

**COPING WITH BULLYING IN SHARON DRAPER'S NOVEL,
OUT OF MY MIND (2010) : INDIVIDUAL PSYCHOLOGICAL
PERSPECTIVE**



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

**By :
UMI NUR KARTIKASARI
A320150159**

**DEPARTEMENT OF ENGLISH EDUCATION
SCHOOL OF TEACHER TRAINING AND EDUCATION
UNIVERSITAS MUHAMMADIYAH SURAKARTA
2019**

APPROVAL

COPING WITH BULLYING IN SHARON DRAPER'S NOVEL, *OUT OF MY MIND* (2010) : INDIVIDUAL PSYCHOLOGICAL PERSPECTIVE

ARTICLE PUBLICATION

by

UMI NUR KARTIKSARI

A320150159

Approved to be examined by

Consultant



Dr. M. Thoyibi, M.S

NIK. 410

ACCEPTANCE

COPING WITH BULLYING IN SHARON DRAPER'S NOVEL, *OUT OF MY MIND* (2010) : INDIVIDUAL PSYCHOLOGICAL PERSPECTIVE

By:

UMI NUR KARTIKASARI

A320150159

Accepted and Approved by the Board of Examiners

School of Teacher Training and Education

Muhammadiyah University of Surakarta

On July 2019

Team of Examiners:

1. **Dr. M. Thoyibi, M.S.**
(Head of Examiner)
2. **Dr. Phil. Dewi Candraningrum, M. Ed**
(Member I of Examiner)
3. **Titis Setyabudi, M.A**
(Member II of Examiner)

(*M. Thoyibi*)
(*Dewi Candraningrum*)
(*Titis Setyabudi*)

Dean,



Hardjo

Prof. Dr. Hardjo Joko Prayitno, M.Hum.

NIP. 196304281993031001

PRONOUNCEMENT

Herewith, I state that this publication article is absolutely my own work and there no plagiarism of the previous literary works that have ben raised to obtain bachelor degree of a univeristy, except those in which the writing are the manuscript and mentioned in literary review and bibliography. If it is proved that this statement is in correct, this entirely becomes her responsibility.

Surakarta, 20 July 2019



Umi Nur Kartikasari

A320150159

COPING WITH BULLYING IN SHARON DRAPER'S NOVEL, *OUT OF MY MIND* (2010) : INDIVIDUAL PSYCHOLOGICAL PERSPECTIVE

Abstrak

Bullying merupakan sebuah tindakan yang masih sering terjadi. Bullying tidak hanya menjadi perhatian dari psikolog, orang tua dan masyarakat akan tetapi juga pengarang. Salah satu pengarang yang peduli terhadap bullying adalah Sharon Draper dalam karyanya yang berjudul *Out of My Mind* (2010). Studi ini mengkaji tentang bagaimana cara mengatasi intimidasi yang terdapat dalam novel. Penelitian ini menggunakan teori individual psychology oleh Alfred Adler dan teknik yang digunakan adalah studi pustaka. Tujuan dari penelitian ini adalah untuk menganalisis indikator bullying, bagaimana karakter utama dalam novel mengatasi tindak bullying, dan mengapa penulis menulis novel ini. Dua sumber data yang digunakan yaitu data primer yang berasal dari novel itu sendiri dan data sekunder yang terdiri dari buku, e-book, jurnal, website dll. Ada tiga hasil penelitian yang ditemukan, pertama terdapat empat indikator bullying yang terdapat dalam novel, yaitu menghina cara berbicara, menghina bahasa tubuh, menghina cara berbicara dan memanggil menggunakan nama lain. Kedua, karakter utama mengatasi tindak bullying dengan menggunakan enam prinsip dari teori psikologi individual. Ketiga, terdapat tiga alasan mengapa penulis menulis novel ini. Pertama, pengalaman pribadi penulis, penulis ingin mengapresiasi para orang tua dan pengasuh dan terakhir, penulis ingin menyampaikan perasaan kemanusiaan dan menghargai orang lain.

Kata kunci: cara mengatasi bullying, Sharon Draper, psikologi individual

Abstract

Bullying is an action that still occurs frequently. Bullying not only a concern of psychologists, parents and society, but also authors. One of the authors who cares about bullying is Sharon Draper in her work entitled *Out of My Mind* (2010). This study examines how to deal with intimidation found in the novel. In this study using the theory of individual psychology by Alfred Adler and the technique used is literature. The purpose of this study was to analyze the indicators of bullying, how the main characters cope with bullying, and why she wrote this novel. Two data sources used namely primary data derived from the novel itself and secondary data consisting of books, e-books, journals, websites, etc. There are three research results found, first there are four indicators of bullying contained in the novel, teasing the body language, teasing the speaking manner, giving a disparaging look and making fun/calling by other name. Second, the main character overcomes bullying by using six principles from the theory of individual psychology. Third, there are three reasons why the author wrote this novel. First, the personal experience of writers, the author wants to appreciate parents and caregivers and last, the author wants to convey feelings of humanity and respect to others.

Keywords: Coping with bullying, Sharon Draper, individual psychology

1. INTRODUCTION

The main thing discussed in this study is how to cope with bullying actions that happens in the novel *Out of My Mind* by Sharon Draper. According to Craig & Pepler bullying is one of the actions or behavior that often occurs to children and adults, bullying occurs verbally and non-verbally (Wahyuningsih, 2017, p. 1). Bullying occurs because of the imbalance power between the suspect and the victim. Nansel et al., 2001; Naylor, Cowie, & del Rey, 2001; Olweus, 1994 mentioned three main components of bullying: the perpetrator has more power than the victim, occurs repeatedly, and the perpetrator intentionally threatens and does something dangerous to the victim (Parris, 2013, p. 3). It can be concluded that bullying is a bad action that done both verbally and non-verbally against someone who is considered weak and creates an uncomfortable feeling. This novel, *Out of My Mind* by Sharon Draper has never been used as research material. But in searching for previous study, the researcher use the same issue, bullying. There are six previous studies that discussed bullying behavior. Some researchers examined novels that discusses how bullying behavior and how the impact of bullying behavior on the main character (Wahyuningsih, 2017), there are also other discussions about how bullying occurs, who the victims are and how bullying occurs (Suciati, 2017). Other researchers also conducted a study in which data was taken from the field, such as analyzing coping strategies and how students sought help (Donoghue, 2014), looking for a relationship between coping style and the impact of bullying to the victims (Parris, 2013), discussing the effects psychosocial from victimization (Aalsma & Brown, 2016), and the power of bullying that has an impact on victims (Juvonen & Graham, 2013).

From the six previous studies explained that they discussed similar issues. In general, the topic of bullying can be grouped into three, impact of bullying, coping with bullying and victim of bullying. It is discussed the notion of bullying, the case of bullying, where it happen and how to cope with it. There is one of the previous studies which discussed about the impact of bullying action to the main character

using psychoanalytic analysis by Wahyuningsih. And there are two of the previous studies that discussed about coping with bullying (Donoghue et al & Parris).

The issue of bullying is a problem that still occurs in the community, especially in schools. This bullying behavior has a negative impact on victims because it can cause a death, although there may be some of them who can rise and fight. In this study, the researcher wanted to analyze how the main character who experienced a problem due to physical inadequacies and getting bad treatment, struggled again and did not give up.

In carrying out this research, the researcher used the theory from Alfred Adler namely Individual Psychology. Brett (1997) said that individual psychology can be said as social psychology, this is seen as an individual who is in a situation must live together with other individuals on a planet. Everyone needs each other and without the help of others, we will not survive in this world (p. 12). Watts (2015) said that “Alfred states that humans have a broad personality (awareness, influence and behavior) that is characterized by unity” There is six perspectives, there are inferiority feeling, striving for superiority, style of live, creative self, social interest and fictional finalism.

2. METHOD

This study used qualitative methods that was suitable with literature research. In this research, the researcher used descriptive analysis that related directly to the problem/conflict experienced by the main character that focused on changing the personality of the main character. Lambert & Lambert (2012) said that qualitative data is data that comes from words which are then arranged into text from an event that occurs in individuals or groups of individual (p. 255). The issue that discussed in this research was how the main character coped the bullying that she got in school by using individual psychology perspective. The primary data are a novel written by Sharon Draper, *Out of My Mind* that published in 2010. The form of the novel is PDF, there are about 141 pages. This novel is from New York and the language is

English. The secondary data are from thesis, journal, e-book, printed book and from websites to support this research. The method of collecting data in this research is the researcher takes the data from the website online, so the form of the novel is PDF. To get the information that needed, the researcher read the novel intensively, understanding the story well, find out the message in the novel that related to the relevant topic and finds other information on the internet. After that, the data analyzed by using Miles & Huberman theory, there are data reduction, data displays, and conclusion drawing / verification.

3. FINDING AND DISCUSSION

3.1 Finding

3.1.1 The Indicators of Bullying

After the researcher reads the entire novel, found an indicator of bullying case. Explained as follows:

3.1.1.1 Teasing the Body Language

Body language is movement commonly used by people to communicate, such as moving their hands to give instructions so the other person understands what is being said. Teasing with body language is another case, here someone imitating other with a condescending attitude that makes interlocutor feel uncomfortable. The example of this accident is when the special class joined the regular class, two of students from regular class imitate how people with special needs move their body, and there are also ridicule movements.

3.1.1.2 Teasing the Speaking Manner

Everyone seen from their manners. Manner determines one's good or bad. One of the thing is how they talk to each other. Speaking is one of the actions that everyone uses every day, talking to have rules so we are not offending others. The example of this shown when Molly and Claire tried to cracked

her body and unclearly talk by imitating children with special needs. They imitating how people with disabilities speak in a mocking and laughing tone.

3.1.1.3 Giving a Disparaging Look

Giving a disparaging look is indeed very disturbing for everyone. Everyone wants to get the same behavior without difference. Giving a disparaging look is when someone gives a condescending gaze with the intention to insult others. This is happen when the special class joined the regular class, some of the students in regular laughed at them. And the second condition is when Melody went to the aquarium, she met Molly and Claire, both of them looked at Melody with mocking look and thought Melody was not around them. Melody is considered invisible.

3.1.1.4 Making fun of/Calling by Other Name

Being called by an inappropriate name does leave a bad impression, also when we are called being one of the groups that we do not like also causes feeling of displeasure. Making fun of/Calling by other name is call someone for the purpose to make others feel uncomfortable. This is happen when Molly and Claire She said the word “retard” followed by body language showed that she was imitating the movements of people with special needs to behave as an act of disrespect and offending others. Others condition is when Melody successfully the quiz team but her friends cannot accept her and called her from “retard room”.

3.1.2 The Ways the Major Character Cope with Bullying

Individual psychology argues that all human beings in carrying out their life have physical deficiencies that lead to feelings of inferiority, this feeling that makes someone try so hard to get their success (Feist & Feist, 2006, p. 70). In Boeree (2006) Adler began his theory by thinking of feelings of inferiority which explained that a human being has weaknesses and strength as part of physiology or anatomy (p. 7). As a child, we feel inferior to others, they think they are weak when actually they are though, bound when they are free to do

anything. This is natural consequence of early childhood when they compare with their siblings or adults. The inferiority feeling comes to the main character when she feels useless because she needs someone else to help her to do all her activities. She initially had no intention to think about what she should do next until Mrs. Violet comes to her life and teach her many new things. When Melody in school, she tried to prove that children with special needs can do something but because of her deficiency, she was considered inappropriate.

3.1.2.1 Striving for Superiority

Ewen (2003) stated that “striving for superiority is a universal goal for everyone, an inferiority complex that exists within each person is handled by mastering self-perfection and a good environment. Healthy efforts taken to achieve excellence are with goodness in guidance and social interests, whereas if someone experiences pathology, they tend to ignore opportunities that arise” (p. 94). Striving for superiority is a response to inferiority feeling. This is a condition that motivates people to become better. Striving for superiority appeared in this novel when Melody tries to join the quiz team that will represent her school to compete. She kept trying her best to answer all of the questions from Mr. Dimming, but her friends doubted her because they think that Melody gets help from Catherine to answer all the questions. She wants to give up at first but with the help of people around her, she continued do to her best, even though there are from his friends who do not accept her existence, but Melody remains part of the member. Another thing is Melody keeps trying to learn something to understand many new things even though other people consider her inappropriate. Here Melody proves that she has a dream and desires as other people.

3.1.2.2 Style of Life

Style of life is the behavior, nature and habits of a person, has its own way of finding life goals to be achieved; a unique lifestyle shapes and directs

everything we do. (Gabriel, 2017, p. 4). It has two impulses, inner self and encouragement from the environment. This style of life can be shown when Melody's mother send her to school and when Mrs. Violet tried to pushed Melody to do many things.

3.1.2.3 Creative Self

In creative self-concept explains that an individual has overall control over the condition that happening to themselves. Johansen (2010) said that the actions of creative self are influenced by learning, making choices, and choosing between alternatives presented to us (p. 29). This is happen when Melody managed joined the team quiz but on the day of their departure to Washington, D.C. they left her intentionally. Melody tried to accept it. She continued her life to study hard and tried to understand anything to start over again.

3.1.2.4 Social Interest

Social interest meaning is Johansen (2010) said that "social interest meaning "feeling of community" is a feeling of belonging to one another, this feeling creates a feeling of connectedness and a feeling of belonging to a group of people" (p. 28). The occurrence of social interest when Melody began to go to school where she met various children with the same condition. They are placed in a separate class that different with children with no special needs. She tried to communicate with her classmate, sharing some stories even Melody invited Rose to go to aquarium together.

3.1.2.5 Fictional Finalism

Finalism is the idea that humans have a goal for their lives, the ultimate state of the living being, and the need to move in that direction. In this novel, fictional finalism that happened to Melody was when she was excited to be part of quiz team that would go to Washington, D.C. Melody tries to prove that everyone has dreams and ability to do something.

3.1.3 Reasons of Addressing Bullying

The author implies that there are three reasons why discuss bullying in the novel.

First, from the author's personal experience. Sharon Draper has a disabled child, and she realizes that the general public does not have a good impression on children with special needs. In this novel, she wants to say that everyone has a chance to dream, appreciated as an individual, be socially recognized, appreciated as an individual, have friends, etc.

Second, Sharon Draper wants to appreciate parents who have children with special needs because caring for children with special needs requires energy, patience and extra time. Also for caregivers who spend their times and energy to help them at every step.

Third, the author wants to convey a message to general public that everyone is the same, both people with special needs and other normal people. They have the right to receive good treatment, and it is appropriate for them as fellow human beings to respect other human beings.

3.2 Discussion

After analyzing the whole novel, there are several indicators that found in the novel. Such as teasing the body language, teasing the speaking manner, giving a disparaging look, and making fun of/calling by other name. Teasing with body language is someone imitating other with a condescending attitude that makes interlocutor feel uncomfortable. Teasing the speaking manner is talking to other people but indirectly imitate to other people who have deficiency. Giving a disparaging look is when someone gives a different look to other people with mocking look. Making fun/calling by other name is being called by an inappropriate name. Case of disablist bullying is still common, some people will feel inferior and some small part of them makes it one of the strengths to move forward. To show how the main character overcomes bullying, the researcher use Alfred Adler's theory, Individual Psychology. There are six points of this theory,

inferiority feeling, striving for superiority, style of life, creative self, social interest and fictional finalism. From Alfred Adler's theory, it can be concluded that the main character can be categorized to normal feelings of incompleteness, Melody Brooks, is a child with cerebral palsy who is almost every activity assisted by people around her. She often loses control in her body, use wheelchair and she cannot talk normally like others. Due to her physical condition, made her feel inferior and also she gets different presumption from society. This deficiency leads to a normal feeling of incompleteness and she gets encouragement from people around her made her struggle to prove to people that she was able to do things that other people considered impossible. She got the success that she wanted, but even though she had achieved success, she was still not considered by the people. The reason why Sharon Draper wrote this novel is she has disabled child and she realizes that the general public does not have a good impression on children with special needs, she wants to appreciate parents who have children with special needs and she wants to convey a message to general public that everyone is the same, both people with special needs and other normal people.

From the previous studies which have similarities belongs to Donoghue et al (2014) and Parris (2013). In a study by Donoghue et al (2014) which discussed how to overcome bullying, they conducted field research with a sample of 159 children. They use theories from Causey & Dubow, Self-report Coping Measure (SRCM). It is focused on prevention or emotion-focused coping and approach or problem-focused coping. The result of this study is how their strategies of overcoming acts of verbal or social bullying and they have different opinions depending on their sex and experience. While the research from Parris (2013) aims to examine the development of ways to limit bullying in children using the Multidimensional Model for Coping with Bullying (MMBC). Another goal is to test Coping with Bullying Scale for Children (CBSC) related to MMBC. The results of gender, age and ethnicity are not related to victimization and bullying behavior, but students tend to blame themselves and their self-reliance is

something that can overcome constructive coping, cognitive distancing, and self-blame. While in this study, using a theory from Alfred Adler, Individual Psychology which results in an inferiority complex that arises in a person due to other people can be a major influence on the person's changes but the change in success is divided into two, normal feelings and feelings of exaggeration.

4. CONCLUSION

After analyzing *Out of My Mind* by Sharon Draper, three conclusions can be taken. First, there are four indicators of bullying found in the novel, namely teasing with body language, teasing the speaking manner, giving a disparaging look and making fun/calling by other name. Teasing with body language is someone imitating other with a condescending attitude that makes interlocutor feel uncomfortable. Teasing the speaking manner is talking to other people but indirectly imitate to other people who have a deficiency. Giving a disparaging look is when someone gives a different look to other people with mocking look. Making fun/calling by other name is being called by an inappropriate name. This part explains about bullying behavior that makes the main character feel inferior about life.

Second, the way the main character cope with bullying that happened using a theory from Alfred Adler, namely Individual Psychology. There are six basic principles, namely inferiority feeling, striving for superiority, style of live, creative self, social interest and fictional finalism. At this part, the main character tried to changes the insults into a power to be a better person, even though there was a moment that makes her to give up on all her effort. This explains that every effort will produce satisfying results.

Third, the reason why the author wrote this novel is to remind the readers about humanity feeling for everyone who reads her novel, someone who wants to be treated as the same as other and also explains that everyone have dreams and hopes.

BIBLIOGRAPHY

- Adler, A., & Brett, C. (1997). *Understanding life: An introduction to the psychology of Alfred Adler* [Academia Version]. Retrieved from [https://www.academia.edu/11197887/Understanding_Life - An Introduction to the Psychology of Alfred adler PDF](https://www.academia.edu/11197887/Understanding_Life_-_An_Introduction_to_the_Psychology_of_Alfred_adler_PDF)
- Boeree, C.G. *Personality Theories : Alfred Adler*. Retrieved from : https://www.academia.edu/15191982/Alfred_Adler
- Ewen, R. B. (2003). *An introduction to theories of personality* (6th ed.).
- Feist, J., & Feist, G. J. (2006). *Theories of personality* (6th ed.).
- Goodluck, K.U., & Gabriel J.M.O. (2017). Adlerian individual psychology counselling theory: implications for the Nigeria context. *British Journal of Applied Science and Technology*, 19(6), 1-9. doi: 10.9734/bjast/2017/31087
- Johansen, T. (2010). *Religion and spirituality in psychotherapy*. New York, USA: Springer Publishing Company.
- Lambert, V.A, & Lambert C.E. (2012). Qualitative descriptive research: an acceptable design. *Pacific Rim International Journal of Nursing Research*, 16(4), 255-256. Retrieved from <https://www.tci-thaijo.org/index.php/PRIJNR/article/view/5805>
- Miles, M.B., Huberman, A.M., & Johnny, S. *Qualitative Data Analysis A Methods Sourcebook*. Retrieved from <https://umich.instructure.com/courses/122789/files/4114526/download?verifier=8LwPnM4b7RQbxwiVdNLRkFZtOc71OOtFZOwLIE3U&wrap=1>
- Parris, L.N. (2013). *The development and application of the coping with bullying scale for children (Dissertations, Georgia State University, Georgia)*. Retrieved from https://scholarworks.gsu.edu/cgi/viewcontent.cgi?article=1098&context=cps_diss
- Wahyuningsih, I.S. (2017). *Bullying reflected in Okky Madasari's Bound novel (2013) : a psychoanalytic analysis (Thesis, Muhammadiyah University, Surakarta)*. Retrieved from <http://eprints.ums.ac.id/56209/>
- Watts, R.E. (2015). Adler's individual psychology: the original positive psychology. *Revista de Psicoterapia*, 26(102), 81-89. Retrieved from <https://www.researchgate.net/publication/284713772>

Zuroicha, M. (2017). *Superiority gaining of Frank's fictional finalism in Angela's Ashes by Frank McCourt* (Thesis, Sunan Ampel State Islamic University, Surabaya). Retrieved from <http://digilib.uinsby.ac.id/17964/>