

**Self-actualization of The Main Character Hujan Novel by Tere Liye
A Review of Psychology Abraham Maslow**

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Abstrack

This research aims to self-actualization of depictions of the main characters of the Novel Hujan work of Tere Liye and structure of which is contained in the novel. This research is qualitative research using the method of content analysis. The approach used in this study is the structural approach and psychology Abraham Maslow. In this study, there are four ways of engineering data collection performed by the researchers, namely: (a) read and understand the contents of the novel's story in depth. (b) the identification of each of the novel's structure, namely: tokoh, characters, setting, and theme. (c) conduct a classification with classified the quotations form phrases, clauses, sentences, or paragraphs containing the existence of self-actualization character and basic necessities to achieve self-actualization. (d) hold a study library to get secondary data as supplementary data about self-actualization of the main character. In qualitative researches apply as key research instruments. The results of this study indicate that there are six basic needs based on Maslow's hierarchy. Six basic needs are contained in the main character of the novel Hujan by Tere Liye. The main character can actualize himself although only a few basic needs that have been fulfilled in the character, meaning that six basic needs are not all owned by characters. Although they only meet some of the needs of the six basic needs, they can actualize themselves.

Keywords: self-actualization, the Novel, the main charcter, and the psychology of Abraham Maslow

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Introduction

Literary works as a result of the author's thoughts in pouring ideas, thoughts, and feelings written through novels, short stories, poetry, and drama. Literary works describe the various events of life in society. Literary works are also seen as a reflection of life. In addition, literary works depict the psychology, personality, and behavior of characters related to psychology. Thus, the creativity of the author produces literature is not only related to real life but the literary work is also related to the psychological figures who poured through the attitude and behavior of characters.

The personality of the character is an interesting thing to be one of the research materials. By knowing the person's psyche and personality, we can interpret the psychological state of the author when he puts it in a literary work. Literary works tell the various problems of human life in its interaction with oneself, self with the environment, and self with God.

The study of literary psychology about self-actualization is widely research-

ched and reviewed. One of them is in the *International Journal of English Language and Literature Studies* entitled *A journey of Self-Actualization of Amir in the Kite Runner*, which sets out the results of his research on self-actualization. The journal explains that Khaled Hosseini's *The Kite Runner* novel tells of Amir's character who actualize himself through changes in his behavior through a journey.

This journey can be seen as transcending religious, social, and economic acceptance; this is a self-discovery journey when accepting the past. This journal tries to reveal that on the basis of Amir to penetrate what he has done to Hassan, he has gained power to pursue love, loyalty, responsibility, dignity and courage. His own cowardice and selfishness and the suffering the conscience and condemnation and torture changed gradually into strong qualities. Therefore, this journey can not only be seen as self-actualization of the protagonist themselves but also the return of humanity of all humanity.

The psychological changes in the personality to be self-actualizing are of course different, depending on how the

author delineates the characters in his story. Every human must be in himself want to actualize himself. However, the desire can not be achieved by any human. So also on the character who wants to actualize himself whether it is an ideal, struggle, pursue love, existence, and others.

The existence of self-actualization does not only happen to the characters in the novel. However, in the daily life of self-existence also exists. It has been published in the *International Multi-disciplinary Research Journal* that the self-actualization level of the B. Ed training participants shows that most of the participants of B. Ed training have self-actualization. In relation to personal factors, gender, language flow media, and education have a non-significant influence on self actualization of training participants B. Ed.

In addition, someone who wants to actualize himself needs a relationship with others. As social beings we can not live alone of course need others. In the SAGE journal that actualization has a relationship function. In the journal explains authors build observations actualization in humans to promote the

function of good relationships with others. The result show the actualization, mentioning the tendency to the relationship that the process is called the actualization trend. The character of actualization in this article is primarily from a centralized relationship of people on the perspective of psychology, psychotherapy, conceptual models, critical thinking, and neuroscience.

Maslow's self-actualization concept is based on six levels of basic needs. Self-actualization is the highest level. If a person in himself has six basic needs fulfilled then one can actualize himself. Maslow assumes that human beings are actually good creatures, so that humans have the right to realize their true self in order to achieve self-actualization. Humans who seek to fulfill and express their potential and talents are often hampered by the condition of the people who reject them. Such circumstance can

cause a person to experience psychiatric problems and behavioral imbalances³.

Abraham Maslow's literary psychology is famous for humanistic psychology. This psychology is the third school of psychology. Psychology Abraham Maslow discusses self-actualization. The concept of self-actualization is also published in the *International Journal of Language Academy*, in which the journal describes the self-actualization concept of *Hanif Kureishi's Gabriel Gift* Novel that the experience practiced by the character during Gabriel's actualization period in the novels in Maslowian perspective can be an example for other individuals to urge themselves own and create and create something better in their problem solutions in terms of holding their own lives in a positive way. Good way as teenagers, young adults, adults, and parents as well

Self-actualization occurs also in a culinary perspective. Maslow's Hierarchy needs to know the level of self-actualization in the chefs. The needs of

Abraham Maslow's hierarchy in this perspective have also been describe in the *International Journal of Humanities and Social Science*. It has been mentioned in previous statements that self-actualization does not only occur in characters in fiction, but can also occur in nonfiction figures.

In this study, researchers will put forward self-actualization *Hujan* novel by Tere Liye. The main character can actualize himself by fulfilling six basic needs in Abraham Maslow's hierarchy. In contrast to previous studies. In the *International Journal of Language and Literature* studies self-actualization research in the novel *the Kite Runner* self-actualization on the character occurs through changes in his behavior through a journey. Meanwhile, in the *International Journal of Language Academy*, in the journal describes the concept of self-actualization in *Hanif Kureishi's Gabriel Gift* novel on experience. If research on actualization in international journals that have been describe previously more inclined to

³ Albertino Minderop, Psikologi Sastra. Jakarta: Obor, 2016.

experience, behavior change, creativity, comfort, and stick to life, the research conducted by researchers about self-actualization in the *Hujan* novel by Tere Liye focus on six basic needs according to the psychology of Abraham Maslow to be able to actualize self.

The term self-actualization is widely used as a humanistic perspective on personality. As a psychologist, Abraham Maslow attaches great importance to self-actualization in one's education. He discussed about the hierarchy of needs including the most basic from food to social safe and acceptance. For him, all is needed to form a psycho-logical unity in the process of individual individuation and education. Maslow emphasize the importance of self-actualization in the life of the individual in his theory. He showed that these individual were able to overcome complexity more easily. One can achieve self-actualization if his satisfied with the previous steps.

Maslow reveals that self-actualization is important in one's education. Present education that is more emphasis on character education can motivate students to achieve self-actualization in

school as well as in the environment. Self-actualization is the ideal achieved, manifested or achieved by man in life. Self-actualization can be achieved by every student. The self-actualization of the figure can spur the students in developing their own potential. Unfortunately, today's literary teaching is so sad, disheartening, and apprehensive. The teaching of literature is only in the school only structure. However, psychology also includes a section in it.

The teaching of literature in schools has been incorporated in the curriculum of 2013 especially class X. The basic competence of "3.18 analyzing the contents of at least one fiction book and one readable nonfiction book" of basic competence can be seen that the novel review not only centers on the novel builder structure. However, the contents of the novel under study should also be known to the learners.

One type of literature that can be studied, the novel because the story in the novel describes the life of a character who is not much different from real life. Although, the depiction of the characters in the story is imagi-natively

illustrated, but there is still a resemblance in real life.

His work in conducting literary research on structural approaches can serve as a very important basic thing in the approach of literary psychology. Nurgiyantoro (2010: 23) elements that build a novel is a totality consisting of intrinsic and extrinsic elements. In this study, the intrinsic elements are limited: theme, character and characterize, plot, and background. The theme according to Stanton and Kenny (Nurgiyantoro, 2010: 67) is the meaning that a story tells. The theme as a story that specifically explains the great element in a simple way. Meanwhile, the character is one of the authors presented in the composition of the story (Panca, 2009: 31). The character in the story should regard himself as a human being. Abrams (Nurgiyantoro, 2010: 165) says that the character of the story is the person displayed in a narrative or drama, which the reader is interpreted to have a certain moral quality and tendency as expressed in what is said in action. Nurgiyantoro

(2010: 165) characterization is the depiction of clear picture of someone featured in a story. Without the plot there will be no novel because this plot is the main buffer in a story. It is proved by Panca (2009: 24) that the plot is one of the main elements of supporting the organizing of the story chronologically, the so-called palliation, refers to the notion of place, the relationship of time, and the social environment in which the events are being reported, the background also gives a concrete footing and clear.

Research literature psychology can be done through the way of understanding the psychological elements of fictional characters in literary works. Basically literary psychological gives attention to the problem, that is the conversation in relation to the psychological elements of the fictional characters contained in the work. As the world in literature enters various aspects of life into it, especially humans. In general, these aspects of humanity are the main objects of literary psychological⁴.

⁴ Nyoman Kuntha Ratna, Teori, Metode, dan Teknik Penelitian. 2015. Yogyakarta: Pustaka Pelajar

According to Maslow human behavior is more determined by the tendency of individuals to achieve goals so that the individual life is more happy and at the same time satisfying. Maslow conveys his theory of multilevel needs composed as follows: physiological needs, sense safe, love and belonging, self-esteem, and self-actualization.

The most basic need is the physiological need, if this need has not been achieved and satisfied then the individual will not move to achieve the needs on it. Maslow basically argues that needs are on five needs. Then there is a second level in the need of one of them the need to know and understand. In the *Hujan* novel by Tere Liye there are six needs according to Abraham Maslow's hierarchy.

On the basis of the above thinking, the subfocus of this research is (1) How structure of *Hujan* novel by Tere Liye includes themes, characters and characterizations, and setting. (2) How the achievement of self-actualization of a character based on Maslow's basic needs in *Hujan* novel by Tere Liye.

Research Methods

This study aims to (1) describe self-actualization of the main character *Hujan* novel by Tere Liye based on Maslow's hierarchy of needs, (2) the intrinsic structure contained in the novel. This research is a qualitative research using content analysis method. The approach used in this research is the structural and psychological Abraham Maslow approach. In this research, there are four ways data collection techniques conducted by researchers, namely: (a) read and understand the contents of the novel story in depth. (b) identification of each novel structure, ie character, characterization, background, and theme. (c) classify by classifying quotations-quotations in the form of phrases, clauses, sentences, or paragraphs that contain self-actualization figures and basic needs to achieve self-actualization. (d) conduct a literature study to obtain secondary data as a complementary data on self-actualization of the main character. In qualitative research, researchers apply as a key research instrument.

Research Result and Discussion

In this study, researchers found the results of research related to self-actualization of the main character of the novel Hujan based on Maslow's hierarchy of needs and the novel's intrinsic structure.

1. Intrinsic structure

The first discussion conducted by researchers, namely analyzing the structure of intrinsic with structural approach. Researchers found the theme in this research through five themes, namely: about friendship, about the point, about separatin, about rain, and about to forget. The five themes that a girl named Lail wants to forget her painful life through the removal of the brain memory mapping system, this novel also tells the friendship between Lail and Maryam, as well as her self that loves Esok. Lail always liked the rain. The every important incident that is related to his is always in the rain.

In the structure of characters and characterizations, in this novel there are many characters, among them Lail through characterization she is a quiet girl, friendly, thoughtful, and polite. Maryam through his portrayal of humo-

rous character, unyielding, passionate, and have a sense of curiosity about a thing. Meanwhile, the figure of Esok is a person who easily socialize, smart, great, independent, loving, and helper.

On the background structure in this study, the researchers analyzed three background types: the background of the palce, the time setting, and the atmosphere setting. In the background setting, the author describes by direct author narrative. The author's time-lapse is described by direct storytelling and dialog between characters. Whe-reas, the atmosphere setting is described by the author through the events of the character. This is consistent with Stanton's description of the setting that influenced the main character in confirming the place of an event, the condition/atmosphere in which the main character in achieving self-actualization.

2. Self-actualization of the main character based on Maslow's hierarchy of needs

The second discussion conducted by researchers, namely analyzing self-actualization of the main character based on Maslow's hierarchy needs fulfilled by

the main character so that they can actualize themselves.

(1) Physiological of needs

Every human being needs to sustain his life in order to survive. One of the most basic needs, namely: clothing and boards. In *Hujan* novel the character needs to defend self after the devastating earthquake that devastated the city. Quotes on physiological needs as follows.

...What if night comes? where will he spend the night? Lail had no relatives in the town, her grandparents and her parents' brothers lived in another city, and she did not have any news. (p. 38)
The next day, the location of the evacuation who announced by the Mayor who also survived the earth-quake. There are eight locations throughout the city. One of the closest hospitals is the soccer stadium, refugee number two... (p. 47)
The second night Lail and Esok sleeping in the refugee camp... the residents of refugee tents safe lucky. Not all the inhabitants of the earth have a good place to sleep after the volcano erupts. Millions of people die from cold temperatures. (p. 48-49)

The paragraphs of the novel illustrate that the most basic of human needs is a place to live. Lail's character feels that she has no place to live and she is confused about where she lives, whereas she

has no relatives in the city. At which point the mayor provides temporary shelter for the townspeople who have no place to settle.

Based on these findings that the physiological needs of Lail and Esok are met. This is reinforced by the following quotation.

Earth's temperature keeps falling. Within a week, temperatures would drop by fifteen degrees, Esok explaining "but we do not have to worry, emergency protocols have been declared by the Mayor Marines are being deployed to clothing and food stores. All supplies saved into public property are controlled by marines in order to avoid a commotion. They will distribute clothing to refugees within 24 hours" (p. 50)

The needs of Lail and Esok figures for clothing and food have been fulfilled due to the help of clothes and food from the Mayor distributed by the Marines.

(2) Sense of safe needs

But this is an emergency...and I'm not worried about the rain. If Lail is outside when it rains. The situation is more dangerous than volcanic ash. (p. 53)
"What are you doing here?" Esok exclaimed nervously. Lail turned not answering. "We have to get going"... Rain drops start a lot. Esok growled in panic. "This is not an ordinary rain of Lail, it's a deadly rain you can get

serious illness if it's rain, blistered face, hair fall off." Esok does not care (p. 54) ... Esok jumps down, pulls Lail's arm, runs, lets the bicycle lying around carelessly. They arrived just inside the plastic housings when the heavy rain was unbearable. Rain that pours a thick pile of dust. Acid rain. (p. 55)

Lail gets a sense of safe and attention from the figure of Esok who is always a protector even he did not worry about himself from volcanic ash, he is more worried about Lail if it rains and Lail has not returned the tent, then Esok decided to look for Lail. Esok attention from Lail by searching for Lail and pulling his arm that does not want to leave the subway hole. The sense of safe that Lail obtained from Esok is protecting Lail from acid rain and shelter in plastic homes.

(3) The needs for love and belonging

After the two above needs are met then this third requirement has also been fulfilled by the character Lail and Esok.

Does he love Esok? why does he want to meet tomorrow, but at the same time he is afraid to call him? whenever he can use his tablet to call Esok or use the canteen table. Although, it could turn into a phone...why he always felt happy

thinking about Esok, but then felt sad. (p. 206).

... images Esok on the Lail tablet screen is gone, also the laughter. Lail cried out in panic, running around with her table out of the tent, trying to find a signal. Lail ran to higher ground also did not exist. Then ran to the command tent there was the last hope signal booster pole... "What's the signal missing?" Lail panic. He just talked for a while with Esok. He still has a lot to say. she also has not listened to the story Esok, what is done Esok last year in the capital. (p. 211)

Can be describe that Lail character action signifies her love Esok. It can be seen from the behavior Lail at the time of call Esok, she immediately eager to receive the phone that was just lazing. The quote above shows the need to love and have Lail's character has been fulfilled by the presence of Esok in his. This is reinforced by the following statement.

"Lail, Esok will love you, he thinks you are more than a sister." (p. 298)

Not only the character of Lail who needs love and a sense of belonging has been fulfilled that the character of Esok was already fulfilled will the needs in this third part.

Lail loves the young man who used to hold his backpack. When Lail's mom and dad miss find Esok. (p. 294)

Meanwhile, Maryam has the love needs of a friend who has always gone along, Lail.

*"Good afternoon, Mom." Lail smiled, greeted
"Aduh, mother to shock." Esok mom smiled broadly. "How are you, son?"
"Well Mom, oh I brought a friend, Maryam, my roommate in a social home"*

(4) The need for rewards

Once the needs are loved and possessed, human beings will be free to pursue the need for rewards. The rewards earned by Lail and Maryam are an achievement for their dedication to the Voluntary Organizations and their humanity that has saved hundreds of townpeople. They get a honor from the Governor in the form of a reward for his services.

"Listen to Maryam...The real reason that we are awaiting confirmation from the headquarters of the Volunteer Organization in the Capital about the organization's five-year struggle as well as the eruption of the volcanic eruption. The central committee has sent his news

this morning, both of you are invited to the Capital for three days to receive the award at the culmination event, as well as the opportunity to meet volunteers all over the country" (p. 166)

This is reinforced by the following quotation.

Maryam has always been indifferent, unconcerned, wiping her wet eyes as she received the award, the governor greeted his, congratulated her. For their services the government has awarded the Class A License of healthy system. (p. 166)

Based on the quotation on the *Hujan* novel the need for awards has been owned by Lail and Maryam figures obtained from the Governor.

(5) Cognitive needs

Curiosity becomes a need that must be fulfilled to be able to actualize themselves. The author does not describe all the major figures in *Hujan* novel for cognitive needs. However, the author portrays a curious character Lail.

*"Are they serious about interfering with the stratosphere?" Lail asked
Esok looked for a moment "Eh since you asked very scientific, Lail" (p. 131)
"What if they ruin the layer?... "What will happen if the layer is broken"(p. 132)*

Needs of curiosity Lail fulfilled from the answers Esok explains the deadlock KTT to intervene the stratos-phere.

(6) Self-actualization needs

Self-actualization can be achieved if the five basic needs are met. The need for self-actualization is the highest requirement in Abraham Maslow's hierarchy. The main character *Hujan* novel by Tere Liye has been able to actualize self because basic needs have been fulfilled.

"Okay, I want to be a volunteer, and I've reached it, the conversation is over" Maryam took back her book to continue reading. (p. 139)

*"I seem to know what I want to be, Lail?" Maryam said
"Nurse is not"*

Lail grinned broadly predictably Maryam looks annoyed, "You should not spoil the conversation. You should ask back, 'oh yeah what do you want to be Maryam?' And I'll answer it with confident 'nurse'"

Lail and Maryam self-actualization became a reality of being a nurse. They have had their talents and skills since becoming a volunteer. Lail and Maryam self-actualization can be realize with their acceptance in nursing school.

"You were expelled because you were admitted to a nursing school. You must stay there, nursing school dormitory. So, I have to force you out."

Meanwhile, self-actualization Esok, author describes self-actualization achieved by Esok indirectly through other characters.

Until Lail forgot that Maryam was still standing beside her. Maryam face widened tightly on Lail's arm whispered nervously, "My God, Lail, you... You never told me...that...that boy with that red bike was Soke Bahtera" "Scientist the youngest of the most prominent even at the age of seventeen. Since the first year of collage students in his"

Discussions

1. Intrinsic Structure

The intrinsic structure studied in *Hujan* novel by Tere Liye focuses the intrinsic elements on themes, characters, backgrounds, and characterization. *Hujan* Novel by Tere Liye theme of rain, love, forgetting, friendship, and parting. The main character in the *Hujan* novel by Tere Liye, namely: Lail, Esok, and Maryam. The background of the *Hujan* novel is raised in a social and refugee camp. And the characterization of the three main characters that Lail a quite figure, friendly, thoughtful, and polite.

Maryam through his portrayal of humorous character, unyielding, passionate, and have a sense of curiosity about a thing. Meanwhile, Esok figure is a person who is easy to socialize, smart, great, independent, loving, and helper. In a relevant study that some researchers take that does not address the intrinsic elements.

2. Self-actualization of main character based on Maslow's hierarchy needs

(1) Physiological of needs

According to Maslow (Baihaqi, 2011:194) physiological needs are the most basic, the most powerful, and the most obvious of the many human needs is the need to maintain a physical life. Physiological needs are the most basic needs, such as clothing, eating, drinking, and home. Lail and Esok figures need to sustain their lives after an earthquake and an ancient volcano eruption, they need a place to live instead of their already flattened house.

(2) Sense of safe needs

According to Maslow (Baihaqi, 2011:194) This need for safe is a need that will be met by someone after his

physiological needs are met. Lail gets a sense of safe in her life that she gets from figure of the boy guarding her and saving her life from an underground capsule carriage. Everyone in both fiction and nonfiction must surely need the safe of others who can protect him from attacks, conflicts, wars, and so on.

(3) The needs for love and belonging

Maslow (Baihaqi, 2011:194) says that the need for love and belonging to a person, after reaching a certain level of safe, and then he/she needs friends or lovers will all move the need for belonging and loving. As social beings we need the compassion of a friend and lover. Likewise with Esok and Lail, in fact they love each other but none of them who dared to reveal the contents of his heart.

(4) The need for rewards

The need for rewards. Maslow (Baihaqi, 2011:194) distinguishes two kinds of need for rewards, namely (a) an award derived from others (b) self-esteem. The ultimate reward comes from others, because of a recognition, acceptance, attention, and reputation for

a number of successes in society. Lail and Maryam's figures are rewarded by the governor for his services as a volunteer who has saved thousands of people.

(5) Cognitive needs

Cognitive needs, Maslow (Baihaqi, 2011:194) believes that one of the characteristics of a healthy mentality is the presence of curiosity. A very high curiosity had existed in Lail before the eruption of the Purba Mountain. Curiosity is one of the needs of everyone to know the news and knowledge that is developing in the present day. Maslow (Baihaqi, 2011:194) stressed that humans can not possibly actualize themselves when their curiosity needs are inhibited.

(6) Self-actualization needs

Maslow (Baihaqi, 2011:194) says that self-actualization is the highest development, accompanied by the use of talent, encompassing all the fulfillment of one's quality and capacity. Self-actualization is the highest requirement. Each character can actualize the basic needs mentioned. Lail, Esok, and Maryam they can actualize themselves. Although the characters of Esok and Maryam their basic needs are not

fulfilled only a few but they can actualize themselves.

Conclusion

Based on the result of self-actualization research on the main character in the *Hujan* novel by Tere Liye reviewed from the psychology of literature until the discussion of research obtained conclusion:

The intrinsic structure (theme, character, characterization, and background) in the *Hujan* novel by Tere Liye is portrayed by the author in terms of self-actualization of the main character Lail, Esok, and Maryam. In the *Hujan* novel has themes about friendship, about love, about separation, about rain, and about forgetting. Characterization technique described by the author through the actions of other figure, dialog figure, and storytelling by the author. The background depiction is done by the author through his narrative described by the author. Characterization is dominated by character traits that indicate a good attitude.

The achievement of self-actualization of the main character through the needs of Abraham Maslow's hierarchy

of *Hujan* Novel by Tere Liye's meets the six human needs in achieving self-actualization: physiological needs, sense of safe needs, love and belonging needs, appreciation needs, cognitive needs, and self-actualization needs.

Physiological needs are explained by Lail and Esok figure. The need for sense of safe is explained by Lail's character. The need for a sense of love and belonging is explained by the characters Lail, Esok, and Maryam. The need for appreciation is explained by Lail and Maryam. The need cognitive is explained by Lail and the need of self-actualization are described by Lail, Esok, and Maryam.

It can be concluded that the character of Lail six basic needs are met, namely: physiological need, sense of safe need, the needs for love and belonging, the need for appreciation, cognitive need, and self-actualization need. Figure Esok basic need, namely: physiological need, the need for love and belonging, and actualization need. This Esok figure from both basic need instantly reaches the highest level of need. Meanwhile, the character of Maryam three need are met, namely the

need for love and belonging, the need for appreciation, and the need of self-actualization. Obviously the author only tells a single character who meet the six need according to Abraham Maslow. It can be deduced that one can actualize someone even though these six basic need are not fulfilled.

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