SELF-CONCEPT PORTRAYED IN THE MAIN CHARACTER
OF WINSTON GROOM’S FORREST GUMP NOVEL:
HUMANISTIC PSYCHOLOGICAL APPROACH

Submitted as a Partial Fulfillment of the Requirements for Getting Bachelor
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By:

AFIFAH BAYUNING ISTIQAL
A320160273

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Proposed by:

AFIFAH BAYUNING ISTIQLAL
A320160273

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Supervisor,

(Dr. M. Thoyibi, M.S.)
NIDN.0602095901
ACCEPTANCE

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Presented by:
AFIFAH BAYUNING ISTIQIAL
A320160273

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School of Teacher Training Education
Muhammadiyah University of Surakarta
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Afifah Bayuning Istiqlal
A320160273
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Abstract

This study entitled Self-concept Portrayed in The Main Character of Winston Groom’s Forrest Gump novel: Humanistic Psychological Approach. The aims of this study was to analyse and describe the self-concept characteristics of main character in the novel of Forrest Gump by Winston Groom as the author addressed the reasons of raising the issue of self-concept. The type of this study was literary study. The type of data to be conducted this study consisted of two data sources. The primary data was the text from Winston Groom’s Forrest Gump novel. The secondary data to be used was collected from Psychology books, E-books, articles, E-thesis and reviews from internet. The conclusion of this study: firstly, the portrayal of self-concept characteristics in Forrest Gump as the main character of the novel. Secondly, Forrest Gump as the main character overcoming his problem in life applied the self-concept. Thirdly, the reasons why Winston Groom as the author addressed the issue of self-concept in life to be applied that people to be intuitive, open to new experiences, believe in oneself choices and stay optimistic in life.

Keyword: self-concept, Humanistic Psychological Approach, Forrest Gump

1. INTRODUCTION

Forrest Gump novel written by Winston Groom in 1986, was one of phenomenal literature work that has happened. Furthermore, this novel has adapted into a screenplay with similar title as the novel directed by Robert
Zemeckis in 1994. There are literary study has been conducted to examine the main character of this novel with different approaches or theories.

Shinta (2014) in her research about the life of Forrest Gump explored how Forrest understood the depth meaning behind the moment that repeated in his life as the process to overcome with the use of absurdity theory by Camus. Meanwhile Perdana (2018) in his research analysed the needs of Forrest who suffered from autism according to hierarchy of needs by Maslow.

The previous study above has similar yet difference theory and object to be identified. In this study, the researcher intended to analyse Forrest Gump as the object to be analysed with the theory of self-concept in humanistic psychological approach.

Humanistic Psychology is one of the field that seeing human as a whole person. This field emphasize on human growth to flourish and find ways to strive the achievement in life. Humanistic psychology believed in the thinking of human are basically has the inner tendencies to grow and develop their own potentials on seeking a valuable and meaningful life (Ewen, 2009: 181). As the humanistic psychology were introduced to become the respond of previous wave; Psychoanalysis and Behaviourism, this field meant to explore more on human’s consciousness to be fully living in the present. The difference which shown by humanistic psychology to psychoanalysis and behaviourism is that the positive quality of human owns, based on its self-esteem, self-confidence and one’s capabilities (Hoffman et al, 2013).

Rogers argued Freud’s theory of human are determined of their past-living to be specifically, the experience that has been done in their childhood by his statement of human can actualize themselves because of they are fully living in the present time (Schultz & Schultz, 2013: 266). Rogers had the strong opinion that human are indeed born with good motives in life and can only be judged by their own perspectives; experiences, ideas and beliefs (Schultz & Schultz, 2013: 267) because of every human has their different path of life. Rogers insisted the peak of healthy motivation could lead to actualizing the self, he believed that human will continuously to grow and develop, finally
to become a fully-functioning person; one characteristics of a person with the self-concept. Rogers stated the concept of self is term of condition which shows the symbol of conscious mind to differentiate the self that is not the self which rely on one’s personal experience (Ewen, 2009: 187).

2. METHOD
This study is a literary study. Study of literary needed the researcher to interpreting the content of literature work. The qualitative research can be used for this study because it can support the related study for its content interpretation (Ahmadi, 2019: 3). The definition of qualitative research is a method or approach that used which the role of researcher themselves are enable to develop its details (Cresswell, 1994). The objectives of this study is to analyse the main character of Winston Groom’s Forrest Gump novel with the use of self-concept theory in humanistic psychological approach.

The type of data to be conducted this study consisted of two data sources. The primary data was the text from Winston Groom’s Forrest Gump novel. The secondary data to be used was collected from Psychology books, E-books, articles, E-thesis and reviews from internet as references to support this study.

3. FINDING AND DISCUSSION
3.1 Characteristics of Self-concept
3.1.1 Incongruence and congruence
Incongruence and congruence are the concept of real self and ideal self. This concept of self are necessary synchronized or not synchronized with the individual condition. Incongruence is a condition of individual self that contradicted to their sense of feelings and thinking towards the real experiences in life as the individual were told to do things in order to have the worth feeling of being accepted by their surroundings. If this situation are being repeated by times, it could be a threat to their process of actualizing the self and obstructs its development. Incongruence part was depicted in this scene:
“I was so scairt of bein put in this “away” place I’d always try to be better, but I’m damned if there’s a worst place they could of sent me than this Ape Dorm thing I’m livin in.” (Groom, 1986, p. 31)

On the statement above, Forrest was transferred to another public school at that time he was found by football coach who interested with his physical appearance to be recruited as an athlete. He was awarded an athletic scholarship and moved to a school which has a boarding system that requires the students to stay in a dorm with other student athletes. His activity in that new school was to practice more football and attend classes. Forrest was always scared if he might act wrongly or people will do the unkind things to him, thus, his mom gave him a reminder to be more mindful and conscientious.

“What had happen, she tell me, is that the United States Army has already heard bout me not makin my grades, an that very day a notice done come for me to report the U.S. Army Induction Center.” (Groom, 1986, p. 52)

Based on paragraph above, it was shown on the night when Forrest went home after his school dismissed him because he failed on second last tournament. Forrest thought he was never alright with the school stuffs then he was started to learn and accept that he had to deal with his roommate in dorm, adapt to new school rules, and practice football more so he could perform well on tournament but he was not good enough and his team lose. Thus, his athletic scholarship awards were taken down by the school. The news of Forrest went back to home was heard to the country’s army service centre. He was in the age of fulfilling the requirements to join military service.

Congruence is a condition of individual synchronized their sense of feelings and thinking within the reality that experienced by them. It is conversed with the incongruence because congruence means the individual is not obligated to do something which is synchronized with their sense of
thinking and feeling because of individual’s free act. It was shown on the paragraph below:

“One day next spring there is a notice that they is gonna have a post ping-pong tournament an the winner will get to go to Washington to play for the All Army Championship. I signed myself up an it was pretty easy to win on account of the other guy” (Groom, 1986, p. 96)

Forrest played tennis table or ping pong in his free time. The aspect of congruence shown when Forrest choose his own activity as his own will. Forrest signed himself up for the upcoming table tennis tournament at that time.

“…It sort of got my curiosity up, on account of I had played all that chess back in the jungle with Big Sam, an so I went on into the hotel. They was playin the chess game in ballroom an had a big mob of people watchin…” (Groom, 1986, p. 227)

Paragraph above illustrated when Forrest was waiting for his bus back to Alabama and decided to take a walk near the bus station later he found a place which held a chess tournament. Forrest was curious because he ever had to play chess with Big Sam when the NASA spaceship was aground in the inhabitant land. Forrest came to watch the tournament with his own will.

3.1.2 Development of Self

Development of self is a process of individual that is needed to grow their potential ability. This stage will help the individual to potentially grow if the two needs named conditional positive regard and unconditional positive regard will be fulfilled.

1) Conditional Positive Regards

The needs of receiving compassion and positive regard from other people is needed for an individual. Conditional positive regards are given when an individual acts and doing good deeds. Forrest receives conditional positive regards from his coach, closest friends, and people surround him. It can be seen as the paragraph below:
“Forrest,” he say, “there has never been nobody like you ever played ball in this school, an there won’t be never again. You was very fine.” (Groom, 1986, p. 50)

The scene above took place when Forrest had to leave his school. He was not excellent to keep his good grades and his scholarship on athletic department being revoked. Forrest’s Coach appreciate him for his play although his team performance went as not expected and loose in this season. Forrest’s coach positive regard happened as Forrest gave him his best performance.

Forrest left his school and joined the military service which required him to live in a military barracks. Forrest was new to all of the activities in military service. He was gathered with other people around the country to be trained in military service for Vietnam War. Forrest and other soldier were trained for months to shoot with arm weapons, throw grenades, lying down and crawling in the bush. They sent to Vietnam War and it was an intense battlefield. In this time, Forrest received conditional positive regard twice from his sergeant, it can be seen from the evidence below:

“...He say, “Gump, you done real good yesterday, boy,” an then he axe me if I want a cigarette.” (Groom, 1986, p. 77)

There was a time of peak battle that made their platoon to step back due to the airplane of enemies dropped the bomb right in their place and platoon of enemies started to shot them. Forrest was getting shot at his backside area when running out from the burned area but he managed to run back and carry the body of his friend in platoon. Although Forrest was hurt and he was actually feeling burdened to be in military service that sent him to battle in Vietnam war, he was still considered to save his friend’s life, his act of yesterday made Forrest being appreciated and complimented by Sergeant Kranz as one of his valuable soldier.
“You’re a good boy, Forrest, and I can’t leave you stranded out here in California, so I am going to arrange for you and Sue to get back to Alabama or wherever it is you came from,” (Groom, 1986. p. 257)

Paragraph above shown Mr. Tribble who was Forrest’s chess coach gave Forrest such regard for being a good person and chess player. They could not continue their chess tournament due to trouble they had to face. Mr. Tribble still obligated to send back Forrest and Sue the Orangutan to Forrest’s hometown.

2) Unconditional Positive Regards

The needs of being approved and accepted, an individual received the needs of unconditional positive regards are usually comes from their family and closest people. This need was given from family member or closest people although the individual acts unpleasantly. Forrest received this need from his mother and closest people surround him: Bubba, Jenny, and Lieutenant Dan.

Forrest came home long way after being discharge from Vietnam War, his adventure to did the project of NASA in outer space, aground on a neglected land that has primitives people, fly back to America and been changing his profession several times. Forrest tried to reach out to his mother but he could not because his mother moved out from their old house then he finally met his mother. Although Forrest did not meet his mother in a long time, his mother still accept him and worrying about his condition that she could not stop her tears at night.

“Bubba say he’d hep me carry my shit down to the bus depot, but I say I’d rather go alone. “Keep in touch,” he say.” (Groom, 1986, p. 51)

After Forrest’s failure of not catching the pass from Snake which made their team losing score on their enemy, Forrest was dropped out from school. Bubba helped Forrest to pack his things and escort him to the bus station. From the paragraph above we can know that although other people in their football team was still mad about their loose, Bubba
was the only one who still want to talk to Forrest and accompany Forrest for his last day before moved out from school dormitory.

"You are a good fellow, Forrest, and you have a big heart."

(Groom, 1986, p. 89)

Lieutenant Dan and Forrest was friend when both of them were hospitalized in Vietnam for two months. Dan was the first one who got discharged from hospital to get back to the State. He wrote Forrest a letter to apologize he could not say a proper good bye in person. In his letter, Dan told Forrest that he appreciated Forrest for his bravery to be sent to Vietnam War although it was not their will. Dan thoughts Forrest was an extraordinary person and he believed Forrest done a good thing in his life. He encouraged Forrest to follow his own choices to continue life.

3.1.3 Dynamics of Personality

From the needs of positive regards, an individual hoped to accept and grow but not to be defensive of their both good and bad experiences in life.

1) Valuing Process of Organism

The process of organism as a whole to experience and accept both positive and negative things which happened in their life equally. An individual as an organism which valued their sense to be fully-functioning person to actualise and develop the self.

“That night, everybody goin to parties an shit, but nobody axed me to any, so I go on down to the basement.” (Groom, 1986, p. 36)

Paragraph above represented Forrest on his succeed to won the tournament with his football team. It was one of positive experience to be happened to Forrest. He was contented to express his excitement to his mother on telephone call who listened as happy as him.

Meanwhile paragraph below shown Forrest and his team lost to their competitor on national tournament. They were not expecting that they already had the forth down of the game but actually it was. The national tournament was their achievement of the year.
“an so we lose the ball an also, of course, we lose the game. It sound like somethin I woulda done.” (Groom, 1986, p. 48)

2) Phenomenal Field

Phenomenal field is the total amount of experiences of an individual. It is a way of an individual perceives and value their own experiences consciously and unconsciously. This aspect based on how an individual was aware and would react to the external factors surround them.

“Our so I says yes, which is usually what gets me in trouble ever time.” (Groom, 1986, p. 137)

Paragraph above illustrated when Forrest was asked to join the NASA current project at that time. It was supposed to be a ceremonial of Forrest and other people whom joined the Army in Vietnam War but at the same time there were a march of protest against the war and Jenny Curran had him to take off his medal then throw it somewhere and made Forrest almost to be imprisoned in jail sentence for ten years because of him throwing a medal to US Senator accidentally. Forrest had two choices, agree to take the project of NASA or he would be imprisoned in jail for ten years. Forrest agreed to be part of NASA project, he thought whenever he said “yes” to anything which could led him to unpredictable things and made him to face troubles.

“I open my big mouth an say the fatal word: “Yes.” (Groom, 1986, p. 199)

A stranger in the café named Mike offered Forrest to become a professional wrestler. The job was offered when Mike saw Forrest could beat people in an unofficial wrestling at the café. Forrest was not sure about being a wrestler and want to take reconsideration but Dan convinced him to take this job in order to collect amount of money for starting the shrimp business. Forrest once again say “yes” to the plan which happened to led him into unpredictable things. Two evidence above shows Forrest actually doubting his decision to say “yes” to any
possible experiences but he managed to be open as he needs to learn and
develop himself from its experiences.

3.1.4 Fully-functioning Person

An individual whose needs fulfilled will have a healthy tendency to strive for another achievement to become a fully functioning person. Fully-functioning person is an individual has totally aware with the experiences they had. They tend to develop their potential with their freedom sense. These are several aspects of fully-functioning person which portrayed in Forrest:

1) Adaptable

Fully-functioning person are capable to adapt and survive in any kind of environment regardless their conditions. An individual is freely to choose on what next they would think and act. Forrest being adaptive to his environment when he moved from home to school dormitory, back to home before sent to military barracks, to survive and camp in the battlefield, to the outer space and spaceship ran aground on the land that has not been identified for years.

“At first, it appear that nobody had lived in this building for a long time, they was so much dirt an shit aroun, an most of the doors had been torn off they hinges an bashed in, an most of the winders are busted too.” (Groom, 1986, p. 27)

From the paragraph above, it is shown that the athletic scholarship students are obligated to stay in the school dormitory. Forrest observed his new place to live in, he described its school dorm was rather shabby and dusty but he managed to stay there. He was failed and dropped out from his school, Forrest went to military service to be trained and stay there for a while before transferred to Vietnam to fight on the battlefield.

“Sometimes I wonder if Curtis had been in the Army before he went to play football.” (Groom, 1986, p. 52)

Forrest had to adjust himself for a moment in the military service. Life in there with the life in school dormitory has no big difference
because he expected to be trained and to do a lot of physical activities. The differences between in school dormitory and military service barrack is the daily language that people in military training was rude and cursed a lot.

“tho what anybody would want with that piece of mud an dirt, I do not know.” (Groom, 1986, p. 60)

Forrest was transferred to Vietnam War after being trained in military service. The brigades had no choice but to do activities such as sleeping and eating while in defending and striking on the enemies. The battlefield took scene on a swamp of the countryside, they were unable to fly back to the city due to risky situation.

“I look aroun, an there’s the big ole ape, all sour-lookin, an glum, glaring at Major Fritch an me.” (Groom, 1986, p. 143)

Paragraph above recalled when Forrest was sent to the outer space with Major Fritch and Sue the Orangutan for NASA project. They had to stay in the spaceship and report the observation of Mars from its spaceship. Three of them need some time to adapt to the situation in spaceship that had no gravity in it. After floating in spaceship for times, there was a trouble happened with its flight control which caused the spaceship to crash into earth and fortunately they landed in Guinea land. The primitive people in land was about to arrest Forrest, Major Fritch, and Sue then took them to the jungle. The primitive people were cannibals and there was one of them who can speak English named Big Sam tried to help them to negotiate with the people to let them to stay in. Forrest, Major Fritch, and Sue were told to planting and harvesting cotton fruit.

2) Openness

Fully-functioning person tends to be opened towards new experiences and accepted the past experiences. An individual with their healthy psychological tends to be more adjustable and not defensive of their
experiences. Forrest represented openness towards all of his experiences in this novel.

“What I’m gonna cook?” I axed. “I ain’t never cooked before.” (Groom, 1986, p. 54)

Forrest was never done any cooking before. Forrest was inexperienced to cook something to eat but in the military service they had to take turns in cooking. On the dialogue above, while he was asking what kind of food he should cook, Forrest question indicates him to try on new things he had never done before such as cooking.

“He took a little net an scoop up some water an sure enough ten or twelve shrimp in it.” (Groom, 1986, p. 82)

On paragraph above, Forrest revealed another his openness to learn on new things. Forrest went to a shrimp ponds in near city of Danang when he was still in waiting list to come back to America. Forrest discovered how to raise a shrimp in order to his dream of having his own shrimp business someday. He really did pay attention on how to catch the shrimp directly at shrimp farming.

“I still had some doubts, but I figgered it wouldn’t hurt to try,” (Groom, 1986, p. 231)

Forrest received an offer to play a chess tournament that will be sponsored by Mister Tribble, the world grand master. Forrest will be trained with Mister Tribble for his several next games. Their agreement was Forrest had to be train and play chess with Mister Tribble and they would share the price that Forrest could use to save money for his shrimp business.

“... all of a sudden he cup his hand over the phone an say to me, “Forrest, can you swim?” An I say, “Yup,” an he say back into the phone, “Yes, he can” (Groom, 1986, p. 236)

A director of film casted Forrest as a talent and offer him to play in the movie. At the same time, Forrest still had few chess tournament to be played on the next day. Forrest was informed to call the director back if
he was interested to play in the movie. Forrest discussed about things with Mister Tribble and it was worth to try to play the role.

3) Existential Living

The aspects of existential living is proving that a person who is fully-functioning as the result of would be open to all of their experiences, both of positive and negative feelings or thinking would be expressed freely.

“I think that settin there talkin to Dan was a thing that had a great impression on my life,” (Groom, 198, p. 80)

Forrest never discussed with any one about philosophical things because of his special condition and Dan was the only person who had talked about philosophy to him. It made Forrest to think in a philosophical way although he could not completely understand the whole subject Dan’s meant.

“Somehow knowin this, things get a good bit clearer for me.” (Groom, 1986, p. 80)

Forrest has never had any way of thinking towards his life. After his discussion about philosophy with Dan, he started to believe in philosophy and how things in life could work as it should be only if we are willing to try and take parts in it.

It was long time later when Forrest met Dan again. Forrest condition was good according to himself because he ought to live his life by fitting himself to his situation and condition freely but not with Dan. Forrest questioned Dan why he did not do the same as him.

4) Trusting Value Organism

It is an act where an individual is fully-functioning will increase their trust on organism and self. The way of thinking and act are based on their own choices, they tend to choose or decide things intuitively and not considered into social normative value.

“I dunno,” I says, “but I am tryin to do the right thing.” (Groom, 1986, p. 105)
Forrest was invited to the white house to have an annual meeting with the senator along with the veteran from Vietnam War. The veteran were asked to show the location of wound in their body. When it was Forrest’s turn which is his wound located in his lower part of his back, he really meant to show his lower part to the reporter and media. It was normatively wrong to show the back lower part of the body but Forrest thought he did the right thing as he asked for.

“So I guess I done screwed up again. I dunno. I am still just try in to do the right thing.” (Groom, 1986, p. 106)

It was that time when Forrest visited China to play international championship of tennis table. The United State delegation invited to meet with the Chairman of China on a boat. There was an accident when the Chairman slipped out of the boat and about to drown to the lake. Forrest meant to save him because it was the right thing to do to save a man’s life when someone is drowning but because of the political things, he was accused to dissipate the chance of United State rivalry with China.

“an so I say “I think it’s a bunch of shit.” (Groom, 1986, p. 106)

After Forrest saved the Chairman, they invited to have a dinner. Forrest was asked about the meaning of Vietnam War for him and he answered that the war was just a futile and useless thing to waste of a time. He supposed to say thing contradictory to what he had been saying because it could make the political situation get worse but Forrest only want to say what he really thought of.

“It is a good question that I cannot rightly answer, but I am lookin forward to makin us some money anyhow.” (Groom, 1986, p. 201)

Jenny was not fond of Forrest decision to accept the offer to be a wrestling player. Jenny worried about Forrest that might get hurt if he do the wrestling but the agreement was Forrest just need to pretend when he do the duel without getting injured. Forrest reason to join wrestling tournament because he wanted to collect money for him and Jenny also save some to start the shrimp business.
5) Creativity

Fully-functioning person will optimizing their potential to act and think of things. An individual will develop their potential to achieving their goals by the openness to opportunity and plan they made. Forrest depicted his creativity to have the goal in his life by starting a shrimp business as he dreamt of when he still was in the battlefield of Vietnam War with Bubba.

“He say maybe we can get us a loan an we can take turns bein captain an all, an we can live on the an will have something to do” (Groom, 1986, p. 73)

On paragraph above, Forrest started to think of how he would have a job and spend his life in the future. Forrest planned to work with Bubba and have their own Shrimping Business in Bayou La Batre, Bubba’s hometown. In previous aspects, Forrest was always open and accept the opportunity to collect his money from his other job.

“By that night, we had probly fifty pounds of srimp in the bait well an we rowed up an dumped em into the pond,” (Groom, 1986, p. 267)

Forrest went to Bubba’s hometown and met Bubba’s father to learn and start his Shrimp Business. He went there with Sue the orang-utan, they learnt to catch the shrimp directly from the sea when the waves comes in. The night before, they had to set the net for the shrimp and waited for the next morning. The shrimp will be moved to the ponds as they would grow and ready for the harvesting season. Forrest is willing to came to Bayou La Batre and sharpen his skill to prepare his planning on starting Shrimp Business. Forrest develop his ability to learn about catching the shrimp and growing shrimp in the ponds.

3.2 Overcoming Forrest’s problems with the use of Self-concept

Characteristics of self-concept mentioned the stages of Forrest needs to fulfil before he actualizes himself to be a fully-functioning person, these are
the several aspects that portrayed through Forrest characters in overcoming his problems:

3.2.1 Respecting in oneself

Definition of self-esteem is the pride or respect in oneself. It is the kind of confidence they had in themselves.

“An I say, “Maybe I am a idiot but at least I ain’t stupid,”,” (Groom, 1986, p. 32)

Forrest acknowledging that he was a fool who luckily enrolled to the school because of his skill on football and body proportion. One evening, Forrest and his friend went to football practice. They were on their way to the place and his friend’s car got flat tire. Forrest was suggested him to fix the tire but his friend could not do, he was mad and scolded Forrest instead. Forrest was thinking of the ‘stupid’ word not suitable for him at that time although he has a special condition, he could still differentiate which one is rational and irrational.

1) Appreciating in oneself

Definition of self-worth is the feeling or thinking to appreciate oneself, the opinion about the self is positive and worth to accept. Forrest shows his self-worth on paragraph below:

“But let me tell you this: sometimes at night, when I look up at the stars, an see the whole sky jus laid out there, don’t you think I ain’t rememberin it all,” (Groom, 1986, p. 296)

Forrest recognised on how far he became from his own experiences. Forrest had many experiences of changing his job several times which seems impossible to believe and still had several achievements in life to accomplish. Forrest’s positivity to appreciate his own worth is enough for himself.

2) Convincing in oneself

The ability to predict the outcome is the definition of efficacy. Thus, ability to predict the outcome of oneself that they are able to achieve their goals is called self-efficacy. It is a kind to believe in oneself to
accomplish their achievement in life. Forrest shows his self-efficacy on paragraph below:

“Jus wait an see,” I says. Anyhow, I am glad to have got off on the right foot my first day home.” (Groom, 1986, p. 281)

Forrest’s mother asked him how they could make some money when his mother was fired from her current job. Forrest assured his mother that he had a plan, his mother were surprised because she knew she could not expect anything from Forrest, in this moment Forrest was thinking of become more serious on his plan to build a shrimp business.

3) Accepting in oneself

Definition of self-acceptance is the ability or recognition of oneself to accept and understand their own being. It is an act of oneself to know their own boundaries. Forrest shows his self-acceptance on paragraph below:

“I shrug my shoulders an nod my head, but something down in me sinkin fast.” (Groom, 1986, p. 52)

It was an occasion where Forrest invited to attend an international friendly match of United State with China. Forrest recognised that he was told not only to play table tennis but the mission of peace to be cooperated with the opponent party.

3.3 Reasons Winston Groom as The Author Mentioned Self-concept through Forrest Gump Character

Winston Francis Groom, a southern writer was the only child of Winston Sr. and Ruth Groom. He was born in Washington DC on March 23, 1943. He previously attending the law school University of Alabama as his father was a practical lawyer in Alabama. His interest for literature and writing was inspired by his mother who taught English in a school at that time which later at his university he developed his interest and skill of writing.

Forrest special condition might be the one of multiple reasons he could never dream of his future but from the paragraph above, Groom tried
to convey that Forrest character was such an optimist person where he realised and open to anything that could help him to develop his skill or even personality. Forrest narration at the end of this novel represent how he was comfortable with his achievement in life. Forrest was contended with his choices in life to follow his uneven dreams although people might undervalue him. In *Gump & Co.*, Forrest life continued as he managed the whole shrimping business and got multiple adventurous experience too. This novel engaged with the previous one, that is *Forrest Gump*. Groom wrote Forrest’s character in this sequel the same as previous one. Meanwhile in *Gumpisms: The Wit and Wisdom of Forrest Gump*, is a mini novel that also engaged to the both of previous works of Groom. *Gumpisms* entwined wise quotation from the characters of *Forrest Gump* novel. Groom through his literature works consistently delivering his implied reminder to people to do the right thing or keep on their own path as long as they did not do any harms, although their conditions or surrounding might be challenging. Once a person have the tendency to actualize oneself, they would try to achieve their goals by working on things as best as they can do.

Winston Francis Groom, a southern writer was the only child of Winston Sr. and Ruth Groom. He was born in Washington DC on March 23, 1943. He previously attending the law school University of Alabama as his father was a practical lawyer in Alabama. His interest for literature and writing was inspired by his mother who taught English in a school at that time which later at his university he developed his interest and skill of writing.

Forrest special condition might be the one of multiple reasons he could never dream of his future but from the paragraph above, Groom tried to convey that Forrest character was such an optimist person where he realised and open to anything that could help him to develop his skill or even personality. Forrest narration at the end of this novel represent how he was comfortable with his achievement in life. Forrest was contended with his choices in life to follow his uneven dreams although people might
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### 3.4 Discussion

From this novel, it can be seen that Forrest Gump as the main character portrayed the characteristics of self-concept. Despite his condition and special needs due to his intellectual disability, Forrest has the features of a person who reflects the use of self-concept. Forrest journey to complete stages of self-concept in this novel was impressive. He realized that he was a person with number of IQ only 70 but he was able to study in a public school and became a student athlete and play sport for his school in achieving medals of tournament over The State. Forrest learned how to live his life as normal as people would do. His closest people also support him unconditionally; his mother, Jenny Curran, Bubba and Lieutenant Dan. On his adventure, he met different kind of people and always opened to every new possibilities. Forrest encountered many situations on his journey, from becoming a student athlete, dropped out from his school, obligated to join the military services which later on to be sent to Vietnam War, hospitalized before sent back to the state, join a protest against the war, almost to be jailed, sent to the outer space and became a NASA researcher, stranded in an unidentified island, coming back to the state and tried different job to
collect money such as wrestler and inadvertently chess master, and finally went back home to build a shrimping business as his dream as he promised to Bubba who passed away during the war. Forrest asked his mother to resign from her job and reassured her that he will taking care of their financial needs. People who met with Forrest in the past such as Lieutenant Dan, Mr. Tribble, and Curtis are working for him to manage and develop the shrimping business.

Humanistic Psychology is a field of study which focused on human’s growth and potential to be developed. (Ewen, 2009: 181). Humanistic Psychology invented its notion as the respond of the previous approach in psychology that is Psychoanalysis and Behaviourism. The approach of humanistic psychology believed in oneself ability to be conscious and fully-living in the present time. Maslow and Rogers are both of figure who invented humanistic psychology. Maslow hierarchy of needs on his book (1970) explained about five fundamental needs that are needed by human to strive their satisfaction in life within fulfilling namely: physiological, safety, love and belongingness, esteem from self and others, also self-actualization on the peak. Meanwhile Rogers, proposed that once a person reached their steps on self-actualization needs, they would constantly develop their potential to become a fully-functioning person (Schultz & Schultz, 2013:167). This fully-functioning person can be satisfied when they have the characteristics of self-concept.

Self-concept theory as proposed by Rogers is term of condition which shows the symbol of conscious mind to differentiate the self that is not the self which rely on one’s personal experience (Ewen, 2009: 187). Forrest in this novel illustrated to overcome his problems in life with self-concept. There are four aspects of self-concept possessed in Forrest as the solution to help overcoming his problems. Forrest accepted the fact that he was a person with intellectual disability when his friend mocked him but he could still differentiate which one is logic and illogical, from this incident we could identified that Forrest has respected himself. He also know how to
appreciate himself, Forrest realized that his dream is different from others. He just wanted to live happily. Sense of self-worth and esteem inside him is proven when he looked back on how far he has becoming that following his dream to become true and stay optimistic. Forrest was not in denial with his conditions, rather than taking a blame on situation he might face, Forrest recognized that he should understand his own being. Forrest’s positive attitude towards himself helped him to be open to any chance in his life.

From the *Forrest Gump* novel, compared to the previous study which Nugroho conducted in 2008 about self-concept that also the main character portrayal, named *David Copperfield* in Charles Dickens’ novel. Meanwhile the study which conducted by Sari in 2014 revealed how the main character overcome with the absurd repetition in his life and look into the meaningful message that is happened to him. This study is trying to portray the issue of self-concept characteristics in humanistic psychological approach to be analysed, as the further study of the previous ones which combining the approach in humanistic psychological and *Forrest Gump* novel. The main character, Forrest, is portraying the self-concept theory to embrace his conditions by developing his potential and fully living his life in the moment.

4. CLOSING

Based on the novel of *Forrest Gump* that has been analysed, the researcher concludes the findings, those are.

Firstly, the issue that raised in this study was about the self-concept theory which introduced by Carl Rogers. In the main character of *Forrest Gump* novel, there are five characteristics Forrest possessed: incongruence, congruence, development of self, dynamic of personality, and fully-functioning person. Development of self has two needs, those are needs of conditional and unconditional positive regards. Dynamics of personality has two aspects, those are valuing process of organism and phenomenal field. Meanwhile fully-
functioning person has five components, those are adaptable, openness, existential living, trusting value organism, and creativity.

Secondly, Forrest and his efforts to overcome his problems with the use of self-concept. It was found that Forrest has respecting in oneself, appreciating in oneself, also convincing in oneself. Another way of Forrest to overcome his problem is with the acceptance of oneself. Forrest chose to accept and understand his own being whether it is good or bad conditions he had to deal with.

Thirdly, the reasons why Winston Groom as the author of Forrest Gump novel raised the issue of self-concept. It can be concluded through Forrest character, a kind-hearted man with IQ that lower than average living his unpredictable and adventurous life. Through Forrest opening narration, Groom trying to imply the message that life is like no box of chocolates. By the meaning that society in real life can be contradicted than what it is ought to be. We could not expect people to like us but we could treat people kindly. People in any kind of condition should be accepted rather than treated in bad ways, as long as they have no bad intentions to one another. Aside from that, Groom also trying to deliver that a person must be honest and believe in oneself. A person must have a sense of freedom to express what they are currently feel or think to themselves or other people as long as it is harmless. Thus, within the acceptance and openness towards his life, Forrest also thankful of every journey he has experienced. Groom described Forrest as an optimist person and have a big heart to achieve his uneven dreams, it could be a reminder to people who has the urge to achieve their dream or desire would work and struggle as best as they can do until it can be happened. Forrest paid attention to people who support him but he did not care with people who tried to degrade him.

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