

CHAPTER I

INTRODUCTION

In this Chapter, there are some points explained; those are the background of the study, the limitation of the study, the problem formulation, the objective of the study, the significance of the study, and the organization of the study.

A. Background of the Study

Literature appears as language style that is able to give colors to the communities. Therefore, literature which is one branch of art always exists in every human civilization as the real social culture (Sahr, par. 6). Literary works are also forms of expression. When the individual consider the fact that literary texts generally employ very strategic ways of communicating, then an awareness of language's potential becomes important. Literary authors have the opportunity to present their culture, values and ideas to others (Westhuizen, par. 4). The discussion is about culture, education, law, politics, economics, or gender (Allen Brizee, par. 6). Aside from being a form of literary expression, it also has a goal to entertain the reader.

A literary work needs to be analyzed with the purpose to find the message or the true meaning (Breanda, par. 12). This happens because sometimes authors create literary works with the implied message. Therefore, analyzing literary work is important to know the hidden meaning. There are various theories that are used such as Sociology, Feminist, Marxist, Psychology, etc.

This paper uses psychological approach because it is well known that literature is an important source of inspiration for the science of psychology which tries to explain human emotions, behaviors and mental processes from a scientific perspective (Emir 55). The psychological approach in this study is Rogerian theory or usually called person-centered. Seligman says that the Rogerian humanistic study is to view people as capable and autonomous, with the ability to resolve their difficulties, realize their potential, and change their lives in positive ways (Australian Institute of Professional Counselor 9). The person-centered theory focuses on the personal development than the problems. The goal for the person is optimal psychological adjustment, optimal psychological maturities, complete congruence, complete openness to experience, complete extensionality (Rogers 235). This will allow the individual to better cope with any current and future problem they may have. The person-centered theorist has argued that certain psychological features, such as the need for positive regard or conditions of worth are universal (Rogers 223), there is a particular emphasis on the fact that each human being is distinctive, irreplaceable and exchangeable (Cooper 2).

The basic assumption of person-centered theory is actualizing tendency. This tendency is the only motive people possess. The need to satisfy of one's hunger drive, to express deep emotions when they are felt, and to accept one's self are all examples of the single motive of actualization (Feist 7). The organism has one strength of motivation, encouragement of self-actualization (self-actualizing drive), and the purpose of life becomes self-actualization. There are needs to serve

the self-actualization; that is the maintenance and enhancement. The individuals need to maintain and enhance themselves both physically and psychologically. Physical in terms of survival form food, warmth, and avoiding physical danger. Psychological is on higher level in term of beginning to achieve self-actualization by fulfilling potential from experiencing and learning new things (Comparison Maslow Rogers Theories, par. 5). Two other needs are the need for a positive acceptance of others (positive regard from others) and the positive acceptance of oneself (self-regard) (Mark, par. 43).

This study is using a novel as the media object. The novel titled is *Planet Janet* by Dyan Sheldon. In the novel, Janet describes her whole life starting with her family that she did not like, best friend in life, until the boy who started captivated her heart. As mentioned earlier, the process of self-actualization has some forms of need. This is shown on the first page. “When I realized that no one was listening to me. I stopped dead right in the middle of explaining about what happened at lunch (which was very dramatic and emotionally stressful), and no one so much as glanced my way” (Sheldon 1). This sentence is utterance by Janet and this is an example of positive regard need. Positive regard need is a condition whereby a person wants a positive response from others. It includes the need of loved, liked or accepted by others after that resulting in a feeling of warmth, liking, respect, sympathy, acceptance toward the other (Rogers 208). The sentence above indicates that Janet needs to be noticed by her family. She wants to tell something and she needs someone else to hear or receive it as a good feedback.

The reason *Planet Janet* novel as an object that analyzed it is because this novel tells a teenage girl who tries to become a fully functioning person. There are self-actualization tendency that she must fulfill and she has to understanding herself through Rogers's personality structure. The main character writes a diary as a form of her struggle and her expression, but on the story she uttered, she met obstacles such as the hatred of her family that prevented her from becoming a fully functional person. She hates her family because she thinks they are not an intellectual person and superficial. The basis of her displeasure turns to a defensive and a person who wants be fully functional does not defensively over the experience. However, in the end, she is a success to fulfill the needs of self-actualize and become fully functional.

The reason for using Carl Rogers's theory is because Rogers is a psychotherapist. He views that the individual give the opportunity to express their problems and their attitudes in their own terms, without any guidance or interpretation; they tended to talk in terms of the self.

Characteristic expressions are attitudes such as these: "I feel I'm not being my real self." "I wonder who I am, really." "I wouldn't want anyone to know the real me." "I never had a chance to be myself." It seemed clear from such expressions that the self is an important element in the experience of the individual, and that in some odd sense the individual goal is to become "real self" (Rogers 201).

Just like the object of this study which is a diary novel. In the novel, the main character be able to express herself freely and looking for identity of herself.

Anyway, because it is a diary novel the main character can create stories based on her opinion, judging what she said, and making the reader agree with her side.

Carl Rogers is a humanistic psychologist. The core feature is to emphasize people's inherent potential for growth (Pervin 164). This paper uses Rogers's theory as a humanistic way because the goal of this paper is to analyze achievement of a fully functional person of the main character. Therefore, the title of this study is fully functioning person of the main character reflected in Dyan Sheldon's *Planet Janet* novel: humanistic psychology study.

B. Problem Formulation

This study is guided by following questions:

1. What are Janet characteristics related to Rogers's personality structure?
2. How does Janet Bandry show her fully functioning person?

C. Limitation of the Study

In this paper, the study highlights what are Janet characteristics related to Rogers personality structure and how Janet Bandry become fully functioning person. The study wants to limit the problem here only on the analysis of the main character, especially dealing with Janet's daily life and her struggle be a fully functioning person. The writer limits the data by using the textual. It includes the prologue and monologue text.

D. Objective of the Study

There are two purposes in this study, as follows:

1. To describe Janet's characteristics.

2. To analyze Janet Bandry's fully functioning person.

E. Significance of the Study

The result of the study is expected to give contributions into two parts:

1. For academic significant

The result of this study hopefully is able to be used in various research, where the teacher can change and add some interesting objects to help the students learn about this concept. This study can also be a new way to develop the psychological approach and make the student more understand about person-centered theory.

2. For theoretical significant

This study could be a good reference for English department and the result can use as guidance in further research. Humanistic psychology is appropriate to improve student's insight about psychological analysis.

F. Organization of the Study

This final project is presented in five chapters. Each chapter explains different topics. The first chapter is Introduction, which explains the general background of the study, problem formulation, limitation of the study, objective of the study, significance of the study, and organization of the study. The second chapter, it is a review of related literature. The third chapter is research method. It includes the type of research, data organizing, types of the data, and analyzing the data. The fourth chapter presents findings and discussions of the data analysis that solves the problem formulation. The fifth chapter contains the conclusion and the suggestion.