves as they face each other. Noah isn’t said anything, his muscles seems frozen. When she accosts Noah, it startles him, and then he looks at her with amazement in his eyes. The ego of Noah works here, after shaking his head slightly, he slowly begins to smile and answer Allie stammered. Without no words they come together, as if it were the most natural thing in the world. Noah’s ego works here, he puts his arms around her, and drawing her close. They hold each other tightly, making its real, both of them let the fourteen years of separation dissolve in the deepening twilight. It shows how Noah still loves Allie and he has a full of affections to her.

After they waive their longing, Noah then asks Allie why she is there, she cannot answer him and she feels that she is being rather silly, by showing up out of the blue, not knowing what she wants to say, and Noah must think that she is crazy. Noah’s ego works here, with gently he said that she is not crazy and he reaches for her hand and asks her to go for a walk. When they startles toward the river and turns on a path near the bank, she lets his hand go, it surprises him. Noah’s superego works here, when he surprises with Allie’s doing, he walks on with just enough distance between them so that they cannot accidentally touch.

When they finish to take a walk, he invites Allie for dinner in his house. They will eat a crab, but they have to pick the crab in the dock first. When Noah asks her whether she has ever eaten the crabs, and she answers that she never ever eats the crabs, here the ego’s of Noah works, he disappears to the upstairs for a moment, then he turns with a navy blue button-down shirt in his hand. He holds sit open for her. He doesn’t want Allie to stains her dress. Then Allie puts it on and smells the fragrance that lingers in the shirt, Noah’s superego occurs when he sees what Allie’s doing, so he said that the shirt is clean and she doesn’t worry about it. What Noah has done is showing his affection to Allie.

After they have finished their dinner, they go to the porch to enjoy the night and also the stars. They sit on the rocking chairs. Noah turns to the stars. The ego of Noah works here, when he turns to the stars and their twinkling lights remind him that Allie will leave him soon, he feels almost empty inside. That is a night that he wants never to end. He doesn’t want to lose her again, but he doesn’t know what he should tell to Allie to make her stay with him. He makes a decision to say nothing. Noah’s super ego works here, he wants to make love to her again and have her love in turn, but he also realizes it could never be. She has been engaged.

On the next day, Allie comes to his house again because Noah wants to take her to the some places that she never visits. When he looks to the western sky and sees storm clouds, thick and heavy, he wonders if it is a good idea to go out. Noah’s ego occurs he doesn’t want to be outside when they get there. He has learned in long ago for never underestimating the weather, he
can make a deal with the rain, but lightning is a different story. When she finally arrives, he talks to her that he is not sure that they should go, because of the storm. They will be outside and may get wet, and besides there will be lightning, but Allie still wants to go to the place meant by Noah. Noah's superego works here, he cannot refuse her, so he looks at the clouds again, finally he decided to follow Allie's want. Then they spend the night together.

In the next morning when Noah makes a breakfast for Allie, they heard a knock at the door and Noah left the kitchen. While Noah opens the door, he surprises and not expected with the visitors that stands in front of him. He stuck for a moment at a beautiful woman in her early fifties, a woman he would have recognized everywhere, Allie's mother. When Allie's mother meets with her daughter, Noah's ego works, he left them so they can talk feely. After she has finished to talk with her daughter, Noah opens the door for Allie's mother as she goes out. Noah peeks in the living room, sees Allie sits with her head down, the superego of Noah works, he goes to the back porch, he knows that she needs to be alone. He sits quietly in his rocker.

When she is ready, she going to the porch, the place where Noah sits, and said that she is still confused with the decision she should make. She doesn't lose Noah anymore, she loves Noah, but she loves Lon too. However she should meet Lon. That is the time when finally Allie leaving Noah and going to the hotel to meet with Lon, her fiancé. Noah's ego occurs he wants Allie to stay with him, he doesn't force her and also he doesn't want Allie to sacrifice herself and their relationship. When Allie finally makes a decision to leave, Noah's superego works here, he cannot do anything. They walk to her car slowly, without speaking. When they reached it, Noah embraced her again until he can feel the tears welling up in his own faces. He opened her car door and they kiss once more time. It is hard for both of them. He feels into an almost trance-like state as he feels the reality of the situation. He watches the car slowly forwards, slowly the car begins to turn from him, toward the road that would take her back to town.

The story ends there, he closes the notebook, removes his glasses and wiping his eyes. Minutes pass before she finally turns to him. She is crying. Noah's ego works here, he releases her hand, then reaching in his pocket. He takes out a handkerchief and wipes at her tears. When she looks at him as he is doing so, he wonders that she is thinking.

A light rain begins to fall. Little drops tap gently on the window. Noah takes her hand again. He believes that it is going to be a good day, a very good day. Then he asks her going for a walk, because the air is crisp and the goslings are waiting. They spend the evening by sitting in the parks. At the night when their wedding anniversary, after Noah recovers from his heart attack. His superego occurs that he cannot walk as before and walking by shifting his feel slowly but his ego occurs when he visits Allie because he missed her so much. When he arrives in her room, he thinks he hears someone coming, so he enters her room and closes the door behind him. He reaches the window and opens the curtains. He turns to Allie and sits on her bed while he slips the note beneath her pillow. Then he reaches across and gently touches her face and strokes her hair. He feels wonder and he feels awe, when Allie opens her eyes, he feels an urge to attempt the impossible and he leans toward her, their faces are drawing closer. And when her lips meet him, he feels a strange tingling he has never feel before. He kisses her lips and her cheeks. Another miracle—the greatest of all—and there's no way he can stop the tears as they begin to slip toward heaven itself. For that moment, they feel that the worlds are full of wonder.

In Noah Calhoun's life, he has much of affections that he shows and he gives with all around him. Not only a people but also his hound dog that is hit by a car. Noah is a man that has a big heart and a man that loves poetry and beautifications. He is not ashamed to show his affection especially for his parents that has passed away. He tried to stop by regularly to leave some flowers occasionally he left a note for his father. And every night without fail he takes a moment to
remember him, then saying a prayer for the man who'd taught him everything that matters. He also helps his neighbor that he regards him as family. For his wife, he never stops in showing his affection especially when his wife suffers from Alzheimer disease. Every day he reads the story from both of them, in hope that one day she can remember him again and they can enjoy the rest of their lives happily.

5. Conclusion

After analyzing the story of Nicholas Sparks’ The Notebook, the researcher will conclude the psychoanalytic aspects that influence the major character. The aspect consists of id, ego, and superego.

The researcher concludes that affection is the individual emotions, that driven from system of personality. When id wants to be satisfied soon, it must be considered with morality. It can be said that ego has given a pressure on id and it causes the conflicts in the personality. Nicholas Sparks gives the important points when the major character, Noah Calhoun, gets the conflict between his ego and superego to prove his affection.

In this novel, Nicholas Sparks seems to give a description that affection can make readers feel happiness or sadness, and also make the readers feels what is experienced by the major character. Affection is a feeling or types of love. Affection is popularity used to denote a feeling or type of love, amounting to more than goodwill or friendship. Every chapter in this novel, Noah shows much of affections to everybody around him.

Thus, from the explanation above it can be conclude that The Notebook novel is the romantic novel that has the happy ending love between Noah and Allie Nelson, his true love. Besides that, it has correlation between The Notebook novels with the psychoanalytic theory.

the researcher realized that this study is not perfect at all, because of her limited knowledge of literary work. The researcher hopes that the reader will take values of this novel and use this study to compare with another research. The reader can improver their knowledge by comparing a research and develop their information about literature.
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