

**THE SELF-FULFILLMENT OF HIERARCHY OF NEEDS OF
SYLVIE IN SOPHIE KINSELLA'S NOVEL *SURPRISE ME*;
A STUDY IN HUMANISTIC PSYCHOLOGY**

TERM PAPER

By

SILVIANI ASTUTI

2016139003



**STRATA ONE (S-1) OF
ENGLISH LANGUAGE & CULTURE DEPARTMENT
FACULTY OF HUMANITIES
DARMA PERSADA UNIVERSITY
JAKARTA
2020**

**THE SELF-FULFILLMENT OF HIERARCHY OF NEEDS OF
SYLVIE IN SOPHIE KINSELLA'S NOVEL *SURPRISE ME*;
A STUDY IN HUMANISTIC PSYCHOLOGY**

**Submitted in part-fulfillment for obtaining
Strata One (S-1) Degree**

By

SILVIANI ASTUTI


2016139003



**STRATA ONE (S-1) OF
ENGLISH LANGUAGE & CULTURE DEPARTMENT
FACULTY OF HUMANITIES
DARMA PERSADA UNIVERSITY
JAKARTA
2020**

INTELLECTUAL PROPERTY STATEMENT PAGE

I am here by declares that the term paper is the result to my own work. All sources are quoted, and references have been stated properly.


Name : Silviani Astuti
Reg. No. : 2016139003
Signature : 
Date : January 27, 2020

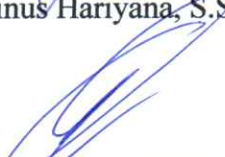
TEST FEASIBILITY APPROVAL PAGE

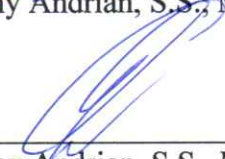
The term-paper submitted by:

Name : Silviani Astuti
Reg. No. : 2016139003
Study Program : English Language and Culture Department/
Strata One (S-1) Degree
The title of the term paper : The Self-Fulfillment of Hierarchy of Needs of
Sylvie in Sophie Kinsella's Novel *Surprise Me*;
A Study in Humanistic Psychology

has been approved by the Advisor, Reader, and Head of English Language and Culture Department to be tested in front of the Board of Examiners on January 27, 2020 at the English Language and Culture Department, the Faculty of Humanities, Darma Persada University.

Advisor : 
Agustinus Hariyana, S.S., M.Si.

Reader : 
Tommy Andrian, S.S., M.Hum.

Head of English Language
and Culture Department : 
Tommy Andrian, S.S., M.Hum.


APPROVAL PAGE

The Term Paper on February 14, 2020 has been fully tested and defended in front of


BOARD OF EXAMINERS

Ones of whom sit as follow:


Advisor

: 
Agustinus Hariyana, S.S., M.Si.

Reader

: 
Tommy Andrian, S.S., M.Hum.

Chief of Board Examiner

: 
Fridolini, S.S., M.Hum.

Approved on February 20, 2020

Head of English Language
and Culture Department


Tommy Andrian, S.S., M.Hum.

Dean of Faculty of Humanities,




Dr. Eko Cahyono

ACKNOWLEDGEMENTS

Alhamdulillahirabbil'alamin. Praise to the almighty Allah SWT who always gives me mercy and blessing to complete this term paper well. The title of this term paper is *The Self-fulfillment of Hierarchy of Needs of Sylvie in Sophie Kinsella's Novel Surprise Me; A Study in Humanistic Psychology*. This term paper is submitted in part-fulfilling for obtaining Strata One degree in English Language and Culture Department, Faculty of Humanities, Darma Persada University.

I would like to give appreciation, respect and honor for those who have given their contribution and support me in finishing this term paper. With all respect, I would like to express and deliver my deep and sincere gratitude to:

1. Agustinus Hariyana, S.S., M.Si., as the supervisor who has spent his limited time to guide me in finishing this term paper.
2. Tommy Andrian, S.S., M.Hum., as the head of English Department and the reader for kindly helping me in perfecting this term paper.
3. The Chief of Board Examiners, Fridolini, S.S., M.Hum., thank you very much for your kind assistance that I will never forget.
4. Yoga Pratama, S.S., M.Hum., as the academic adviser.
5. Dr. Eko Cahyono, as Dean of Faculty of Humanities.
6. All lectures of English Department and all staffs of Darma Persada University who I cannot mention your name one by one. Thank you for the knowledge and experiences.
7. The greatest honor and appreciation I dedicated to my beloved parents and family who have given moral support. Thank you very much for your loves, cares, spirits, motivation and the timeless prayers for me.
8. My sincere thanks and love to my beloved friends: Christine Octavia Jafri, Anthony Carol, Sherena Dwina Etissa Solemede, Mochammad Aditya, Ari Prahwono, Ghonimah, Isti Ristiawati, Lina Erviana and the others that I cannot mention one by one, who never stop giving their support and love.

The writer realizes that this term paper is far from being perfect, the limitations and weakness might be found. Suggestions and constructive criticism are welcome to improve this term paper. Furthermore, hopefully, this research would be useful for the reader who has an interest in literary work and other useful things in this research.

Jakarta, January 27, 2020

Silviani Astuti



ABSTRACT

Name : Silviani Astuti
Study Program : Strata One (S-1)/English Language & Culture
Department
Title : The Self-fulfillment of Hierarchy of Needs of
Sylvie in Sophie Kinsella's Novel *Surprise Me*;
A Study in Humanistic Psychology

This humanistic psychology-based research is conducted thoroughly over a chic lit novel by Sophie Kinsella entitled "*Surprise Me*" (2018). It is aimed to observe (1) the impact of intrinsic elements of the novel to the hierarchy of needs, (2) the fulfillment of Maslow's hierarchy of needs by the character, and (3) the most dominant need reflected throughout the novel. Using the qualitative research methods, the writer elaborates two instruments, intrinsic and extrinsic approaches, to gather the data needed. The Maslow's theory of hierarchy of needs is employed as it fits the theme of human needs that is manifested on this novel. The focus is mainly on character Sylvie who faces various life and marriage conflicts in her personal life. The writer begins by identifying the basic literature analysis of the characterization, setting and plot that influence Sylvie's behavior and response to her conflicts. Using the Maslow's theory, the writer examines the fulfillment of each need in its stage to prove whether Sylvie eventually gets satisfaction and complete fulfillment. The result of this research shows that despite the challenges she faces, all Sylvie's human needs are fulfilled by the help of her personalities, true talents, husband, friends, family and co-workers. The most dominant need is the need of love and belongingness.

Keywords: *humanistic psychology, psychology of literature, Maslow, self-fulfillment, human needs*

ABSTRAK

Nama : Silviani Astuti
Program Studi : Strata Satu (S-1)/Jurusan Bahasa & Kebudayaan Inggris
Judul : The Self-fulfillment of Hierarchy of Needs of Sylvie in Sophie Kinsella's Novel *Surprise Me*; A Study in Humanistic Psychology

Kajian berbasis tinjauan psikologi humanistik ini dilakukan secara mendetail terhadap novel berjudul Surprise Me karya Sophie Kinsella (2018). Kajian ini bertujuan untuk meneliti (1) pengaruh unsur intrinsik novel terhadap teori hierarki kebutuhan (2) pemenuhan hierarki kebutuhan Maslow melalui tokoh, dan (3) kebutuhan paling dominan yang tercermin dalam keseluruhan novel. Dengan menggunakan metode penelitian kualitatif, penulis mengelaborasi dua instrumen, pendekatan intrinsik dan ekstrinsik, untuk mengumpulkan data yang dibutuhkan. Teori hierarki kebutuhan Maslow digunakan karena sesuai dengan tema kebutuhan manusia yang dimanifestasikan dalam novel ini. Fokus utamanya adalah pada tokoh Sylvie yang menghadapi berbagai konflik kehidupan dan konflik pernikahan dalam kehidupan pribadinya. Penulis memulai dengan mengidentifikasi analisis literatur dasar dari karakterisasi, latar dan alur cerita yang memengaruhi perilaku dan tanggapan tokoh Sylvie terhadap konflik yang dialaminya. Dengan teori Maslow, penulis menguji pemenuhan setiap kebutuhan untuk membuktikan apakah tokoh Sylvie mendapatkan kepuasan dan semua kebutuhannya terpenuhi. Hasil penelitian ini menunjukkan bahwa terlepas dari tantangan yang dihadapinya, semua kebutuhan tokoh Sylvie terpenuhi dengan bantuan kepribadian, bakat, suami, teman-teman, keluarga, dan rekan kerjanya. Kebutuhan yang paling dominan adalah kebutuhan akan cinta dan kepemilikan.

Kata kunci: *psikologi humanistik, psikologi sastra, Maslow, pemenuhan diri, kebutuhan manusia*

TABLE OF CONTENTS

INTELLECTUAL PROPERTY STATEMENT PAGE	i
TEST FEASIBILITY APPROVAL PAGE	ii
APPROVAL PAGE	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	vi
ABSTRAK	vii
TABLE OF CONTENTS	viii
CHAPTER 1: INTRODUCTION	1
1.1 Background of the Research.....	1
1.2 Identification of the Problem.....	3
1.3 Limitation of the Problem	3
1.4 Formulation of the Problem.....	3
1.5 Objective of the Research.....	4
1.6 Method of the Research.....	4
1.7 Benefits of the Research	4
1.8 Systematic Organization of the Research.....	5
CHAPTER 2: FRAMEWORK OF THE THEORIES	6
2.1 Intrinsic Approaches.....	6
2.1.1 Characterization	6
2.1.2 Setting	7
2.1.3 Plot	8
2.2 Extrinsic Approaches.....	10
2.2.1 Psychology in Literature	10
2.2.2 Humanistic Psychology.....	10
2.2.3 Maslow’s Hierarchy of Needs.....	11
CHAPTER 3: NOVEL <i>SURPRISE ME</i> THROUGH INTRINSIC APPROACHES.....	13

3.1	Characterization.....	13
3.1.1	Sylvie	13
3.1.2	Dan.....	19
3.1.3	Mary Holland.....	22
3.1.4	Mary Smith-Sullivan.....	24
3.1.5	Tilda	26
3.2	Setting.....	30
3.2.1	Sylvie’s Background.....	30
3.2.2	Sylvie’s Enemies.....	32
3.2.3	Creating Atmosphere	33
3.2.4	Revealing Sylvie’s Character	35
3.2.5	Reinforcing Theme	37
3.3	Plot.....	39
3.3.1	Ten Years Marriage	39
3.3.2	Sixty-Eight Years More	41
3.3.3	Surprise Me Project	43
3.3.4	Untold Stories	45
3.3.5	Respell Vow.....	46
CHAPTER 4: THE HIERARCHY OF NEEDS OF SYLVIE MANIFESTED IN NOVEL <i>SURPRISE ME</i>.....		49
CHAPTER 5: CONCLUSION.....		56
REFERENCE		58
SCHEME OF RESEARCH		59
POSTER OF THE RESEARCH		60
PRESENTATION.....		61
CURRICULUM VITAE		64
TOEIC RESULT		66
CONTROL BOOK		67