

Self-Actualization of the Main Character in *Perahu Kertas* and *Madre* by Dee (A Humanistic Psychology Study)

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Abstract

The novels *Perahu Kertas* and *Madre* are compelling for discussion since they illustrate the self-actualization journeys of two young individuals, Keenan and Tansen, in distinct narratives. Both individuals realize their identities through their pursuits as a painter and a bread entrepreneur, respectively. This work aims to elucidate the actualization of Keenan in the novel *Perahu Kertas* and Tansen in the novel *Madre*. The employed research methodology is descriptive qualitative, utilizing a humanistic psychology framework. The realization of Keenan's utmost achievement was demonstrated by his diligence and determination. His audacity to undertake seemingly irrational decisions in pursuit of painting defined his identity. Similar to Keenan, Tansen's self-actualization is propelled by the support of his peers, which inspires him to pursue self-actualization through diligent effort. Tansen has fully realized self-actualization, demonstrated by his endeavors to rejuvenate the practically obsolete Tan de Bakker bakery and transform it into a renowned establishment, despite his initial reluctance to perpetuate his grandfather's enterprise.

Keywords: *madre; perahu kertas, psychology humanistic, self-actualization*



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INTRODUCTION

Literature emerges from the intrinsic human impulse to articulate social concerns in contrast to the realities of daily existence. Literary works represent a creative and beneficial reflection or portrayal of communal existence. Authors endeavor to elucidate societal experiences through their literary works. Nurgyantoro (2007:57) posits that literary works are a socio-cultural phenomenon that encompasses human creativity. Literary works emerge from the articulation of experiences that have profoundly resonated within the author's psyche through the act of imagination. The author's social and environmental contexts provide material for literary creation, yielding works that are intimately linked to the author's life and surrounding society. This corresponds with the perspective of Wellek and Warren (1995:109), who assert that literature reflects life, which predominantly comprises social reality, but also imitating nature and the subjective human experience.

A novel is a type of literary work. A book is a lengthy prose composition that surpasses a short tale, offering an in-depth examination of an individual's life through colloquial language and thoroughly investigating facets of human existence. The 1996 Indonesian Dictionary (Siswanto 2008:141) defines a novel as an extensive prose composition that narrates a sequence of events concerning an individual's life and their interactions with others, highlighting the characteristics and attributes of the characters.

The novel *Perahu Kertas* by Dee examines the life of a protagonist from a family that aspires for him to become a painter and achieve independence, yet his dreams conflict with his father's expectations. The father desires for Keenan to assume control of the company upon his retirement. Keenan endeavored to please his father by working in his office while also seizing the opportunity to cultivate his artistic aptitude as a painter. He audaciously accepted the risks or penalties imposed by his father for his decision to pursue art. Keenan's aspiration for independence from his family represents a manifestation of self-actualization. Like the character Keenan, Tansen in the novel *Madre* Tansen, a surfer residing freely in Bali, possesses a key he refers to as his grandfather Tan Sie Gie's treasure, while having no acquaintance with him. The treasure was revealed to be a mother. Madre is a sourdough starter utilized and preserved for the preparation of traditional breads. It was created by Grandpa Tansen, the proprietor of Tan De Bakker, but the bakery became insolvent due to a lack of clients. Tansen was tasked with perpetuating the heritage, however this was not his anticipation. He intended to sell the inheritance to Mei, a woman he was acquainted with through his blog. He began to recognize the significance of developing his grandfather's business, leading to collaboration between Tansen and Mei, along with his grandfather's former staff. Due to his diligence and perseverance, he successfully progressed his grandfather's enterprise.

The novels "*Perahu Kertas*" and "*Madre*" benefit from the author's unique advantage, namely Dee herself. The author articulates each occurrence in the novels "*Perahu Kertas*" and "*Madre*" with precision, allowing readers to become deeply immersed in the narrative, evoking a sensation of participating in the adventure. The issue statement is: how is the self-actualization of the protagonists in Dee's books "*Perahu Kertas*" and "*Madre*" manifested when analyzed through the framework of Humanistic Psychology? This study seeks to elucidate the self-actualization of the principal characters in Dee's books "*Perahu Kertas*" and "*Madre*," utilizing the framework of Humanistic Psychology. The advantages of writing are categorized into two segments: Hypothetical advantages. Enhancing the corpus of Humanistic Psychology theory inside literary theory.

Practical advantages include enhancing scientific understanding of literature and psychological methodologies, as well as providing a resource for future researchers undertaking analogous investigations. This pertains to students' understanding of Humanistic Psychology. How can educators effectively actualize themselves without experiencing fear while utilizing engaging learning materials?

LITERATURE REVIEW

1. Self-Actualization in Humanistic Psychology

Humanistic psychology is an approach that prioritizes free will, personal development, happiness, resilience in overcoming adversity, and the achievement of human potential. This is a question of life and death (Jaenudin, 2015: 154). Self-actualization is an inherent and instinctual necessity for individuals to realize their fullest potential. Abraham Maslow (in Arinato, 2009) posited that self-actualization is the process of realizing one's identity and cultivating distinct psychological characteristics and potential. Self-

actualization will be both facilitated and obstructed by our childhood experiences and learning processes. Self-actualization will evolve in accordance with an individual's life progression and experiences (Arianto, 2009:10).

While self-actualization is a common occurrence, the ultimate objectives sought vary among individuals. This is due to individuals possessing varying inherent potentials that influence their objectives and guide their growth, as well as their existence in diverse surroundings and cultures; they must acclimate to various contexts and acquire resources for their advancement. An individual's decisions are invariably connected to their capabilities. This implies that to understand an individual's actualization, one must ascertain their aspirations and inherent abilities (Suryabrata, 2014: 327).

2. Abraham Maslow's Self-Actualization Theory

Self-realization of an individual's potential is exemplified in self-actualization, representing the pinnacle of basic human wants in Abraham Maslow's motivation theory. Maslow's methodology led to the emergence of humanistic psychology, which underscores human capacity for development, creativity, and spontaneity. Humanistic psychology perceives individuals as autonomous entities, perpetually progressing, and underscores the capacity for personal development and autonomous decision-making. According to Maslow, people possess a universal creative capacity. If all individuals were afforded the opportunity or a conducive atmosphere to realize their full potential.

Abraham Maslow posits that self-actualization is the apex of human potential, characterized by vibrant and altruistic passion, unwavering focus, and profound immersion in the pursuit of becoming a fully realized individual. An individual unencumbered by anxiety, fear, insecurity, vulnerability, solitude, or absence of affection, and liberated from metamotivation (Jaenudin, 2015: 142). Self-actualized individuals exhibit greater assertiveness and possess a more distinct grasp of morality. They exhibit more precision in forecasting future occurrences. Individuals of this nature possess the ability to discern and comprehend intricate concealed realities, demonstrating greater agility and precision than the normal individual (Goble, 1994:52).

3. Abraham Maslow's Hierarchy of Needs

Maslow is a prominent figure in humanistic psychology. Maslow posited that humans are intrinsically virtuous and hence had the entitlement to actualize their authentic selves to attain self-actualization. Humans endeavor to realize and articulate their potential and talents, frequently hindered by cultural circumstances, as noted by Minderop (2013:48). Maslow developed a hierarchy of human needs to attain self-actualization. Human desires are primarily driven by fundamental requirements that are consistent across all species, remain constant, and stem from genetic or instinctual origins (Goble, 1994:70). Humans are driven to satisfy their existential requirements. These demands possess a hierarchy, extending from the most fundamental (physiological) to the most advanced (self-actualization). Maslow's hierarchy of needs posits that humans possess five categories of needs: physiological needs, safety and security needs, love and belonging needs, and esteem needs.

a. Physiological Needs

This category of need pertains to satisfying the fundamental requirements of all individuals, including nourishment, hydration, and respiration. This encompasses the necessity for rest, defecation, urine, pain avoidance, and sexual activity. Failure to meet these fundamental wants renders the body susceptible to illness, weakens it, and impairs its fitness, hence obstructing the fulfillment of later demands. This principle extends to all categories of requirements; if a need remains unfulfilled, it will impede the satisfaction of higher-order wants.

b. The Need for a Sense of Security

When a person's physiological needs are adequately met, the need for safety begins to emerge. Safety, stability, protection, and order will become increasingly necessary. If these needs are not met, anxiety and fear will arise, which can hinder the fulfillment of other needs.

c. The Need for Affection

When someone feels that both of the above types of needs are met, then the need for affection and a sense of belonging will begin to arise. This can be seen in a person's efforts to find and gain friends, a lover, children, or even the desire to be part of a specific community such as a soccer team, interest clubs, and so on. If not fulfilled, then feelings of loneliness will arise.

d. The Need for Self-Esteem

Then, after the three needs above are met, the need for self-esteem will arise. According to Maslow, there are two types: lower and higher. The lower one relates to needs such as status, attention, and reputation, while the higher one relates to needs for self-confidence, competence, achievement, independence, and freedom. If these needs are not met, feelings of low self-esteem and inferiority can arise.

e. The Need for Self-Actualization

The final need according to Maslow's hierarchy of needs is the need for self-actualization. This type of need is closely related to the desire to realize and develop one's potential. Humans can reach this level of self-actualization to become whole individuals, finding satisfaction in other needs. Everyone should develop to their full potential. The five levels of needs can be seen in the following image: self-actualization (the need for self-fulfillment).

4. Definition of a Novel

A novel is a lengthy written composition that surpasses a short tale, intricately examining an individual's life through colloquial language while thoroughly investigating facets of human existence. Sumarjo (in Santosa and Wahyuningtyas, 2010:47) defines a novel as a societal product. Novels exist in society as they are created by its members in response to emotional or cognitive influences. The 1996 Indonesian Big Dictionary (Siswanto 2008:141) defines a novel as an extensive prose work that encompasses a sequence of narratives concerning an individual's life and their interactions with others, highlighting the characteristics and attributes of the protagonists.

RESEARCH METHODS

a. Research Design

This research uses qualitative research, specifically literary qualitative research. Qualitative research is research that uses words and not numbers (Bogdan, R.C. and S.K. Biklen in Semi, 2012). Qualitative research has the following characteristics:

1. Natural setting as the data source and the researcher as the key instrument.
2. Qualitative research is descriptive.
3. It prioritizes process over results.
4. Data analysis tends to be inductive.
5. Meaning is essential for the qualitative approach.

b. Data and Data Sources

The data in this study are sentences and paragraphs that reveal the main character's self-actualization in Dee's novels "Perahu Kertas" and "Madre." The data sources in this study are Dee's novels "Perahu Kertas" and "Madre."

c. Data Collection Techniques

The data collection techniques in this study are using library techniques and note-taking techniques. Library techniques are techniques that use written sources to obtain data. Note-taking techniques mean the researcher, as the key instrument, carefully, purposefully, and meticulously reads the data sources. As for the explanation of data collection techniques in this study, it is as follows:

1. The note-taking reading approach involves reading and listening to the complete texts of Dee's books "Perahu Kertas" and "Madre," thereafter recording lines and paragraphs that exemplify self-actualization.
2. Library methodologies were employed to identify references pertinent to the study, which examines self-actualization about the protagonist and the theoretical framework of Humanistic Psychology, utilizing data from the novels "Perahu Kertas" and "Madre" by Dee.

d. Data Analysis Techniques

The data analysis technique used to analyze Dee's novels *Perahu Kertas* and *Madre* is descriptive qualitative data analysis to obtain data on the form of self-actualization. The steps taken to analyze the data are as follows:

1. Describing sentences and paragraphs that show the self-actualization of the main characters in Dee's novels "Perahu Kertas" and "Madre."

2. Interpreting the main forms of self-actualization in Dee's novels "Perahu Kertas" and "Madre."
3. Drawing conclusions.

e. Data Validity Examination Techniques

The research's validity was assessed by triangulation. Moleong (2014:332) characterizes triangulation as a data validation method that employs an external reference for verification or comparison. Denzin, as cited by Moleong (2014:330), identifies four types of triangulation as an evaluative strategy that employs sources, techniques, investigators, and theory. This study use theoretical triangulation based on the four aforementioned triangulations. According to Lincoln and Guba (1981:307), triangulation with theory is predicated on the premise that facts cannot be validated for their level of reliability using one or several theories. Researchers employed theoretical triangulation to assess the accuracy of the data in relation to the Humanistic Psychology theory utilized.

RESULTS AND DISCUSSION

Self-Actualization of the Main Character in Achieving Needs

Achievement of Needs Main Character	The Character Keenan in the Novel "Perahu Kertas" by Dee	The character Tansen in the Novel Madre by Dee
Achievement of Physiological Needs	a. Keenan's physiological needs for sustenance are satisfied. His physiological requirements for sustenance and hydration are fulfilled due to his grandmother's profession as a designer and painter. All tasks have been completed, including its maintenance in Amsterdam. Keenan consistently received whatever he desired from his beloved grandmother, including culinary delights such as red bean soup and cheese bread. b. However, over time, Keenan's physiological needs were not fully met, which: a. Tansen's physiological needs were met from a young age. From housing, food, and toys, everything is well provided for. b. Upon maturation, the character Tansen sustained himself autonomously by working as a guide to fulfil his physiological demands. This resulted from his choice to be autonomous and not depend on his parents.	a. Tansen's physiological needs were met from a young age. From housing and food to toys, everything is well provided for. b. After growing up, the character Tansen lived independently by working as a good guide so that his physiological needs could be met.
Achievement of the Need for a Sense of Security	The character Keenan often goes through unpleasant things. Psychologically, the need for comfort and tranquility will	a) Just like the character Keenan, the character Tansen also didn't find comfort when Tansen was given responsibility and met Pak Hadi's

	decrease. To fulfill the need for security, the character Keenan learns to step outside of his comfort zone and is willing to take risks to obtain the sense of security he desires.	family. Tansen began to learn how to bake. Memories of her grandmother's past to continue her grandfather's Madre business. The problem is that Tansen personally refuses to accept that responsibility. Especially if that business becomes a problem with. This resulted in Tansen's need for security not being met. b) The need for a sense of security that Tansen previously did not have slowly transformed into a sense of security. After moving to Jakarta, he inherited his talent for baking bread from his father.
Achievement of Needs: Love and Belonging	All humans need love. Similarly, with the character Keenan. The need for love and the desire to have someone is also felt when Keenan falls in love with Kugi, and vice versa. However, the love that Keenan and Kugi have is unrequited. Kugi already had a partner, so Keenan had to turn back to Luhde and try to love her like Kugi. However, in the end, Luhde let Keenan go for Kugi.	a) only to people, but to the work they are engaged in. For Tansen, loving Madre was a dough that couldn't be discarded. Tansen had made Madre his wife. Every day of his life, he was always making dough. b) As a human being, Tansen also fell in love with a Chinese girl named Mei Tanuwidjaja. Mei is the owner of the Fairy Bread bakery. Mei is one of Tansen's blog readers. That's where they met and developed a closer relationship.
Achievement of Needs Self-Actualization	The character Keenan successfully proved his ability to self-actualize in his work and family. Keenan is able to live independently, starting from his schooling in Amsterdam, and his talent for painting has become a source of income. The character Keenan was able to break his father's desire for him not to become an artist and to work with his management degree. Keenan has been able to prove to his father that he can support himself through his painting talent.	Tansen is a person who desires freedom and does not want to manage his grandfather's inherited bakery. Despite the heavy challenges and problems in advancing the bakery business, Tansen was helped by Mr. Hadi to promote the bread business. Although he couldn't compete with bakeries that used modern equipment, tansen still advanced his grandfather's legacy business with all his struggles and sacrifices. As a result, Tansen was able to advance the Tansen de Bakker Bakery business and become a successful bakery business leader.

CONCLUSION

Upon deliberation, the author determines that Keenan's method of self-actualization in Dee's novel *Perahu Kertas* involves preserving his self-concept and resisting external impulses. Keenan is resolute in his desires and strives to realize them. Despite having to abandon all his possessions with his parents. Keenan exemplifies self-actualization since he perceives life accurately and endeavors to fulfill his aspirations. Likewise, the self-actualization of the character Tansen in Dee's novel *Madre* might be deemed accomplished, as seen by Tansen's vigorous endeavors to restore his grandfather's insolvent bakery. His

diligence enabled him to attain his aspirations.

Following the conducted research and discourse, the author presents the subsequent recommendations: Students, particularly those specializing in Indonesian language, should utilize Abraham Maslow's humanistic psychology theory to analyze succeeding books concerning need fulfillment. Students are instructed to endeavor to discover their own selves. In spite of several obstacles, we must remain resolute in pursuing our aspirations, be they our desires or affections. We are instructed to operate autonomously and not depend on our parents' affluence. Rather, we are anticipated to endeavor to articulate our potential and ambitions. For literature fans, it should enhance their appreciation for a literary work, as there are several insights to be gained from it.

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