THE DEPICTION OF WILLOWDEAN'S SELF-CONCEPT DEVELOPMENT IN RELATION TO BODY POSITIVITY IN DUMPLIN' (2015) NOVEL

A FINAL PROJECT

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STATEMENT OF WORK ORIGINALLY

Hereby, I honestly declare that the undergraduate final project I wrote does not contain the works of part of the work of other people, except those which were cited in the quotation and references, as a scientific paper should. If my statement is not valid in the future, I agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from the paper.
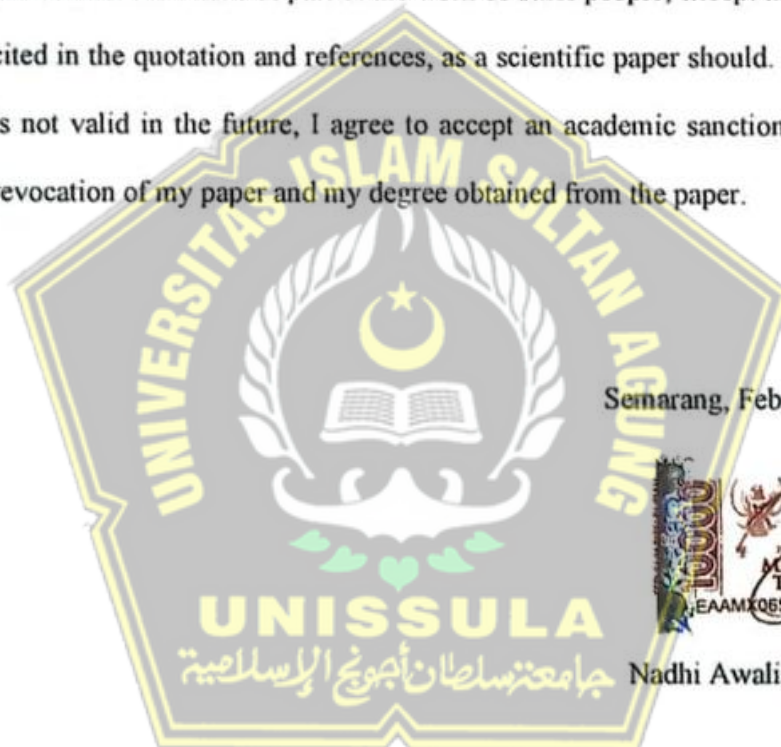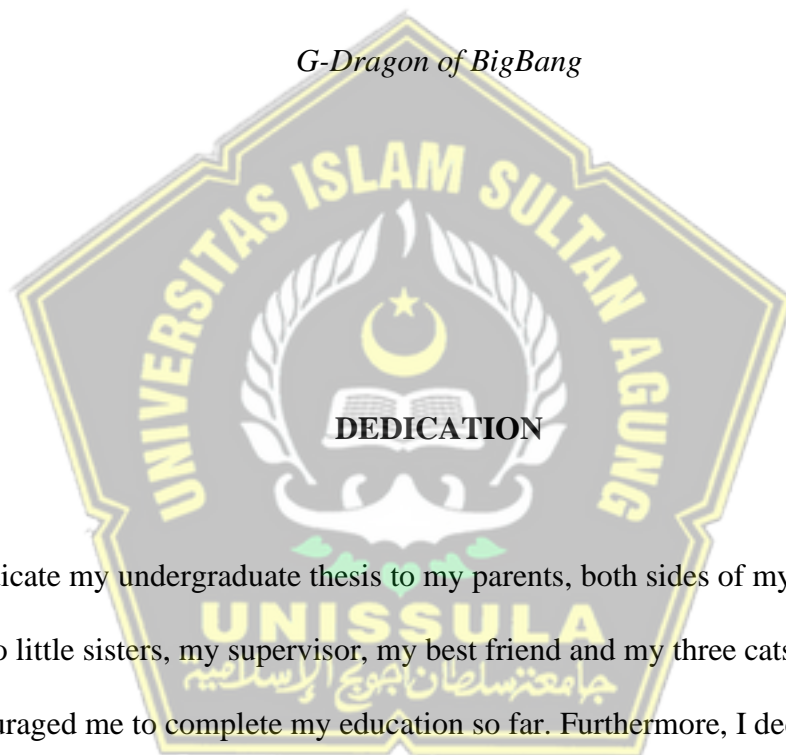
Semarang, February 27th 2024

Nadhi Awalia Sasty

MOTTO

"The only thing I have to do in life is die. Everything else is a choice, including

breathing."

"What we should really fear is not failure but the heart that is no longer brave

enough to take risks and embrace challenges."

G-Dragon of BigBang

DEDICATION

I dedicate my undergraduate thesis to my parents, both sides of my family, my

two little sisters, my supervisor, my best friend and my three cats that have

encouraged me to complete my education so far. Furthermore, I dedicate this to

academics out there who want to learn and deepen the material discussed.

ACKNOWLEDGEMENT

In the name of Allah the Most Gracious, the Most Merciful, the Creator and Sustainer of the Universe. I would like to express my deepest gratitude to Allah Subhanahu Wa Ta'ala, who always guides me in every ups and downs so that 1 could accomplish this final project. I realize that the final project could not be completed without getting support, advice, suggestions, and guidance from many people. Therefore the writer would express gratitude and appreciation to:

1. Destary Praptawati, S.S., M.Hum. the Dean of the Faculty of Languages Literature and Culture

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4. My beloved parents, both my mom and my dad, Sulisah and Dwijo Wiyono have always strived to provide the best in both prayers and material during my studies and the preparation of this final project. They have consistently offered encouragement and advice to keep me motivated tocontinue my studies and complete this final project and aiming for me to become the first bachelor's degree holder in my family.

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9. And finally, to myself, thank you for surviving and continuing to fight from graduating from high school in the middle of covid 19 and to this point, graduating from college. Even though there more downs than ups, I know we can do it.

This final project is still far from perfect, there are flaws found in this final project. However, the author hopes that this study can be useful for other people who are working on their final project.

Semarang, February 27th, 2025

Nadhi Awalia Sasty
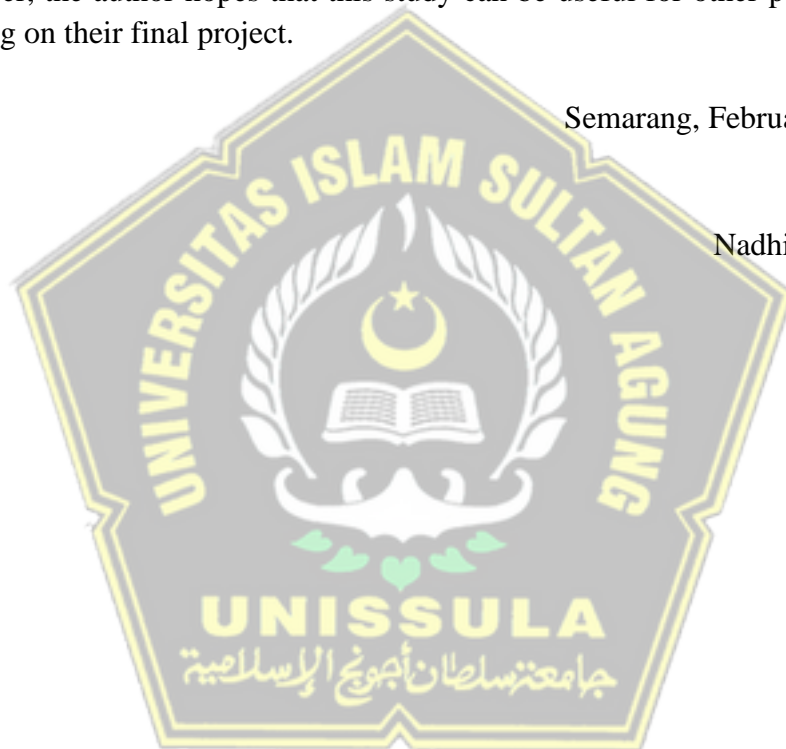
ABSTRACT

Sasty, Nadhi Awalia. 30802000034. "The Depiction of Body Positivity in *Dumplin'* (2015) Novel: A Psychological Analysis". Final project of Language and Communication Science. English Literature Program. Sultan Agung Islamic University. Advisor: Nailil Muna, S.S., MA

Body positivity is a movement encouraging self-acceptance regardless of body shape or size. In the novel *Dumplin'* (2015), Willowdean Dickson challenges traditional beauty standards by participating in a beauty pageant, embodying the principles of self-love and challenging societal stigmas about body image. Using Carl Rogers' Self-Concept Theory, this final project tries to discover the key components that form Willowdean's self-concept and how the process of Willowdean's self-concept development is reflected in *Dumplin'* (2015) Novel.

To explore how Willowdean's self-concept develops throughout the narrative. This final project was prepared using qualitative methods. Through data collection methods: reading the novel, identifying the data, classifying the data, reducing the data and analyzing the data.

This final project reveals two important findings: first, Willowdean's self-concept comprises three primary components: self-image, self-worth, and ideal self. Her self-image perception is significantly influenced by her mother, a former beauty queen. Willowdean's sense of self-worth is negatively impacted by her belief that others perceive her as "the tubby daughter." Furthermore, her ideal self is characterized by a desire for societal acceptance of her own identity. Second, Willowdean's journey of self-development began in childhood, marked by a strained relationship between the child and her mother and exacerbated by the loss of her supportive aunt. This creates an incongruence between the self-image she wants and her true self. As the story progresses, Willowdean challenges her perceived limitations and gradually resolves her misunderstandings with her mother. This process becomes the beginning of a congruence between the self-image she wants and her true self.

Keywords: Self-Concept, Self-Image, Ideal Self, Self-Worth, Body positivity

INTISARI

Sasty, Nadhi Awalia. 30802000034."Penggambaran Positivitas Tubuh dalam Novel Dumplin' (2015): Sebuah Analisis Psikologis". Proyek akhir Ilmu Bahasa dan Komunikasi. Program Sastra Inggris. Universitas Islam Sultan Agung. Pembimbing: Nailil Muna, S.S., MA

Positivitas tubuh adalah sebuah gerakan yang mendorong penerimaan diri tanpa memandang bentuk atau ukuran tubuh. Dalam novel Dumplin' (2015), Willowdean Dickson menantang standar kecantikan tradisional dengan berpartisipasi dalam kontes kecantikan, mewujudkan prinsip cinta diri dan menantang stigma sosial tentang citra tubuh. Menggunakan Teori Konsep Diri Carl Rogers, proyek akhir ini mencoba untuk menemukan komponen kunci yang membentuk konsep diri Willowdean dan bagaimana proses pengembangan konsep diri Willowdean tercermin dalam novel Dumplin' (2015).

Untuk mengeksplorasi bagaimana konsep diri Willowdean berkembang sepanjang narasi. Proyek akhir ini disiapkan menggunakan metode kualitatif. Melalui metode pengumpulan data: membaca novel, mengidentifikasi data, mengklasifikasikan data, mengurangi data, dan menganalisis data.

Proyek akhir ini mengungkapkan dua temuan penting: pertama, konsep diri Willowdean terdiri dari tiga komponen utama: citra diri, harga diri, dan diri ideal. Persepsi citra dirinya sangat dipengaruhi oleh ibunya, seorang mantan ratu kecantikan. Rasa harga diri Willowdean terpengaruh negatif oleh keyakinannya bahwa orang lain memandangnya sebagai "putri yang gendut." Selain itu, diri idealnya ditandai oleh keinginan untuk diterima oleh masyarakat atas identitasnya sendiri. Kedua, perjalanan pengembangan diri Willowdean dimulai sejak masa kanak-kanak, ditandai oleh hubungan yang tegang antara anak dan ibunya serta diperburuk oleh kehilangan bibi yang mendukungnya. Hal ini menciptakan ketidaksesuaian antara citra diri yang diinginkannya dan diri sejatinya. Seiring berjalannya cerita, Willowdean menantang batasan yang ia rasakan dan secara bertahap menyelesaikan kesalahpahaman dengan ibunya. Proses ini menjadi awal dari kesesuaian antara citra diri yang diinginkannya dan diri sejatinya.

Kata kunci: Konsep Diri, Citra Diri, Diri Ideal, Harga Diri, Positivitas Tubuh

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CHAPTER I
INTRODUCTION

A. **Background of the Study**

Psychoanalytic theory is one of the main approaches in psychology developed by Sigmund Freud at the end of the 19th century. Sigmund Freud's psychoanalytic theory is one of history's most influential and popular psychological theories. Reporting from the book by Sigmund Freud entitled (The Interpretation of Dreams), which was first published in 1899. Conscious awareness is part of the mind we are aware of daily. Subconscious awareness includes information that we have access to but are not thinking about at the time. The subconscious is a hidden level of the mind, containing innate drives and forgotten experiences. According to Freud's seminal work "The Interpretation of Dreams" (1900), personality development is a complex process rooted in unconscious psychological mechanisms that emerge through childhood experiences and internal conflicts (Freud, 1900/1953). Freud believed that inner conflict occurs when the id drives conflict with the superego's moral demands. To explore the subconscious mind, Freud used a variety of techniques, including dream analysis. Freud believed that dreams were a window into the subconscious mind and could provide insight into inner conflicts and hidden drives. Psychoanalytic theory also discusses the concept of personality development.

One branch of psychoanalytic theory apart from Sigmund Freud's is Carl Rogers theory. Carl Rogers' personality theory emphasizes the innate

potential for personal growth and self-actualization. At the heart of this theory is the concept of self-actualization, which Rogers described as the process of realizing one's potential and becoming a well-functioning individual. This process is greatly influenced by an individual's self-concept – her perception and assessment of themselves. Rogers argued that a positive and realistic self-concept is essential for healthy personality development. In this final project focuses only on the Body Positivity image of the character Willowdean during Puberty only on the self-concept perspective during the development of her congruence between the ideal self and self-image. A portion of this self-concept theory is divided into three key components, namely self-image the picture of ourselves, self-esteem or self-worth that is our assessment of ourselves, and ideal self that is the self-image that a person desires or want to achieve.

According to Rogers (1959), "The good life is a process, not a state of being. It is a direction, not a destination" (p. 194), and experiencing unconditional acceptance from others is essential for an individual to develop a positive self- concept and achieve a high level of self-acceptance. Conditional positive regard, in which individuals are judged based on their actions and behavior, can lead to a need for constant validation. In contrast, unconditional positive regard, where individuals are accepted and loved for who they are, creates a safe environment for individuals to take risks and be themselves without fear of rejection. This type of acceptance is essential for the development of positive self-concept and self-acceptance.

Moreover, if someone was already in a state of self-concept or self-acceptance, they accepted themselves as a whole and functioned like a human being. This concept was in line with the concept of Body Positivity. Body positivity reinforced this acceptance by emphasizing that all bodies were good and worthy of respect, regardless of size, shape, or appearance. Body positivity helped expand the values that the self-concept provided by encouraging individuals to see their bodies as a valuable and functional part of themselves. These two concepts complemented each other in helping individuals build a healthy and positive relationship with themselves and their bodies. Thus, someone who had reached a good stage of self-acceptance found it easier to accept the condition of their body, and it was also easier to carry out a positive lifestyle for their body.

In this final project, this theory is used to discuss the central character, Willowdean "Will" Dickson, in the young adult novel *Dumplin'*. As further discussion surrounding this theme, there is little that addresses the emotional growth of adolescents transitioning into adulthood, as I was discussed in my final project about Willowdean. Willowdean is a young woman who struggles with body image issues and insecurities, especially due to the expectations set by her mother's past as a beauty pageant winner. Although initially reluctant, Willowdean decides to participate in the Miss Teen Bluebonnet pageant, determined to challenge traditional beauty standards and embrace her own individuality.

As Willowdean prepares for the pageant, she faces a variety of emotional

challenges, including self-doubt and the pressure to conform to society's expectations. However, with the support and encouragement of her friends, Willowdean learns to accept and love himself for who she is. Through her journey, she realized that true beauty comes from within, not just from physical appearance. Willowdean's story is a story of self-discovery, self-acceptance, and finding the courage to voice her own thoughts and beliefs. In the end, Willowdean emerges from her experience stronger and more confident, inspiring others to also embrace her unique beauty. Many papers have discussed body positivity itself, some of which have even reviewed the novel or its film adaptation of *"Dumplin'."* However, there has not yet been a preview study that discusses body positivity with Carl Rogers' self-concept theory in Julie Murphy's novel "*Dumplin'.*" Therefore, for the above considerations, this final project is entitled *"The Depiction of Journey to Body Positivity in Dumplin' (2015) Novel: A Psychological Analysis"*

B.   Problem Formulation

Based on the background of the study that the writer has stated above, this study formulates several problem formulations as follows:

1. What are the key components that form Willowdean's self-concept in the novel *Dumplin'* (2015)

2. How is the process of Willowdean's self-concept development reflected in the novel *Dumplin'* (2015)

C.   Limitation of the study

This final project focuses solely on the development of the Body Positivity image of the Willowdean character during puberty. It using Carl Rogers' personality theory only from the point of view of self-concept while developing the fit between the ideal self and the self-image applied to Willowdean's character in *Dumplin'* novel.

D.   Objective of the study

Based on the problem formulation that has been formulated above, this study formulates several objectives as follows:

1.   To identify the psychological components that form Willowdean's self- concept in the novel *Dumplin'* (2015)

2.   To analyze the process of Willowdean's self-concept development reflected in the novel *Dumplin'* (2015)

E.   Significance of the study

There are two significance of the study there are academic significance and practical significance, that is:

1.) Academic Significance

This final project can be used as an example or used for someone who wants to write a final project with the same object from the novel *Dumplin'* (2015) by Julie Murphy or the same theory that is personality theory, specifically the self-concept theory. Especially for the academic

community of the English Literature program at Sultan Agung Islamic University, who are interested in discussing the same topics, theories, and literary works.

2.) Practical Significance

This research is very useful for opening our eyes and adding new knowledge about the importance of having positive thoughts about our bodies in an era where current beauty standards are no longer reasonable. By knowing why a person has bad thoughts about the differences that happen to them and how she or she copes with them, others can also begin to accept the differences that exist in each of them. The study also reveals that having positive thoughts about ourselves can help us become more confident.

F.   Study Organization

This final project is divided into five chapters. Each chapter in this final project addresses a different subject matter. In the first chapter, there is as introduction, which consists of the Background of the Study, Problem Formulation, Limitations of the Study, Objectives of the Study, Significance of the Study, and Organization of the Study. Chapter two consists of a review of related literature, which consists of Research Problem Variables, some theories that are related to the study, and the hypothesis. Chapter three consists of research methods which consist of types of research, data organizing, and analyzing the data. Data organizing provides data collection methods consisting of watching films, reading film scripts, identifying data, classifying

the data, reducing the data, and finally analyzing the data. Chapter four consist of the finding and discussion that related to this final project. Cchapter five consist of conclusion of this final project, and suggestion for the future research purpose that similar with this final project

CHAPTER II

REVIEWS OF RELATED LITERATURE

This chapter consists of related literature. There are two subchapters in this chapter. The first subchapter is the synopsis of *Dumplin'* (2015) novel and the second subchapter is a review of related literature that consists of related theory.

A. Synopsis

Dumplin' is a young-adult genre novel published in 2015 and made into a film in 2018. This novel is the second work by American author Julie Murphy, with her main character named Willowdean. The number of positive critical reception received by American author Julie Murphy in her second novel is what makes me as the author of this writing proposal interested. *Commonsensemedia* and *Entertainment Weekly* give favorable reviews about this novel, both praised Murphy the author for writing about and through the lens of a plus-size teen," whois struggling with her weight only in terms of accepting it". In addition, there is *The Chicago Tribune* that also wrote a favorable review. Nothing that, "if the book's ending is too Disney Channel optimistic, it's understandable – Willowdean deserves no less." In the article. *Dumplin's* novel was even a New York Times bestseller and was adapted into a Netflix movie with the same title in 2018. Willowdean "Will" Dickson, the chubby daughter of a former beauty queen,

has always struggled with body image issues and felt like an outsider in her small town of Clover, Texas. Her discomfort and feelings of insecurity are further exacerbated by her mother's fame as a pageant winner in the past and still being part of the Miss Teen Bluebonnet pageant committee to this day, which makes her compare herself to her thinner friends. When her mother, Rosie, encourages her to participate in the Miss Teen Bluebonnet pageant, Willowdean initially refuses, fearing judgment and ridicule. However, she ultimately decided to accept the challenge, determined to redefine beauty standards and embrace her own individuality. As Willowdean prepares for the pageant, she faces a series of personal and emotional challenges. She grapples with self-doubt and insecurity, while also facing the pressure to conform to society's expectations of beauty. However, she finds support and encouragement from her friends, including the quirky and confident Clover, who helps her see her own unique beauty. Throughout preparing for the contest, Willowdean faces a series of emotional struggles with herself. Willowdean grapples with her insecurities and doubts about herself, while also dealing with social expectations of beauty standards. However, with the encouragement and support from her friends throughout the contest, she realized the unique beauty she possessed. Through this contest, Willowdean experiences moments of triumph and disappointment. She learns to accept her strengths and talents, and she gains confidence in her ability to stand up for herself and her beliefs. However, she also faces setbacks and criticism, which forces her to confront her

vulnerabilities and insecurities. In the end, Willowdean's journey of self-discovery leads her to realize that true beauty comes from within, not just from what people see from the outside. She also learned to accept and love herself for who she is, and she inspired others to do the same. She challenges traditional beauty standards that make her feel inadequate, and she promotes a message of body positivity and self-acceptance. *Dumplin'* is a touching and empowering story about a young woman who is learning to accept herself and challenges the image expectations of beauty standards for women in society. This novel is a story about love for yourself, self-acceptance, and the importance of finding and voicing your own voice or thoughts. Willowdean's journey, which is not easy and full of challenges, makes Willowdean realize that beauty is not only determined by physical appearance but also by the strength of inner beauty, personality, and kindness. This ultimately makes Willowdean stronger and more confident.

B. Related Literature

B.1 Carl Rogers' Personality Theory

Carl Rogers' personality theory, a cornerstone of humanistic psychology, emphasizes the innate potential for personal growth and self-actualization. Rogers posited that individuals have an inherent tendency to develop into fully functioning persons, guided by her unique experiences and self-concept. As Rogers himself stated, "The organism has one basic tendency and striving - to actualize, maintain, and enhance the experiencing

organism" (Rogers, 1951, p. 487).

Central to Rogers' theory is the concept of self-actualization, which she described as the process of realizing one's potential and becoming a well-functioning individual. This process is heavily influenced by the individual's self- concept - her perception and judgment of themselves. Rogers believed that a positive and realistic self-concept is crucial for healthy personality development. The theory also underscores the importance of individual experience and perception. Rogers argued that behavior is determined not by objective stimuli, but by how individuals perceive and interpret her experiences. This subjective reality forms the basis of an individual's actions and decisions. As Rogers noted, "Experience is, for me, the highest authority. The touchstone of validity is my own experience" (Rogers, 1961, p. 23).

As explained Carl Rogers personality theory which focuses on the positive potential that humans have to be able to grow and develop. In which she argued that every individual has a natural drive to achieve self-actualization. Namely by becoming the best version of yourself. Roger also emphasized the importance of self-concept, namely how a person views himself. These two points make it the two main points in Carl Rogers personality theory: client-centered therapy. In this final project, the author focuses on self-concept regarding the development of Willowdean's character's self-concept towards congruence which was initially incongruence in the novel *Dumplin'*. A self-concept that is healthy and

congruent with experience will encourage a person's personal growth. Moreover, to facilitate this growth Roger identified three main conditions namely unconditional acceptance, empathy and authenticity.

Lastly, Rogers' theory champions individual freedom and autonomy. She believed that people have the capacity to make their own choices and are responsible for their actions. This emphasis on personal agency and self-direction is evident in her statement: "The good life is a process, not a state of being. It is a direction, not a destination" (Rogers, 1961, p. 186). This perspective encourages individuals to take an active role in her personal growth and development.

B.1.1 Carl rogers' Self Concept Theory

Carl Rogers is a leading figure in humanistic psychology who contributed a deep understanding of self-concept. This theory focuses on how individuals view themselves and how this view forms and influences her behavior. Self-concept is the core of Carl Rogers' personality theory. She defined self-concept as "an organized and consistent pattern of perceptions about oneself that characterizes an individual" (Rogers, 1959). Simply put, self-concept is the mental picture we have of who we are.

Self-concept is not formed statically, but continues to develop over time. The formation of self-concept is influenced by various factors, such as life experiences, both positive and negative, that shape our perception of ourselves. Social interactions like interactions with other people, especially

significant people in our lives, greatly influence the formation of self-concept. Conditions that limit growth are conditions such as negative judgments from others or unrealistic demands that can hinder the growth of a healthy self-concept.

Rogers differentiated between ideal self-concept and real self-concept. The ideal self-concept is a picture of ourselves as we would like to have, while the real self- concept is a picture of who we really are. When there is a large gap between the ideal self-concept and the real self-concept, incongruence occurs. Incongruence can cause anxiety and unhappiness. Conversely, when the ideal self-concept and real self-concept match each other, congruence occurs, which indicates good mental health. Further elaboration in relevance to this topic will be discussed in sub-chapter B.1.5.

B.1.2 Self-Image

Self-image is a mental picture that we have about ourselves. It is like a mirror that reflects back the image of our physical appearance, personality, abilities, and the values we believe in (Rogers,1957). Self-image refers to an individual's perception and evaluation of her own worth, appearance, and abilities. According to psychologist Abraham Maslow, "What a man can be, she must be. This is the meaning of the saying, 'Self-actualization'" (Maslow, 1943). Self-image is a crucial component of self-actualization, as it shapes how individuals view and express their true selves. Even though self-image is formed over time, this does not mean it cannot be changed. With self-

awareness, consistent effort, and support from those closest to us, we can gradually change our self-image to a more positive one.

Self-image begins to form in childhood and will continue to develop throughout life. Childhood experiences, such as praise, criticism, and comparison with other people, are very influential in the formation of early self-image. As we age, factors such as achievements, failures, and feedback from others also contribute to shaping and changing self-image. Self-image is a multifaceted construct comprising several key components that shape an individual's perception of themselves. These components include physical appearance, which encompasses one's view of her body, face, and style of dress; abilities, reflecting perceptions of intellectual skills and capabilities; personality traits that one believes they possess; values that guide her understanding of what's important in life; and social roles, which represent how individuals perceive her place and function within society. Together, these elements form a comprehensive self-image that influences how a person interacts with the world around them and navigates her personal and professional lives.

Self-image has a significant influence on various aspects of our lives. A positive self-image can increase motivation, self-confidence, and the ability to overcome challenges. Conversely, a negative self-image may precipitate low self- esteem, anxiety, and impediments in cultivating meaningful social connections (Baumeister, 1999). Even though self-image is formed over time, this does not mean it cannot be changed. With self-

awareness, consistent effort, and support from those closest to us, we can gradually change our self-image to a more positive one.

B.1.3 Self-Worth

Self-Worth or Self-Esteem is a person's assessment of himself. This is a measure of the extent to which a person feels valuable, appreciated, and able to achieve happiness in life. Self-esteem is a psychological construct that changes throughout life. Social, psychological, and biological factors shape self-esteem. "Self-esteem is the tendency to think of oneself as an individual who can overcome life's basic challenges and is entitled to happiness." (Nathaniel, 1986). Biological factors such as genetics and neurochemistry can influence a person's tendencies and temperament; Childhood experiences, achievements, and failures also play a role. Additionally, it is like a mirror that reflects our image of our physical appearance, personality, abilities, and the values we believe in. According to Rogers, Self- esteem consists of several components, including cognitive ability, which is to believe in your abilities, feel competent, and have a positive view of the future. Effectively that is feeling happy, satisfied with yourself, and having positive feelings about yourself. And behavior that is being able to demonstrate confident behavior, dare to take risks, and defend yourself.

High self-esteem has many benefits, such as improving emotional well-being where individuals with high self-esteem tend to be happier, more

resistant to stress, and have a better quality of life; increased achievement where individuals with high self-esteem are motivated to try harder and achieve her goals; and strengthen social relationships. While self-esteem is often rooted in childhood experiences, it is not immutable. By cultivating positive thinking patterns, setting realistic goals, acknowledging strengths and weaknesses, and building supportive relationships, individuals can enhance her self-esteem and unlock her full potential. As Bandura (1977) emphasized, "People's beliefs in her capabilities are crucial determinants of her actions." By fostering a positive self-belief, individuals can overcome challenges, achieve her goals, and lead fulfilling lives.

B.1.4 Ideal Self

The ideal self or self-ideal is an ideal self-image that a person desires, often influenced by social values, culture and personal aspirations. The ideal self itself is a picture of a perfect self-image in various aspects such as the qualities, abilities and values of a person who are considered important or want to have.

The concept of ideal self is very important in the process of understanding yourself. By understanding our ideal self, we can be more aware of our life goals and try to achieve them. The ideal self can be a motivation for someone to change and develop, trying to actualize the potential that exists within themselves. As Markus & Kitayama (1991) noted, "The self is a dynamic entity that is constantly constructed and

reconstructed through interactions with the social and cultural environment." The ideal self serves as a guide, shaping our goals, aspirations, and behaviors.

When a person's true self-image and ideal self are more in harmony, the individual will feel happier and more satisfied with her life. However, it's essential to remember that the ideal self is not always realistic and may need to be adjusted to our abilities and circumstances. As Higgins (1987) cautioned, "Discrepancies between the actual self and the ideal self can lead to negative emotions and behaviours." Maintaining a balance between our aspirations and our reality is key to psychological health and well-being. Simply put, the ideal self is the "self" that is a person's goals or aspirations.

B.1.5 The Concept of Congruence and Incongruence According to Carl Roger

In examining self-concept according to Carl Rogers' theory, Rogers introduced two pivotal concepts: congruence and incongruence. The concept of incongruence itself is central to the self-concept framework that we have built. It is the difference between a person's internal sense of who they are and how they see themselves, as depicted by her external environment. Congruence, or alignment, refers to a state in which an individual's self-image aligns with her ideal self. When

congruence is achieved, an individual's feelings and behaviours are authentic and commensurate with her self-beliefs. Those who experience congruence tend to feel content, and satisfied and possess high self-esteem.

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They are also more open to new experiences and adept at forming healthy relationships.
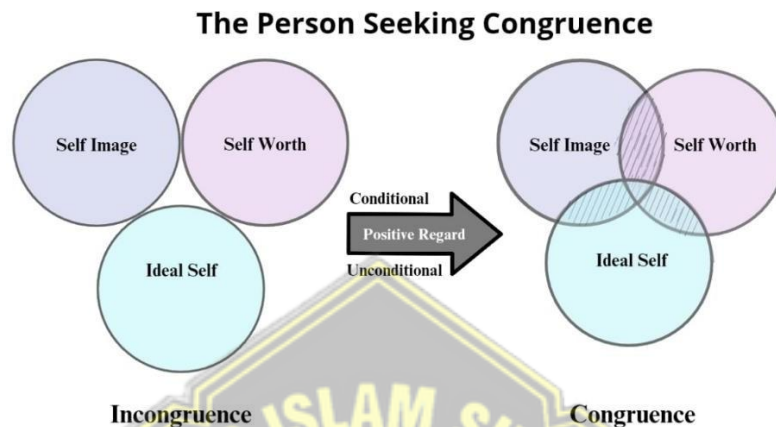
Picture 1. Carl Rogers Self-Concept Incongruence and Congruence Diagram (Maguire, Larry G, Carl Rogers on The Resolution of Internal Conflict)

Incongruence occurs when there is a mismatch between a self-image and their ideal self. Experiences that do not align with the existing ideal self are often rejected or altered to fit the established self-concept, leading to inner turmoil and various psychological issues (Rogers, 1957). Factors such as parenting conditions, social pressures, unrealistic expectations, and traumatic experiences can contribute to incongruence. Individuals experiencing incongruence are more susceptible to anxiety disorders, depression, and other psychological problems, and may also encounter hindrances to personal growth and the realization of their full potential. According to Rogers, to achieve congruence and have high self-esteem, a person needs support from the surrounding environment which is called 'positiveappreciation'. Client-centered therapies, such as Rogerian therapy, can assist individuals in exploring her experiences, understanding her self-concept,

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and reducing the level of incongruence. By attaining congruence, individuals can live more authentically and contentedly, and develop more fulfilling relationships with themselves and others. That is because "humans have a fundamental drive to be liked and approved of by others" (McLeod, n.d.).

Someone who is incongruence will have low self-esteem. This is also what can cause anxiety and unhappiness. Prolonged incongruence can lead to anxiety, as individuals feel trapped in uncomfortable situations that do not align with her true selves (Rogers,1957). In addition, feelings of anxiety, guilt, frustration, and self- dissatisfaction also arise. This ultimately leads to a decrease in self-esteem and feelings of worthlessness, which can trigger anxiety and unhappiness.

B.1.6 Role of Positive Regard in Achieving the State of Congruency

How positively others judge and evaluate in social interactions is the essence of positive regard. According to Rogers' theory of personality, there are two distinct types of positive regard: conditional and unconditional (Rogers, 1959).

1. Conditional positive regard occurs when "attention and approval are given by others based on the individual's actions and behaviours that are deemed acceptable" (Rogers, 1959, p. 208). In this case, the individual is valued not for who they are, but rather for conforming to the expectations of others, which can lead to a constant need for validation. In contrast,

2. Unconditional positive regard is when "an individual is accepted and loved for who they are, regardless of her mistakes or shortcomings" (Rogers, 1959, p. 209). This type of acceptance creates a safe environment for the individual to take risks and be themselves without fear of rejection. Rogers believed that experiencing this unconditional acceptance from others is essential for an individual to develop a positive self-concept and achieve a high level of self- acceptance.

In other words, Conditional positive regard is given as a form of appreciation from others towards our achievements. Meanwhile, unconditional positive regard is given to us as a form of respect for what we do, whether successful or failure. Conditional positive regard is often seen in academic, professional and social settings. For example, we're getting praise after achieving the highest score in an exam. On the other hand, unconditional positive regard is achieved from our inner circle such as family members, and close friends. Both conditional and unconditional positive regard play important roles in shaping an individual's self- esteem, confidence, and overall well-being. This idea is supported by the work of psychologist Carl Rogers, who emphasized the importance of both types of positive regard in the development of a healthy self-concept (Rogers, 1957). While conditional positive regard can motivate individuals to strive for excellence, unconditional positive regard provides a foundation of

acceptance and support that is essential for personal growth and development.

B.2 Body Positivity

Body positivity constitutes a transformative social movement that contests the restrictive beauty standards that have historically prevailed within society, embodying a philosophical framework that advocates for the unconditional acceptance and appreciation of one's corporeal form, irrespective of shape, size, skin pigmentation, or perceived physical imperfections. The interpretation of body positivity varies across individuals, reflecting the diverse experiences of those inhabiting different physical forms, and the movement exhibits paradoxical applications within the fitness and wellness industry, where a fundamental tension exists between the prevailing emphasis on physical performance, enhancement, and transformation, and the core body positive message of unconditional bodily acceptance. According to a study conducted by Thompson and Stice (2014), body positivity significantly impacts psychological well-being, showing a strong link between self-acceptance and improved mental health. The research revealed that embracing body positivity can reduce symptoms of depression, anxiety, and disordered eating. Moreover, if someone was already in a state of self-concept or self-acceptance, accepted themselves as a whole and functioned like a human being. This concept was in line with the concept of Body Positivity. Body positivity reinforced this acceptance by emphasizing that all bodies were good and worthy of respect, regardless of size, shape, or appearance

CHAPTER III
RESEARCH METHODS

Chapter three is the research method used in collecting and analyzing data to answer the formulation of the problem and there are three sub-chapters in this chapter. The first sub-chapter is the type of research, the second sub-chapter is data collection, and the third sub-chapter is data analysis.

A.   Types of research

The research method provides information on how to choose the right method to solve a decision-making problem so that it can be resolved quickly. So, the research method is a tool or technique for conducting research, which comes from the word "careful" which means the attitude of solving problems carefully. Therefore, research is a loosely used term that aims to find interesting facts to get the desired quality of results (Walliman, 2019).

This study used descriptive qualitative research, meaning that the data collection process is carried out qualitatively and the reporting is descriptive. Qualitative research is research that examines and understands the meaning assumed by individuals or groups as a social or human problem, so this type of research was not an approach that involves statistical and mathematical data related to numbers but rather focused on descriptions and explanations in the form of words, sentences, and dialogue.

B. Data Organizing

The steps for data collection and the type of data are explained in data collection.

B.1 Data Collection Method

Data collection techniques play a crucial role in research, as they form the foundation for gathering essential information. As Sugiyono (308) emphasizes, "The main purpose of research is to obtain data." In this final project, the researcher will utilize various sources to acquire relevant data that supports her objectives. There were stages of data collection for research:

B.1.1 Reading the Novel

The researcher employed a multi-layered approach to thoroughly examine the novel. First, a quick reading was conducted to gain a general understanding of the characters, theme, conflict, and plot. This was followed by a pleasure reading, which allowed the researcher to immerse themselves in the emotions and most captivating aspects of the work. Finally, a close reading was undertaken, where the novel was critically analyzed through the lens of psychological theory. This enabled the researcher to present a more objective and nuanced perspective on the subject matter.

B.1.2 Identifying the Data

After reading the novel carefully, the next step was to identify the

data. This was done to find the parts of the text to be analyzed by marking and underlining the text. Data is identified in the form of monologues and character dialogues. Furthermore, the writer carefully noted down the page numbers in the novel, to facilitate the identification. of data and provided further explanation for researchers in identifying relevant evidence.

Appendix 1. Table of Overall Data

No	Quote	Page	Type of Analysis	Type of Data	References	Comment
1.						

A.1.1 Classifying the Data

The next step was to classify the data. Therefore, the data in the appendix was going to be be classified based on the problem formulation. Appendices consisted of column numbers, meaningful words, scenes, types of analysis, references, and comments. Attachment details were going to be be discussed in Chapter IV.

A.1.2 Reducing the Data

The final step in data collection was reducing from the general to the specific. Data reduction means the process of selecting the most relevant data from the contents of the novel *Dumplin'* for analysis, aiming to reduce duplicate or incorrect data that can be removed to improve and simplify data. The most important and effective information is developed in this phase to

solve the problem. The final data supporting the formulation problem were going to be be stored in the final data, where the appropriate secondary data is applied.

B.2 Types of Data

Two types of data are used in this study, namely primary data and secondary data. The explanation of the data is as follows;

1.   Primary data

Primary data is the main source of analysis. These were taken from the novel *Dumplin'*. Primary data is a source of information collected directly by researchers for specific research purposes. This data is original and has never been processed before, so it has a high level of accuracy and relevance to the research topic. According to Sugiyono (2017), "Primary data is a data source that directly provides data to data collectors" (p. 225). Primary data collection can be done through various methods such as interviews, observations, questionnaires, or experiments. The main advantage of primary data is its ability to provide specific and up-to-date information, but the collection process often requires more time and costs compared to secondary data. However, the use of primary data is very important in scientific research because it can provide a deeper and more contextual understanding of the phenomenon being studied.

2.   Secondary Data

Secondary data was data that had been previously collected by other parties and is available for use in research. These data was usually been processed and published

in various forms such as reports, journals, or databases. According to Indriantoro and Supomo (2014), "Secondary data is a source of research data obtained by researchers indirectly through intermediary media (obtained and recorded by other parties)" (p. 147). The use of secondary data has several advantages, such as time and cost efficiency, as well as access to larger samples. However, researchers must be careful in selecting secondary data sources to ensure her relevance and quality to the research being conducted. Even though it is not as accurate as primary data, secondary data still has an important role in research, especially to provide a broader context or as a basis for comparison with primary data findings.

C.   Analyzing the Data

For the last step, a descriptive qualitative method was used to describe the elements of the movie correlated with the problem formulation in this final project. Through statements, and references from the movie script and become the appendices at the end of this study. This phase will also require data collected from the previous step, which was described in Chapter IV. During the data analysis phase, the researcher needs to read the movie script to identify relevant keywords related to the research problem and objectives. Furthermore, researchers will analyze the novel *Dumplin'* using Carl Rogers personality theory that focuses on the self-concept development only.

CHAPTER IV

FINDING AND DISCUSSION

This chapter consists of two answers that refer to the problem formulation. This chapter will demonstrate the psychological factors that shape Willowdean's self-concept as the main character in the novel Dumplin' (2015), which includes self-image, self-worth, and ideal self. It will also explain the process of Willowdean in developing her self-concept.

A. Psychological Components that Form Willowdean's self- concept in the novel *Dumplin'* (2015)

Self-concept can be formed from how an individual perceives themselves, which can be referred to as self-image, the individual's assessment of their self-worth or self-esteem, and the image of the ideal self they wish to achieve. In other words, these are the psychological components that shape our self-concept as introduced by Carl Rogers (1959). As explained above regarding the psychological components that form self-concept according to Carl Rogers, here are the three components of self-concept listed as follows:

A.1 Analysis of Self-Image of the Main Character in the *Dumplin'* *(2015)* Novel

Self-image is one of the components or psychological elements that shape self-concept. This component has a significant impact on how we perceive ourselves. Self-image itself is an important part of how we understand and value

ourselves. As we know, if there is a significant gap between a person's self-image and ideal self, they will be in a state of incongruence, and Prolonged incongruence can lead to anxiety, as individuals feel trapped in uncomfortable situations that do not align with her true selves. In addition to feelings of anxiety, guilt, frustration, and self-dissatisfaction also arise. This ultimately leads to a decrease in self-esteem and feelings of worthlessness, which can trigger anxiety and unhappiness (Rogers,1957) also this will be explained in more detail in subsection B. Willowdean as the main character said in her monologue between her dialog with Ellen friend that we can see here in datum number one:

> **Willowdean Dialog:**
>
> Callie laughs. "You're not entering, though, are you?" I wait for a second. Two. Three Four. **Ellen says nothing.**
> **"Why wouldn't I?"** Obviously, **I would never enter that depraved popularity contest. But still. What kind of shithead makes that assumption?** "It seems likeyou're not that type of girl. Like, not in a bad way."
> **I am suddenly reminded of how small my bathing suit is. The leg holes cut into my hips and the straps dig into my shoulders. Anxiety creeps through me like twisting vines.**
> (Datum number 1)

Here we can see here in datum number 1 that Willowdean is showing her self-image. She underestimated her own value. This shows how bad Willowdean's self-image is about. The fact that she suddenly felt annoyed by what Callie said and her best friend didn't say anything about it started fuelling her anxiety. She started to compare herself, and gave bad thought about how she looked on a bathing suit. Willowdean's entrapment in a conversation that she cannot control and Callie's words that have touched her ego and confidence are what lead to anxiety. However,

in conversations or situations where Willowdean is in control, she is still able to hold herself together and manage all the feelings surrounding her, such as the dialogue that Willowdean has with Bo, the handsome new employee at her workplace:

> **Willowdean Monolog:**
>
> The first time we met, when he was still a new hire, I held my hand out and introduced myself**. "Willowdean," I said. "Cashier, Dolly Parton enthusiast, and resident fat girl." I waited for her response, but he said nothing. "I mean, I am other things, too. But-"**
>
> **"Bo." Her voice was dry, but her lips curled into a smile.** "My name's Bo." He took my hand and a flash of memories I'd never made jolted through my head. Us holding hands in a movie. Or walking down the street. Or in a car
>
> Then he let go.
>
> That night when I replayed our introductions over and over in my head**, I realized that he didn't flinch when I called myself fat. And I liked that. The word fat makes people uncomfortable. But when you see me, the first thing you notice is my body. And my body is fat. It's like how I notice some girls have big boobs or shiny hair or knobby knees. Those things are okay to say. But the word fat, the one that best describes me,** makes lips frown and cheeks lose their color. But that's me. I'm fat. It's not a cuss word. It's not an insult. At least it's not when I say it. So I always figure why not get it out of the way?
>
> (Datum Number 2)

As we know, self-image is like a mirror that reflects back our image of our physical appearance, personality, abilities, and the values we believe in (Roger,

1957). In Willowdean monologue after meeting Bo, it is evident that her self-confidence is high, and she is not ashamed of it. Being fat is not a crime. However, her confidence is gradually eroded by people's perceptions of her, especially after having been Bo's work partner for a long time and developing feelings for him. Her insecurities increase, particularly with Bo being portrayed as a handsome man who seems mismatched with her.

In this section, a clear depiction of Willowdean's rather negative self-image is illustrated, especially when she finds herself in uncontrollable situations. Anxiety and discomfort arise, particularly when discussions revolve around pageants or her mother, who holds the title of beauty queen. Willowdean can still convince herself regarding the label of being Fat, but when the topic of pageants surfaces, it feels as though the weakest point of her self-image has just been exposed.

A.2 Analysis of Self-Worth of the Main Character in the *Dumplin' (2015)* Novel

Self-Worth or Self-Esteem consists of several components, including cognitive ability, which is to believe in your abilities, feel competent, and have a positive view of the future (Roger,1957) Effectively that is feeling happy, satisfied with yourself, and having positive feelings about yourself. Moreover, behaviour that is being able to demonstrate confident behaviour, dare to take risks, and defend yourself. The above depiction can occur if a person has high self-worth or self-esteem, unlike if a person has low self-worth towards themselves, as illustrated by the character Willowdean sees Bekah, one of El's friends participating in this year's Miss Teen Bluebonnet, approaching Bo:

Willowdean Monolog:

Bo's on dining room duty, and when she makes the rounds with the cordless vacuum, Bekah is quick to pick up some spare trash from the surrounding tables. She says something to him. **Nothing I can shear. But she smiles, and it's hard not to feel like I've swallowed a handful of rocks. I don't get why we call it a crush when it feels more like a curse**.

(Datum Number 3)

The character Willowdean is actually a girl who believes in her own worth. She knows that she is just as valuable as others. However, in the above monologue, it is depicted how low her self-confidence is when it comes to relating to those who are portrayed according to beauty standards, such as Bo, who is depicted as a handsome man, appearing more compatible alongside Bekah, who is expected to be the winner of Miss Teen Bluebonnet this year. Willowdean begins to question her own self-worth and pays too much attention to others' perceptions of her. This is because the person who should be closest to her and her greatest insecurity regarding "beauty standards," her mother, has never provided her with positive responses or validation. She is busy trying to maintain her youth and stay in line, and instead, she pulls Willowdean to be like her. As Bandura (1977) emphasized, "People's beliefs in their capabilities are crucial determinants of their actions." By fostering a positive self-belief, individuals can overcome challenges, achieve their goals, and lead fulfilling lives. The absence of a close support system makes Willowdean struggle to appreciate and trust herself again. This situation is exacerbated when summer arrives, a time when girls begin to adorn themselves in bikinis. Like in the scene of datum number 4 shows:

Willowdean Monolog:

Summer vacation doesn't have the same effect it had on me when I was a kid. When El and I were in elementary school, Lucy would take us to Avalanche Snocones. With syrup dripping down our hands, we'd sit in the dim living room with the ceiling fan whirring on high while Lucy flipped through channels until landing on the trashy talk shows that my mother would never let us watch.

But the first weekend of summer passes like it's nothing special. On Monday morning I wake to find my phone blinking.

ELLEN: SWIMMING. NOW. SUMMER. SO. HOT.

ELLEN: NOW.

ELLEN: NOW.

I can't help but smile when I see her text. Ellen lives in a non-gated community with a poorly maintained neighbourhood pool. But during the summer, the place is an oasis. **I know that fat girls are supposed to be allergic to pools or whatever but I love swimming. I mean, I'm not stupid. I know people stare, but they can't blame me for wanting to cool off. And why should it even matter? What about having huge, bumpy thighs means that I need to apologize?**

When I pull into El's driveway, I find her sitting on her porch in her bikini with a towel wrapped around her waist.

(Datum Number 4)

Here, in Datum Number 4, it is evident that Willowdean has not lost much confidence in her self-worth. He still holds firmly to what Lucy has always taught. However, in the subsequent sentence, a sense of doubt is apparent, especially as people will ultimately compare her to Ellen, who is "not as bad as Willowdean." The scene where Willowdean shows the comparison between the summer she

experienced with Ellen and Lucy as a child and now, after Lucy is gone, feels very sad. The character of Willowdean, depicted as having lost her primary source of motivation, makes her less excited to swim during the summer now. However, in the subsequent monologue, we can still sense a glimmer of hope and a positive assessment from Willowdean towards herself, even if it is just a little. At least Willowdean has not completely lost her identity or her confidence in herself.

A.3 Analysis of Ideal Self of the Main Character in the *Dumplin' (2015)* Novel

The ideal self itself is a picture of a perfect self-image in various aspects such as the qualities, abilities and values of a person who are considered important or want to have. The concept of ideal self is very important in the process of understanding yourself. By understanding our ideal self, we can be more aware of our life goals and try to achieve them. The ideal self can be a motivation for someone to change and develop, trying to actualize the potential that exists within themselves. As we are know, "The self is a dynamic entity that is constantly constructed and reconstructed through interactions with the social and cultural environment." The ideal self serves as a guide, shaping our goals, aspirations, and behaviors.(Markus&Kitaya ma,1991). We can see Willowdean's ideal self through datum number 5 below:

> **Willowdean Monolog:**
> "Uh, Callie," says Ellen. "You know Will's mom runs the pageant."
> **Football players are gods in the South. And cheerleaders aren't too bad off either, but down here, the females who reign supreme are beauty queens Unfortunately, though, being the tubby daughter of Clover City's most cherished beauty queen doesn't win me much street cred.**

Callie uses her hand to block out the sun as she looks up at me. "Wait, that's your mom?"

"Yeah." If I could change only one thing about my mom, it would be the pageant. In fact, I'm sure that my whole life would fall together like a set of dominoes if I could delete that one annual event from my existence.

(Datum Number 5)

As Willowdean shows the ideal self that she wants to reach, struggling to achieve it is hard. The social perspective that people give to her makes her more closed to herself. Especially when people found out whose daughter she was. With her mother's background, and the highly anticipated event being the greatest threat in Will's existential crisis. Willowdean thinks that if those two things were not present in her living environment, she would not experience being judged by others when he wants to be herself and feel comfortable with herself. The ideal self serves as a guide, shaping our goals, aspirations, and behaviors. Therefore, we need to set the ideal self that we desire as realistically as possible and not too high. As we will observe in the next data, a slight positive encouragement or positive regard and a modest reduction of our ego may lead us towards the ideal self we aspire to achieve, regarding achieving positive encouragement or positive regard, it will be discussed further in subsection B.

Willoedean POV:
"Thank you," I say. "You totally didn't have to get me anything."
He shrugs and scans the spread of items between us. "You forgot something." He reaches for the bag. "Close your eyes." I do.
I feel her hands against my cheek as he slides a pair of glasses over

my nose. My hair catches in a hinge, but he's careful to be sure the glasses are tucked over my ears.

"Okay," he says. "Open."

He slaps the rearview mirror in my direction and I see a bright red pair of heart-shaped glasses. The lenses are dark and tinted and it takes a moment for my eyes to recognize myself. I pull my hair from where it's caught.

They're supposed to be funny. I get that. But I love them. They're transformative. In the mirror, I see a girl I don't think I've ever met. "They're great," I say and immediately feel silly.

They're cheap dollar-store glasses. Something he probably threw into her basket as an afterthought. Her body leans into me as he presses her lips against mine. My entire body softens against her weight. "You should go home," he whispers between kisses. I nod. We keep on kissing

(Datum Number 6)

As mentioned above regarding Self, it can be seen from Datum Number 6 that after Will receives a gift that may seem trivial, it enhances her courage. Moreover, after Bo disregarded Will's words and kissed him, Bo unconsciously provided unconditional positive regard and softened Will's ego walls against all the limitations she had created. Ultimately, the Ideal Self that we possess must align with our self-image in order for us to have a high self-worth. Conversely, if the ideal self we have and wish to achieve is too far removed from our self-image, it will gradually erode our reservoir of optimism and lead us to perceive our self-worth as low.

We can see here the depiction of Willowdean's idea of herself as she currently is, without any interference from her friends or family. To attain a high

self-worth, we require positive regard. Furthermore, positive regard, discrepancies, and alignments will be elaborated upon in the subsequent sub-chapter.

This section explores Willowdean's complex self-image, focusing on her internal struggles with body perception and self-esteem. Despite her efforts to confidently embrace her body, she experiences significant anxiety when faced with situations involving beauty contests or her mother's past as a beauty queen. The above datum reveals how external comparisons and societal expectations gradually erode her self-esteem, creating emotional tension between her current self and her ideal self. Her discomfort stems from a constant feeling of being judged and measured against unrealistic standards, leading to a sense of vulnerability and internal conflict regarding her identity and worth.

B. The process of Willowdean's self-concept development reflected in the novel Dumplin' (2015)

As we know, self-concept is briefly defined as the image of ourselves that we possess, which includes our values, beliefs, and feelings about ourselves. The formation of our self-concept is greatly influenced by our interactions with the social world, such as parents, siblings, friends, and acquaintances. In the social environment we inhabit, we tend to develop a self-concept that does not align with what should ideally occur. The discrepancy between the ideal self we wish to achieve, the self-image we hold, and low self-worth is the initial step we undergo in the process of developing our self-concept. To reach the final step of self-concept, which is the alignment between the ideal self, self-image, and self-worth, and to function as human beings as we should in order to embrace body positivity,

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we require substantial support from those around us. And here's a brief overview of Will's self-concept development process.

The concept of incongruence itself is central to the self-concept framework that we have built. It is the difference between a person's internal sense of who they are and how they see themselves, as depicted by her external environment. In summary, when the ideal self we desire does not align with our self-image, it leads to diminished self-worth; this discrepancy is known as incongruence. As we know, the self-image and ideal self that one possesses are not actually that far apart, but the lack of support from those around them, due to the high ego wall they have built, ultimately hinders them from achieving congruence. Moreover, it appears from subsection A that Willowdean is in a state of incongruence. Her low self-image, negative self-worth, and the ideal self that Willowdean desires seem unrealistic, as they involve the expectation of severing the connection between mother and child, as well as a woman and her achievements.

B.1 Receiving Positive Regards

In a state of incongruence, an individual will require positive regard. This refers to support in the form of praise or other positive affirmations that encourage the individual to develop into a better version of themselves. Therefore, we need positive regard both conditionally and unconditionally. We must receive these two types of support equally. If we only receive support conditionally, we may inadvertently push the individual further into inner conflict and feelings of inauthenticity. Similarly, if we only receive unconditional support, it may lead to

suspicion and questioning of whether the support given is merely deceit.

Willowdean POV:

My mom wanders in for some ice-yes, she drinks her champagne with ice. "Is this for some school project?

You've got to get some beauty sleep tonight, Dumplin"," She's going to kill me for not having done this sooner. "It's for my, uh, opening number prop."

She sits down beside me. "Oh dear." I nod

"Okay," she says. "Okay, we can do this." She glances at the paper with my assignment. "Cadillac Ranch." I watch as she stands and grabs a plastic tumbler from the cabinet. She pours a few sips of champagne and hands it to me. I take the cup, but say nothing. I don't want her to change her mind for some reason.

"You think your waist can fit in that box?"

I eye it for a second, and take a sip of champagne. It bubbles in my chest. "Yeah."

"Run out to the garage for me and grab a spool of that wide elastic, the glue gun, and my box of spray paints."

I come back with the requested items, and she's already at work on the box, slicing through it with an X- ACTO knife. "Dumplin', you're going to have the best damn prop in that opening number."

My whole-body buzzes with satisfaction as I take another sip.

A few hours and one bottle of champagne later, I say, "Mom?"

"Yeah. Dumplin'?"

"That was good of you to let Millie compete. Even though she lied."

She finishes off her glass. "She's a good girl. A sweet one. With a good smile"

(Datum number 7)

We can see here, after the misunderstanding between Willowdean and her mother was resolved. Their respective egos began to diminish, leading them to listen

to and help each other. Initially, their conversation was filled with shouting or disagreements between them, but gradually it transformed into words stemming from feelings and acceptance of courage from one another. It was not only Willowdean who received conditional positive regard, but also her mother, who, by receiving conditional positive regard from him, slowly melted the ice wall between them, and this caused Willowdean's ideal self to gradually decrease, becoming more aligned with reality.

Willowdean POV:

I shake my head. "I'm sorry. I'm a mess and-"

"And you're projecting whatever. This is still bullshit. If you're not going to do this for you, do it for Amanda and Millie." She chews her lip and stares past me into the mirror in front of my bed. "And me too. I guess."

"You guys'll be fine without me."

"No, actually, we won't. Millie can't compete unless you do."

I sit up. "What are you talking about?"

"Her parents found out about the pageant," she says with nonchalance

"Millie begged and begged. She told them about how your mom runs the thing, so they said if you were competing, then so could she." She pauses for effect. "Then you dropped out."

Guilt settles in my chest. I lick my chapped lips.

Slowly, I'm becoming aware of how gross I feel after going the whole weekend without a shower "Listen, that sucks really bad, but-"

"But what? Please tell me you're not that selfish ."

She's right. This isn't a joke

for Millie. This is about idolizing and studying these pageant contestants her whole life, and finally allowing herself to be one. My

leg bounces up and down as I think. I don't know that this would earn me any good karma. I might be too much in the negative for (Datum number 8)

The separation that we can see here, Will will also receive unconditional positive regard from her friends. She gains more courage to know that what she did by daring to enter the pageant truly inspires her other peers. This makes Will more aware of her self-worth. After receiving both conditional and unconditional positive regard, we can see that equality between her self-image and ideal self begins to occur. Because as we know according to Rogers, to achieve congruence and have high self-esteem, a person needs support from the surrounding environment which is called 'positive appreciation'.

After receiving both conditional and unconditional positive regards, in this section we can observe a gradual change in Willowdean's character. Willowdean begins to possess positive courage and self-worth, as well as an increasingly realistic ideal self-image. The resolution of issues with her mother and her mother's growing trust in Willowdean evidently brings many positive influences in every decision that Willowdean will make.

B.2 The state of Achieving Congruency

As mentioned above, in order to achieve congruency, we must possess high self-worth or self-esteem. Moreover, as the author explained above regarding the ups and downs experienced by Willowdean throughout the narrative of the novel, Willowdean ultimately succeeded in reaching this stage. This can be seen in datum number 11:

Willowdean POV:

My mom frowns. "Let's take this out into the foyer."

1 watch as Millie makes the trek up the aisle with my mother close behind her. Standing up, I climb over El's long legs.

"Where are you going?" she asks.

"I have to help her," I say.

I jog up the aisle and push the door open wide enough for the entire auditorium to hear

my mother say, "I'm sorry, but we cannot allow you to compete without parental consent."

The door swings shut behind me. "Millie has to compete." Millie's parents turn. "She's worked so hard," I tell them. "And she's not fragile, She isn't. She's got this thick skin you don't even expect. Everyone in this room, even the girls with the long legs and the silky hair, knows what it is to be teased. Millie and I know. Amanda and Hannah. Ellen." I motion to my mom. "Even my mom knows. But we can't walk around scared all the time. That's no way to do things."

(Datum Number 9)

It is clearly seen here that if someone has achieved a state of congruence and becomes a well-functioning person, they have empathy towards others. Part of this willowdean strive to ensure that Millie can still compete because they understand how Millie faces the same challenges during the competition. Willowdean became more confident and began to take action to retaliate and intervene when she would normally just remain silent or merely watch from a distance.

Willowdeean POV:

I stick around long enough to hear that Millie-our little Millicent!- is second runner- up. She holds her bouquet of roses and gives the perfect beauty queen wave. I don't stay for the crowning of the

winner. I don't need to.

As I'm walking out to the lobby with the bottle of sparkling cider
from Lee and Dale clutched in my fist, I see Mitch standing around
with a bunch of guys from the team. They won their game last
week, so they're going to state on Thanksgiving Day.

It's Patrick Thomas who notices me first. "Back for more?" he asks.
"Couldn't handle getting dumped?"

Mitch shakes her head, her expression resigned. "She's not the one
who

I lift my hand to stop him. "No one thinks you're funny, Patrick," I
tell him. "Don't you get that? No one is laughing. Not even your
friends."

Patrick frowns for a second then shrugs before turning back around

Mitch nods once. I linger for a moment, offering a faint smile.

The audience inside the theater erupts with applause as I turn to
leave

I walk the three blocks in my dress and heels. I love this dress. I
want to always look at it, hanging in my closet, and remember this
night in November when I stepped into my own light.

Wind pushes against me. sending the fabric in ripples as I move
down the streets of my little town.

The bell rings above my head as I push the door open to find
Harpy's busy with all ten people in Clover City who didn't attend

the pageant

"Whoa," says Marcus as he hands a customer their receipt. "Lookin fresh, Will."

(Datum number 10)

Willowdean became more confident about herself. Moreover, after all the things done. she got what she actually needs, which is courage and embracing her own body like what her aunt always told. By attaining congruence, individuals can live more authentically and contentedly, and develop more fulfilling relationships with themselves and others. That is because "humans have a fundamental drive to be liked and approved of by others" (McLeod, n.d.). The positive changes that she will experience seem to enable her to function as a good social being. She also begins to share the positive spirit within her with those around her. Willowdean does not remain passive in the face of discrepancies and discrimination, like when willowdean responded to Patrick joke or when willowdean helped Millie convinve her mother. The alignment or congruence between her ideal self and self-image gives her a high sense of self-worth, and Willowdean values herself more than ever before.

The development of Willowdean's character illustrates a transformative journey of self-acceptance and empowerment. She gradually overcomes her initial self-doubt, challenges societal beauty standards, and discovers a more positive self-image. By resolving conflicts with her mother and gaining self-confidence, she learns to appreciate herself more authentically. Her growth is marked by the narrowing gap between her ideal self and her actual self-image.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter summarizes what has been discussed in Chapter IV and the suggestions provided for future researchers.

A. CONCLUSION

The concept of self in Willowdean consists of three psychological components, namely self-image, self-worth, and ideal self. The first psychological component is self-image, which refers to how Willowdean perceives herself without the influence of others' perspectives. Willowdean always has confidence in her body, as Lucy has always taught her; however, the reactions of people upon learning that she is the daughter of Rossie, the Beauty Queen, disturb her ego and convictions. She wishes to break free from the label of "the tubby daughter," as her ideal self-desires.

The ideal self is how Willowdean wants to portray herself or how she wants others to perceive her. Willowdean desires for people to see her as she truly is, without being compared to her mother's achievements or the unreasonable standards surrounding her. She wishes to be regarded as someone who meets her beauty standards, and everyone adheres to their beauty standards, rather than those unreasonable ones. Being oneself is, in itself, sufficient.

The third component or the last component is self-worth or self-esteem, which refers to how Willowdean evaluates herself. Willowdean always considers herself valuable, just as people regard themselves as valuable. However, due to

constant comparisons with her mother, Willowdean gradually diminishes her self-worth, which over time affects her self-image and ideal self. As we know, prolonged incongruence can lead to anxiety, where an individual may feel trapped and uncomfortable in situations that do not align with their expectations, disrupting their daily life. Consequently, her assessment of her self-worth continues to decline each day.

Therefore, to support the occurrence of equality among the three psychological components mentioned above, positive regard is required, both conditional and unconditional. Inequality or incongruence occurs when the ideal self we wish to achieve is too far from the self-image we possess, leading to a decrease in our self-worth. To raise our self-worth again, in addition to our own need for confidence, we also require support from our social environment. For instance, Will gains her courage from Bo, who appears indifferent to Will's words about himself and instead focuses on who Will truly is and her personality. Additionally, as the misunderstandings between Will and her mother gradually fade, Willowdean regains her source of encouragement.

The praise and encouragement from Lucy's friends, as an unconditional positive regard that she newly discovered while preparing for her talent show audition, revitalized Will's spirit and confidence. It successfully changed people's perceptions of the pageant world; at least now they no longer view pageants as events that can only be participated in by a select few who uphold those unreasonable beauty standards. The congruence that Will achieved occurred when her ideal self aligned with her self-image, which elevated Willowdean's self-worth.

Ultimately, all of this demonstrates the significant impact of external support, particularly from our closest social environment, on the development of self-concept. Moreover, if someone was already in a state of self-concept or self-acceptance, accepted themselves as a whole and functioned like a human being. This concept was in line with the concept of Body Positivity. Body positivity reinforced this acceptance by emphasizing that all bodies were good and worthy of respect, regardless of size, shape, or appearance. Body positivity helped expand the values that the self - concept provided by encouraging individuals to see their bodies as a valuable and functional part of themselves. These two concepts complemented each other in helping individuals build a healthy and positive relationship with themselves and their bodies. Thus, someone who had reached a good stage of self-acceptance found it easier to accept the condition of their body, and it was also easier to carry out a positive lifestyle for their body.

B. Suggestion

The final project discusses the psychological theory of Carl Rogers, specifically focusing on the theory of self-concept. The author suggests that writers who wish to use the same theory or similar literary works should explore it in a broader context, particularly in the application of the theory. It may be beneficial to align it with other theories of Carl Rogers, such as self-actualization or the fully functioning person. The author hopes that this research will become an inspiring basis, trigger further research that is more in-depth and has a wider impact in the future.

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