

**SELF-ACTUALIZATION IN THE CHARACTER OF JO MARCH IN
GRETA GERWIG'S *LITTLE WOMEN* FILM**

A FINAL PROJECT

Submitted in Partial Fulfillment of the Requirement to Obtain the *Sarjana Sastra*
Degree in English Literature Study Program



Ika Agus Setiawan

30801600260

ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LANGUAGES AND COMMUNICATION SCIENCE
SULTAN AGUNG ISLAMIC UNIVERSITY
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PAGE OF APPROVAL

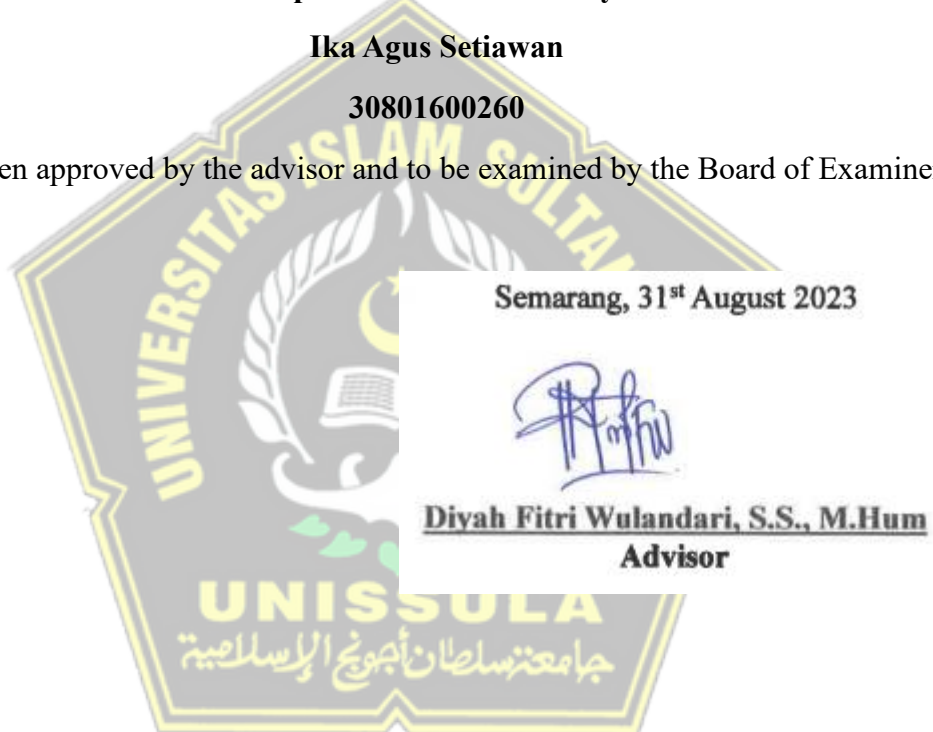
A Final Project entitled
Self-Actualization in the Character of Jo March in Greta Gerwig's *Little Women* Film

Prepared and Presented by:

Ika Agus Setiawan

30801600260

Has been approved by the advisor and to be examined by the Board of Examiners.



VALIDATION

A Final Project on English Literature

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Prepared and Presented by

IKA AGUS SETIAWAN

30801600260

Defended before the Board of Examiners

On August 31st, 2023 and Declared Acceptable

Board of Examiners

Chairman : Diah Fitri Wulandari, S.S., M.Hum
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Member : Afina Murtiningrum, S.S., M.M., M.A



Semarang, 7th September 2023

Faculty of Languages and Communication Science

Sultan Agung Islamic University Semarang



**Dean,
Trimah, S.Sos., M.Si
NIK 211109008**

STATEMENT OF ORIGINALITY

Hereby, I honestly declare that the final project I wrote does not contain the works or part of the works of other people, except those which were cited in the quotations and references, as a scientific paper should. If my statement is not valid in the future, I absolutely agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from that paper.



MOTTO

“Live each moment fully, appreciating the beauty of the present, and let the gentle current of progress carry you toward your aspirations, step by step, day by day, creating a future that reflects your journey’s wisdom and grace”

Dedication:

This final project specially dedicated to my parents, and family, then to my own self.



ABSTRACT

SETIAWAN, IKA AGUS. 2023. "Self-Actualization in the Character of Jo March in Greta Gerwig's *Little Women* Film". Final Project, English Literature Program, Faculty of Languages and Communication Science, Sultan Agung Islamic University Semarang, Academic Year 2022/2023. Diyah Fitri Wulandari, S.S., M.Hum. as the Advisor.

Little Women is a famous story written by Louisa May Alcott that follows the lives of four sisters in the 19th century. This study introduces the film adaptation of *Little Women* (2019) directed by Greta Gerwig and explores how it portrays the hierarchy of needs and the criteria of self-actualization in psychology. This study focuses on the main character, especially Jo March, and her journey towards fulfilling her needs, including physiological, safety, love and belonging, esteem, and self-actualization.

This study adopts a qualitative research approach and uses the film adaptation of *Little Women* as its main source of data, supported by various secondary sources, such as books, journals, websites, magazines, newspapers, and articles. The data collection process involves a careful watching of the film, identifying, classifying, and reducing the data into categorical order. This study applies Abraham Maslow's humanistic psychology as its theoretical framework to analyze the hierarchy of needs and the criteria of self-actualization in the film.

As a result, it is found that the self-actualization needs of Jo March are fulfilled, and she has the criteria of self actualization that she is free from psychopathology, had progress through the hierarchy of needs, she has the B-value and the last is she able to used her talent to be what is her dream.

Keywords: Hierarchy of Needs, Criteria of Sefl Actualization, film, *Little Women*

INTISARI

SETIAWAN, IKA AGUS. 2023. "Self-Actualization in the Character of Jo March in Greta Gerwig's *Little Women* Film". Final Project, English Literature Program, Faculty of Languages and Communication Science, Sultan Agung Islamic University Semarang, Academic Year 2022/2023. Dosen Pembimbing: Diyah Fitri Wulandari, S.S., M.Hum.

Little Women adalah sebuah cerita terkenal yang ditulis oleh Louisa May Alcott yang mengisahkan kehidupan empat saudari pada abad ke-19. Penelitian ini memperkenalkan adaptasi film *Little Women* (2019) yang disutradarai oleh Greta Gerwig dan mengeksplorasi bagaimana film ini menggambarkan hierarki kebutuhan dan kriteria aktualisasi diri dalam psikologi. Penelitian ini berfokus pada tokoh utama, terutama Jo March, dan perjalanannya dalam memenuhi kebutuhannya, termasuk kebutuhan fisiologis, rasa aman, rasa cinta dan memiliki, penghargaan, dan aktualisasi diri.

Penelitian ini menggunakan metode penelitian kualitatif dan menggunakan adaptasi film *Little Women* sebagai sumber data utamanya, didukung oleh berbagai sumber sekunder seperti buku, jurnal, situs web, majalah, koran, dan artikel. Proses pengumpulan data melibatkan menonton film, mengidentifikasi, mengklasifikasi dan meringkasnya ke dalam susunan kategori. Penelitian ini menerapkan kerangka teori psikologi humanistik Abraham Maslow untuk menganalisis hierarki kebutuhan dan kriteria aktualisasi diri dalam film.

Hasilnya, penelitian ini menemukan bahwa aktualisasi diri Jo March berhasil terpenuhi. Selanjutnya ia juga memiliki kriteria aktualisasi diri seperti terbebas dari psikopatologi, memenuhi hierarki kebutuhan, memiliki nilai-nilai B dan yang terakhir yaitu ia mampu menggunakan bakatnya untuk mencapai apa yang selama ini menjadi mimpinya.

Kata Kunci: Hierarki Kebutuhan, Kriteria Aktualisasi Diri, Film, *Little Women*

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“I am immensely grateful to all of my friends in the English Literature Program, especially for my classmates in Literature 1 and Literature 2 2016 who were always resilient, joyful, and memorable. You have made my study journey a wonderful and enriching experience. I cherish your friendship and collaboration, and I appreciate everything you have done for me. You will always have a special place in my heart. I hope we can keep in touch and communicate for a long time to come. THANK YOU SO MUCH, GUYS. You are the best!

Finally, I realize that this study still needs to be improved by constructive criticism and suggestions. Hopefully, the readers can benefit from it and provide feedback, because the study is not perfect. I hope that this final project can be useful for the readers.

Semarang, August 31st 2023



Ika Agus Setiawan



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CHAPTER I

INTRODUCTION

A. Background of the Study

Psychology and literature are intimately connected as they both explore the human experience and have a shared objective of understanding human life. However, psychology primarily deals with real-life situations, while literature presents imaginatively crafted experiences of its authors. The author of a literary work may present a problem based on their personal experiences, observations, thoughts or imagination. An author represents life according to his/her objectives, perceptions, ideologies, and value judgments and opens the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to discover the meaning of life and existence (Aras 251). The creation of literature is a specialized process that is purposeful and includes both entertainment and information on human life experiences. In the field of psychology, there is an awareness of how literature is written, and how author write psychological principles from literary works. Furthermore, psychology examine the impact that literary works can have on their readers. Psychology is the scientific study of mind and behavior (Stangor and Walinga 6). It means that a person's thoughts and action can serve as valuable reference points for conducting research. By considering psychology as the scientific study of the mind and behavior, we recognize that exploring the mental processes and behaviors of individuals offers a

solid foundation for research endeavors. This perspective emphasize that understanding how people think and behave provides a meaningful pathway to gain insights and knowledge about various aspects of human life.

The author of any literary work typically includes character in their writing, which are a product of their imagination and life experiences. These characters are a representation of the human condition, and as such, analyzing them can be compared to analyze human nature itself. Because of this, literary works are often intertwined with various aspects of human life, including psychological ones, as the mind and body are unified. With this thought, the psychological aspect of literary works can be discerned through the depiction of their characters.

According to Maslow, human needs and motives are organized in a hierarchical manner. The most essential and crucial needs form the foundation of this hierarchy. Maslow identified five levels of needs, know as Maslow's hierarchy of needs, which should be fulfilled throughout an individual's lifetime. Maslow (1970) listed the following needs in order of their prepotency: physiological, safety, love and belongingness, esteem, and self-actualization (Feist and Feist 262). It is generally observed that each higher level need becomes a priority only when the lower level needs have been met. Once one turns to a higher-order need, they must still continue to satisfy the more basic needs. Lower level needs have prepotency over higher level needs; that is, they must be satisfied or mostly satisfied before higher level needs become activated (Feist and Feist 262).

Literature is divided into various forms, such as novels, poetry, fiction, drama, and movies. In this research, the focus is on a specific character from a

movie that is an adaptation of a novel. The novel in question is *Little Women*, authored by Louisa May Alcott. The movie adaptation, also titled *Little Women*, was scripted by Greta Gerwig. This cinematic portrayal revolves around the lives of four sisters, such as Meg, Jo, Beth, and Amy March. These sisters, along with their mother known as Marmee, lead a life filled with love despite not being wealthy. The movie was released in 2019 and provides insight into the life of the author of the original novel. The story begins with Jo coming downstairs and greeting all her sisters because it is Christmas, but they are unable to afford any gifts. This is their first time celebrating Christmas without their father. Meg and Jo March, as the eldest children, have to work to support the family. Meg is beautiful and holds traditional values, while Jo, the main character, is a tomboys girl who enjoys reading and writing. Beth is a calm girl who loves peace, she is a pianist and enjoy playing the piano. Meanwhile, Amy, the youngest of the family, talented to do drawing and art, and she is interested become a part of high society.

Several researchers have chosen to analyze the movie adaptation of *Little Women* directed by Greta Grewig, and the researcher is aware that this particular film has already been the subject of analysis by previous researchers. The first is Nurmala Dewi and Tatia Islah Medina of Bina Sarana Informatika student. They conducted the research entitled *The Feminism Portrayed in Greta Gerwig's Movie Little Women; Analysis in Modern Era*. The study focusing to find out how feminism is described through the leading character. The other objective is to search the types of feminism on main character refers to Tong and Botts's theory.

Researcher used descriptive qualitative methods which content analysis of the movie.

The second was conducted by Belladina Kusuma Indriani (2021) from Universitas Muhammadiyah Surakarta, with the title *Independent Woman Portrayed in Jo March in Little Women Movie (2009); A Feminist Approach*. The researcher aims to examine the portrayal of independence in Jo March, the main character in *Little Women*, using a feminist approach. The researcher divides the concept of independence into four scope. They are independence in society, education, and the workplace. The researcher using a descriptive analysis method to explore this object. While many previous researchers have also do research *Little Women*, this research stands out due to its focus on analyzing the self-actualization of the main character.

Based on the explanation above, the researcher finds several reasons to be interested in conducting this research using the movie adaptation of *Little Women*. Firstly, there is a strong connection between literature and this research topic. Secondly, the movie portrays valuable lessons as it is based on a true story, showcasing how the main character navigates her life within a modest family and fulfills her needs in alignment with Maslow's theory. Lastly, there has been limited research conducted on the psychological aspects, particularly the analysis of self actualization, within the movie. Therefore, the researcher has titled this research project as *Self-Actualization In the Character of Jo March in Greta Gerwig's Little Women Film*.

The connection between psychology and literature offers a fascinating way to explore the diverse range of human experiences. Psychology, which explores the mind and behavior scientifically, give us valuable insight into the intricate portrayals found in literature. Authors carefully create characters by blending imagination, personal stories, and psychological aspects, resulting in a deep dive into what it means to be human. This blending of psychology and literature is the foundation of this study. By analyzing the movie adaptation of *Little Women*, this research focus to shed light on how self-actualization is depicted through Jo March's character. Using Maslow's hierarchy of needs as a guide, this research not only enriches our understanding of psychology in literature but also uncovers how characters like Jo March grow and achieve her full potential. This research strives to bridge the gap between psychology and literature, uncovering the intricate ways in which the human mind connects with the stories that mirror our shared journey.

B. Limitation of the Study

Considering the resources, this study is going to limit the discussion on the portrayal of Jo March's fulfillment of her hierarchy of needs, also how the movie depicts Jo March's criteria for self-actualization in the *Little Women* movie directed by Greta Gerwig.

C. Problem Formulation

Based on the limitation of the study above, researcher is going to make the problem formulation as below:

1. How are the hierarchy of needs reflected in Jo March *Little Women* film?

2. How are the criteria of self-actualization person reflected in Jo March in *Little Women* film?

D. Objective of the Study

This undergraduate thesis focuses on the analysis of the characterization of the main character which reveals her self-actualization. There are objectives of this study:

1. To describe the hierarchy of needs reflected in Jo March in *Little Women* Film.
2. To analyze the criteria of self-actualized person reflected in Jo March in *Little Women* film.

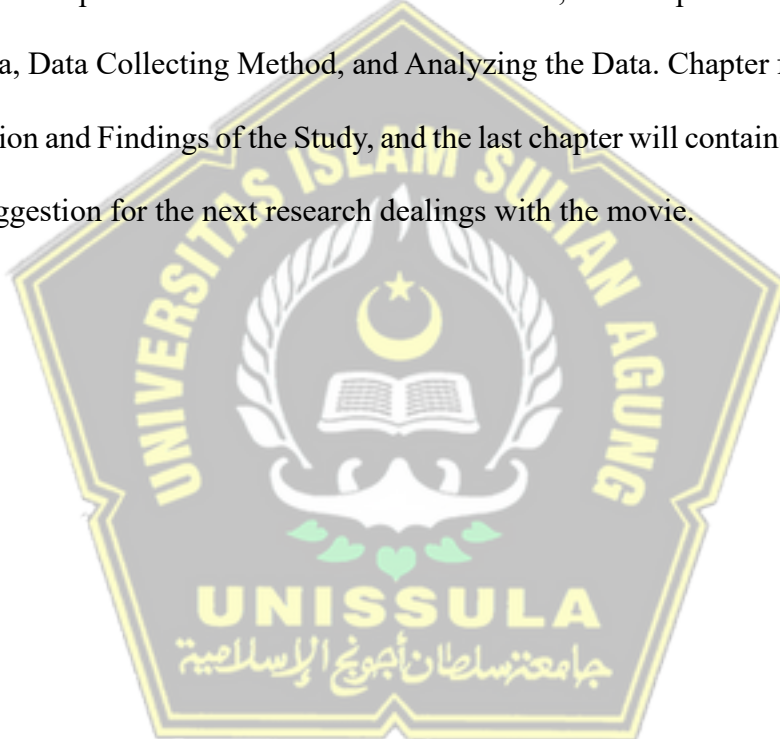
E. Significance of the Study

Researcher hope the concluding from this research can provide benefits to increase the knowledge to be require to both of researcher and the reader, the benefits are as follows:

1. Theoretically; while this research is theoretically based, it is hoped that it will contribute to the study of writing and literary analysis, particularly in the understanding of psychology in literature.
2. Practically; because this research was done with the intention of helping other researchers to be helpful, the result of this analysis can be applied to real-world situations.

F. Outline of the Study

This study divided into five chapters, the first chapter is introduction which contains the Background of the Study, Limitation of the Study, Problem Formulation, Objective of the Study, Significance of the Study and Outline of the Study. The next chapter is Review of Related Literature. It starts with the synopsis of the movie. This chapter also consist of the theory that will discuss of the study. The third chapter discussion the Research Method; this chapter contains Types of the Data, Data Collecting Method, and Analyzing the Data. Chapter four brings the discussion and Findings of the Study, and the last chapter will contains a Conclusion and Suggestion for the next research dealings with the movie.



CHAPTER II

REVIEW OF RELATED STUDY

A. Synopsis

Little Women (2019) directed by Greta Gerwig, tells an engaging story about the four March sisters and their journey of self-discovery and happiness. The backdrop is the civil War and the film cleverly weaves together the present and flashbacks thoroughly explore how the characters grow and their strong bonds.

The story begins with Jo March, living in New York as a governess and aspiring writer. When a newspaper editor buys one of her stories, it becomes a doorway into the plot. Jo's strong commitment to her writing and her determination to be independent are key parts of her character throughout the film. Her return home to Concord, Massachusetts, after hearing about Beth's illness is a turning point as she reconnects with her family and thinks about her dreams.

The narrative transitions to a Christmas celebrating during the Civil War, highlighting the March sisters' compassion and generosity, particularly demonstrated by Marmee's encouragement to donate their breakfast to the less fortunate. The introduction of their charming neighbor, Laurie Laurence, sets the stage for a complex web of relationship. Laurie's immediate have connection with Jo, his fondness for Meg, and later his affection for Amy, contribute to the intricate dynamics among the characters.

Amy's complex rivalry with Jo is laid bare as she burns Jo's manuscript out of jealousy. The ensuing tension between the sisters serves as a catalyst for their individual growth. Beth's illness, contracted while aiding a poor family, accentuates the sisters's altruistic nature and the sacrifices they make for one another. It also leads to Amy's temporary relocation to their aunt's home for her safety.

In the present, Jo's return to Concord allows for a reunion with her family and Laurie, who has struggled to move on from his unrequited love for her. Simultaneously, Amy's transformation from a young girl into a sophisticated and talented artist is showcased during her time in Paris. Her encounter with Laurie, now accompanied by his grandfather, rekindles their friendship and exposes the depths of their shared experiences.

A series of flashbacks reveals the pivotal moments in the lives of the March sisters. Meg's decision to marry John Brooke despite societal pressures and financial constraints exemplifies her contentment in a modest life. Jo's journey to New York and her encounter with Friedrich Bhaer showcases her professional growth as a writer. The critique from Bhaer challenges her approach and compels her to infuse her work with authenticity. Rejecting Laurie's proposal, Jo's honesty about their compatibility echoes her drive for personal fulfillment.

As Beth's health deteriorates, the family faces profound loss. Her serene acceptance of her fate and her desire to play the piano at Mr. Laurence's house before her passing emphasize her courage and resilience. The aftermath of her death leaves Jo feeling adrift, leading her to pour her emotions into a letter to Friedrich

Baer. This heartfelt expression of her feelings underscores her evolution as a writer and her pursuit of true love.

The film's conclusion sees the characters' individual journeys coming to fruition. Meg find contentment in her role as a wife and her mother, embracing the challenges that come with her choices. Jo's pursuit of her writing passion culminates in the publication of her novel, which reflects her experiences with her sisters and secures her financial independence. Her opening of a school demonstrates her commitment to nurturing young minds.

Amy's marriage to Laurie signifies growth for both characters, with Amy's decision mirroring her earlier realization that true love is more valuable than wealth. The legacy of aunt March's estate being passed to Jo, instead of Amy, serves as a testament to Jo's transformation and her aunts's recognition of her character.

In the end, *Little Women* showing a vivid portrait of sisterhood, love, ambition, and self-actualization. The film's depth of character development and its portrayal of the complexities of relationships make it a compelling work that resonates with audiences, highlighting themes that are universally relatable and enduring.

B. Related Literatures

B.1 Abraham Maslow's Theory

As researcher has stated in the background of the study that literature and psychology are closely connected. In order to analyze a literature, it require the use of literary criticism methods, such as the psychoanalytic technique. Psychoanalysis itself is a form of therapy which aims to cure mental disorders 'by investigating the

interaction of conscious and unconscious elements in the mind' (as the Concise Oxford Dictionary puts it) (Barry 70). Based on this idea, it is showing that incorporating psychological perspectives when analyzing literature not only deepens our understanding of characters thoughts and feeling but also helps us better appreciate the deeper meanings and intricate layers that authors intend to communicate through their stories.

Literature can benefit from psychology by using its theories and findings to enhance its understanding and interpretation of human psychology in literary works. Psychology can provide literature with tools and frameworks to analyze the psychological aspects of authors, characters, and readers. Psychology can also help literature to evaluate its impact and effectiveness on human psychology in terms of emotions, cognition, or behavior.

Psychology can benefit from literature by using its forms and techniques to improves its presentation and communication of psychological knowledge and research. Literature can provide psychology with models and example to illustrate and explain psychological phenomena in an engaging and accessible way. Literature can also help psychology to expand its scope and creativity by exposing it to divers and complex human experiences and expressions.

The psychological approach to literature is a way of analyzing literary works that focus on the psychological aspects of authors, characters, and readers. It explores how literature reflects and influences human behavior, emotions, thoughts, and motivations. Psychology and literature have a close relation because both of them deal with human experiences and expressions. Literature can benefit

from psychology by using its theories and findings to enhance its understanding and interpretation of human psychology in literary works. psychology can benefit from literature by using its forms and techniques to improve its presentation and communication of psychological knowledge and research.

Main focus of this research is to show the self-actualization of Jo March in the movie *Little Women* directed by Greta Grewig. To analyze the movie and take a psychological approach, researcher use Abraham Maslow's hierarchy of needs theory. There are various psychological theories exist to support research, including those by Sigmund Freud, Carl Gustav Jung, Alfred Adler, B.F. Skinner, and others.

B.2 Hierarchy of Needs

Hierarchy of needs is a theory of human motivation proposed by Abraham Maslow in 1954. The concept of Maslow's hierarchy of needs estimates that the needs that must be satisfied by someone are those that are at the lowest level or those needs that are at least sufficient to have motivation in achieve the higher need, because what motivates is the need above. Maslow's hierarchy of needs concept assumes that lower level needs must be satisfied or at least relatively satisfied before higher level needs become motivators (Feist and Feist 262). According to Maslow, these needs motivate people to seek satisfaction and fulfillment in their lives. Maslow also claimed that the lower-level needs must be met before the higher-level needs can be pursued.

According to Maslow's hierarchy of needs theory, the most fundamental and essential needs are classified at the highest level of the pyramid and must be

given the highest priority. The pyramid diagram is provided below for reference.



Figure 1: Maslow Hierarchies of Needs

B.2.1 Physiological Needs

The very first thing humans need to take care of are their basic physiological needs. These needs are the fundamental essentials required for survival. The most basic needs of any person are physiological needs, including food, water, oxygen, maintenance of body temperature, and so on (Feist and Feist 262). According to Maslow, physiological needs are the most basic and essential needs for human survival. These needs are at the bottom of the hierarchy because they must be met before any other needs can be satisfied. If these needs are not met, a person will experience physical discomfort, pain, illness, or even death. Therefore,

physiological needs have the highest priority and the strongest influence on human behavior.

Based on Maslow (1970) if someone cannot fulfill their needs the effect is the human can be controlled of their physiological needs, then the other needs are not thing or become simply nonexistent or the human would be staying to fulfill their basic needs. When people do not have their physiological needs satisfied, they live primarily for those needs and strive constantly to satisfy them (Feist and Feist 263). It can be concluded that If the psychological needs of an individual are not met, they will be unable to progress to higher-level needs. They may remain stuck in their physiological needs or even face survival challenges.

Physiological needs are universal and biological. They are not influenced by culture, society, or personal references. They are also relatively constant and stable over time. However, they may vary in intensity depending on the individual's physical condition, environment, and circumstances. For example, a person who is fasting may feel less hungry than a person who is starving. A person who lives in a warm climate may need less clothing than a person who lives in a cold climate. A person who is sick may need more sleep than a person who is healthy.

Maslow's theory suggests that once physiological needs are sufficiently met, a person will move on to the next level of needs in the hierarchy: safety needs. However, this does not mean that physiological needs will disappear or become less important. Rather, they will become less urgent and more easily satisfied. A person will still to eat, drink, breathe, sleep, etc., but they will not have to worry about

them as much as before. They will be able to focus more on other aspects of life that are more fulfilling and meaningful.

B.2.2 Safety Needs

Safety needs are the second level of Maslow's hierarchy of needs, after physiological needs. The needs for law, order, and structure are also safety needs (Maslow, 1970) (Feist and Feist 263). Safety needs include the security of body, of employment, of resources, or morality, of family, and of health. These needs are important for people to feel stable and protected in their lives.

We can gain a better understanding of an adult's safety needs by observing infants and children, as their needs in this area are simpler and more apparent. Unlike adults, infants do not suppress their reaction to threats or danger. In our society, adults are taught to inhibit this reaction, making it difficult to see when they perceive a threat to their safety. Infants, on the other hand, react strongly and visibly when they are disturbed, startled by loud noises, exposed to intense sensory stimulation, roughly handled, or when they lack support in their mother's arms. Safety needs, which include the desire for protection and a sense of security, become particularly important in social contexts when there are real threats to law, order, or the authority of society. The threat of chaos or of nihilism can be expected in most human beings to produce a regression from any higher needs to the more prepotent safety needs (Maslow 43).

One more sign of a child's need for safety becomes apparent through their preference for an undisturbed routine or a consistent pattern. For instance, injustice,

or inconsistency in the parents seems to make a child feel anxious and unsafe (Zheng Zheng et al. 2). They seem to desire a world that's predictable, orderly, and lawful. When parents are unjust, unfair, or inconsistent, it triggers anxiety and a sense of insecurity in the child. This response might not be solely due to the justice itself or any specific discomfort caused, but mainly because such treatment disrupts the perception of the world as dependable, secure, or unpredictable. Young children seem to thrive better in an environment that has a basic structure, a schedule of sorts, some form of routine that provides stability not only for the present but also for the future.

Child psychologists, teachers, and therapists have observed that controlled permission within certain limits is what children prefer and require, rather than unbridled allowance. Perhaps a more accurate expression of this idea would be that children need a well-organized and orderly world, rather than a chaotic one. The parents and the usual family setting play a crucial role that's beyond question. Arguments, physical violence, separation, divorce, or death within the family can be particularly distressing. Even parental outbursts of anger or threats of punishment directed at the child, along with harsh language, rough treatment, or physical discipline, can provoke intense panic and fear, suggesting that more than just physical pain is at play.

While it's true that in some children, this fear might also stem from a dread of losing parental love, it can also manifest in children who are completely neglected. These children may cling to hostile parents more for the sake of safety and protection rather than the hope of affection. Presenting an average child with

new, unfamiliar, strange, or uncontrollable experiences or situations will offer trigger a response of danger or fear. For instance, getting lost or briefly separated from parents, encountering new faces, or facing novel situations can provoke this reaction.

There are notable differences in the safety needs of children and adults. Children require protection from their parents or other relatives, like aunts, uncles, grandparents, etc. on the other hand, adults have the ability to protect themselves, but they still require protection from others. Both children and adults have the protection provided by the law. Once the safety needs of individuals are met, they can then move on to the next level of needs, which is need for love and belonging.

Safety needs are influenced by both internal and external factors. For example, a person may feel unsafe due to their own anxiety or trauma, or due to the presence of violence or crime their environment. Safety needs may also vary depending on the individual's personality, culture, and life stage. For example, a child may need more physical and emotional safety from their parents, while an adult may need more financial and social safety from their employers and friends.

Maslow's theory suggests that once safety needs are sufficiently met, a person will move on the next level of needs in the hierarchy. However, this does not mean that safety needs will disappear or become less important. Rather, they will become less dominant and more easily satisfied. A person will still need to feel safe and secure, but they will be able to focus more on other aspects of life that are more fulfilling and meaningful.

B.2.3 Love and Belonging Needs

Love and belongingness needs are third level of Maslow's hierarchy of needs. These needs are related to the social and emotional aspects of human life. They involves the desire for friendship, the wish for a mate and children, the need to belong to a family, a club, a neighborhood, or a nation. After people partially satisfy their physiological and safety needs, they become motivated by love and belongingness needs, such as the desire for friendship; the wish for a mate and children; the need to belong to a family, a club, a neighborhood, or a nation (Feist and Feist 262). These needs reflect the human need for interpersonal relationship, intimacy, and acceptance by others. When these needs are satisfied, the individual feels loved, valued, and connected to others.

Maslow also described the psychological affects of unsatisfied love and belongingness needs. He argued that when a person is deprived of affection and social acceptance, he or she will experience a strong sense of loneliness and alienation. He will hunger for affectionate relations with people in general, namely, for a place in his group or family, and he will strive with great intensity to achieve this goal (Maslow 43). This means that the person will seek any kind of social interaction, even if it is negative or harmful, to fill the void of love and belonging. The person may also become desperate, clingy, or dependent on others, which may further damage his or her self-esteem and social skills.

Fromm's concept of social character is related to Maslow's love and belongingness needs, as it refers to the core of the character that is shared by most members of a culture or society. To further test Fromm's ideas, Bernard and

colleagues (2006) next examined whether having a feeling of estrangement from one's culture was related to increased feelings of anxiety and depression (Feist and Feist 249). Fromm argued that social character is shaped by the economic, social, and cultural conditions of a group, and that it influences how individuals adapt to their roles and expectations in society. Fromm also suggested that social character be either productive or unproductive, depending on whether it fosters human growth and development or inhibits it. He hypothesized that individuals who feel more estranged from their culture would have lower levels of social character, and higher levels of anxiety and depression. He also expected that social character would mediate the effect of cultural estrangement on psychological distress.

However, Maslow emphasized that love is not synonymous with sex. One thing that must be stressed at this point is that love is not synonymous with sex (Maslow 44). Sex may be motivated by other needs as well, such as physiological or esteem needs. Sex may also be used as a means of domination, manipulation, or exploitation. Love, on the other hand, is based on respect, trust, communication, and cooperation. Love involves giving as well as receiving; it allows for individuality and diversity; it is not possessive but generous; it is not jealous but trusting; it is not selfish but altruistic; it is not transient but enduring. Love is not only a physical attraction, but also an emotional and spiritual bond. To fulfill their love and belonging needs, individuals require three distinct elements such as family, intimacy, and friendship.

B.2.3.1 Family

The family is a bond between parents and children, as well as siblings. When an individual experiences the absence of their parents or children, they may feel this loss much more acutely than they ever have before. He will hunger for affectionate relations with people in general, namely, for a place in his group or family, and he will strive with great intensity to achieve this goal (Maslow 43). This implies that an individual who is deprived of love and belonging may experience a strong need for connection and acceptance from others. Consequently, they may pursue a place in their group or family, where they can feel valued and supported. Furthermore, they may strive with great intensity to achieve this goal, as it is vital for their emotional stability and happiness.

B.2.3.2 Friendship

Friendship is a deep and meaningful relationship that develops between individuals who have a special bond. Friends can come from different backgrounds, such as neighbors, classmates, colleagues, or others. In this complex network of relationships, friends offer a unique opportunity for human connection, providing not only love and care but also a source of emotional support similar to that of family members.

Maintaining friendships requires finding someone who truly cares, offering a hand during difficult times, and celebrating both successes and failures. These interactions have the potential to enhance personal growth, acting as a source of inspiration for self-improvement and empowerment. The essence of friendship is

its ability to brighten life's journey with companionship, shared experiences, and the mutual pursuit of becoming better versions of ourselves.

B.2.3.3 Intimacy

Intimacy characterizes the special bond that emerges between partners, whether they are romantic or marital. As relationships evolve to marriage or committed partnerships, this bond becomes a conduit for expressing affection and exclusive attention. Such connections foster emotional exchange and confer a sense of warmth and satisfaction to both couples, whether they are spouses or significant others.

B.2.4 Esteem Needs

According to Maslow, esteem needs are the fourth level of hierarchy, and they refer to a person's need to feel respected, confident, competent, and valued by themselves and others. Esteem needs are based on the premise that people have an innate desire to achieve their full potential, or self-actualization, but they can only do so if they have a positive self-image and a sense of worthiness. This suggests that esteem needs are dependent on the fulfillment of the previous level of hierarchy, which is love and belongingness. Love and belongingness needs involve the need to form meaningful relationships with others, such as family, friends, romantic partners, or social groups. These relationships provide a source of emotional support, acceptance, and belonging that can enhance a person's self-esteem and well-being. To the extent that people satisfy their love and belongingness needs, they are free to pursue esteem needs, which include self-respect, confidence,

competence, and the knowledge that others hold them in high esteem (Feist and Feist 265).

Maslow (1970) identified two levels of esteem needs—reputation and self-esteem. Reputation is the perception of the prestige, recognition, or fame a person has achieved in the eyes of others, whereas self-esteem is a person's own feelings of worth and confidence (Feist and Feist 265). Reputation and self esteem are two related but distinct concepts that influence how people perceive themselves and others. Reputation belongs to the level of esteem needs, which are higher than the basic needs of physiological, safety, and social needs. Self esteem, on other hand, is considered as a prerequisite for self actualization, which is the highest level of human motivation. Therefore, reputation and self esteem are not equivalent, but rather interdependent. A person may have high reputation but low self esteem. A high reputation may boost one's self esteem, but it may also create pressure and anxiety. A low reputation may damage one's self esteem, but it may also motivate one to improve oneself. The relationship between reputation and self esteem is complex and dynamic, and it may vary depending on the context, culture, and personality of the individual.

Self-esteem is based on more than reputation or prestige; it reflects a “desire for strength, for achievement, for adequacy, for mastery and competence, for confidence in the face of the world, and for independence and freedom” (p. 45) (Feist and Feist 265). This means that self esteem is not only dependent on how others view us, but also on how we view ourselves and our own abilities. Self esteem is a more intrinsic and stable source of motivation than reputation or

prestige, which are more extrinsic and variable. Self esteem is also related to the concept of self actualization, which is the highest level of human potential and fulfillment. A person with high self esteem is more likely to pursue their own goals and values, regardless of external rewards or pressures. A person with low self-esteem may rely more on reputation or prestige to validate their worth, but they may also feel insecure and dissatisfied with themselves.

According to Maslow, humans have various needs that are essential for their lives. These include the need to be respected, need for freedom and independence, pride, achievement, courage, reputation, glory and so on. These are the needs that someone requires in this real life.

B.2.5 Self-Actualization

The highest need that humans have is self-actualization, which they reach after they have fulfilled the previous four needs. This need is not about overcoming the lower needs, but rather transcending them. According to Maslow, When lower level needs are satisfied, people proceed more or less automatically to the next level (Feist and Feist 265). This means that people do not consciously choose to pursue higher level needs. For example, a person who has enough food, water, shelter, and security will not be motivated by these needs anymore, but rather by the need for love, belonging, and social interaction. Similarly, a person who has a stable and supportive network of relationships will not be motivated by needs anymore, but rather by the need for respect, recognition, and achievement. Maslow's theory suggests that human motivation is hierarchical and sequential, and that higher level needs are more complex and abstract than lower level needs.

Self actualization does not imply the absence of problems, but rather the sift from illusory and temporary problems to real and meaningful ones, and the ability to solve them. Person's life quality is determined by his capacity to act, that is entirety of qualities, abilities and actions, that allow him to create appropriate life and self-realization model in the preferable direction (Strazdina 1). The human who accepts themselves as they are has the following traits such as they are aware of their strengths and weaknesses, they have a realistic and accurate view of the world they live in, they relate well with others and communicate effectively with them.

B.3 Criteria of Self Actualization

Self-actualization is the highest level of human motivation and fulfillment, according to Maslow's hierarchy of needs. It is the state of being fully oneself and realizing one's potentialities. However, not everyone can achieve self-actualization, as there are several criteria that must be met, according to Feist in Theories of Personality. These criteria such as free from psychopathology, complete hierarchy of needs, embrace B-values, and the last is exploit talents, capacities, and potentialities. These criteria are not mutually exclusive or exhaustive, but rather interrelated and complementary. They reflect the characteristics and behaviors of self-actualized people who have reached the peak of human development and happiness.

B.3.1 Free from psychopathology

They were neither neurotic nor psychotic nor did they have a tendency toward psychological disturbances (Feist and Feist 271). This refers to the people who Maslow considered as self-actualized, based on his research and observation.

These people were free from psychopathology, which means that they did not have any mental illness or disorder that impaired their functioning or well-being. They were not neurotic, which means that they did not have excessive anxiety, stress, or irrational thoughts or emotions. They were not psychotic, which means that they did not have a distorted perception of reality, such as hallucinations or delusions. They did not have a tendency toward psychological disturbances, which means that they were resilient and adaptable to the challenges and changes in their lives. They had a realistic and accurate view of themselves and the world, and they were able to cope with stress and problems effectively. Being free from psychopathology was one of the criteria that Maslow used to identify self-actualized people, who had reached the highest level of human motivation and fulfillment.

B.3.2 Complete Hierarchy of Needs

Another criteria that Maslow used to identify self-actualization people, which is completing hierarchy of needs. Self-actualizing people had progressed through the hierarchy of needs and therefore lived above the subsistence level of existence and had no ever-present threat to their safety (Feist and Feist 271). Maslow's hierarchy of needs is a theory that proposes that humans have different levels of needs that motivate their behavior. These needs range from the most basic and essential, such as physiological and safety needs, to the most advanced and fulfilling, such as esteem and self-actualization needs. Maslow argued that people need to satisfy their lower level needs before they can pursue their higher level needs. Therefore, self-actualizing people had progressed through the hierarchy of needs and had met their physiological, safety, social, and esteem needs. They lived

above the subsistence level of existence, which means that they had enough food, water, shelter, and other resources to survive and thrive. They had no ever-present threat to their safety, which means that they were not in danger of harm or violence from others or from the environment. They had a stable and supportive network of relationships, which gave them a sense of love, belonging, and acceptance. They also had a high level of respect, recognition, and achievement, which boosted their confidence and self-esteem. Completing the hierarchy of needs was a necessary but not sufficient condition for self-actualization, as there were other criteria that self-actualized people possessed.

B.3.3 Embracing B-values

Maslow used to identify self-actualized people, which is embracing B-values. B-values are the intrinsic qualities of life that Maslow considered as the ultimate goals of human existence. His self-actualizing people felt comfortable with and even demanded truth, beauty, justice, simplicity, humor, and each of the other B-values that we discuss later (Feist and Feist 271). They are also known as being-values, as they reflect the state of being rather than doing. Some examples of B-values are truth, beauty, justice, simplicity, humor, wholeness, uniqueness, perfection, completion, justice, order, richness, effortlessnes, playfulness, self-sufficiency, meaningfulness, and so on. Maslow argued that self-actualized people value and appreciate these qualities more than others, and they seek to express them in their lives. They feel comfortable with and even demand B-values, which means that they are not satisfied with superficial or false aspects of life, but rather with the genuine and profound ones. They are not afraid of confronting the reality of

themselves and the world, but rather enjoy discovering and creating truth and beauty. They are not indifferent or cynical about the moral and social issues of their time, but rather passionate and committed to justice and fairness. They are not complex or pretentious in their personality or style, but rather simple and authentic. They are not serious or rigid in their attitude or behavior, but rather humorous and playful. They are not dependent or conforming to others or society, but rather self-sufficient and unique. Embracing B-values was one of the characteristics that distinguished self-actualized people from others who had not reached the highest level of human motivation and fulfillment.

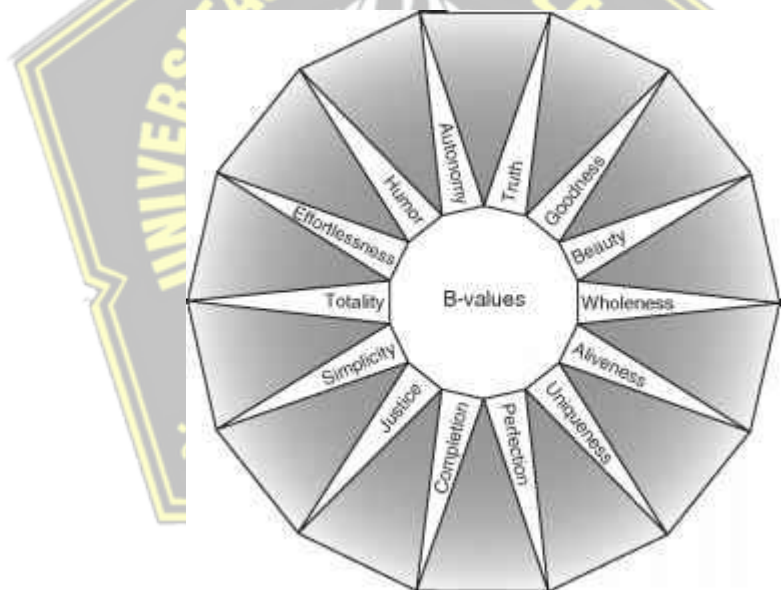
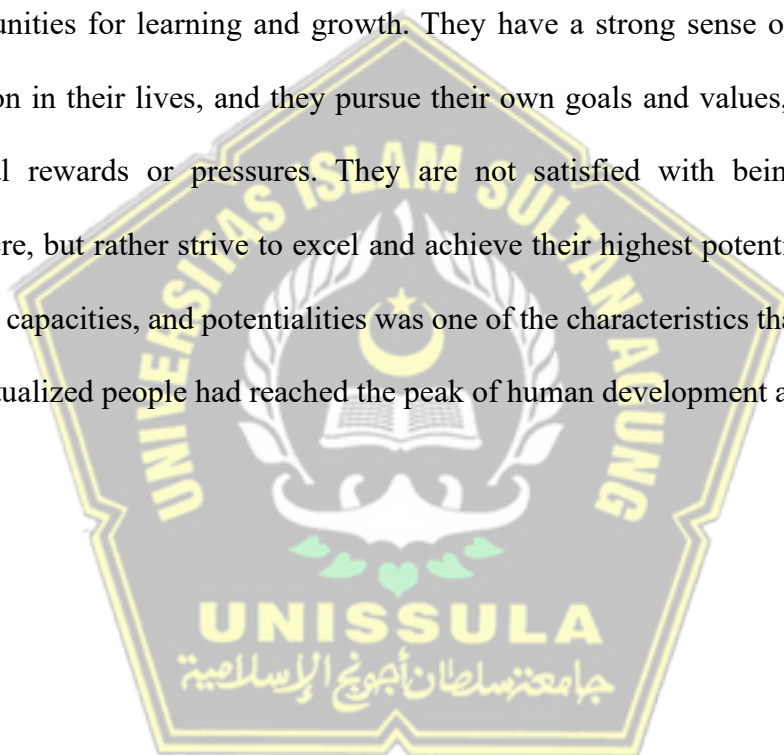


Figure 2: Maslow's B-values: A single Jewel with Many Facets (Feist and Feist, *Theories of Personality* 272)

B.3.4 Exploit Talents, Capacities, and Potentialities

The final criterion that Maslow used to identify self-actualized people, which is exploiting talents, capacities, and potentialities. This means that self-

actualized people are aware of their strengths and weaknesses, and they use them to the fullest extent possible. In other words, his self-actualizing individuals fulfilled their needs to grow, to develop, and to increasingly become what they were capable of becoming (Feist and Feist 271). They are creative, productive, and innovative in their endeavors, and they constantly seek to improve themselves and their skills. They are not afraid of failure or criticism, but rather see them as opportunities for learning and growth. They have a strong sense of purpose and direction in their lives, and they pursue their own goals and values, regardless of external rewards or pressures. They are not satisfied with being average or mediocre, but rather strive to excel and achieve their highest potential. Exploiting talents, capacities, and potentialities was one of the characteristics that showed that self-actualized people had reached the peak of human development and happiness.



CHAPTER III

RESEARCH METHOD

A. Types of the Research

This study employs a qualitative research methodology to analyse the data. The data consists of narrative texts such as books, diaries, novels, and literary works. According to Arthur Cropley, Qualitative data: The information qualitative researchers collect in order to gain insights into people's constructions of the world is obtained by means of narratives in which the people being studied communicate the way they understand the world (19).

Based on the definition of qualitative research is an appropriate method for this study, as it aims to explore how people make sense of certain phenomena, including literary works. This method allows the researcher to interpret the data in a descriptive manner, using words, sentences, monologues, or dialogues as the units of analysis. The results are presented in a narrative form, rather than in numerical or statistical terms.

B. Data Organizing

B.1 Data Collecting Method

This study used some steps in collecting data, such as:

B.1.1 Watching the Film and Reading the Script

The object of this study is a film entitled *Little Women* by Greta Gerwig. To start collecting data for the study, the researcher began with watching the film and reading the script as the primary source. The suitable method to watch and read the

film is film analysis, which involves examining the cinematic elements, narrative techniques, thematic messages, and historical context of the film.

B.1.2 Identifying Data

Data identification is the process of selecting and marking the relevant data from the primary and secondary sources for the analysis. The researcher used underlining and bracketing to distinguish the data from the non-data in the text. This method helps the researcher to focus on the specific aspects of the data that are related to the research question and objectives. The data can be derived from various textual elements, such as dialogue, narration, description, or symbolism, in the primary source, which is the film and the script. The data can also be derived from other sources that support or complement the analysis, such as reviews, articles, interviews, or books.

B.1.3 Classifying Data

Classifying means grouping the data based on problem formulation that the study wants to discuss about. The study has two problem formulations to be discussed and the data to analyze these two can be seen in the appendix table.

B.1.4 Reducing Data

Data reduction was the final step in the data collection process. It involves simplifying and condensing the data into a smaller amount. This step makes the data analysis easier and more manageable.

B.2 Types of the Data

This study is used two kinds of data:

1. Primary data were the main data that has been collected from the film *Little Women* (2019) directed by Greta Gerwig as the primary source.
2. Secondary data, were taken from journals, books, articles, magazines, or website that are related to the study as supporting the primary data.

C. Analyzing the Data

The researcher used a qualitative descriptive analysis based on the Psychological Approach by Abraham Maslow theory to analyze the data. The researcher first examined the intrinsic elements, such as plot, character, setting, and point of view, and then the extrinsic elements, which are related to other disciplines outside of literature that contribute to the fiction. The researcher applied the psychological approach by Abraham Maslow to study the self-actualization needs of the main character in the film *Little Women*. The researcher selected the data that show the self-actualization needs and compared them with the characteristics of self-actualization based on Maslow's theory.

CHAPTER IV

FINDINGS AND DISCUSSION

This chapter presents the findings and discussion of the data analysis based on the Psychological Approach by Abraham Maslow theory. The researcher uses the film *Little Women* by Greta Gerwig (2019) as the primary source of data, and other sources, such as reviews, articles, interviews, or books, as the secondary sources of data. The researcher focuses on the main character of the film, Jo March, a young aspiring writer who lives in the 19th century America. The researcher examines how Jo March fulfills her hierarchy of needs, which are physiological, safety, love and belonging, esteem, and self-actualization, according to Maslow's theory. The researcher also explores the criteria of self-actualization that Jo March meets or does not meet in the film.

A. Hierarchy of Needs

A.1 Physiological Needs

Physiological Needs according to Maslow's theory, physiological needs are the most basic and essential needs for human survival, and they must be satisfied before moving to the higher levels of needs, such as safety, love and belonging, esteem, and self-actualization. In this part, it will elaborate on the portrayal of physiological needs and how the film *Little Women* depicts the physiological needs of the main characters, illustrating how these needs influence their actions and motivations.

Jo is a strong-willed and independent young woman who wants to make a difference in the world through her writing. However, she also faces many challenges and sacrifices due to her family's poverty and social expectations.

One of the scenes that shows the physiological needs of Jo is, when she says “*I could eat a horse*” (Gerwig 30), when she clomps down the stairs with pages of the play in her hand. This shows that Jo is hungry and needs to satisfy her appetite. It also implies that she has been working hard on her writing and has neglected her physical well-being. Jo's statement reflects her personality as a passionate and ambitious writer who sometimes sacrifices her comfort for her art. However, it also indicates that she is aware of her physiological need and wants to fulfill it as soon as possible. Therefore, this scene demonstrates how Jo's physiological need is manifested in the film.

Jo's physiological needs are an important factor in shaping her character development and choices in the film *Little Women*. She has to deal with the challenges of poverty, hunger, illness, gender inequality, and social pressure. She also has to balance her physiological needs with her higher needs of esteem and self-actualization. Jo's story shows how Maslow's theory can be applied to analyze literary works and understand human behavior.

A.2 Safety Needs

Safety Needs According to Maslow's theory, safety needs are the needs for security, stability, protection, and freedom from fear, anxiety, or chaos. These needs are the second level of the hierarchy, after the physiological needs are met. In this

chapter, it will be explained the portrayal of safety needs in the film *Little Women* of the main characters and how affect their actions and motivations.

Jo is a strong-willed and independent young woman who wants to make a difference in the world through her writing. However, she face many difficulties and dangers due to her family's poverty and father's absence.

Jo's safety needs also affect her relationships with other characters in the film. For instance, when Aunt March says to Jo *"No, so you can live a better life than your poor mother has."* (Gerwig 39), she implies that Jo's life would have been easier and better if she had married someone wealthy and powerful. Aunt March represents the opposite of Marmee, as she values money and status more than love and family. Marmee also supports Jo's decision to reject Laurie's proposal, as she believes that Jo should follow her heart and not marry for convenience or security.

One of the scenes that shows the safety needs of Jo March is when Aunt March says to Jo *"I know you don't care much about marriage now. I can't say I blame you, but I intend to go to Europe one more time, and I need a companion. How would you like to be the person I take?"* (Gerwig 39). This shows that Aunt March offers Jo an opportunity to travel and see the world, which is Jo's dream. However, Aunt March also implies that Jo should marry well and secure her future, which is not Jo's priority. Jo is torn between accepting Aunt March's offer and pursuing her own career as a writer. Jo values her freedom and independence more

than her safety and security, which makes her different from other women of her time.

Another scene that shows the safety needs of Jo is when she says *“I can’t believe childhood is over”* (Gerwig 93) after hearing that Meg is engaged to John Brooke. This shows that Jo feels that marriage will end her sisterhood with Meg and change their relationship forever. Jo also fears that marriage will limit Meg’s potential and happiness, as she says *“You will be bored of him in two years and we will be interesting forever.”* (Gerwig 92). Jo does not want Meg to settle for a conventional life of domesticity and dependence, which she sees as a threat to her safety and identity.

Jo’s safety needs also affect her relationships with other characters in the film. For instance, when Laurie proposes to her, she rejects him because she feels that marriage would limit her freedom and creativity. She says *“Yes, you are, you’re a great deal too good for me, and I’m so grateful to you and so proud of you, I don’t see why I... I can’t love you as you want me to.”* (Gerwig 97). She also says *“Nothing more – except that... (honest) I don’t believe I will ever marry. I’m happy as I am, and love my liberty too well to be in any hurry to give it up.”* (Gerwig 98), which implies that she does not want to conform to the traditional role of a wife and mother. Jo values her independence and autonomy more than romance and companionship.

Jo’s safety needs are important factors in shaping their character development and choices in the film *Little Women*. She have to deal with the

challenges of war, poverty, illness, gender inequality, and social pressure. They also have to balance their safety needs with their higher needs of love and belonging, esteem, and self-actualization. Her stories show how Maslow's theory can be applied to analyze literary works and understand human behavior.

A.3 Love and Belonging Needs

Love and belonging needs are the needs for affection, intimacy, friendship, and social acceptance. According to Maslow's theory, these needs are the third level of the hierarchy, after the physiological and safety needs are met. In the film *Little Women*, the main character Jo March and her family reflect their love and belonging needs in several scenes.

A.3.1 Family

Family is one of the sources of love and belonging for the characters in the film, as they have a strong bond with each other and support and encourage each other in their pursuits. The sisters also care for their father, who is away at war, and write letters to him. The sisters also help other families in need, such as the Hummel family, who are poor and sick. The film shows how the March family values love, kindness, and generosity over material wealth and social status.

One of the scenes that shows the love and belonging needs of the family is when Jo says "*Jo! Jo, where are you? I can't find my other glove!*" "*TAKE MINE!*" (Gerwig 49). This shows that Jo is willing to share her glove with her sister Amy, who is going to a party with Aunt March. Jo sacrifices her own comfort and warmth

for her sister's happiness. This scene also contrasts Jo's lack of interest in social events with Amy's desire to fit in and impress others.

The March family's love and belonging needs are also influenced by their social class and culture. As a middle-class family in the 19th century, they face many challenges and prejudices from the upper-class society, such as Aunt March and Mr. Laurence, who look down on them for their poverty and lack of status. They also face discrimination and oppression from the patriarchal society, which limits their opportunities and choices as women. They have to struggle to find their place and voice in a world that does not value them.

The March family's love and belonging needs also affect their relationships with other characters in the film. For instance, they form a friendship with Laurie, who is a rich and lonely boy who lives next door with his grandfather Mr. Laurence. Laurie becomes like a brother to the sisters, who welcome him into their family and share their joys and sorrows with him. Laurie also falls in love with Jo, who rejects him because she does not feel the same way about him. Laurie later marries Amy, who has always admired him since childhood.

The March family's love and belonging needs are important factors in shaping their character development and choices in the film *Little Women*. They have to deal with the challenges of war, poverty, illness, gender inequality, and social pressure. They also have to balance their love and belonging needs with their higher needs of esteem and self-actualization. Their stories show how Maslow's theory can be applied to analyze literary works and understand human behavior.

A.3.1 Friendship

The March sisters have different friends who share their interests and passions. Jo has a close friendship with Laurie, the grandson of their wealthy neighbor Mr. Laurence. Laurie admires Jo's spirit and creativity, and joins her in her adventures and games. Laurie also becomes friends with the other sisters, especially Amy, who has a crush on him. The film shows how friendship can enrich the lives of the characters and help them overcome their challenges.

One of the scenes that shows the love and belonging needs of friendship is when Laurie says "*Mr. president and gentleman, I wish to propose the admission of a new member. One who highly deserves the honor, would be deeply grateful, and would add immensely to the spirit of the club. I propose Mr. Theodore Laurence*" (Gerwig 45). This shows that Laurie wants to join Jo's secret club, which is a group of boys who meet in a barn to read stories and act them out. Laurie respects Jo's club and wants to be a part of it. Jo accepts Laurie's proposal and welcomes him as a friend.

Another scene that shows the love and belonging needs of friendship is when Jo says "*I can't believe childhood is over*" (Gerwig 93) after hearing that Meg is engaged to John Brooke, who is a tutor for Laurie. This shows that Jo feels that marriage will end her sisterhood with Meg and change their relationship forever. Jo also fears that marriage will limit Meg's potential and happiness, as she says "*You will be bored of him in two years and we will be interesting forever.*" (Gerwig 93). Meg reassures Jo that she loves John and that they will always be friends, as she

says “*Just because my dreams are not the same as yours doesn’t mean they’re unimportant*” (Gerwig 92).

The characters’s love and belonging needs of friendship are also influenced by their social class and culture. As middle-class women in the 19th century, they face many challenges and prejudices from the upper-class society, such as Aunt March and Mr. Laurence, who look down on them for their poverty and lack of status. They also face discrimination and oppression from the patriarchal society, which limits their opportunities and choices as women. They have to struggle to find their place and voice in a world that does not value them.

The characters’ love and belonging needs of friendship also affect their relationships with other characters in the film. For instance, they form a friendship with Friedrich Bhaer, who is a professor and a writer who meets Jo in New York. Friedrich criticizes Jo’s stories for being sensational and immoral, as he says “*I don’t like them.*” (Gerwig 22). Friedrich challenges Jo to improve her writing and express her true self, as he says “*Oh I think you’re talented, which is why I’m being so blunt.*” (Gerwig 22). Friedrich respects Jo’s talent and potential as a writer and a friend.

The characters’ love and belonging needs of friendship are important factors in shaping their character development and choices in the film *Little Women*. They have to deal with the challenges of war, poverty, illness, gender inequality, and social pressure. They also have to balance their love and belonging needs of friendship with their higher needs of esteem and self-actualization. Their stories

show how Maslow's theory can be applied to analyze literary works and understand human behavior.

A.3.1 Intimacy

Intimacy is the emotional and physical closeness that involves trust, honesty, and affection. The film shows how some of the characters develop romantic relationships that fulfill their intimacy needs, while others choose different paths that suit their personalities and goals. The film also shows how intimacy can be challenging and complicated for some characters, especially Jo, who has conflicting feelings about marriage and love.

One of the scenes that shows the love and belonging needs of intimacy is when Mr. Laurence says *"And please come here, whenever you'd like. And tell Beth to come too."* Jo said, *"YES! Beth would adore the piano!"* (Gerwig 44). This shows that Mr. Laurence has a special bond with Beth, who loves playing his piano. Mr. Laurence is a lonely widower who finds comfort and joy in Beth's company. Beth is a shy and gentle girl who finds peace and happiness in music. Mr. Laurence invites Beth to his house whenever she wants, and gives her his piano as a gift. This scene shows how intimacy can be expressed in different ways, not only through romance, but also through friendship and kindness.

Another scene that shows the love and belonging needs of intimacy is when Laurie says *"I've loved you ever since I've known you Jo – I couldn't help it, and you've been so good to me – I've been so good to me – I've tried to show it but you wouldn't let me; now I'm going to make you hear and give me an answer because I*

can't go on like this any longer." (Gerwig 96) after proposing to Jo in the woods. This shows that Laurie has developed a deep and sincere affection for Jo, who is his best friend and confidante. Laurie admires Jo's spirit and creativity, and joins her in her adventures and games. Laurie also becomes friends with the other sisters, especially Amy, who has a crush on him. However, Jo rejects Laurie's proposal because she does not feel the same way about him. She says *"No, Teddy – please don't"* (Gerwig 96). She also says *"Nothing more – except that... (honest) I don't believe I will ever marry. I'm happy as I am, and love my liberty too well to be in any hurry to give it up."* (Gerwig 98), which implies that she does not want to conform to the traditional role of a wife and mother. Jo values her independence and autonomy more than romance and intimacy.

The characters' love and belonging needs of intimacy are also influenced by their social class and culture. As middle-class women in the 19th century, they face many challenges and prejudices from the upper-class society, such as Aunt March and Mr. Laurence, who look down on them for their poverty and lack of status. They also face discrimination and oppression from the patriarchal society, which limits their opportunities and choices as women. They have to struggle to find their place and voice in a world that does not value them.

The characters' love and belonging needs of intimacy also affect their relationships with other characters in the film. For instance, they form a romantic relationship with Friedrich Bhaer, who is a professor and a writer who meets Jo in New York. Friedrich criticizes Jo's stories for being sensational and immoral, as he says *"Oh I think you talented, which is why I'm being so blunt."* (Gerwig 22).

Friedrich challenges Jo to improve her writing and express her true self, as he says “*I thought you wanted honesty.*” (Gerwig 23). Friedrich respects Jo’s talent and potential as a writer and a lover.

The characters’ love and belonging needs of intimacy are important factors in shaping their character development and choices in the film *Little Women*. They have to deal with the challenges of war, poverty, illness, gender inequality, and social pressure. They also have to balance their love and belonging needs of intimacy with their higher needs of esteem and self-actualization. Their stories show how Maslow’s theory can be applied to analyze literary works and understand human behavior.

A.4 Esteem Needs

According to Maslow’s theory, esteem needs are the needs for respect, recognition, achievement, and competence. These needs are the fourth level of the hierarchy, after the physiological, safety, and love and belonging needs are met. Maslow (1943) stated that “All people in our society (with a few pathological exceptions) have a need or desire for a stable, firmly based, usually high evaluation of themselves, for self-respect, or self-esteem, and for the esteem of others.” (45). He also distinguished between two types of esteem needs: lower and higher. The lower ones are the needs for respect from others, such as status, fame, glory, recognition, attention, reputation, appreciation, dignity, and dominance. The higher ones are the needs for self-respect, such as self-confidence, competence, achievement, mastery, independence, and freedom. Maslow (1943) argued that “Satisfaction of the self-esteem need leads to feelings of self-confidence, worth,

strength, capability, and adequacy, of being useful and necessary in the world.” (45). These needs are the fourth level of the hierarchy, after the physiological, safety, and love and belonging needs are met. In this chapter, the researcher will discuss how the film *Little Women* portrays the esteem needs of the main characters and how they affect their actions and motivations.

In the film *Little Women*, the main character Jo March and her family reflect their esteem needs in several scenes. Jo is a passionate and aspiring writer who wants to make a living from her stories and novels. She also wants to be independent and free from the social norms and expectations that limit women’s choices and opportunities in life. She values her own opinions and talents more than the approval or admiration of others. She is confident and assertive in expressing her views and pursuing her goals. However, she also faces challenges and obstacles that threaten her esteem needs, such as poverty, prejudice, or criticism. She has to deal with the harsh realities of the publishing industry, which often exploits and undervalues women writers. She also has to cope with the loss of her sister Beth, who is her closest friend and supporter. She also has to confront her own feelings and doubts about love and marriage.

One way that the film portrays the esteem needs of Jo and her family is by showing their gratitude and appreciation for Mr. Laurence’s generosity and kindness. Mr. Laurence is a wealthy neighbor who offers to lend his carriage to Marmee so that she can visit her husband, who is ill in Washington. He also gives his daughter’s piano to Beth as a gift, which is a symbol of his recognition and affirmation of her musical talent and passion.

Based on film we can see portrays the esteem needs of Jo and her family is by showing their courage and determination in overcoming challenges and obstacles that threaten their esteem needs. One of these challenges is poverty, which limits their material resources and social opportunities. Another challenge is prejudice, which discriminates against them based on their gender or class. A third challenge is criticism, which judges them based on their choices or actions.

Jo is a strong-willed and independent young woman who wants to make a difference in the world through her writing. However, she also faces many challenges and sacrifices due to her family's poverty and social expectations. *"If I'm going to sell my heroine into marriage for money I might as well get some of it."* (Gerwig 120). *"You keep your \$500, and I'll keep the copyright, thank you. Also, I want ten percent of royalties."* (Gerwig 120). These quotations show that Jo is confident and assertive in defending her higher esteem needs of self-respect and competence but she also has to deal with the sexist and cynical views of Mr. Dashwood, who does not value her work or her vision.

Jo and her family's esteem needs are an important factor in shaping her character development and choices in the film *Little Women*. They has to deal with the challenges of poverty, hunger, illness, gender inequality, and social pressure. They also has to balance their esteem needs with their higher needs of self-actualization. Their story shows how Maslow's theory can be applied to analyze literary works and understand human behavior.

A.5 Self-Actualization

Self-Actualization Needs According to Maslow's theory, self-actualization needs are the needs for personal growth, fulfillment, and realization of one's potential. These needs are the highest level of the hierarchy, after the physiological, safety, love and belonging, and esteem needs are met. The researcher will discuss how the film *Little Women* portrays the self-actualization needs of the main characters and how they affect their actions and motivations.

Jo is a strong-willed and independent young woman who wants to make a difference in the world through her writing. However, she also faces many challenges and sacrifices due to her family's poverty and social expectations.

One of the scenes that shows the self-actualization needs of Jo is on page 106 of the script, when Jo says "*Jo starts awake – she looks around the room: she's all alone, everyone is truly gone. She lights a candle. She goes to the drawer where she keeps her writing, and pulls out the stack.*" This shows that Jo is determined to pursue her passion and career as a writer, even though she faces many challenges and rejections. Jo writes stories that reflect her imagination and creativity, and that express her voice and vision. Jo also writes stories that inspire and entertain others, such as her sisters and Laurie. Jo's writing is a symbol of her identity and independence, which she values more than anything else.

Another scene that shows the self-actualization needs of Jo is on page 106 of the script, when Jo says "*She feeds a published story into the fire. Then she burns more stories, printed, unpublished, half-finished, she burns them all. It is a potlatch, a total burning down of everything she has made up until this point.*" This shows

that Jo is dissatisfied and frustrated with her writing, and that she wants to improve and challenge herself as a writer. Jo burns her stories as a way of letting go of her past and starting anew. Jo also burns her stories as a way of rejecting the expectations and limitations that society imposes on her as a woman writer. Jo wants to write stories that are true to herself and her experiences, not stories that conform to the popular or profitable trends.

Another scene that shows the self-actualization needs of Jo is on page 108 of the script, when Jo says *“I’d like to open a school. We never had a proper school, and now there are women’s colleges opening – there should be a school. For Daisy.”* This shows that Jo has a vision and a goal for her future, and that she wants to make a positive impact on the world. Jo wants to open a school that will provide education and opportunities for girls and women, especially for her niece Daisy. Jo believes that education is the key to empowerment and freedom for women, and that she can use her skills and knowledge to help others achieve their dreams.

These scenes illustrate how the film portrays the self-actualization needs of Jo and how she fulfills them through her actions and decisions. The film also shows how Jo faces conflicts and dilemmas that challenge her self-actualization needs, such as her relationship with Laurie, her family responsibilities, or her financial difficulties. The film also shows how Jo resolves these conflicts and dilemmas with courage and wisdom.

B. Criteria of Self Actualization

Self actualization is the highest level of human needs, according to Maslow’s theory. It is the desire to fulfill one’s potential and achieve personal

growth. In the film *Little Women* directed by Greta Gerwig in 2019, the protagonist Jo March is a character who strives for self actualization throughout her life. She is a passionate writer who rejects the conventional expectations of women in her time and pursues her own dreams and aspirations. It will analyze how Jo March meets the criteria of self actualization, as defined by Maslow, and how her journey reflects the challenges and rewards of this process.

B.1 Free from psychopathology

One of the criteria of self-actualization is to be free from psychopathology, which is the study of mental illness or disorders. According to Maslow's theory, self-actualization is the highest level of human needs, after the physiological, safety, love and belonging, and esteem needs are met. Self-actualization is the need for personal growth, fulfillment, and realization of one's potential.

In the film *Little Women* by Greta Gerwig, the main character Jo March is an example of someone who strives for self-actualization and tries to be free from psychopathology. They were neither neurotic nor psychotic nor did they have a tendency toward psychological disturbances (Feist and Feist 271). Jo is a strong-willed and independent young woman who wants to make a difference in the world through her writing. However, she also faces many challenges and sacrifices due to her family's poverty and social expectations.

Jo shows signs of being free from psychopathology in several ways. "*That's why you want too, isn't it Jo? To be a famous writer?*" (Grewig 26). This quotation shows that Jo March is aware of her own feelings and struggles, and that she is able to express them to her mother. She also receives support and validation from her

mother, who helps her see her strengths and achievements. Jo March does not deny or repress her emotions, nor does she let them overwhelm her or interfere with her goals. She is able to cope with her disappointment and frustration in a healthy way, and to continue pursuing her passion for writing. Therefore, this quotation demonstrates that Jo March is free from psychopathology, as she does not exhibit any signs of depression, anxiety, low self-esteem, or other mental disorders.

Jo does not have irritability, anger, or trouble coping with daily life. She is able to control her temper and apologize when she makes a mistake. She also learns to forgive others and move on from conflicts. It is appears when Amy says to Her, *“I am the most sorry for it now. I’m so sorry.”* (Grewig 53). And later, she says to Amy, *“Amy, I’m so happy for you. It was meant to be.”* (Grewig 105). These quotations show that Jo is able to apologize for her past mistakes and be happy for her sister’s success. She does not harbor any bitterness or jealousy towards Amy, who married the man she loved and became a successful painter. Jo is able to let go of her regrets and embrace her own destiny.

Jo does not let her emotions cloud her judgment or interfere with her decisions. She is able to think rationally and objectively about what is best for herself and others. She rejects Laurie’s proposal not because she hates him, but because she knows they are not compatible as romantic partners. She says to him, *“Yes, you are, you’re great deal too good for me, and I’m so grateful to you and so proud of you, I don’t see why I... I can’t love you as you want me to.”* (Gerwig 97). She also agrees to sell her hair to help pay for Marmee’s trip to see their father, even though she loves her hair and knows it will make her look less attractive. *“I was*

crazy to do something for father. It'll be good for my vanity, anyway." (Grewig 76).

These quotations show that Jo is able to act according to her values and principles, rather than her impulses and desires. She does not sacrifice her happiness or identity for the sake of pleasing others or conforming to social expectations. She is honest and authentic with herself and others, and respects their choices as well. Jo is able to balance her emotions and reason, and make decisions that are beneficial for her growth and well-being.

Jo does not have any brain abnormalities or chemical imbalances that affect her mood or cognition. She is intelligent and creative, as shown by her passion and talent for writing. She is also emotionally expressive and resilient, as shown by her ability to feel and communicate a range of emotions, such as joy, anger, sadness, and love. She does not display any symptoms of mood disorders, such as depression or bipolar disorder, or cognitive disorders, such as dementia or schizophrenia. *"Write something for me. You're a writer. Even before anyone knew or paid you. I'm very sick and you must do what I say."* This quotation shows that Jo is able to use her writing as a coping mechanism and a source of fulfillment. She is able to channel her emotions into her creative work, and to share her stories with others. She is also able to honor her sister's request and to express her love and gratitude for her. Jo is able to maintain her mental clarity and stability, even in the face of adversity and grief.

She does not have any environmental or social factors that trigger or worsen her mental illness or disorder. Jo does not experience any trauma, abuse, violence, neglect, discrimination, oppression, or isolation that damage her mental health. She

does not live in a stressful, chaotic, or unsafe environment that threatens her mental health. She does not belong to any marginalized or stigmatized group that undermines her mental health.

These are some of the ways that Jo demonstrates being free from psychopathology in the film *Little Women* by Greta Gerwig. By being free from psychopathology, Jo is able to pursue her self-actualization needs and achieve her personal growth and fulfillment as a writer and as a person.

B.2 Complete Hierarchy of Needs

Second, these self-actualizing people had progressed through the hierarchy of needs and therefore lived above the subsistence level of existence and had no ever-present threat to their safety (Feist and Feist 271). Which means that the person has satisfied all the lower levels of needs in Maslow's hierarchy, such as physiological, safety, love and belonging, and esteem needs. Based on the film *Little Women* (2019), Jo March meets this criterion.

Jo March in the film *Little Women* fulfills her physiological needs. She is able to provide for herself and her family through her work as a writer and a teacher. This indicates that she has enough income to meet her basic needs, such as food, shelter, and clothing. Jo is not depicted as starving or malnourished, suggesting that her physiological needs are satisfied.

Jo faces challenges and sacrifices due to her family's poverty and social expectations. Despite these difficulties, Jo's hesitation to conform to societal norms and her desire for independence and control over her financial future indicate her

pursuit of basic safety. This suggests that Jo values her autonomy and security, reflecting her need for safety.

Jo fulfills her love and belonging needs through her relationships with her family and friends. After her sister Beth's death, Jo takes care of her family, demonstrating her love and commitment to them. Additionally, Jo maintains close friendships, such as her bond with Laurie. These relationships provide Jo with a sense of love, acceptance, and belonging within her social circle, fulfilling her need for interpersonal connection.

Jo satisfies her esteem needs by earning her own money and not depending on charity or marriage. By being able to support herself financially, Jo feels a sense of worth, strength, and capability. She values her independence and autonomy, prioritizing her own self-worth and personal achievements over conforming to societal expectations. This indicates that Jo's esteem needs are met without compromising her dignity or integrity.

Then the last is self-actualization. Jo fulfills her self-actualization needs, which are the highest level of needs in Maslow's hierarchy. She realizes her full potential and expresses her true self as a writer, a teacher, a sister, a friend, and a lover. Jo's passion for writing and her desire to make a difference in the world through her stories and novels reflect her pursuit of self-actualization. By pursuing her creativity and contributing to society, Jo achieves a sense of fulfillment and personal growth.

B.3 Embracing B-values

Maslow's third criterion for self-actualization was the embracing of the B-values (Feist and Feist 271). Which means that the person has adopted a set of values that reflect the highest aspirations and potentials of human nature, such as truth, goodness, beauty, justice, wholeness, and transcendence. Based on the film *Little Women* (2019), Jo March meets this criterion in the following ways:

B.3.1 Jo Embraces the Value of Truth

One of the B-values that Jo embraces is truth, which means that she is honest and authentic with herself and others. She does not lie or pretend to be someone she is not. She also seeks to discover and express the truth through her writing. For example, she says to Mr. Dashwood *"If I'm going to sell my heroine into marriage for money I might as well get some of it."* (Gerwig 120). This quotation shows that Jo is not afraid to speak her mind and to challenge the conventions and expectations of her society. She is also not willing to compromise her artistic integrity and vision for the sake of popularity or profit. She wants to write stories that reflect her own experiences and values, and that resonate with her readers.

By embracing the value of truth, Jo demonstrates one of the characteristics of self-actualization, which is the highest level of Maslow's hierarchy of needs. According to Maslow, self-actualized people are those who have fulfilled their basic needs and are able to pursue their personal growth and potential. They are also able to accept themselves and others as they are, without being judgmental or defensive. Jo shows this quality when she accepts her sister Amy's marriage to Laurie, even though she had feelings for him in the past. She also accepts her own feelings for

Professor Bhaer, who is not the typical romantic hero that she imagined in her stories. She realizes that he is the one who truly understands and appreciates her as a writer and a person.

Jo's embrace of truth also helps her to overcome some of the obstacles that prevent her from achieving self-actualization. One of these obstacles is the fear of isolation, which Maslow describes as the feeling of being alone or alienated from others. Jo often feels this way because she does not fit into the norms and roles of her society, especially as a woman who wants to be independent and creative. She also feels lonely when she loses her sister Beth, who was her closest friend and confidant. However, by being truthful with herself and others, Jo is able to find meaningful connections and relationships that support her growth and happiness. She finds a loyal friend in Laurie, who shares her adventurous spirit and sense of humor. She finds a mentor in Professor Bhaer, who encourages her to improve her writing and to express her true voice. She also finds a family in the Marches, who love her unconditionally and respect her choices.

Jo's embrace of truth is one of the criteria that shows that she has achieved self-actualization, according to Maslow's theory. She is able to be honest and authentic with herself and others, without compromising her values or vision. She is also able to accept herself and others as they are, without being judgmental or defensive. She is able to overcome some of the fears and challenges that hinder her from reaching her full potential. She is able to pursue her personal growth and happiness through her writing and relationships.

B.3.2 Jo Embraces the Value of Goodness

Another B-value that Jo embraces is goodness, which means that she is kind and compassionate to others. She does not harm or hurt anyone intentionally. She also tries to help and support those who are in need or suffering. *“I was crazy to do something for father. It’ll be good for my vanity, anyway.”* (Grewig 76). This quotation shows that Jo is willing to sacrifice her own beauty and comfort for the sake of her father, who is ill and needs money. She sells her hair, which she loves and considers her best feature, to help pay for Marmee’s trip to Washington. She does this out of love and gratitude for her father, and not out of vanity or pride. Jo is able to embrace the value of goodness without being self-righteous or martyr-like, as she makes light of her situation and jokes about her vanity.

By embracing the value of goodness, Jo demonstrates another characteristic of self-actualization, which is the highest level of Maslow’s hierarchy of needs. According to Maslow, self-actualized people are those who have a strong sense of morality and ethics, and who act in accordance with their values and principles. They are also able to empathize with others and to show kindness and generosity. Jo shows this quality when she helps her poor neighbors, the Hummels, by bringing them food and firewood, and by comforting their dying daughter. She also shows this quality when she forgives Amy for burning her manuscript, which was a cruel and spiteful act. She realizes that Amy is still young and immature, and that she loves her despite their differences.

Jo’s embrace of goodness also helps her to achieve some of the goals that are important for her self-actualization. One of these goals is the need for

achievement, which Maslow describes as the desire to accomplish something meaningful and challenging. Jo has this goal when she wants to become a successful writer and to make a difference in the world through her stories. She also has this goal when she wants to help her family financially and emotionally. By being good and generous to others, Jo is able to achieve these goals in various ways. She is able to publish her stories and earn money for her family. She is also able to inspire and influence her readers with her moral messages and themes. She is able to make her family proud and happy with her actions and achievements.

She is able to be kind and compassionate to others, without harming or hurting anyone intentionally. She is also able to act in accordance with her values and principles, without being self-righteous or martyr-like. She is able to achieve some of the goals that are important for her personal growth and happiness through her goodness.

B.3.3 Jo Embraces the Value of Beauty

She also expresses her beauty through her appearance and personality. *“You’ll find some lovely accomplished girl, who will adore you, and make a fine mistress for your fine house.”* (Gerwig 98). This means that Jo is able to recognize and admire the beauty of others, even if they are different from her. She does not envy or resent Laurie for his wealth and status, but rather wishes him happiness and success. She also does not judge herself or others by their looks or possessions, but by their character and actions. Jo is able to embrace the value of beauty without being vain or superficial, as she has a natural and simple style, and a lively and charming demeanor.

By embracing the value of beauty, Jo demonstrates another characteristic of self-actualization, which is the highest level of Maslow's hierarchy of needs. According to Maslow, self-actualized people are those who have a rich aesthetic sense and who enjoy the beauty of nature and art. They are also able to create beauty in their own ways, through their work or hobbies. Jo shows this quality when she writes stories that are full of imagination and creativity. She also shows this quality when she decorates her attic room with flowers and books, and when she dresses up for the theater or the ball. She is able to appreciate and create beauty without being obsessed or distracted by it.

Jo's embrace of beauty also helps her to fulfill some of the needs that are essential for her self-actualization. One of these needs is the need for belongingness, which Maslow describes as the desire to feel loved and accepted by others. Jo has this need when she wants to have friends and companions who share her interests and passions. She also has this need when she wants to have a romantic partner who loves her for who she is. By being beautiful in her own way, Jo is able to attract and maintain these relationships. She is able to befriend Laurie, who admires her spirit and wit. She is also able to marry Professor Bhaer, who loves her mind and heart.

She is able to appreciate and create beauty in various forms, without ignoring or destroying it. She is also able to express her beauty through her appearance and personality, without being vain or superficial. She is able to fulfill some of the needs that are important for her social and emotional well-being through her beauty.

B.3.4 Jo Embraces the Value of Justice

Another B-value that Jo embraces is justice, which means that she is fair and respectful to others. She does not discriminate or oppress anyone based on their gender, race, class, or any other factor. She also stands up for her rights and the rights of others who are marginalized or exploited. *“Women have minds and souls as well hearts, ambition and talent as well as beauty and I’m sick if being told that love is all a woman is fit for.”* (Grewig 100). This quotation shows that Jo is aware and critical of the social injustices and inequalities that women face in her society. She does not accept or conform to the patriarchal norms and expectations that limit women’s choices and opportunities. She also advocates for women’s education and empowerment, and challenges the stereotypes and prejudices that devalue women’s intellect and abilities. Jo is able to embrace the value of justice without being aggressive or hostile, as she respects the opinions and decisions of other women, such as Meg and Amy, who choose different paths from her.

By embracing the value of justice, Jo demonstrates another characteristic of self-actualization, which is the highest level of Maslow’s hierarchy of needs. According to Maslow, self-actualized people are those who have a strong sense of social responsibility and who seek to improve the conditions of humanity. They are also able to respect the dignity and worth of every individual, regardless of their differences or backgrounds. Jo shows this quality when she joins the abolitionist movement, which aims to end slavery and racism in America. She also shows this quality when she befriends Mr. Laurence, who is an elderly and lonely man, and when she helps Friedrich Bhaer, who is a poor and struggling professor.

Jo's embrace of justice also helps her to overcome some of the conflicts that prevent her from achieving self-actualization. One of these conflicts is the tension between freedom and duty, which Maslow describes as the dilemma between pursuing one's own interests and fulfilling one's obligations to others. Jo faces this conflict when she has to balance her passion for writing and her loyalty to her family. She also faces this conflict when she has to choose between marrying Laurie, who offers her a life of luxury and adventure, and marrying Professor Bhaer, who shares her values and ideals. By being just and fair to herself and others, Jo is able to resolve these conflicts in a satisfactory way. She is able to pursue her writing career and support her family at the same time. She is also able to marry Professor Bhaer, who respects her independence and encourages her creativity.

She is able to be fair and respectful to others, without discriminating or oppressing anyone based on their differences or backgrounds. She is also able to stand up for her rights and the rights of others who are marginalized or exploited, without being aggressive or hostile. She is able to overcome some of the conflicts that hinder her from reaching her full potential through her justice.

B.3.5 Jo Embraces the Value of Wholeness

One of the B-values that Jo embraces is wholeness, which means that she integrates and balances all aspects of her being. She does not deny or repress any part of herself or her experience. She also strives to grow and develop as a person in all dimensions. *“Women have minds and souls as well hearts, ambition and talent as well as beauty and I'm sick if being told that love is all a woman is fit for.”* (Grewig 100). This quotation shows that Jo is able to acknowledge and express both

her ambition and her emotion. She does not sacrifice her career or her love, but rather tries to find a balance between them. She also does not hide or suppress her feelings, but rather shares them with her mother, who understands and supports her. Jo is able to embrace the value of wholeness without being conflicted or confused, as she has a clear sense of who she is and what she wants.

By embracing the value of wholeness, Jo demonstrates another characteristic of self-actualization, which is the highest level of Maslow's hierarchy of needs. According to Maslow, self-actualized people are those who have a holistic view of themselves and their environment, and who are able to integrate their cognitive, emotional, physical, and spiritual aspects. They are also able to adapt to changing situations and to cope with stress and challenges. Jo shows this quality when she moves to New York and works as a governess and a writer. She is able to adjust to a new culture and lifestyle, and to pursue her passion and profession. She also shows this quality when she deals with the loss of her sister Beth, who dies from scarlet fever. She is able to grieve and heal, and to honor Beth's memory by living a meaningful life.

Jo's embrace of wholeness also helps her to achieve some of the values that are important for her self-actualization. One of these values is the value of self-esteem, which Maslow describes as the feeling of confidence and respect for oneself and others. Jo has this value when she believes in her abilities and talents, and when she respects her choices and opinions. She also has this value when she recognizes her strengths and weaknesses, and when she seeks feedback and improvement. By being whole and balanced, Jo is able to enhance her self-esteem in various ways.

She is able to publish her novel and receive praise and recognition for her work. She is also able to accept Professor Bhaer's criticism and advice, and to improve her writing style and content.

She is able to integrate and balance all aspects of her being, without denying or repressing any part of herself or her experience. She is also able to grow and develop as a person in all dimensions, without being conflicted or confused. She is able to achieve some of the values that are important for her personal growth and happiness through her wholeness.

B.3.6 Jo Embraces the Value of Transcendence

Which means that she transcends her ego and connects with something greater than herself. She does not limit or confine herself to her personal or social roles. She also experiences moments of awe and wonder that inspire her creativity and spirituality. *"I'd like to open a school. We never had a proper school, and now there are women's colleges opening – there should be a school. For Daisy."* (Gerwig 108). This quotation shows that Jo is able to pursue her dream of opening a school for girls, which is a noble and visionary goal. She does not settle for a conventional or comfortable life, but rather seeks to challenge herself and make a difference in the world. She also has a sense of love and responsibility for her niece Daisy, who is Beth's daughter. Jo is able to embrace the value of transcendence without being detached or alienated, as she maintains a strong connection with her family and friends, and shares her stories and experiences with them.

By embracing the value of transcendence, Jo demonstrates another characteristic of self-actualization, which is the highest level of Maslow's hierarchy of needs. According to Maslow, self-actualized people are those who have a transcendent orientation and who are able to go beyond their self-interest and ego boundaries. They are also able to experience peak experiences, which are moments of intense joy and fulfillment that elevate their consciousness and awareness. Jo shows this quality when she writes her novel based on her life and family, which is a creative and cathartic process. She also shows this quality when she sees her book being printed and bound, which is a moment of pride and satisfaction that fills her with emotion.

Jo's embrace of transcendence also helps her to fulfill some of the values that are important for her self-actualization. One of these values is the value of self-actualization itself, which Maslow describes as the desire to become more and more what one is, to become everything that one is capable of becoming. Jo has this value when she follows her passion and talent for writing, and when she explores her potential and possibilities. She also has this value when she realizes her purpose and meaning in life, and when she contributes to the society and culture through her work. By being transcendent and connected, Jo is able to achieve this value in various ways. She is able to become a successful and influential writer, who inspires and entertains her readers. She is also able to open a school for girls, who educates and empowers them.

She is able to transcend her ego and connect with something greater than herself, without limiting or confining herself to her personal or social roles. She is

also able to experience moments of awe and wonder that inspire her creativity and spirituality, without being detached or alienated from her family and friends. She is able to fulfill some of the values that are important for her personal growth and happiness through her transcendence.

B.4 Exploit Talents, Capacities, and Potentialities

B.4.1 Exploit Talents

Jo March is a passionate and talented writer who pursues her literary career despite the social and economic challenges she faces as a woman in the 19th century. She writes stories based on her own experiences and imagination, and publishes them under her own name, not a pseudonym. *“Jo starts awake – she looks around the room: she’s all alone, everyone is truly gone. She lights a candle. She goes to the drawer where she keeps her writing, and pulls out the stack.”* (Grewig 106). This quotation shows that Jo exploits her talents as a writer in various ways. She does not give up on her writing, even when she is alone and sad. She keeps her stories in a drawer, and does not throw them away or burn them. She also writes under her own name, which is a brave and bold decision for a woman in the 19th century. She is proud of her work and does not hide her identity or talent. She is able to express herself and her creativity through her writing, and to share it with the world.

By exploiting her talents as a writer, Jo demonstrates one of the criteria that shows that she has achieved self-actualization, according to Maslow’s theory. According to Maslow, self-actualized people are those who have fulfilled their basic needs and are able to pursue their personal growth and potential. They are also able

to use their talents and capacities to the fullest extent, and to enjoy the process of doing so. Jo shows this quality when she writes stories that reflect her own personality and values, and that resonate with her readers. She also shows this quality when she enjoys writing as a form of pleasure and satisfaction, and not as a means of survival or obligation.

Jo's exploitation of her talents as a writer also helps her to overcome some of the obstacles that prevent her from achieving self-actualization. One of these obstacles is the lack of recognition, which Maslow describes as the feeling of being ignored or unnoticed by others. Jo often feels this way because she is a woman who writes in a male-dominated field, and because she faces criticism and rejection from publishers and reviewers. However, by exploiting her talents as a writer, Jo is able to gain recognition and appreciation from various sources. She is able to publish her stories in newspapers and magazines, and to earn money for herself and her family. She is also able to publish her novel based on her life and family, which becomes a bestseller and receives praise from critics and readers.

She is able to pursue her literary career despite the social and economic challenges she faces as a woman in the 19th century. She is also able to use her talents and capacities to the fullest extent, and to enjoy the process of doing so. She is able to overcome some of the obstacles that hinder her from reaching her full potential through her writing.

B.4.2 Capacities

Jo March is not afraid to express her opinions and challenge the norms of her society. She rejects the idea that marriage is the only end and aim of a woman's life, and chooses to remain single until she meets someone who respects her independence and creativity. She also advocates for women's education and rights, and helps her family run a school for underprivileged children. *"Women have minds and souls as well hearts, ambition and talent as well as beauty and I'm sick if being told that love is all a woman is fit for."* (Grewig 100). And she also want to open school, *"I'd like to open a school. We never had a proper school, and now there are women's colleges opening – there should be a school. For Daisy."* (Gerwig 108).

This quotation shows that Jo exploits her capacities as a leader and a reformer in various ways. She does not conform to the expectations and limitations that society imposes on women, but rather follows her own values and goals. She also does not accept the status quo or the injustice that prevails in the world, but rather seeks to change it for the better. She is able to express herself and her ideas through her speech and actions, and to influence others with her courage and charisma. She is able to lead and inspire her family and friends, and to create a positive impact on her community and society.

By exploiting her capacities as a leader and a reformer, Jo demonstrates one of the criteria that shows that she has achieved self-actualization, according to Maslow's theory. According to Maslow, self-actualized people are those who have fulfilled their basic needs and are able to pursue their personal growth and potential. They are also able to use their capacities and skills to the fullest extent, and to enjoy

the process of doing so. Jo shows this quality when she speaks up for women's rights and education, and when she opens a school for girls. She also shows this quality when she enjoys leading and reforming as a form of fulfillment and satisfaction, and not as a means of power or fame.

Jo's exploitation of her capacities as a leader and a reformer also helps her to overcome some of the obstacles that prevent her from achieving self-actualization. One of these obstacles is the lack of autonomy, which Maslow describes as the feeling of being controlled or manipulated by others. Jo often feels this way because she is a woman who lives in a patriarchal society, and because she faces pressure and interference from her family and friends. However, by exploiting her capacities as a leader and a reformer, Jo is able to gain autonomy and freedom from various sources. She is able to make her own decisions and choices, and to live by her own standards. She is also able to resist or reject the influence or authority of others who do not share or support her vision or values.

She is able to pursue her leadership and reform goals despite the social and economic challenges she faces as a woman in the 19th century. She is also able to use her capacities and skills to the fullest extent, and to enjoy the process of doing so. She is able to overcome some of the obstacles that hinder her from reaching her full potential through her leadership and reform.

B.4.3 Potentialities

Jo March is loyal to her values and principles, and does not compromise them for fame or fortune. She refuses to sell the rights of her novel to a publisher

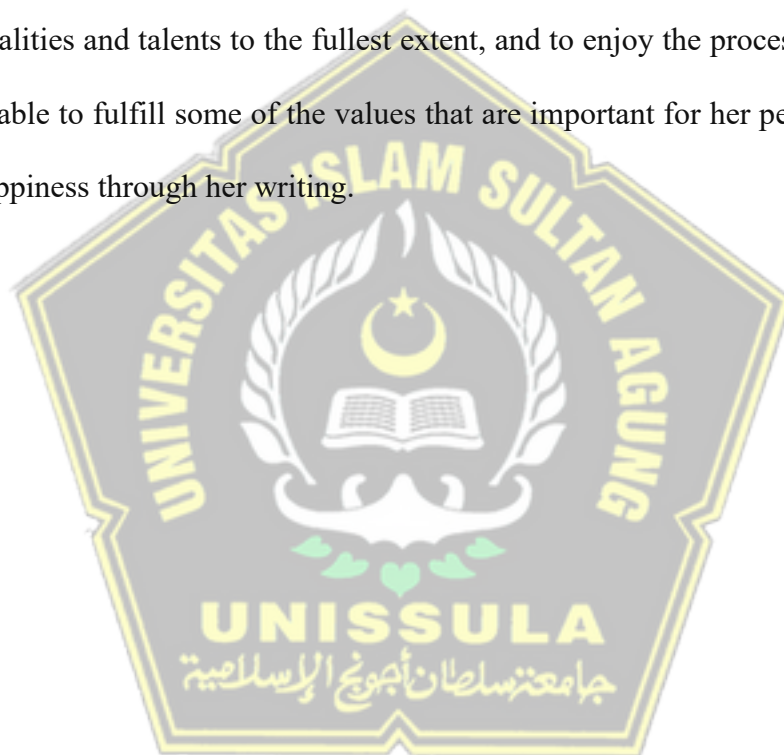
who wants to change the ending to suit the market's expectations. *"You keep your \$500, and I'll keep the copyright, thank you. Also, I want ten percent of royalties."* (Gerwig 120). This quotation shows that Jo exploits her potentialities as a writer and a businesswoman in various ways. She does not give up on her vision and integrity, but rather negotiates for her own terms and benefits. She also does not settle for a low or unfair offer, but rather asks for a reasonable and profitable deal. She is able to assert herself and her rights, and to protect her work and interests.

By exploiting her potentialities as a writer and a businesswoman, Jo demonstrates one of the criteria that shows that she has achieved self-actualization, according to Maslow's theory. According to Maslow, self-actualized people are those who have fulfilled their basic needs and are able to pursue their personal growth and potential. They are also able to use their potentialities and talents to the fullest extent, and to enjoy the process of doing so. Jo shows this quality when she writes a novel that is based on her life and family, which is a unique and original work. She also shows this quality when she enjoys writing as a form of expression and satisfaction, and not as a means of survival or obligation.

Jo's exploitation of her potentialities as a writer and a businesswoman also helps her to fulfill some of the values that are important for her self-actualization. One of these values is the value of self-respect, which Maslow describes as the feeling of pride and dignity for oneself and one's work. Jo has this value when she believes in her abilities and talents, and when she respects her choices and opinions. She also has this value when she stands up for herself and her work, and when she seeks recognition and appreciation from others. By being loyal and assertive, Jo is

able to enhance her self-respect in various ways. She is able to publish her novel under her own name, and to receive praise and recognition for her work. She is also able to retain the ownership and control of her novel, and to earn money and royalties from it.

She is able to pursue her writing career despite the social and economic challenges she faces as a woman in the 19th century. She is also able to use her potentialities and talents to the fullest extent, and to enjoy the process of doing so. She is able to fulfill some of the values that are important for her personal growth and happiness through her writing.



CHAPTER V

CONCLUSION AND SUGGESTION

D. Conclusion

Jo March, the main character in the film *Little Women*, is depicted as a passionate and talented writer who faces social and economic challenges as a woman in the 19th century. Despite these obstacles, Jo remains determined to pursue her literary career. She writes stories based on her own experiences and imagination, and bravely publishes them under her own name, rather than using a pseudonym. This demonstrates her pride in her work and her refusal to hide her identity or talent.

Jo's ability to exploit her talents as a writer is a key aspect of her self-actualization, according to Maslow's theory. She does not give up on her writing, even when she feels alone and sad. Instead, she keeps her stories in a drawer, cherishing them rather than discarding or destroying them. By expressing herself and her creativity through her writing, Jo is able to achieve personal growth and happiness.

Furthermore, Jo's wholeness and balance contribute to her self-esteem and personal development. She is able to integrate and balance all aspects of herself and her experiences, without denying or repressing any part of who she is. This allows her to accept criticism and advice from Professor Bhaer, which helps her improve her writing style and content. Jo's ability to grow and develop in all dimensions without conflict or confusion is a testament to her inner strength and resilience.

In addition to her writing pursuits, Jo also forms meaningful friendships throughout the film. Her close friendship with Laurie, the grandson of their wealthy neighbor, Mr. Laurence, enriches her life and provides her with a companion who admires her spirit and creativity. Jo's friendship with Laurie extends to her sisters as well, particularly Amy, who develops a crush on him. The film highlights how friendship can play a significant role in overcoming challenges and enhancing the lives of the characters.

Overall, Jo March's journey in *Little Women* showcases her determination to fulfill her potential as a writer, her ability to embrace her true self, and the importance of friendship in her life. Through her exploits as a writer and her deep connections with others, Jo demonstrates the values of self-actualization, authenticity, and companionship.

E. Suggestion

The author realize that there are a lot of theories that can be used to analyze the *Little women* film directed by Greta Gerwig. For future researchers interested in conducting research based on the film *Little Women*, a suggestion would be to explore the theme of gender inequality and its impact on the characters' fulfillment of their hierarchy of needs. They could use feminist theory as a lens to analyze how societal expectations and limitations placed on women during the 19th century affect the characters' pursuit of self-actualization, love and belonging, and esteem. By examining the challenges faced by the female characters in the film and their strategies for navigating gender inequality, researchers can gain insights into the complexities of gender dynamics and the resilience of women in historical contexts.

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