

**Self-Actualization in the Character of Chris McCandless Based on  
the Hierarchy of Need by Abraham Maslow in *Into the Wild* Movie**

**A FINAL PROJECT**

**Presented as Partial Fulfillment of the Requirements  
To Obtain the Sarjana Sastra Degree  
In English Literature**



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## **PAGE OF APPROVAL**

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### **SELF-ACTUALIZATION IN THE CHARACTER OF CHRIS MCCANDLESS BASED ON THE HIERARCHY OF NEED BY ABRAHAM MASLOW IN *INTO THE WILD* MOVIE**

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**SELF-ACTUALIZATION IN THE CHARACTER OF CHRIS MCCANDLESS  
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INTO THE WILD MOVIE**

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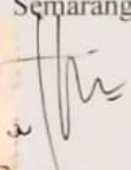
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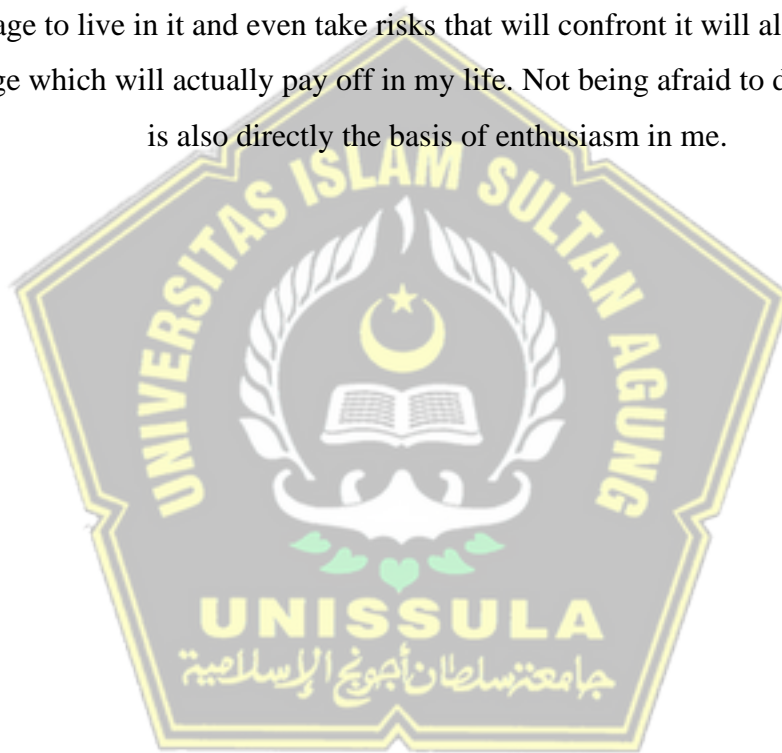


  
Alif Kusuma Putri

## MOTTO

"Dare to try new things, live, dream, and strive for more"

It sounds trivial but has a big meaning. From college, I realized that it's important to have the will and desire to try new things, even when they feel irrelevant. The courage to live in it and even take risks that will confront it will also become a challenge which will actually pay off in my life. Not being afraid to dream and hope is also directly the basis of enthusiasm in me.



## DEDICATION

This project is dedicated to my lovely Granpa, (The Late) Tarwadi Dahlan.  
For all the eternal love and attention that I have been taught, especially to keep  
trying to achieve what I really want in life.





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In addition to the blessings and mercy of Allah SWT, thanks are also conveyed to the parents who have fully supported the smoothness of this final project. Even to all of the friends who are always happy to provide support both in person and virtually. My thanks go to Rasungpil Team; Umika, Haris, and Yurico, who have provided a lot of motivation in my life. I would also like to thank Afresti, my classmate who has been with me since our first exam. My lovely classmates; Bima, Zee, Ellya, *Sahabat Kekeyi* team; Fadhila, Eliya, Diva, and others who always provide endless support. Thank you to Mr. Aditya Chrisna and Mr. Benny Wibowo who always provided support when I took my internship which without realizing it opened up wide opportunities for me in the future. I would also like to thank my new family at work, the Hotel Candi Indah team; Mr. Sholeh (Rep Owner), Mrs. Sri Mulyani (Operational Manager), All HOD and Staff who always give positive nuances and even provide great advice for me. I express endless gratitude for having known all of you in my life. The success of this final project was possible because of the intervention of all of you.



## ABSTRACT

**Putri, Alif Kusuma.** 2023. "Self-Actualization in the Character of Chris Mccandless Based on the Hierarchy of Need by Abraham Maslow in *Into the Wild* Movie". A Final Project, English Literature Program, Faculty of Languages and Communication Science, Sultan Agung Islamic University. The advisor: Diyah Fitri Wulandari, S.S., M.Hum.

Hierarchy of Need theory departs from Abraham Maslow's understanding that human can develop from the most basic desire to the highest desire which he called self-actualization. This theory consist of five stages that start form the very basic need which is physiological needs, safety need, love and belonging need, self-esteem need, until the highest need is that is self-actualization need. Related to that theory, this study aims to identify Human Need Theory in Chris McCandless's character and to explain characteristic appear in Chris as a self-actualized person in the film *Into the Wild*.

This study is a qualitative research methodology supported by primary and secondary data. Primary data were taken from the film *Into the Wild*, while several sources such as articles, journals and internet websites used as secondary data. The data collected by watching the film, reading the film script, identifying data such as dialogues and monologues to analyze based on Abraham Maslow's Basic Needs theory.

The results of the study showed that Chris McCandless is able to fulfill all the basic needs in this theory. All need that Chris has, such as basic needs for food and drink, home as a shelter, family and friendship as needs for affection, feelings of respect from others, until he finally self-actualizes by succeeding in realizing what Chris's final wish is. In addition, Chris also reflects the traits or characteristics of a self-actualized people by having some characteristic such as resistant to enculturation but not purposely unconventional, concerned for the welfare of humanity, they perceive reality efficiently and can tolerate uncertainty, democratic attitudes, capable of deep appreciation of basic life-experience, establish deep satisfying interpersonal relationship with a few people, and strong moral/ethical standards.

**Key words:** *Humanistic Psychology, Basic Needs, Self-Actualization.*

## INTI SARI

**Putri, Alif Kusuma.** 2023. “Self-Actualization in the Character of Chris Mccandless Based on the Hierarchy of Need by Abraham Maslow in *Into the Wild* Movie”. A Final Project, English Literature Program, Faculty of Languages and Communication Science, Sultan Agung Islamic University. The advisor: Diyah Fitri Wulandari, S.S., M.Hum.

Teori Kebutuhan Dasar muncul dari pemahaman Abraham Maslow bahwa manusia bisa berkembang dari pemenuhan kebutuhan yang paling sederhana hingga yang paling tinggi yang ia sebut sebagai aktualisasi diri. Teori ini terdiri dari lima tingkatan mulai dari kebutuhan yang paling sederhana yaitu kebutuhan psikologi, kebutuhan keamanan, kebutuhan cinta dan kasih sayang, kebutuhan harga diri, hingga kebutuhan yang paling tinggi yaitu kebutuhan untuk mengaktualisasi diri. Berkaitan dengan teori ini, penelitian ini bertujuan untuk mengidentifikasi teori kebutuhan dasar di dalam karakter Chris McCandless dan untuk menjelaskan mengenai karakteristik yang muncul di diri Chris sebagai individu yang mengaktualisasi diri di film *Into the Wild*.

Penelitian ini merupakan metodologi penelitian kualitatif yang didukung oleh data primer dan sekunder. Data primer diambil dari Film *Into the Wild*, sedangkan beberapa sumber seperti artikel, jurnal dan website internet digunakan sebagai data sekunder. Data dikumpulkan dengan menonton film, membaca skrip film, mengidentifikasi data seperti dialog dan monolog untuk dianalisis berdasarkan teori Kebutuhan Dasar dari Abraham Maslow.

Hasil penelitian menunjukkan bahwa Chris McCandless mampu memenuhi segala kebutuhan dasar dalam teori ini. Setiap hal yang dimilikinya seperti kebutuhan dasar untuk makanan dan minuman, rumah sebagai tempat berlindung, keluarga dan pertemanan sebagai kebutuhan kasih sayang, perasaan dihormati dari orang lain, hingga akhirnya mengaktualisasi diri dengan berhasil merealisasikan apa yang menjadi keinginan akhir dari diri Chris. Selain itu Chris juga mencerminkan sifat-sifat atau karakteristik sebagai individu yang mengaktualisasi diri.

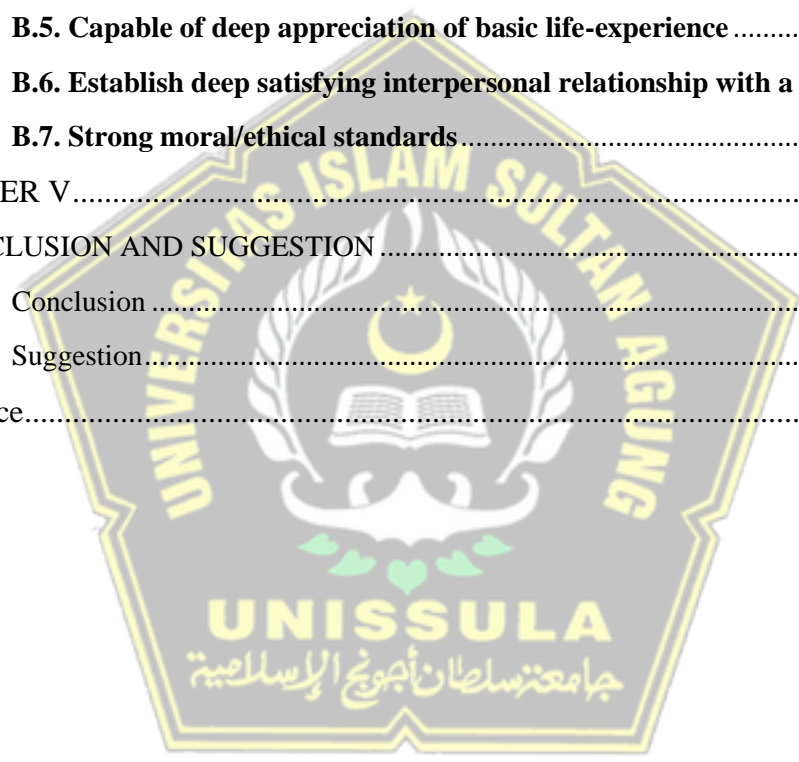
**Kata Kunci:** Psikologi Humanistik, Kebutuhan Dasar, Aktualisasi Diri

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## CHAPTER I

### INTRODUCTION

This chapter consists of the introduction of the study, including the background of the study, limitation of the study, problem formulation, objectives of the study, significance of the study, and organization of the study

#### A. Background of the Study

Humans can live and sustain their life in the world basically by acting on their inner desires. Desire in a person can be found in all aspects of life. This desire can be found from perfecting basic needs, friendship, romance, and others. However, one's way of acting or one's desires can sometimes lead to new disasters for one's own life. Therefore, it is good for a person if the person has a well-measured desire for a better self-development.

It is a fact that living in the world basically makes people race to chase happiness. People tend to always seek and pursue things that will then make themselves feel pleased and happy. One of the happiness that can be obtained by someone is to realize the desire from within that person. Someone who is able to find a desire then move little by little to realize it is those who are able to find true happiness. In fact, not everyone gets the happiness they really want within themselves and actually feels it. In the process of getting that happiness, one needs to work hard in realizing that happiness step by step.



Everyone in the world will definitely have a desire for the fulfillment of their personal needs, even from the most basic needs to the highest needs. Activities to fulfill the needs of everyone's life have basically been carried out since they were born. This is illustrated even when a new baby is born in the world, where they will automatically need the fulfillment of their personal needs such as milk, food, even love from those closest to them, including their parents. In other words, the existence of a deep desire from within a person will then encourage someone to act or react to get that desire. As Maslow said in Ivztan journal that, "Human behavior is driven by needs and goals, and that the pinnacle of self-actualization is qualitatively different to other needs" (120). In other words, everyone will have the desire to fulfill every deepest desire they have and then lead them to fulfill the next wish that is formed after the previous wish is fulfilled.

Abraham Maslow, a humanistic psychologist put forward the concept of how humans can develop their potential to get the desire in themselves to become self-actualized humans. This is explained by Maslow who describes self-actualization by stating, "What a man can be, he must be. This need we may call self-actualization" (10). Maslow's concept of hierarchy works like a pyramid starting from the bottom with the most basic physiological needs, which then progresses to higher levels into security needs, then love needs, self-esteem needs, and finally and at the highest level are self-actualization needs.

Like the picture of a pyramid, one must work hard to reach the last and highest level in the pyramid of the Hierarchy of Needs concept by Abraham Maslow. On the other hand, if a person fails at one level in the pyramid, then that person will not be able to reach the next level of need even to the very top level. In other words, each person must be able to pass through each level with their own process until they reach the top level to be able to get the happiness and deepest desires that are desired within themselves. They have to do each level by level until the end without missing a single level. It can be said that everyone who wants to get his happiness and desires, through this concept, should be able to pass each step successfully and smoothly.

In this case, *Into the Wild* is a film that tells of a man named Christopher McCandless, also known as Alexander Supertramp, who has a desire to go and live at one with nature by traveling across North America to Alaska in the early 1990s. Chris chose to leave the life he lived, a life of luxury, abundant wealth, and sufficient money. Chris's departure was not known by his family until the facts were discovered which led to the statement that Chris really wanted to disappear without a trace and did not want to be found.

Chris believes that what he does is towards the happiness that is within him. On his journey, he met many new friends and indirectly saw many different characters, feelings of mutual care, even kinship, from each of his friends. He also went through various obstacles in the forest, mountains, and rivers, before finally arriving in Alaska in the winter of 1992.

Chris managed to find his true happiness and become a self-actualized person who is able to utilize all his potential for what he wants. His desire to live at one with nature was realized. He managed to live in nature with an abandoned bus which he called Magic Buss and used everything there for other needs such as the variety of flora and fauna even until he finally died.

This study analyzes the film *Into the Wild* using Abraham Maslow's theory, the hierarchy of human needs. This analysis will start from the basic needs in the Hierarchy of human needs related to how the main character, Chris, fulfills his basic needs, then on the need for security or safety, the need for love and belonging, the need for self-esteem, until Chris finally got self-actualization.

### **B. Limitation of the Study**

This study discussed Hierarchy of Human Needs Theory, started from the basic needs to the self-actualization that reflected in the main character Chris McCandless's on *Into the Wild* movie. This study is then continued by discussing the characteristics of self-actualization in Chris McCandless's character as well.

### **C. Problem Formulation**

Based on the background of the study above this study would analyze *Into the Wild* movie as follows:

1. What are the human needs appeared in the main character Chris McCandless in the *Into the Wild* movie?
2. What are the characteristics of self-actualized person reflected in Chris McCandless?

#### **D. Objectives of the study**

There are some of objectives of the study as follows:

1. To identify Human Need Theory in Chris McCandless's character in *Into the Wild* movie.
2. To explain characteristic of a self-actualized person reflected in Chris McCandless in the *Into the Wild* movie.

#### **E. Significance of the study**

With this analytical research, it is hoped that it can help people to learn about self-actualization theory, especially from the Hierarchy of Needs developed by Abraham Maslow which is reflected in Chris McCandless as the main character in the film *Into the Wild*.

Then, not to mention, this research study is also expected to be used as a reference for English literature students who read and are interested in literary studies about the Hierarchy of Human Needs, especially the theory of Abraham Maslow. This research

can make English literature students grasp the meaning of self-actualization portrait in the film *Into the Wild*.

## **F. Organization of The Study**

There are five chapters in this research.

In the first chapter there are sub-chapters consisting of: background of the study, limitation of the study, problem formulation, objectives of the study, significance of the study and the last is organization of the study

In the second chapter, is a review of related literature which consists of a synopsis of the film *Into the Wild*. Included in the discussion is the theory of The Hierarchy of Human Needs by Abraham Maslow.

The third chapter is research methods that consist of object of the study, types of the data, data collection method, and data analysis technique.

The fourth chapter is discussion of the topic. It consists of Chris McCandless fulfillment of the self-actualization based on Abraham Maslow Hierarchy of Human Need Theory and his characteristic as a self-actualized person.

The fifth chapter consists of conclusion and suggestion on the topic.

## CHAPTER II

### REVIEW ON RELATED LITERATURE

#### A. Synopsis

*Into The Wild* is a film set in the early 1990s about the life journey of a man named Christopher McCandless. In the course of his life, he was also known as Alexander Supertramp. One thing that sets him apart from other men at his age is his desire to go out and live at one with nature by traveling across North America to Alaska.

At first, at lunch with his family, it was known that Chris wanted to continue his studies at Harvard after graduating from Emory University. However in fact, his intentions then changed along with his disappointment in the life he was living at that time. He was sick of everything he thought was a lie. Chris chose to leave the life he lived, a life of luxury, abundant wealth, and sufficient money. He decided to donate all the money he had at the time to charity. Chris's departure was unknown to his family, Walt McCandless, Billie McCandless, nor his sister, Carine. Chris had cut off contact with his family even before he actually left his home.

On his way, when Chris rested to spend the night on the road with his old car, he was faced with a flash flood that carried his car away. When he realized, he actually encountered a desert which actually added to his satisfaction for adventure. He got



out of his car, which had been damaged by the current, burned all the remaining money in his wallet, and then went on a journey under the new name he had come up with, Alexander Supertramp. The family who relentlessly searched for Chris' whereabouts then found a point of fact in the statement that Chris desperately wanted to disappear without a trace and did not want to be found.

On his trip to Alaska, Chris met many new friends and indirectly saw many different characters, feelings of mutual care, even kinship, from each of his friends. He meets Jan and Rainey, who is an adventurous hippie couple who travel to many places in their vehicle. While continuing his journey, Chris met Wayne and his friends before he finally worked in Wayne Westerberg's wheat field. He had to work to be able to afford the necessities he needed while living in Alaska. Chris learned how to harvest wheat and run his tractor to earn money that he would later use to buy food stocks when he lived in Alaska. He also asked Wayne's friend for tips on how to clean game meat.

As Chris continues his journey, he met Jan and Rainey again. This time Chris was introduced by Tracy who then the two of them also grew closer. However in the end, their relationship had to meet the fact that Chris could not reciprocate his feelings for Tracy because she was an underage girl. Chris then left the inn after getting a salary from his job to buy all the necessities of life in Alaska.



On his journey, he again met a new friend, Ron Franz, an army veteran whose family was killed by a drunk driver while driving down the street. Ron spent his retirement working in his home workshop as a leather craftsman. Spending a considerable amount of time with Ron, Chris understood how to carve leather and makes leather belts with Ron's help. When it was time for Chris to leave Ron and continue his journey to Alaska, Ron felt his relationship transcend the boundaries of ordinary friendships. However, Chris still left after giving Ron a promise about his statement that Ron wanted to adopt Chris as his adopted grandson.

After passing through various obstacles in the forest, mountains, and rivers, Chris finally arrived in Alaska in the winter of 1992. In the forest, Chris found the wreck of an old bus that is no longer in use and he names it Magic Bus, as a place to live. He hunts animals to survive. Chris was very happy that his wish to be at one with nature has finally come true. Unfortunately, Chris seemed to be blinded by the fact that the availability of food in nature does not always work in his favors. When there were no more animals to hunt, he began to eat the plants around him. Armed with a book about wild plants he brought with him, he thought all these plants could be eaten. One day, he realized that the plant he had just eaten contained a deadly poison. Day by day his condition is getting weaker. He could only lie on the gloomy bed on the Magic Bus alone before he finally died. However, before he succumbed to the power of fate, Chris could still be proud to be able to live as he wished. He was very happy and satisfied because he was still alive and at one with nature.

## **B. Review of Related Literature**

Abraham Maslow is a psychologist known for his contributions to humanistic psychology. His interest in producing his psychological theories arose from his own experience. As Dmitry Leontiev put it, "Like hardly anyone else of comparable status and popularity, Maslow kept changing his views, sensitively responded to criticisms, and discarded his previous, though very popular formulations he no longer considered as correct" (452). Maslow used all his ways of thinking to develop his theories which are very useful even today. One of his famous theories is the Hierarchy Theory of Human Needs.

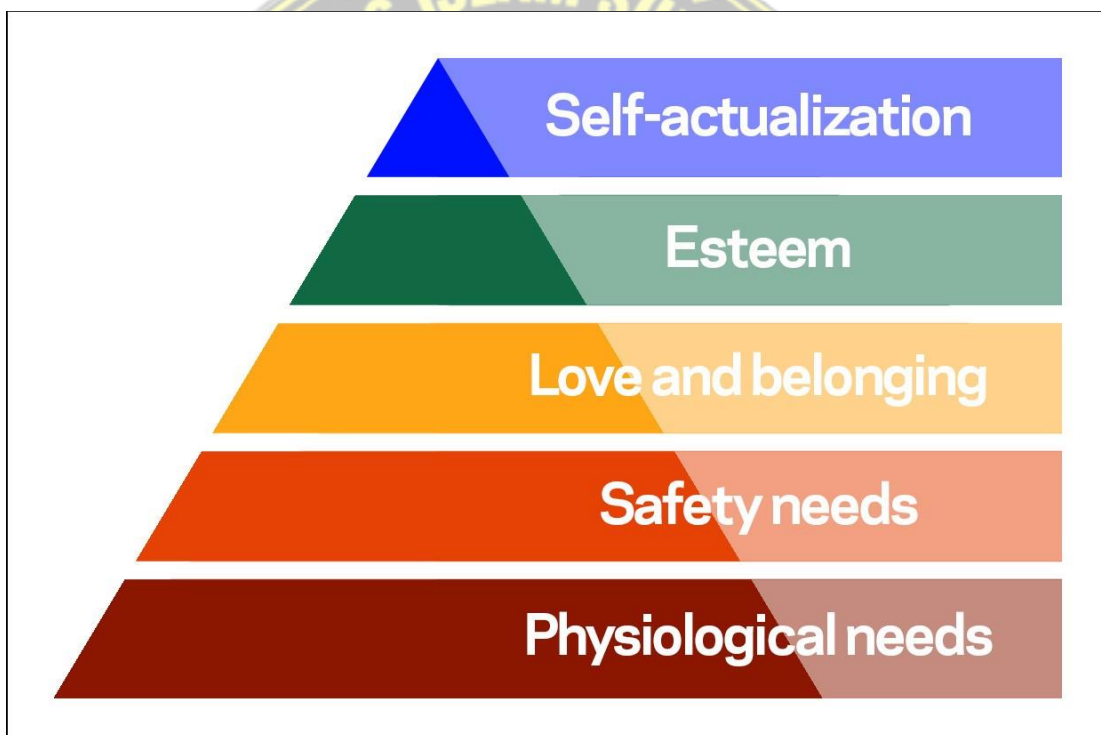
Maslow believed that humans can grow and develop because of the level of effort and will in themselves. As Maslow stated in MCC journal that, "people are motivated to achieve certain needs and that some needs take precedence over others" (1). In other words, he believes that humans have a creativity to reach consciousness even to the highest level and can be called self-actualized people.

The Hierarchy of Needs theory was first introduced more than 70 years ago and is still taught and is an important part of motivational psychology. In this theory, it is broadly based and useful for studying basic human needs in general. As stated in Kristanto that, "At any level, there should be satisfaction levels experienced before the person is motivated to meet the needs at the next level" (2). More specifically, Maslow has established a hierarchy with five levels of basic needs that complement

each other. In other words, one will not feel the next stage until the first or previous stage is satisfied.

### **B.1. Hierarchy of Human Needs**

Maslow's hierarchy of needs is a theory of motivation in psychology that consists of a five-level model of human needs. This theory is often described and known as the hierarchical levels in a pyramid. Described as a pyramid because it is the easiest simile to describe the content and meaning in this theory.



**Figure 1: Maslow's Hierarchy of Needs in Anthony Fieldman 2020**

The five levels or stages in the Model pyramid can be divided into two parts. The first part is located on the first four levels which are often referred to as deficiency

needs (D-needs), while the second part is at the top level known as growth needs or needs (B-needs).

Deficiency needs or the lowest level in the pyramid is referred to as the basic level of motivating a person when they are not met. This happens because if these needs are not met and the longer the duration, it will make the sense of fulfillment of needs become stronger. As the quote from Saul McLeod explains, "For example, the longer a person goes without food, the more hungry they will become" (2). In other words, the lowest level in this pyramid is the most basic level that will influence someone to act for the next fulfillment.

Each level or stages is said to be interconnected because one must meet the lower level deficiency needs before proceeding to meet the higher level growth needs. In other words, if someone succeeds in fulfilling one level, the sense of fulfillment will disappear and then create a series of activities to fulfill needs or the next level that has not been fulfilled. In the process of meeting these needs, growth needs will gradually emerge and be involved. As the quote from Fisher explains, "Once this growth need has been sufficiently satisfied, a person may be able to reach the highest level called self-actualization" (5). This means that a person will be able to move up to the highest level or stage of the hierarchy which is known as self-actualization.

### **B.1.1 Physiological Needs**

Physiological needs are the lowest level or stages in the Hierarchy of Needs theory. This level includes the level of stages that must be satisfied by someone regarding their basic needs. As explain in the Aruma and Enwuvesi Hanachor that, “Physiological needs are such human basic needs as food, water, clothing, shelter (accommodation or housing), sleep as well as procreation” (5). This explains that physiological needs as the lowest level in the pyramid level include basic needs that must be met by a person before fulfilling other needs.

It is undeniable that the fulfillment of needs at this level is very important. This is as Thielke explained that, "People will be more aggressive and consistently looking for food and shelter than opportunities to be creative" (477). This explains that even a person will continue to look for one of his or her basic needs in the form of food even more than anything. When a person is able to fulfill his basic needs, then that person is able to move towards the fulfillment of the next need.

### **B.1.2 Safety Needs**

Safety needs are the level of fulfillment of a person's higher needs. This level is basically related to the level of security for one's life. As explained that, "Safety needs or security needs deal with protection and survival from chaotic situations, social disorder, social disturbance and physical dangers in human environment. The examples of chaotic situations, social disorder and social disturbance are communal crises, conflicts, wars, clashes, civil disturbance, riots, militancy, terrorism,

kidnapping, armed robbery, killings among others which usually threaten peaceful co-existence and harmonious living of people in various communities in the society in the contemporary human environment. The examples of physical dangers are flood disasters, fire disasters, earthquake, earth tremor among other natural disasters in human society” (17). In other words, this level is very basic in fulfilling one's security in a fairly broad scope even in social life.

As a higher level, Safety Needs become no less important than the previous level. This is because everyone wants a feeling within themselves that they are safe from all kinds of disturbances both physical and human-caused. This is as stated Fisher and Royster, "We need a certain stability in our lives. We need some structure and order in our everyday living such as a safe place to rest our heads and nourish our souls, a "territorial" place that in ours, were we are safe and warm. A castle of protection, as it were” (7). In other words, at this level of need there will also be a person to continue to strive for fulfillment.

### **B.1.3 Love and Belonging Needs**

The next higher level of need is Love and Belonging Needs. This level of need includes feelings of being loved and accepted by others. People basically want communication and attachment, and tend to look for opportunities to connect with other people with a certain meaning in them, especially with family. In other words, this level of need will arise from interactions with other people.



This need can arise from various forms of feeling in other people and even communities. As stated by Anyanwu in the Aruma and Enwuvesi Hanachor that, “Love and belonging indicate the need to be a part of a group such as family, group of colleagues in a workplace, friendship, social group among others in the society. Love and belonging help people to have the confidence in their own abilities of contributing reasonably to decision-making process that promotes community development in various communities in the society” (8). This explains that the fulfillment of this level of need can come from many community interactions and even have a profound impact on a person's life.

#### **B.1.4 Esteem Need**

The next level of need fulfillment is Self Esteem Need. This level is also no less important than the previous level. This level includes the basic that a person needs trust and respect from others. This level is no less important because if a person has had the fulfillment of this need, then he will gain more confidence in socializing in society. This is as explained by Abraham Maslow that, "It is not possible to achieve fulfillment without first meeting the need for self-worth and self-respect" (80). This means that the impact of meeting this need will also affect a person's enthusiasm to achieve the fulfillment of the next need.

According to Rogers, “Self-worth reflects the extent to which parents (and others) provide us with unconditional positive regard (i.e., love and respect). If others convey unrealistic ideals, or lead us to believe we are not meeting those ideals, self-worth



suffers” (85). In other words, Rogers sees high self-esteem as important to help a person face challenges, deal effectively with problems, and form healthy relationships, also related to one's self-confidence.

### **B.1.5 Self Actualization**

At the highest level of the pyramid The Hierarchy of Need theory is in the Self Actualization Need. This level of need fulfillment involves a person being true to one's own nature and seeking self-fulfillment through creativity. This level or self-actualization can be achieved when all other levels of needs have been satisfied or fulfilled, by engaging in activities that give a sense of truly living or participating in something with a broader and concrete meaning.

As explained in the quote that, "Self-actualization, as a process, is not pursued through formulaic reminders or simple behavioral suggestions, nor will one person's self actualized activities necessarily meet another person's self actualized needs" (480). This explains that a person's achievement of being a self-actualized person will not affect the achievement of another person. The person must feel and go through all the experiences and journeys towards the fulfillment of these needs.

This self-actualization need arises when a person is able to fulfill the previous needs. It is as explained in the Sage Reference that, "Humans are typically motivated to satisfy their lower deficiency needs before embarking on their higher growth needs, though he admitted that there were exceptions. He suggested that one must satisfy one's deficiency needs before truly realizing one's full potential and self

actualized” (2). In other words, the fulfillment of this need arises when a person is able to meet the deficiency in the previous needs. At this stage, a person will realize the potential in their self and be able to become a self-actualized person.

## **B.2. Characteristics of a Self-Actualized Person**

In psychology, especially the theory of Abraham Maslow, self-actualization is achieved when a person is able to reach his full potential within himself. There are several characteristics found in a person who has self-actualized.

### **B.2.1 They perceive reality efficiently and can tolerate uncertainty**

The first characteristic of a person as an actualized person is a sense of realism. A self-actualized person is able to see life as it unfolds both logically and rationally. This is reflected in Sharrah that, "Self-actualized people perceive their world. Including other people, clearly and objectively, unbiased by prejudgments or preconceptions” (7). In other words, self-actualized people are people who are willing and able to accept uncertainty and reality, not what they want.

### **B.2.2 Accept themselves and others for what they are**

Self actualized people tend to be more tolerant of human weaknesses. They will usually avoid judging others or themselves. As explained by Maslow in Saul McLeod that, "Self-actualized people accept themselves and others as they are. They tend to lack inhibition and are able to enjoy themselves and their lives free of guilt" (8). This

means that self actualized people will fully accept themselves and even embrace others for who they are.

### **B.2.3 Spontaneous in thought and action**

It is explained by Hardyno that, "The behavior of self-actualized people is open, direct and natural. They rarely hide their feelings or emotions or play a role to satisfy society, although they may do so to avoid hurting other people. Self-actualized people are individualistic in their ideas and ideals but not necessarily unconventional in their behavior. They feel secure enough to be themselves without being overly assertive" (26). This proves that someone who is self actualized is true that they are spontaneous, simple because they are enough with whatever they have, and natural.

### **B.2.4 Problem-centered (not self-centered)**

Self-actualized people like to apply their problem-solving skills to real situations. This is as explained by Martela and Pessi in the quote, "Self-actualized individuals are often motivated by a strong sense of personal ethics and responsibility" (7). This is also further explained by Schultz in Hardyno, "Their commitment challenges and develops their abilities and helps define their sense of self" (26). In other words, self actualized people basically have a sense of completing a mission to continue to develop their abilities.

### **B.2.5 Unusual sense of humor**

Self-actualized people tend to have a wise sense of humor even from other individuals. They may enjoy humor even in situations and contexts of laughing at themselves, but they are not ridiculing or joking with the intention or intent of compromising the feelings of others. As Kapur explained that, "They make use of humour in arousing pleasure among individuals. They are able to poke fun at others, but not in a negative manner" (5). This proves that self-actualized people have a different sense of humor and tend to be wiser.

### **B.2.6 Able to look at life objectively**

Self-actualized people tend to have the characteristics of being able to see life objectively. As explained that, "The objective approach to wellbeing largely originates from Amartya Sen's work in welfare economics about how to measure poverty and inequality, and its extension to the capabilities individuals should have to live fulfilling lives" (Western and Tomaszewski, 2). Based on that quote, it is true that self-actualized people have sense to look at life objectively.

### **B.2.7 Highly creative**

The next characteristic possessed by self-actualized people is having high creativity. As quoted that, "Not all self-actualizers are talented or creative in the arts, but all are creative in their own way. They have a keen perception of truth, beauty, and reality ingredients that form the foundation of true creativity" (Feist and Feist,

295). This means and proved that a self-actualized person has their own level of creativity according to their potential.

### **B.2.8 Resistant to enculturation, but not purposely unconventional**

Self-actualized people will live their lives according to their own standards and are less likely to accept other people's rules. This is as explained in the quote, "When they formulate their own rules, they ensure they are moral and ethical and do not impose any unfavorable effects upon others. These individuals are stated to be less enculturated, less flattened out and less molded" (Kapur, 6). This is almost the same as the characteristic that they live independently by their own rules without being swayed by external influences from others.

### **B.2.9 Concerned for the welfare of humanity**

Self-actualized people tend to be more tolerant of human weaknesses. They will usually avoid judging others or themselves. As explained in the quote, "Self actualized people have deeper and more profound interpersonal relations than any other individual. They are capable of being more fusion, show inordinate love, more obliteration of ego boundaries to their beloved one, normally who are few in numbers" (Feist Feist, 575). In other words, it can be said that the self-actualized person has more humanity than other individuals.

### **B.2.10 Capable of deep appreciation of basic life-experience**

Self-actualized people will have a deep sense of appreciation. This relates to whatever they feel even experience. They tend to enjoy the time as if they were experiencing it for the first time. This is explained in the quote that, "Self-actualized people appreciate what they have and take little for granted" (Hardyno, 27). The feelings of appreciation that arise from people who have actualized are various, such as sunsets, a painting, sea waves, and so on.

### **B.2.11 Establish deep satisfying interpersonal relationship with a few people**

As explained that, "they are not much worried about the credits, status, prizes, and appreciation from others; instead they more focused on their inner growth" (R. Gopinath, 3). This proves that self-actualized people focus more on growth in themselves and their hearts more than others.

### **B.2.12. Peak Experience**

Maslow said that people who have self-actualized will experience peak experiences. This experience contains all the good things experienced by a person. It is explained in the quote that, "Peak experiences are meaningful and transformational moments of intense joy. Within these moments the individual often feels most connected with the world and elicits a state of self-transcendence. Peak experiences are moments when an individual operates at a peak cognitive state in which he or she views the experiences as being whole and complete" (Vogler, 11). In other words,



one could say that the peak experience is a moment of transcendence when one emerges with the feeling of changing and transformed.

### **B.2.13 Need for privacy**

Self actualized people are able to get through isolation without any harmful side effects and require even more solitude. In other words, they enjoy and enjoy their own time. This is as stated in the quote, "Self-actualized individuals value their privacy and enjoy solitude. While they also love the company of others, taking time to themselves is essential for their personal discovery and cultivating their individual potential" (Andringa, van den Bosch, and Vlaskamp, 16). Self actualized people depend on themselves or can be called independent which then makes them seem aloof and unfriendly even though that's not really what they mean.

### **B.2.14 Democratic attitudes**

People who have self-actualized will tend to be more democratic. This is as explained in the quote that, "They are likely to be friendly with others, irrespective of their categories, backgrounds, beliefs and perspectives. They are humble and are willing to learn from anybody. They recognize that they do not know all the answers or have all the skills and are willing to learn from others" (Kapur, 5).

### **B.2.15 Strong moral/ethical standards**

People who have self-actualized will tend to be more ethical or able to clearly distinguish between means and ends and able to subdue the means to achieve goals.



In other words, they are also adept at sorting out good and bad, right and wrong, and so on. People who have self-actualized will have a high tolerance for doubt, uncertainty, and even ambiguity.



## CHAPTER III

### RESEARCH METHOD

#### A. Types of Research

This research will be analyzed using qualitative research. Qualitative research is basically research that uses a method that ultimately produces words as research analysis data. In other words, qualitative research will produce research in the form of words rather than numbers. It is as Ann Catrine Eldh explained that, "Qualitative studies are often found to be accompanied by quotations from interviews or similar data sources" (1). In essence, it can be said that qualitative data relates to the meaning of words and data that is studied through explanations and descriptions.

#### B. Data Organizing

##### B.1 Data Collecting Method

There are various kinds of data needed for this research. Based on this, the data was analyzed with a description of the theory and several ways related to research. This data analyzed by some steps. Here are the steps:

##### B.1.1 Watching the Movie and Reading the Movie Script

The researcher watched the film titled *Into the Wild* (2007) repeatedly up to several times carefully in order to achieve a better understanding of the film and get the relationship between the film and other elements in the research. After watching the film, the researcher then read the script for the film *Into*

*the Wild* to be able to better relate the content in the film and the study in research. In analyzing this research, the data used are in the form of dialogues, sentences, descriptions, narrations, and prologues, which are in accordance with the study in this research.

### **B.1.2 Identifying the Data**

After the researcher watched the film for several times and read the script for the film *Into the Wild*, the next step was to identify the data. The data identified here was data obtained from the film and the film script. This method was carried out to find out the parts that enter and relate to the research study.

It deals with coding, highlighting and underlining some parts of the research object related to the topic.

### **B.1.3 Classifying Data**

The data that have been collected, identified, and related to the research topic then classified into a table called an appendix

The appendix provide several columns such as numbers, data, data forms, minutes/hours, type/formulation of problem answers, references, and comments.

#### **B.1.4 Reducing Data**

All identified data was reduced to less. This is because the final data collection is not only relevant but also aligned to answer the problem formulation. These data would be discussed in chapter 4 as the findings of this study.

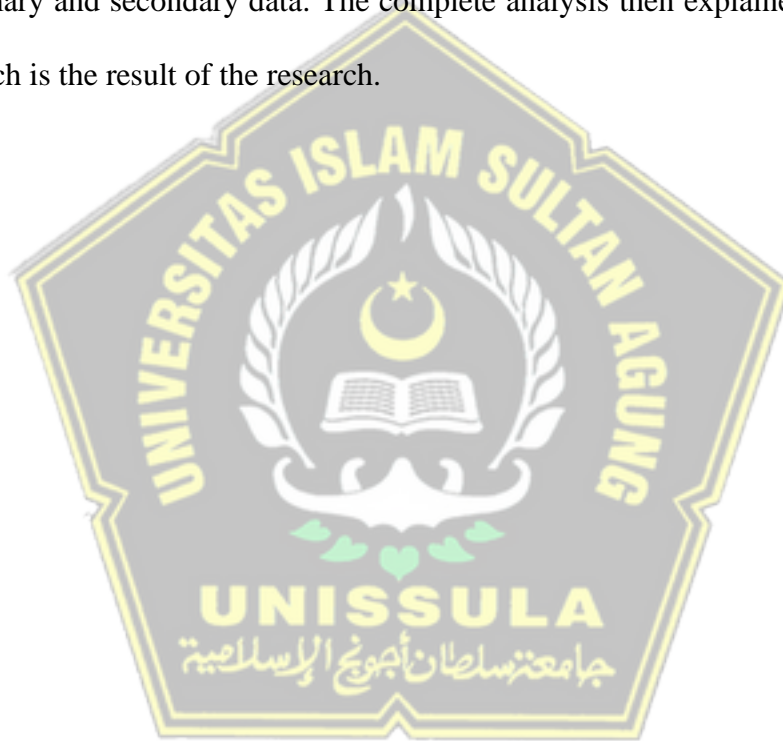
#### **B.2. Types of Data**

This study analyzed using several types of data, such as primary and secondary. Primary data used as the main source, while secondary data used as data to support and strengthen primary data. Primary data was obtained from research materials to be studied, while secondary data was obtained from various kinds of references, such as journals, research reports, books, or the web on the internet.

1. Primary data as the main source in this research obtained from the 2007 film script *Into the Wild*, which was directed by Sean Penn. The data used such as narration, dialogue, and description in the film script.
2. Secondary data as supporting data obtained from various journals, articles, web, research results, and books related to the research topic. Secondary data also used to help and support understanding of topics or theories related to research.

### **B.3 Analyzing the Data**

In this study, the data that has been collected and declared relevant then analyzed using descriptive technique. This technique used by explaining the descriptions, statements, or even quotes taken from the research results. In other words, this technique was carried out after the data has been collected, both primary and secondary data. The complete analysis then explained in chapter IV which is the result of the research.



## CHAPTER IV

### ANALYSIS AND DISCUSSION

#### A. Basic Need of Chris McCandless

Chris McCandless as the main character in the film *Into the Wild* is one of the lucky people for fulfilling his needs. In the film, it is told that he lives in a wealthy family with the wealth of his parents. He is also smart in the world of education that he lives in and earns the trust and good reputation of his family. He received a lot of praise because of his intelligence, especially because he was finally able to complete his undergraduate education with satisfactory grades. In addition, he also has friendly characteristics so that he is widely respected and makes it easier for him to make friends with anyone. As a human being in general, Chris tries to find and continue to fulfill his life needs from the basic to the highest need. This chapter will explain the details of the journey related to how Chris as the main character in the movie *Into the Wild* fulfills his needs according to Hierarchy of Need by Abraham Maslow.

##### A.1. Physiological Need

The most basic need according to Hierarchy of Need Theory by Abraham Maslow is physiological need. In that level or stage, it includes every day needs of a person such as the need of food, water, sleep, and so on. This is as explained

by Anyanwu et al that, “Physiological needs include basic needs such as food, water, sleep, clothing, and reproduction” (5). From that quote, it is true that physiological need is a need that contain person’s primary need. Futhermore, the fulfillment of physiological need are seen in the *Into the Wild* movie which is shown by the main character that is Chris McCandless. We can see the example of the fulfillment of Physiological Need by Chris McCandless from the dialogues in the story:

“What kind of gun you got?

I'm probably gonna get like a.22,

I think. A.22 caliber rifle.

All right, then.

When you get your kill, time is of the essence. Now, the first thing you wanna do is make sure that you got that meat nice and shaved up.”

(*Into the Wild*, 00:49:29 – 00:49:48)

From the dialogue, it can be seen that Chris has made preparations for his future hunting and living in the forest. He studied with Kevin, who was used to hunting, which later he would also use his hunting knowledge to hunt and survive in terms of food needs.



Another proof that Chris is able to fulfill his physiological needs is that Chris has to work to earn money to fulfill his supply needs while living in the forest later. This can be seen from one of Chris' dialogue in the film, when Chris is talking with Jane:

“I've got to start thinking about getting ready for Alaska. When the sun gets a little lower tonight, I'm going to start a calisthenics routine. After the check comes in, I think I'm gonna try to find some big old mountains I can climb every day until spring comes. I've got to see how far the money's gonna go. I've still got a lot of supplies to pick up before spring. So, I might get another job or I might be okay.”

(*Into the Wild*, 01:32:26 – 01:32:50)

It can be seen from Chris' dialogue that even though he decides to live alone, he is able to fulfill his physiological needs by working to earn money and buy his own needs.

Furthermore Chris' need for food fulfillment also seen in one of the scenes when Chris eats an apple in the middle of his journey:

“I mean, you're really good.

I mean, you're like

100,000 times better than, like, any apple I've ever had.

...

You're so tasty.

You're so organic, so natural.

You're the apple of my eye.”

*(Into the Wild, 00:38:40 – 00:39:09)*

After Chris decided to travel alone, he was still able to fulfill his basic needs such as food by taking natural products. As Chris said in the snippet above, he was enjoying the apple he picked voraciously. This scene proves that Chris is able to fulfil his basic needs in the form of food that he eats even though he is far from his parents.

In accordance with some of the facts found above regarding the evidence that Chris is indeed able to meet his physiological needs. Chris seemed able to fulfill his physiological needs even though he decided to live alone and be separated from his parents. This can be seen when he is able to apply his learning regarding how to hunt, his food needs, and even work to be able to supply other personal needs while living in the Alaskan forest.

## **A.2. Safety Need**

Safety Need is the fulfillment of needs in Abraham Maslow's Hierarchy of Need at the next level after Physiological Needs. At this level, it will be more specific on things that refer to one's security. This is as explained in the following quote that, “Because this level of need is conceptually higher than the previous level, the terms used as threats to safety refer to both concrete and abstract things, such as wild animals, criminal assault, disease, war, anarchy, social chaos, natural catastrophes,

and, in more peaceful times, the lack of such things as job security, financial security, medical insurance, and retirement security” (4). As explained in the quote that Safety Need in the Hierarchy of Need theory by Abraham Maslow concerns things that are both concrete and abstract. Chris as the main character in the film *Into the Wild* must be able to fulfill all levels in this theory including Safety Need. Even though Chris decided to leave home and live with nature, he was able to fulfill his safety needs including dealing with wild animals in nature with the weapons he had and learning about hunting from one of his friends, Kevin. This can be seen in the dialogue;

“KEVIN

What kind of gun you got?

CHRIS

I'm probably gonna get like a.22,

KEVIN

I think. A.22 caliber rifle.

All right, then.

When you get your kill, time is of the essence. Now, the first thing you wanna do is make sure that you got that meat nice and shaved up. And you don't have a lot of time to do this. This is about an hour or two. Depending on the

weather. Especially if it's hot, you've got less time to do it. What you do is you want to make sure that the flies don't land on your meat. Because once the flies start shitting out larvae and them maggots, you know, those creepy crawlies, it's too late. It's too late.”

(*Into the Wild*, 00:49:28 – 00:50:08).

In the dialogue, it is known that Chris made sure he was safe with the weapons he carried regarding wild animals that he might encounter as long as he lived in the wild. Apart from that, he also learned how to skin his game from Kevin.

Safety Needs aside from being related to concrete and abstract things that happen externally, this is also related to a place where a person can feel safe, someone who is able to provide a sense of security, even systems or regulations that have been made. It is as described in the quote that, “Maslow (1943) also gave examples of things that could satisfy the safety–security needs, such as a place where one can feel safe from harm (e.g., a shelter such as a house that gives protection from weather disasters), a guardian, or someone who can be relied on for help (e.g., a reliable police force), an ethical legal system, or a trustworthy government, and more abstractly, stability or structure in one’s life” (4). In the film *Into the Wild*, the main character Chris is able to feel safe even when he is away from his family. This evidence can be seen from Chris who finally found a place for him to live in the Alaskan forest which he later named Magic Buss:

“[A DERELICT SCHOOL BUS]

It is a vintage International Harvester from the 1940’s. Chris approaches the bus, lifts the hood a little bit seeing that the engine is gone. As he moves around the vehicle, we see several windows are cracked or missing altogether. The green and white paint is badly oxidized. Weathered lettering: Fairbanks City Transit System Bus.

[INT. BUS]

Broken whiskey bottles litter the floor. Chris may well have found his new home. The bus is outfitted with a bunk and a barrel stove. Previous visitors had left it stocked with matches, bug dope, and other essentials.

...

[INT. BUS]

Chris posts a found piece of paper on the inner wall of the bus alongside his doctrine.

CU: Chris’ hand, he writes and circles the number:

1 - MAGIC BUS DAY.

(08:17 – 10:58)

This evidence was seen when Chris finally arrived in the Alaskan forest when he finally found an uninhabited bus and made it a place to live in nature which he later named the Magic Bus.

In conclusion, Chris was able to fulfill his Safety Need. This can be seen from how Chris was able to learn about weapon to protect him from wild animals in the forest to how to hunt and he was able to make an abandoned bus into a habitable home for him in the Alaskan forest with his own ability.

### **A.3. Love and Belonging Needs**

The next need at the Hierarchy of Need by Abraham Maslow level is Love and Belonging Needs. As social beings, humans cannot live alone in the world. They tend to need the help of others and even affection between people.

In the film *Into the Wild*, Chris as the main character is considered capable of fulfilling his Love and Belonging needs both with his family and friends. This is because according to the explanation of the quote that, “A definition of the belongingness needs or it be called as love needs can be derived from Maslow’s (1943) initial theoretical conceptualization and from Baumeister and Leary’s (1995) review of the concept: a lack of close, lasting, emotionally pleasant interactions with other people, in groups as well as in intimate dyads, that yield personal relationships characterized by mutual affective concern. Thus, close relationships may take many forms, the foremost of which is the family, as well as same-sex and



heterosexual friendships, romances, marriage, work groups, and other forms” (5). It is explained in the quote that this need includes meetings, interactions, and relationships between people. These relationships can be family, friendship, and even romance. In accordance with the quote, there is dialogue in the *Into the Wild* movie scene which proves that Chris can fulfill his Love and Belonging Needs by interacting with the people around him. This is seen in the scene;

JAN

Hi. We just barely saw you there, under that crazy hat of yours. We couldn't back up - the van's reverse is broken.

CHRIS

(as Jan fiddles with side door handle)

Oh. That's okay. Thanks for stopping.

JAN

This door's a little tricky, I'll get it.

JAN (CONT'D)

Hop in, that's Rainey.

RAINEY

Hey, I'm Rainey.

JAN

And I'm Jan.

CHRIS

Hey, Rainey. Hi Jan. I'm Alex.

RAINEY

Alex of the hat.

CHRIS

(closing the side door)

Yeah.

(*Into the Wild*, 00:28:15 – 00:28:37)

In this scene Chris manages to fulfill his love and belonging needs by meeting some new friends during a trip to Alaska. In the dialogue, Chris met Rainey and Jan who later became friends to exchange many stories together and establish a relationship like a family.

Other evidence related to the fulfillment of Love and Belonging Need from Chris is when he travels to Alaska and meets his new friends named Mads and Sonja;

“MADS

(yelling out to Chris)

Hello!

CHRIS

Hello.

MADS

You can join us!

MADS (CONT'D)

We have hotdogs!

MADS (CONT'D)

I am Mads.

CHRIS

Hi. Alex.

SONJA

I am Sonja.

SONJA (CONT'D)

Hello Alex.

MADS

We are from Copenhagen. And you are from the rapids.

CHRIS

I am.

SONJA



My Got!

...

MADS

I like the meeting you.

CHRIS

Thank you. I'm very happy to meet both of you too."

(*Into the Wild*, 00:58:19 – 00:01:02:15)

This scene is seen when Chris manages to meet new friends again, Mads and Sonja. They met when Chris crossed the river to surf in his canoe. They even shared information with Chris regarding the route to Mexico through the river while sharing hot dogs together.

Other evidence can also be seen when Chris' younger sister expresses her affection for Chris through one of the monologues in the film *Into the Wild*;

"I wondered why he hadn't tried to call in case I might answer. He could've hung up if it wasn't me. Why wouldn't he send a letter, maybe through a friend? It hurt a little, but I told myself it was good. He knew I loved him enough to bear with the not knowing."

(*Into the Wild*, 01:03:50 – 01:04:14)

In addition to perfecting the need for Love and Belonging from friendship, Chris also gets it from his beloved sister, Carine. In the monologue it is seen that Carine loves Chris even though they are not together.

Further evidence regarding the fulfillment of the Love and Belonging relationship that Chris obtained from a family perspective was when Carine told him about a letter written to her from Chris;

“In the letters Chris wrote me from college, it was clear his anguish and problems with Mom and Dad had continued. He said I was the only person in the world who could possibly understand what he had to say.”

(*Into the Wild*, 01:18:46 – 01:18:07)

This scene is seen when Carine tells about the letter Chris wrote to her. In it, Chris indirectly reveals that his sister is very precious to him. In other words, his relationship with Carine was so good and close that they were very precious to each other.

The next evidence regarding Chris' fulfillment in love and belonging needs, especially in friendship, is his relationship with friends he has met before but they have remained on good terms since then. This is seen in one of the scenes:

“RAINEY

Well, you know, we'll give you a little something for every day you work the booth here.

CHRIS

I'm not taking any money from you, Rainey. It's been a real great twist meeting you two. You look like you're doing good.

RAINEY

We are, and you were a big part of that, coming along when you did. Yep, things are good.”

*(Into the Wild, 01:32:51 – 01:33:07)*

In the dialogue, it can be seen that Chris and Rainey's friendship is growing very well even though previously they were separated because Chris chose to continue his own journey without saying goodbye to Rainey or Jan. However, their friendship continued well.

In the end, Chris managed to meet the needs related to fulfilling his love and belonging according to Maslow's theory. This is evidenced by Chris who is able to make good relations with his family even though he is away from his family. Chris was also able to establish good relationships with several friends that he even just met when he was on his way to Alaska.



#### A.4. Self Esteem Needs

The next characteristic of self-actualized person from Maslow's theory is Self Esteem Needs. This fulfillment is closely related to the reputation of a person who must be able to fulfill this need first before finally being able to reach the top level of the pyramid, Self-Actualization Needs.

In the film *Into the Wild*, Chris as the main character in the film is someone who finally chooses to leave all his life and chooses to live together with nature and his own choices. Quoting a quote from Onah in Aruma & Enwuvesi Hanachor that, “When people achieve their social needs that they focus attention on such matters as reputation, recognition, self-esteem and prestige or self-worth, self-respect, status, among others that give people strong confidence to participate in activities that will certainly improve their living conditions in their various communities in the society” (8). According to this quote, Self Esteem Need will be related and inclined to things that emphasize reputation and even self-respect in it. In line with the quote, there is an expression from Chris' family that is proud of him because he just graduated from college:

“BILLIE

Excuse me. I'm going to get my son.

He just graduated today from Emory College.

I'll get it. I'll get it.

Chris, hi!

We've been waiting and waiting.

You scared the daylight out of me, jumping on to that stage, oh my god.”

*(Into the Wild, 00:17:11 – 00:17:26)*

It is seen when Chris managed to fulfil his self-esteem needs by graduating from the university he was living. With his graduation, he got a good reputation which was also seen as such for the people around him, including his parents. In the dialogue, it can be seen that Chris's mother was so proud of Chris that she showed her son to other visitors about the whereabouts of her son who had just finished the graduation ceremony.

Further evidence is seen when all the families are having lunch together after Chris's graduation and a conversation emerges between Chris and his father:

“CHRIS

Hi, Dad.

WALT

Congratulations, Son.

This is a big step.

CHRIS

Thank you, Dad.

WALT

All right.”

*(Into the Wild, 00:17:27 – 00:17:35)*

In the dialogue it is also seen that Chris' father is also as proud as Chris' mother when Chris comes to him. In other words, Chris' good reputation was also given by Chris' own father.

Further evidence can be seen from the giving of self-respect from Chris's family. This can be seen when Chris's younger brother admits his admiration for Chris for his brother's intelligence. This is seen in one of the monologues in the film:

“Emory had mailed our parents Chris' final grade report. Almost all A's. A in Apartheid in South African Society. A- minus in Contemporary African Politics and the Food Crisis in Africa. And on it went. Clever boy, my brother.”

*(Into the Wild, 00:25:09 – 00:25:28)*

In the monologue, it can be seen that Chris' younger sister also boasts of her older brother with the reputation and respect for her brother who is smart in all aspects of his education.

In conclusion, Chris was able to meet his Self Esteem needs. This is proven by him getting a good reputation from his good and brilliant educational trail which then makes people respect him.

### A.5. Self Actualization

At the highest level or level of Maslow's theory is Self-Actualization Needs. Basically this level can be achieved from a person's ability to achieve or fulfill the needs at the previous levels. As explained in the quote that, "Maslow further explained that self-actualization involves the intrinsic development of an organism. He contended that self-actualization is more growth-oriented than deficiency-focused" (Adeoye, 28). Furthermore it is explained that, "Self-actualization (also referred to as self-realization or self-cultivation) can be described as the complete realization of one's potential as manifest in peak experiences which involve the full development of one's abilities and appreciation for life" (12). In the film *Into the Wild*, Chris as the main character is able to fulfil all needs according to Maslow's pyramid theory to the highest level related to the realization of one's deepest desires. In fulfilling this level of self-actualization, Chris proves that he can achieve his deepest desires by living with nature. This is seen in one of Chris' monologues in the film:

"Two years he walks the earth. No phone, no pool, no pets, no cigarettes. Ultimate freedom. An extremist. An aesthetic voyager whose home is the road.

...

So now, after two rambling years comes the final and greatest adventure. The climactic battle to kill the false being within and victoriously conclude the

spiritual revolution. No longer to be poisoned by civilization, he flees, and walks alone upon the land to become lost in the wild.”

*(Into the Wild, 00:11:29 – 00:13:37)*

In the quote it is explained that self-actualization requires self-development and that happens in Chris. It can be seen in Chris' monologue, that he has gone through many things including self-development such as adventure without relying on the things he usually wears, socializing with new people he meets on the road, self-development such as hunting for food in nature, including living in nature. In other words, that Chris has done or realized his ultimate goal of living together in nature with all his abilities and self-development.

**B. Characteristic that appears in Chris McCandless as a self-actualized person.**

In accordance with Maslow's Hierarchy of Need, Chris as a self-actualized person meets certain characteristics that self-actualized people have. Chris, who has actualized himself by being able to fulfill all his needs to realize what he wants in himself, has his own characteristics. To find out what self-actualization criteria appear in Chris, the paragraphs and sentences below discuss each of Chris' self-actualization criteria.

### **B.1. Resistant to enculturation, but not purposely unconventional.**

The first characteristic that Chris has as a self-actualized person is resistance to enculturation, but not purposely unconventional. Resistant to enculturation is an attitude about how a person will live his life with whatever choice he has chosen. In accordance with the quote that, “Self-actualizers are autonomous, independent, and self-sufficient. They feel free to resist social and cultural pressures to think or behave in a certain way. They do not openly rebel against cultural norms or social codes, but they are governed by their own nature rather than the strictures of society” (12). In accordance with the quote, there is evidence that Chris in the film *Into the Wild* has the characteristics of Resistant to enculturation. This is seen in one of the scenes in the film:

“It was inevitable that Chris would break away. And when he did, he would do it with characteristic immoderation. It should not be denied that being footloose has always exhilarated us. It is associated in our minds with escape from history and oppression and law and irksome obligations, absolute freedom, and the road has always led west.”

...

I understood what he was doing. That he had spent four years fulfilling the absurd and tedious duty of graduating from college, and now he was emancipated

from that world of abstraction, false security, parents and material excess, the things that cut Chris off from the truth of his existence.”

*(Into the Wild, 00:21:20 – 00:26:57)*

As discussed in the quote, Maslow describes the self-actualized person as one who has personal autonomy and who is free to make choices. Their actions are not determined by the physical and social environment, because the person has access to personal resources that, in turn, promote growth. These characteristics were discovered in Chris when he made the decision to live in the wild. He makes his own decisions without being burdened by other things, both environmental and social around him, even including his family.

However, the characteristics of the resistant to enculturation are considered flexible and always have their own way of solving all problems that occur or related to making a decision. As explained that, “The self actualized person of Maslow (1954,1968) and Rogers (1980) remains detached from societal and cultural influences and, in general, is antipathetic to highly structured, inflexible, or bureaucratic institutions” (4). Furthermore, it is also explained that, “Such a person is characterized in large measure by a sense of personal autonomy and clear decision making, even when the decisions may seem unconventional (Maslow, 1968; Rogers, 1980)” (4) Related to the explanation of the quote, there is one quote that can prove that Chris has these characteristics:



RON

That's what I mean. How long have you been out here?

CHRIS

Couple of weeks.

RON

And before that?

CHRIS

A lot of places. I've been moving around.

RON

How old are you?

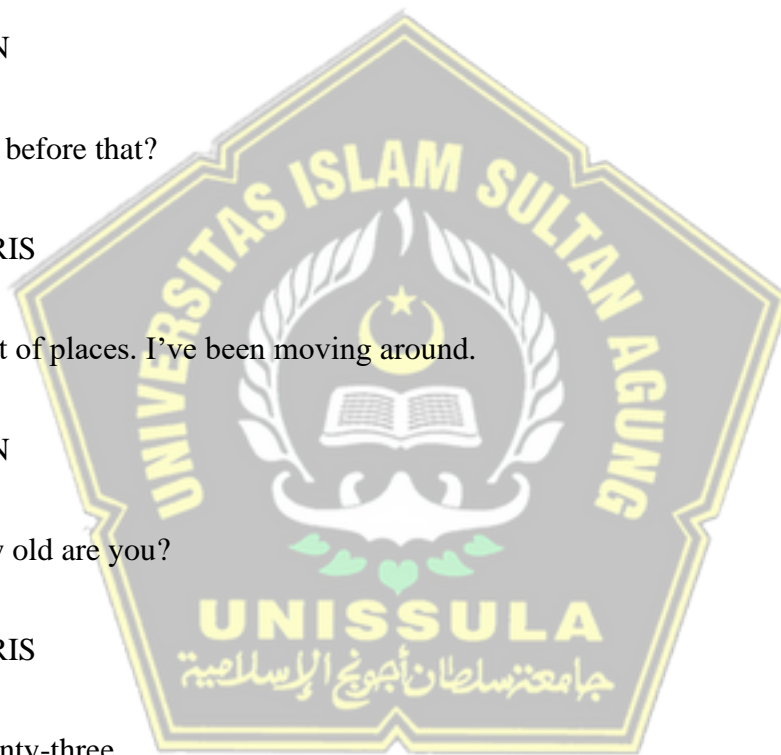
CHRIS

Twenty-three.

RON

Twenty-three years old! Son, don't you think you should be getting an education? And a job? And making something of this life?

CHRIS



Look Mr. Franz. I think careers are a twentieth century invention and I don't want one. You don't need to worry about me. I have a college education. I'm not destitute. I'm living like this by choice.

(*Into the Wild*, 01:53:47 – 01:54:10)

As can be seen in the quote, such a characteristic is also found in Chris that he does not want to follow the social paradigm of the necessity of life which is only seen from education or career. It is more clearly explained in the next quote that Chris also has a sense of personal autonomy in making decisions in his life. This can be seen when Chris decides to live in nature regardless of the paradigm of society, which in the film is shown by Franz's anxiety about the life that Chris leads.

In conclusion, Chris as the main character in the film *Into the Wild* who is self-actualized has one of the characteristics of someone who is self-actualized, namely Resistant to enculturation. It is proven that Chris has his own way of determining what he wants to do with his life, in that he acts for what he wants in his own life journey without any rules or other people being able to stop him.

## **B.2. Concerned for the welfare of humanity**

The next characteristic possessed by people who have self-actualized is having a sense of concern for the welfare of humanity. As explained by Zen Buddhism that, "Because the enlightened person is not disturbed by the differences

that exist among people, everyone is experienced openly and receptively" (7). Abraham Maslow further explained that, "Human motivation is based on people seeking fulfillment and change through personal growth. Self-actualized people are those who were fulfilled and did all they were capable of" (7). This is also seen in one of the scenes in the movie *Into the Wild*:

RAINEY

That's a helluva insight. Jesus!...

You're not Jesus, are you? You gonna walk on that water and get her back for me?

CHRIS

Actually, I'm a little afraid of water.

Rainey gives him a sideways glance.

CHRIS (CONTD)

It's true. But it's something I've got to get over sometime.

So, I'll swim in it if you'll carry the firewood back to the campsite.

RAINEY

I'll carry. Shit-yes I'll carry.

*(Into the Wild, 00:33:45 – 00:33:58)*

As explained in the quote, self-actualized people have a sense of kinship with all humans. They care for others with a gentle and immoral concern, even a deep desire to help others and, in so doing, build harmonious and deep interpersonal relationships. This kind of characteristic was shown by Chris to one of his friends, Rainey, when he was having a fight with Jan and Chris was trying to get things back to normal.

In conclusion, Chris has characteristics related to having a sense of concern for the welfare of humanity. This was made when Chris was happy to help his friend Rainey who was in a fighting phase with Jane and Chris wanted their relationship to improve soon by becoming a mediator between them.

### **B.3. They perceive reality efficiently and can tolerate uncertainty**

The further characteristics possessed by self-actualized persons are related to their view of reality. In this case, they will tend to be able to view reality more efficiently and even be able to tolerate uncertainty. As quoted in the quote that, "Maslow indicated that the self actualized person has more accurate and realistic perceptions than most people" (18). This is rightly stated by Maslow that self-actualized person will tend to have a good level of accuracy to reality. This

characteristic also appears in Chris as a self-actualized person which can be seen in one of the scenes in the film:

JAN

Alex could have a vehicle. If he didn't burn his money. Why would you want to do that?

CHRIS

I don't need money. It makes people cautious.

JAN

(a little irritated)

Well, you have to be a little cautious Alex. That book of yours is all well and fine but you can't depend entirely on leaves and berries.

CHRIS

I don't know if you'd want to depend on much more than that.

(*Into the Wild*, 00:28:59 – 00:29:30)

As seen in the quote that self-actualized people tend to be more realistic. This can be seen in Chris who does not like money because of his realistic thinking that money makes people cautious. Indirectly, he also shows himself that he accepts himself as he

is, enjoys, and responds to life situations realistically and effectively. This scene is seen when Chris is talking with his two friends Rainey and Jan.

In conclusion, Chris as a self-actualized person has characteristics related to a view of reality efficiently and can tolerate uncertainty in accordance with Maslow's quote regarding the characteristics possessed by a self-actualized person. This can be proven from Chris, who does not want to value too much the wealth he has because it will change other people's views change to be more vigilant.

#### **B.4. Democratic attitudes**

The next characteristic possessed by self-actualized people is democratic attitudes. This characteristic is possessed by self-actualized people regarding how they will act in their daily life and their willingness to learn from wherever it is. As quoted that, "Self-actualized individuals are democratic. They are thoughtful and considerate in nature" (5). It further said that, "They are humble and are willing to learn from anybody. They recognize that they do not know all the answers or have all the skills and are willing to learn from others" (5). This is the same as shown by Chris as a self-actualized person who wants to learn from others through books, as seen in one of the scenes in the film:

"For a moment, she re-discovered the purpose of her life. She was here in earth to grasp the meaning of its wild enchantment and call each thing by its right name."

(*Into the Wild*, 02:04:43 – 02:04:55)

Chris is able to use all of his abilities to deal with all kinds of situations that come his way. This was seen when Chris ran out of food and he couldn't even see the presence of animals around him as a source of food. However, he tried to study the plants around him to later become his food as a substitute for meat. This is as explained in the quote that self-actualized people are people who are able to learn from anybody.

In conclusion, Chris has characteristics related to democratic attitudes. This is evidenced by his willingness to learn from others, including from the books he read.

#### **B.5. Capable of deep appreciation of basic life-experience**

Self-actualized person will usually have the characteristic of being able to appreciate deeply about the life experiences they have. This is as explained in the quote that, “The self-actualized person feels close to nature and respects its processes” (Characteristics of the self-actualized person , n.d.). In accordance with the quote, Chris as the main character in the film *Into the Wild* and self-actualized person also has these characteristics which can be seen in several scenes in the film:

#### **CHRIS**

I'll miss you too, Ron. But you're wrong if you think the joy of life comes principally from human relationships. God's placed it all around us. It's in everything. In anything we can experience. People just have to change the way they think about those things. You ought to put a little camper on the back of



your pick-up and go take a look at some of the great work god's done out here in the American west.

RON

Alex...You're probably right. And I'm going to take stock of that.

*(Into the Wild, 02:02:35 – 02:02:54)*

Chris's capability of deep appreciation of basic life-experience can be seen when he is talking to Ron. He gives advice to Ron who seems stuck with his past. He said that happiness does not always have to come through human relationships, but he can also get it through the endless beauty of nature. In other words, Chris is close and appreciates the existence of the universe and even recommends him to his friends to enjoy the universe together.

Other evidence seen in Chris as a sleep actualized person who has the characteristic of always appreciating every experience of his life is also seen in other scenes. More specifically, this scene is seen when Chris spends his time at sea with his friend Jane:

"The sea's only gifts are harsh blows, and, occasionally, the chance to feel strong. Now, I don't know much about the sea, but I do know that that's the way it is here. And I also know how important it is in life not necessarily to be strong, but to feel strong, to measure yourself at least once, to find yourself at

least once in the most ancient of human conditions, facing the blind, deaf stone alone with nothing to help you but your hands and your own head."

*(Into the Wild, 00:34:56 – 00:35:41)*

Another proof that Chris has the characteristic of appreciating the nature is also seen when he appreciates the beauty of the ocean. This can be seen even when Chris is having fun with one of his friends, Jan, especially when swimming in the sea. He appreciates the power and beauty of the sea that his friends may not even feel. He even appreciated the importance of the ocean used to measure one's strength.

Other evidence found in the film regarding the characteristics of deep appreciation that Chris has is also seen when he eats an apple on his way. It can be seen in the scene that he appreciates the enjoyment of his food in the form of apples that he found during his trip:

“CHRIS

I mean, you're really good.

I mean, you're like any apple I've ever had.

I'm not Superman, I'm Supertramp.

You're Superapple.

You're so tasty.

You're so organic, so natural.

You're the apple of my eye.”

*(Into the Wild, 00:38:40 – 00:39:10)*

Furthermore, Chris also seemed to appreciate what he got from the nature. This scene is seen when he got apples for his lunch which he got from nature. It is seen that Chris really appreciates the apples he gets when he eats the apples.

In the end, Chris has the characteristics of being capable of deep appreciation of basic life-experience. This is evidenced by Chris being able to appreciate the things that have happened in his life, such as God's favor regarding the gift of nature in the world, the strong sea waves, even the food in the form of apples that he got while on a trip.

#### **B.6. Establish deep satisfying interpersonal relationship with a few people**

The next character as a self-actualized person is to have deep satisfying interpersonal relationships with a few people they have met during their lives. As explained in the Samah journal that, “Interpersonal relationship is a strong deep or close association between two or more people that may rang in duration from brief to enduring” (7). In other words, the interpersonal relationships that a self-actualized person usually has will usually be established in the near or long term. These relationships tend to be very close and strong. This character is found in Chris as a self-actualized person. Even though he was separated from his friend, in the end he

was able to find his friend again and even establish a stronger relationship. This is as seen in one of the scene:

[We see Rainey selling their wares. Beside the booth, their van with its backseat door open. A little dog, Sunni, jumps out the van door, sniffing something out. Jan exits the van after the dog.]

JAN

Sunni! Come here boy.

[But Sunni has sniffed out Chris' large backpack leaning against the rear of the van. Jan is just beginning to recognize it, when from behind the van appears Chris, looking like a million bucks.]

CHRIS

Surprise!

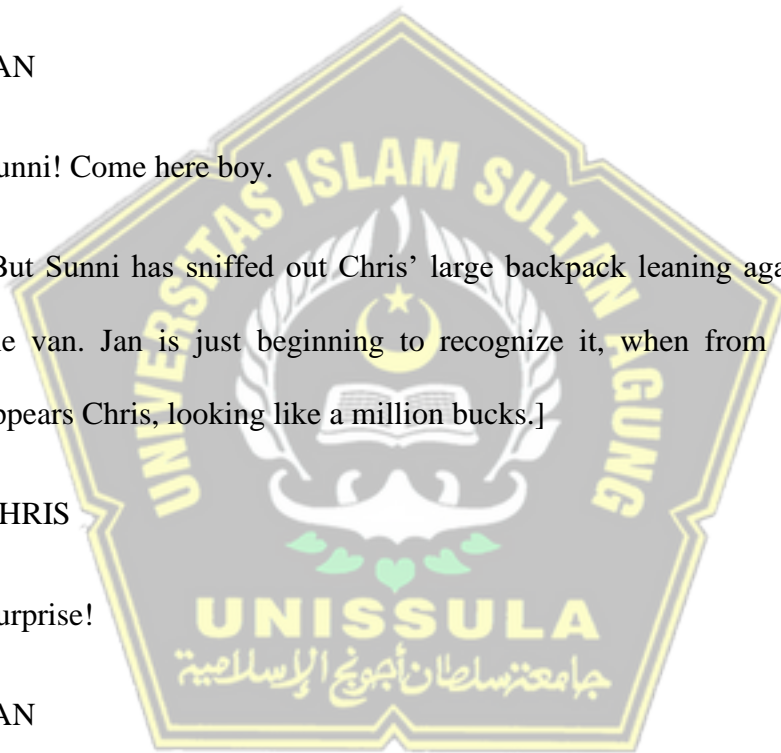
JAN

(overjoyed)

Alex!

[As she goes to hug him]

(*Into the Wild*, 01:30:28 – 01:30:42)



In the scene, it can be seen that even though Chris, Jane, and Rayney were separated, in the end when they were able to meet again, their relationship was still as close and strong as before they separated. Their relationship is not just mutual greetings but is strong and knows each other even for a long time.

Furthermore, in the journal it is said that, “Wright in his research about personality and interpersonal attraction, found that: a person who is attractive as a friendship choice is: one who can communicate freely and unguardedly, who is open minded, cooperative and not overly serious-minded, who is a source of rewarding responses, express liking and interest, and is social and outgoing” (9). It is said that someone who has an interest in interpersonal relationships will be able to communicate freely with other people. This is also owned by Chris as a self-actualized person and seen in one scene,

“MADS

(yelling out to Chris)

Hello!

CHRIS

Hello.

MADS

You can join us!

MADS (CONT'D)

We have hotdogs!

MADS (CONT'D)

I am Mads.

CHRIS

Hi. Alex.

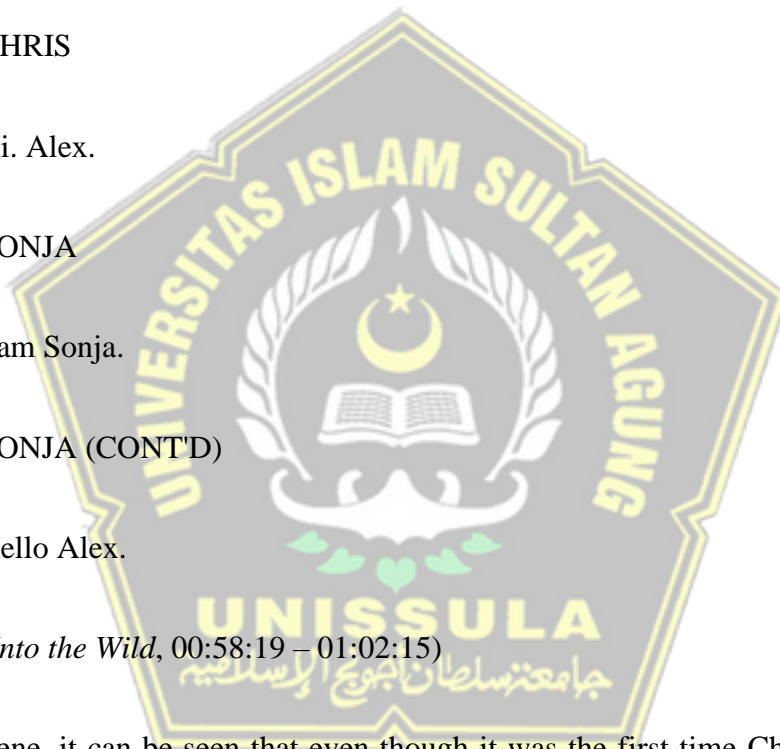
SONJA

I am Sonja.

SONJA (CONT'D)

Hello Alex.

(*Into the Wild*, 00:58:19 – 01:02:15)



In the scene, it can be seen that even though it was the first time Chris met them, it was not difficult for him to communicate with them. Chris did not hesitate to greet them, eat together, joke, and even share information with them.

### **B.7. Strong moral/ethical standards**

The next characteristic possessed by an actualized person is having strong ethical standards in their life. As described in the journal that, “Ethics are the rules that are used together with morals but are deeper than morals and determine the behaviors required to be obeyed in a certain field by defining the good-bad and the right-wrong” (Isik et al.). Self-actualized person tends to be able to choose the good and bad things that happen in their life. Furthermore, it is stated that, “Ethics deals with the aim of life, mentions about an ethical life, examines ethical problems in the society, and forms universal rules” (Isik et al.). In other words, the possession of strong ethical standards in a self-actualized person is not only a matter of the ability to choose good and bad in life, but also related to goals in one's life that one can hold firmly in life as a self-actualized person. This can be seen in Chris as a self-actualized person, because Chris is someone who has strong standard values within himself:

RON

How old are you?

CHRIS

Twenty-three.

RON



Twenty-three years old! Son, don't you think you should be getting an education? And a job? And making something of this life?

CHRIS

Look Mr. Franz. I think careers are a twentieth century invention and I don't want one. You don't need to worry about me. I have a college education. I'm not destitute. I'm living like this by choice.

*(Into the Wild, 01:54:05 – 02:00:00)*

In the scene, it can be seen that Chris is firm and firm with his choices and goals in life, namely with what he has planned to live with nature. Chris showed that he has strong moral standards of life by standing up for himself without hesitation.

In conclusion, out of a total of 15 characteristics of the actualized person, there are 7 characteristics that are proven to exist in Chris. The finding of this evidence is strong enough to conclude that Chris is a self-actualized person.

## CHAPTER V

### CONCLUSION AND SUGGESTION

#### A. Conclusion

From the discussion and analysis in chapter IV, this study presents two conclusions. First, Chris as the main character in the film *Into the Wild* can fully fulfill his basic needs, especially according to Hierarchy Theory of Human Needs by Abraham Maslow. This can be seen in all aspects that occur in his life in the film. Chris is able to meet the need for food as a basic need and represents physiological needs in Maslow's theory. He is also able to meet safety needs by having a place for him to live and shelter from all threats from outside. As for fulfilling the needs of love and belonging, Chris got it through his younger sibling and the many new friends he met during his trip to Alaska. Chris also received appreciation and praise from his family for his success in pursuing education and achieving high scores and this was his fulfillment of the self-esteem need. All of these needs are supporting elements for Christopher McCandless to become a self actualized person. This can be seen from Chris who was then able to use all his abilities to realize his deepest desire, namely to live together with nature in the forests of Alaska.

The second conclusion is in Chris's own character which proves that he is a self actualized person. Chris has several characteristics that most self-actualized

people share. Chris has the characteristic that he is resistant to enculturation, where he lives by his own rules and wishes without heeding the rules or norms that apply. Furthermore, Chris also has high sympathy characteristics with other fellow individuals. Chris also has a characteristic that tends to emphasize the reality and effectiveness of everything that happens in his life. Chris also has democratic characteristics, he is willing to learn from other people, he realizes that he has limitations in certain respects, therefore he is willing to learn from people or the books he reads. His ability to give deep appreciation for everything that happens in his life is also one of the characteristics possessed by a self-actualized person. Considering that Chris is able to fulfill the love and belonging needs of many of his friends, this is because he has the characteristics of deep satisfying interpersonal relationships with a few people they have met during their lives. Finally it was proven that Chris has strong moral characteristics with him who is not swayed by the harassment of other people and remains in his stance to live with nature.

## **B. Suggestion**

This research reveals some suggestions to further researchers. The first, the researchers can use additional images available in the film to be able to support evidence in research regarding the fulfillment of Chris' basic needs as the main character, or supporting evidence regarding the characteristics of Chris as a self-actualized person. Second, the researcher can analyze Chris's parents as an object

of further research. This is because Chris's parents have interesting characteristics and are able to be analyzed in terms of psychological trauma due to the loss of the figure of one of their children who finally wants to pursue their own desires in life. In the last suggestion, the researchers can analyze Chris as an object about the negative impact regarding whether or not Chris' self-actualization is damaged.



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