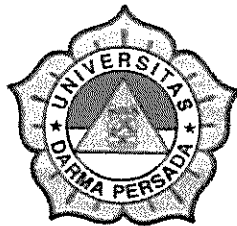


**THE REFLECTION OF CARL ROGERS' PSYCHOLOGICAL APPROACH,
THE SELF, THROUGH ELISABETH NICHOLS' OBSESSION
IN NOVEL *QUEEN OF BABBLE* BY MEG CABOT**

Term Paper

Submitted in Part-Fulfillment for Obtaining Strata One (S-1) Degree



By

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**STRATA ONE (S-1) OF ENGLISH DEPARTMENT
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UNIVERSITY OF DARMA PERSADA
JAKARTA
2013**

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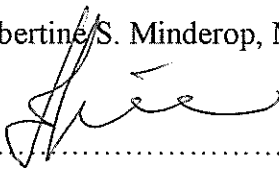
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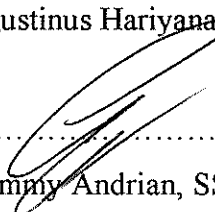
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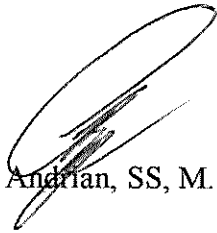
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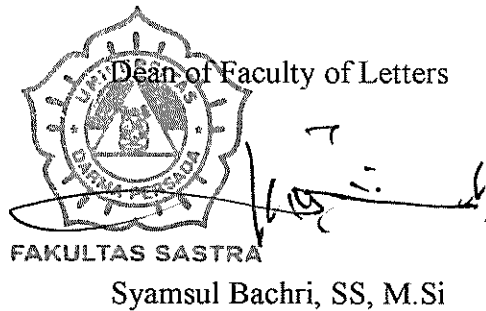
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PREFACE

Everything comes to him who waits. Alhamdulillah rabbi 'aalamiin, owing to Allah SWT's mercy and blessing, I finally could complete this frustrating, perplexing, boring, and time consuming yet challenging research entitled *The reflection of Carl Rogers Approach, The Self through Elizabeth Nichols' Obsession in the novel Queen of Babble by Meg Cabot.*

This term paper is submitted to the Strata One English Department of Darma Persada University as a partial fulfillment of the requirements for obtaining the Strata One (S1) degree. Having done my utmost, I myself still believe that this research is far from being perfect; however, for me this is the best work I have ever made.

With all respect, I would like to deliver my sincere gratitude to some outstanding people behind the making of this thesis listed as follow:

1. Dr. Hj. Albertine S. Minderop as the Adviser who has spent her valuable time to teach me how to make an excellent term paper. Your advice is so helpful and inspiring—it is none that I thought was possible.
2. Mr. Agustinus Haryana, SS, M.Si as the Reader who gives me some support in dealing with references and second thoughts.
3. Mr. Tommy Andrian, Ss, M.Hum as the Academic Supervisor and the Head of Faculty of Letters who has been keen in putting me up in such an outstanding academic strategy that I am eventually be able to finish my college terms in Darma Persada University within only three and a half years.
4. Mrs. Fridolini, SS, M.Hum as the smiling jewel who has given a very good picture of being a good woman and at the same time a good wife for my husband. You really know how to give motivation to people.
5. Mr. Syamsul Bachri, SS, M.Si as the Dean of Faculty of Letters.
6. All lecturers of English Department who have thought me much about English and above all about life.
7. My lovely husband, Tommy Andrian SS, M.Hum who has supported me from time to time and has taught me how to compile a good term paper in a place

called 'home'. You give me everything, your facilities, your knowledge, and those I cannot mention one by one. Papih, I love you always from the bottom of my heart. Only you and our soon-to-be kid, that make me have enormous strength until I can finish my study.

8. My Parents, *Papah* and *Mamah* and my Parents in Law *Bapak* and *Ibu* who always give me support to finish my term paper. With your love and your endless prayer, I can learn and finish my study. I will make you proud and make our family better.
9. My lovely sisters, Echi, Fitria, Maria, Anita and my twin brother, Slamet who gives me spirit in making our family as happy as before. My sister in law Metha Wahyuni Irvan and Dody Irvan who always give me advice to be calm, give me spirit and teach me to how to make a solid family.
10. My little angels, Abbiyu Fathia Hia, Fabian Praditha Irvan, Syifa Cattlea Azmi, Calista Asfa Azim who make my live happy all the time.
11. All my college friends, Aya, Mimsun, Dimbul, Silvi, Nggo, Dias, Michel, JJ, Ade, Daan, Sholah, Rosyid, Eja and all my friends that I cannot mention one by one for your support.

Nobody is perfect. Therefore, constructive criticisms are welcome. Overall, I hope that this research can give a bit contribution to the language education, especially to the field of literature, and to further pedagogical research.

Jakarta, February 2013

Writer

B a r k a h

ABSTRAK

Nama : Barkah
Program Studi : Sastra Inggris S-1
Judul : The Reflection of Carl Rogers Psychological Approach, the Self, through Elizabeth Nichols' Obsession in the Novel *Queen Of Babble* by Meg Cabot.

Skripsi ini membahas tentang karya sastra novel dengan menggunakan pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik penulis menggunakan perwatakan, latar dan alur, melalui pendekatan ekstrinsik penulis menggunakan psikoanalisis, yaitu konsep *the self-concept, self-image, self-esteem, and ideal-self* oleh Carl Roger. Skripsi ini merupakan penelitian kualitatif yang mengkombinasikan pendekatan sastra dan psikoanalisis. Skripsi ini menggunakan novel *Queen of Babble* karya Meg Cabot sebagai sumber primer, dan didukung oleh beberapa literatur yang terkait dengan teori, konsep, dan definisi yang relevan sebagai sumber sekunder.

Kata kunci: The self, Self-image, Self-esteem, Ideal-self.

ABSTRACT

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This term paper discusses a literary novel by using intrinsic and extrinsic approaches. For the intrinsic approaches, the writer uses characterization, setting and plot; and for the extrinsic approach, the writer uses psychoanalysis, the self-concept, self-image, self-esteem, and deal-self by Carl Rogers. The term paper is a qualitative research that combines literature and psychoanalysis approaches. It uses novel *Queen of Babble* by Meg Cabot as the primary source, and is supported by some literatures related to relevant theories, concepts and definitions, as secondary sources.

Keywords: *the self, self-image, self-esteem, ideal-self*

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CHAPTER I

INTRODUCTION

A. Background of the Problem

Meg Cabot, who was born Meggin Patricia Cabot on February 1, 1967 in Bloomington, Indiana, United States is an American author of romantic and paranormal fiction for teens and adults and used to write under several pen names, but now writes exclusively under her real name, Meg Cabot. She has written and published over fifty books, and is best known for *The Princess Diaries*, later made by Walt Disney Pictures into two feature films of the same name and one of them also Queen of Babble.¹

Meg Cabot usually writes short stories about life of adolescents who always try new things in searching their identities. After graduating from Indiana University, Meg Cabot moved to New York City, with the original aim of pursuing a career as an illustrator in 1991.² However, she soon quit this job and started working as an assistant manager of the freshman dormitory at New York University.

This story describes about Elizabeth Nichols whose nickname is Lizzie. She is a student of fashion department in New York University. In her last semesters, she does not finish her thesis. Instead, she is meeting her boyfriend, Andrew in England. She knows Andrew from *e-mail*. She uses her college graduation money on a trip to visit her long-distance boyfriend. Lizzie has a best friend. Her name is Shari. She always gives Lizzie support and advice. Shari knows well who Lizzie is, someone who is stubborn and has big obsession. Shari has a boyfriend, Chaz. Shari knows about Lizzie's plan. She thinks that Lizzie plan is imposing her too much. Therefore, Shari invites Lizzie to come with her to Paris to attend the wedding party of Luke's sister. Luke is Chaz's best friend. Moreover, Luke will give free accommodations. Shari thinks that Lizzie will call off her plan to meet Andrew and go to Paris with her.

¹http://en.wikipedia.org/wiki/Meg_Cabot .Tuesday, July 24 2012

²http://id.wikipedia.org/wiki/Meg_Cabot .Saturday, September 15 2012

Therefore, Lizzie can as well foster her fashion expertise in Paris because Paris is central for world fashion. Nevertheless, Lizzie remains so much alive with her plan. Having no choice, Shari lets her go.

Lizzie stays with Andrew's family in London. She has much time to be with Andrew and much time to know more about him. Unfortunately, all of her guess and opinions about him are a big mistake. She is so confident that her boyfriend, Andrew is a rich man but in fact, he is not. What makes Lizzie even more disappointed is that Andrew is evidently a gambler; His life is full of lies. Finally, Lizzie feels uncomfortable with that situation. She leaves Andrew and tries to forget him. She then follows Shari's advice to go to Paris. On her way to Paris, Lizzie met a nice man, Luke. At that time, Lizzie somehow tells him what she has just experienced in London. To her surprise, Luke is actually Chaz's friend who invites them all to go to the wedding party. Luke is from the rich family who has a marvelous castle and vineyard. Lizzie secretly loves Luke. Luke has a girlfriend, Dominique. Luke and Dominique breaks their relation because of different principals. On knowing the break up, Lizzie starts to approach Luke. When introduced to Luke's family, Lizzie is warmly accepted by all of the family members. Under some circumstances, Luke's mom asks Lizzie to fix Vicky's wedding dress. Lizzie believes that she can do it. She knows she has all the abilities to do the fixing. Therefore, Lizzie succeeds to do that and everyone loves her work on Vicky's wedding dress. Lizzie goes to the castle with Luke's father. In the castle's warehouse, she finds an old dress. Lizzie modifies that dress with her touch. Everyone, not to mention Luke, is remarkably unnerved with her modification to that dress. Lizzie and Luke later become lovers. They fall ling in love to each other. Finally, Lizzie finds the self-concept in her life. She becomes a designer.

I am interested to analyze this novel because this story tells about adolescents' life, which is mostly so obsessive and is full of struggles for self-concepts that sometimes result in big problems. Furthermore, this novel has so many values of life and morality from which we can get good lessons.

B. Identification of the Problem

Based on the background of the problem, I identify the problem of the research is that Lizzie Nichols has big obsession and a big mouth which is potential for causing big problems in her life. Therefore, I assume that the assumption of the research is The Reflection of Carl Rogers' Psychological Approach, the Self, through Elizabeth Nichols' Obsession in novel *Queen of Babble* by Meg Cabot.

C. Limitation of the Problem

Based on the identification of the problem, I limit the problem to the analysis of the characters of Lizzie Nichols, Shari, and Luke. In doing the analysis, I use some intrinsic approaches, such as: consists of *characterization, plot, setting, and theme*, and extrinsic approach, such as: psychology of literature—obsession, love, and sadness.

D. Statement of the Problem

Based on the limitation of the problem, the formulation of the problem is that whether the theme of this novel is big mouth and big obsession that cause big problems. To answer the questions, I have to take some steps:

1. Can point of view first person participant be used to analyze the characterization in this novel?
2. Can plot and setting be used to analyze this novel?
3. Can the concepts of obsession, the self, and disappointment be used to analyze this novel?
4. Can the theme of this novel be reinforced by using intrinsic and extrinsic approaches?

E. Objective of the Research

Based on the statement of the research, the objective of this research is to prove whether the theme of this novel is big mouth and big obsession that cause big problems. To fulfill this purpose, I have to take some steps:

1. To analyze characterization by using point of view first person participant.
2. To analyze plot and setting in this research.
3. To analyze this research by using concepts of humanistic approach, the self, obsession, and disappointment.
4. To reinforce theme by using intrinsic and extrinsic approaches.

F. Framework of the Theories

Based on the objective of the research, framework of the theories uses intrinsic approach and extrinsic approach. Intrinsic approaches are characterization, first person participant, settings, plot, and theme. Extrinsic approach is emotion classification. Emotions are feeling guilty, suspending self, feeling shy, sadness, hate, and love.

1. The intrinsic approaches I use are:

- a. Characterization.

Characterization is about the character in a story³. The process by which an author creates, develops, and present of character. ⁴The method to analyze this novel I used first person participant. The narrator as a character who is directly involved in the events in the story. This technique is when the narrator tells about the story that he/she use "I" to explain it.

- b. First Person Participant point of view.

The First Person Participant point of view is when the narrator becomes a character that delivers the story. First person participant is when the story was through a character and use "I" to explain the story. The narrator, who had a role as the main character, reported the story from the standpoint of "I" and

³Albertine Minderop. 2010. *Metode Karakterisasi Telaah Fiksi* (Jakarta: Yayasan Obor Indonesia, 2005), p 2

⁴Pickering and Hoeper. *Concise Companion to Literature* (New York : Macmillan Publishing co., Inc 1981), p 24.

the focus or center of the story.⁵The narrator will explain everything in that story such as her/himself, her/his experiences, belief, etc.⁶

c. Plot.

Plot is the way related to the story or drama.⁷ And plot is the patterned arrangement of the events in narrative or play. In plot, there are introduction, rising action, climax, falling action, and resolution, as follow:

- 1) Introduction is the beginning section in which the author provides the necessary background information, sets, the scene, establish the situation and dates the action.⁸
- 2) Rising action is break the existing equilibrium and introduces the character and the underlying or inciting conflict the conflict is then developed gradually and intensified and beginning the problem in the story.⁹
- 3) Climax is point of problem, and this is the highest problem in the story.¹⁰
- 4) Falling Action is the part of a dramatic plot that follows the crisis and precedes the resolution.¹¹
- 5) Resolution is the final section of the plot in which the major conflict, issue, or problem is resolved, also referred to as the conclusion. The character found the problem solving.¹²

d. Setting is one of the elements of the fiction. We need a setting to analyze and find out the background of the action and the atmosphere in the novel. Setting is broadest sense, encompasses, both the physical locale that frames the action and the time of day or year, the climatic condition, and the historical period

⁵*Ibid*, p 105.

⁶*Ibid*, p 107.

⁷*Ibid*, p 25.

⁸ Pickering and Hooper. *Concise Companion to Literature* (New York: Macmillan Publishing co. Inc1981), p 16.

⁹ *Ibid*, p 17.

¹⁰ *Ibid*, p 17.

¹¹ *Ibid*, p 17.

¹² *Ibid*, p 17.

during which the action takes place. Setting in fiction is called on to perform a number desired functions, setting may serve: 1) to provide background for the action; 2) as an antagonist; 3) as a means of creating appropriate atmosphere; 4) as a means of revealing character; 5) and as a means of reinforcing theme.¹³

1) Setting as Background for Action.

Fiction requires a setting or background of some kind, even if it only resembles the stage set of the daytime television soap opera. Kind of setting that exists by and large for its own sake, without any clear relationship to action or characters, or at best a relationship that is only tangential and slight.¹⁴

2) Setting as Antagonist.

Setting in the form of nature can function as a kind of causal agent or antagonist, helping to establish plot conflict and determine the outcome of events.¹⁵

3) Setting as a Means of Creating Appropriate Atmosphere.

Many authors manipulate their setting as a means of arousing the reader's expectations and establishing an appropriate state of mind for even to come¹⁶.

4) Setting as a Means of Revealing Character.

Very often the way in which a characters perceives the setting, and the way he or she reacts to it, will tell the reader more about the characters and his state of mind than it will about actual physical setting itself. This is particularly true of works in which the author carefully control; the point of view¹⁷.

¹³ *Ibid*, pp. 37-38.

¹⁴ *Ibid*, pp. 38-39.

¹⁵ *Ibid*, p 39.

¹⁶ *Ibid*, p 40.

¹⁷ *Ibid*, p 41.

5) Setting as a Means of Reinforcing Theme.

Setting also be used a means of reinforcing and clarifying the theme of novel or short story.¹⁸

2. Extrinsic approaches I use is:

Obsession is mental disorder of a person's mind is always tempting and very difficult to be removed¹⁹. There are some kinds of obsessions. First, intrusive obsession is a thought of using that seems to enter our minds from out of nowhere. Then reoccurring obsession is a thought of using that enters our minds repeatedly throughout the day. Fighting with this thought consumes all of our energy. Third, circumstantial obsession we are presenting with the opportunity to use and cannot think of any good reason not to, even though we have everything to lose. The fundamental obsession may not be experienced as a thought of using at all. Instead, we experience this obsession as a basic preoccupation with ourselves and how we feel. It is usually hard for us to identify the fundamental obsession at first, because it is so much a part of how we experience the world.²⁰

Sometime to satisfy the obsession we one get through various kinds of disappointments. Disappointment is the feeling of dissatisfaction that follows the failure of expectations or hopes to manifest. Similar to regret, it differs in that a person feeling regret focuses primarily on the personal choices that contributed to a poor outcome, while a person feeling disappointment focuses on the outcome itself. It is a source of psychological stress. The study of disappointment—its causes, impact and the degree to which individual decisions are motivated by a desire to avoid it—is a focus in the field of decision analysis, as disappointment is one of two primary emotions involved in decision-making.²¹ But we can make it as the spirit in our lives to pursue what we want.

¹⁸ *Ibid*, p 42.

¹⁹KBBI, p 794.

²⁰<http://stepstudy.org/2008/11/01/four-kinds-of-mental-obsession-a-brief-excerpt-of-becoming-recovered-10/>. Sunday, August 5 2012

²¹ <http://en.wikipedia.org/wiki/Disappointment>. Friday, 14 December 2012

Self-actualization is the process of achieving the ideals derived from the motivation to become what we want. The famous theory of self-actualization is from Abraham Maslow. Maslow used the term self-actualization to describe a desire, not a driving force that could lead to realizing one's capabilities.²² But to analyze the novel *Queen of Babble* by Mac Cabot the writer used Carl Rogers theory because this theory is related with the case of that novel. Rogers believed that humans have one basic motive that is the tendency to self-actualize to fulfill one is potential and achieve the highest level of 'human-beingness' we can. "*The organism has one basic tendency and striving - to actualize, maintain, and enhance the experiencing organism.*"²³ The most famous concept of Carl Rogers is the self-theory.

Carl Roger Theory of personality developed from his experiences with specific therapeutic method for helping troubled individuals. In this theory showed that person has motivation and the ability to change.²⁴ Rogers explored the human potential for change; in the knotted, anxious, defensive verbal stream of his clients, he concluded that individuals are prevented from becoming who they are. Our conditioned, controlling world, the self, unconditional positive regard.

The Self Through the individual's experience with the world a self emerges- this is the "I" or "me" of your existence. All that aspects of the self are conscious, but Rogers did believe they are all accessible to consciousness. The self is construed as a whole, it consist of one's self-perception. The self as it really is as a result of our experiences, and the ideal self, which is the self we would like to be.²⁵ Carl Rogers believes that the self-concepts has three different components. There are self-image, self-esteem or self-worth, and ideal self. Such as:²⁶

²² "Self-Actualization"; Thursday, January 24, 2013; available from <http://www.simplypsychology.org/carl-rogers.html>

²³ *ibid*, Thursday, January 24,2013

²⁴ Ernest R. Hilgard, Richard C. Atkinson, Rita L. Atkinson, *Introduction to Psychology Sixth Edition* (New York: Harcourt Brace Jovanovich, Inc, 1975), page 389.

²⁵ *Ibid*, p 451.

²⁶ "The self-concept"; Thursday, January 22, 2013; available from www.simplypsychology.org/self-concept.html

- a. Self-Image is the mental picture, generally of a kind that is quite resistant to change, that depicts not only details that are potentially available to objective investigation by others (height, weight, hair color, gender, I.Q. score, etc.). We as a human oft to ask our self “Who Am I” and the answer in three types. Self-image resulting from how the individual sees himself or herself. Self-image resulting from how others see the individual. Self-image resulting from how the individual perceives others see him or her.²⁷ Self Esteem or Self Worth is reflect a person’s overall emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. There are two types in self-esteem: High self-esteem and low self-esteem.
- 1) High self-esteem has positive view of our self. This tends to lead to confidence in our own abilities, self-acceptance, not worrying about what other think, optimism.
 - 2) Low self-esteem has a negative view of ourselves. This tends to lead to Lack of confidence; want to be someone else, always worrying what other might think and pessimism.²⁸
- b. The personality is composed of the Real Self and the Ideal Self. Your Real Self is who you actually are, while your Ideal Self is the person you want to be. The Ideal Self is an idealized version of yourself created out of what you have learned from your life experiences, the demands of society, and what you admire in your role models.²⁹

G. Methods of the Research

Based on the theoretical framework, the matter of this research is qualitative; the research tends to interpret or analyze through method of data collection from literary text.

²⁷ Ibid, Thursday 22 January 2013

²⁸ “Self-Image”; Thursday 22 January 2013 available from <http://en.wikipedia.org/wiki/Self-image>;

²⁹ “Ideal-Self”; Thursday 22 January 2013 available from <http://www.alleydog.com/glossary/definition.php?term=Ideal%20Self>

H. Benefits of the Research

Based on the methods of research, the benefits of this research is firstly it could be beneficial for students or researcher who wants to explore more deeply about the novel, especially psychology literature about the self-concept and obsession. This research is potential to analyze through new perspectives and the use of psychology literature approach. I hope that the research could be a stepping-stone for further researches and for the students who want to make research in psychology.

I. Organization of the presentation

Related with the titled of this research, the systematic presentation is written as follows:

CHAPTER I: INTRODUCTION.

It consists of: Background of the Problem, Identification of Problem, Limitation of The Problem, Formulation of The Problem, The Aim of The Research, Theoretical Framework, The Method of The Research, The Benefits of The Research, The Organizational Presentation.

CHAPTER II: THE ANALYSIS OF THE NOVEL QUEEN OF BABBLE BY MEG CABOT BIG MOUTH AND OBSESSION CAUSE DISAPPOINTMENT THROUGH INTRINSIC APPROACHES

It contains characterization (telling and showing method), plot, and setting.

CHAPTER III: THE ANALYSIS THE REFLECTION OF CARL ROGERS' APPROACH, THE SELF; THROUGH ELISABETH NICHOLS' OBSESSION IN NOVEL QUEEN OF BABBLE BY MEG CABOT.

It contains analysis of the theme using self-actualization, the self-concept, self-image, self-esteem, ideal self.

CHAPTER IV: CLOSING.

It contains conclusion on how the theme reflects Carl Rogers' approach, the Self, through Elizabeth Nichols' Obsession in Novel Queen of Babble by Meg Cabot. It presents an overview of the research subjects in the previous chapters as well as implication from studies of other variables.