

The Psychological Barrier towards Devotion of Relationship in *The Notebook* by Nicholas Sparks

Eri Yuliyanti Kadjan

Universitas Balikpapan

eriyuliyanti.k@gmail.com

Adi Prautomo

Universitas Balikpapan

adi.prautomo@uniba-bpn.ac.id

Abstract:

This research studies of Psychological Barrier towards Devotion of Relationship in The Notebook by Nicholas Sparks. There are two objectives of this research; 1). What psychological barrier are faced by the main character in the novel 2). How does the main character devote to his relationship. The theory used in this research is the Individual Psychology theory according to Alfred Adler with structural two elements as such inferiority feeling and striving for superiority. The methodology employed is qualitative research with the primary data in which the researcher tried to present the issues descriptively. As for the data, they were collected from the novel. While the secondary data and other related sources. The data were collected through library research. The result of the research, the researcher found the factor of psychology barrier and Devotion which contains in two elements. Meanwhile, the researcher found that there are three factor from psychological barrier such as incapability of physical health, social status, and lack of support. The factor of devotion are four such as consistently, trustworthy, patiently, and sacrifice to portray from main character.

Keywords: *Psychological Barrier, Devotion, Individual Psychological, Relationship*

INTRODUCTION

Human and behavior are an unity, the relationship between humans and behavior that acts as a psychology. The psychology discovers the human's behavior that is influenced by their experience. Psychology tells about mental, behavior and mind. Psychology includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. According to Muhibbin Shah (2001) says "Psychology addresses deep human behavior relationship with the environment. Concluded that psychology is science that studies open behavior and closed to humans both as individuals and groups, in relation with the environment". Particularly, it relates to people daily life such as behavior, sense, and thoughts which contains in individual psychology.

Individual psychology is a social being, an individual's behavior is mostly influenced and motivated by social environment. This is considered further all actions are guided by a person's basic attitudes in life. Namely a feeling of oneness with all humanity, *it works with an individual as an equal to uncover his values and assumptions. According Adler (1985), individual psychology is a science that attempts to understand the experiences and behavior of each person as an organized entity.* Therefore, humans are social beings with a basic behavior. Adler also believes that humans are born with the feelings of inferiority. As soon as the individual realizes his existence, he feels inferior about his role in the environment. Individuals see that many other creatures have the ability to achieve something they cannot do. This inferiority complex arises when an individual want to rival the strengths and abilities of others.

As an individual, all of people have an intense desire to be loved and nurtured. People need to be loved and others have shown, could be considered one of the most basic and fundamental needs which nature an official. According by Brian Ogolsky (2017), doing something to convince ourselves that this is a good relationship and therefore it's good for the relationship. Human beings are involve in social life, and most of people yearn for close relationships with other people. Relationships require a lot of work and a lot of communication, but it can still be hard to understand what the other person is thinking and act.

Devotion is everlasting without exceptions and should have progresses as an increasingly intense inner love and internally relationship. By experiences in society, to devote something is not easy, there must up and down situation and all comes from mind and human thoughts and behavior. The nature of human, everything can't go through with human expect. It can distrust caused by conflict at the society and some factor as individuals with other relation. The society develops their social life with goals and interests. The social relationship has different goals and interests toward the emergence of domination of some group or classes. The domination following in several aspects of life, even a strong domination follows with the economic aspect. The domination makes the low class people take action to struggle for better life. It means domination by classes as a barrier to reach people needs. It is also reflected to human behavior caused by environment which is distrust

the psychology someone who make weak and feeling incapability to achieve goal in life and that will be psychological barrier.

One of the concepts in the field of psychological barrier that become the center of beliefs that a person their self-regarding the self-worth, unhealthy, incapability to reach goals. It is included denial, a perceived lack of social support, a lack of knowledge or a dysfunctional capability towards the situation. Overcoming the barriers involves a realistic, informed perspective of the situation and persistent attempts to break down the barrier by thoughts and actions.

The problem of psychology also tells in literary work. Literary work has the same significance in meaning as understanding human's existence with this mental and inner-self problem. Literature is a work that expresses and communicates thoughts, feelings, and attitudes toward life and the world (George 1965:16). Since literature is the exposition of human mental life, it can be said that literary works has relationship to psychology. The creativity of an author will determine the quality of his work. In addition, writers of literary works are also often said as a creative activity. Literary works and psychology have the same object of the research that is human being.

Literary psychology has four meanings. First, literary psychology is the psychological understanding of the author as a person or type. Second, the study of the creative process of the paper. Third, analysis of psychological laws applied in literary works. And fourth, literary psychology is also interpreted as a study of the effects of literature on psychiatric conditions rather than readers." (Wellek and Warren, 1989:90).

Literary of psychology as a psychological activity from both the author and the readers. Literary works, for those in the form of prose such as short stories, drama and novel must tell the story of the characters in living their lives. In writing literary work, authors must present a character with unique character and behavior to add to the attraction of the story. . Literary and psychology have the same object of the research that is human being.

The object discussed in this research is novel. Novel as a part literary work replicates some realities that happen in the human's life. It is induced the behavior of the character in the novel. The researcher chooses novel to be the object of this research is *The Notebook* novel by Nicholas Sparks. *The Notebook* is a romantic novel which is made in 1996 by Nicholas Sparks. It is based on real story published by Warner Books. This novel about Noah reads from the notebook to a woman, Allie. The notebook tells how Noah and Allie met, fell in love, lost each other, and then found each other again. The second is the present day when Noah and Allie have grown old and live together. The end of their love is tragically altered by Allie's Alzheimer's diagnosis, but even that has no power over their love.

The reason why the researcher chooses *The Notebook* novel by Nicholas Sparks as research object First, this novel tells about the story of first love, which turns into true love. The novel conveys about how the main character struggling of his first love through many obstacles faced him, second this novel have an excess to know more literary elements psychology for human's life.

Based on the explanation above, this researcher examines the psychological barrier and devotion of relationship in the novel *The Notebook* by Nicholas Sparks using Individual psychology theory because the problem analyzed by the researcher is discuss about behavior and psychology affect to the main character. In individual psychology theory reflected in *The Notebook* novel by Nicholas Sparks, it is one of the social phenomenon that is a reflection in human life. Therefore, this study chose the theory of individual psychology as a theoretical review in case to solve the problems found in the novel.

LITERATURE REVIEW

The object discussed in this research is novel. Novel as a part literary work replicates some realities that happen in the human's life. It is induced the behavior of the character in the novel.

The researcher chooses novel to be the object of this research is *The Notebook* novel by Nicholas Sparks. *The Notebook* is a romantic novel which is made in 1996 by Nicholas Sparks. It is based on real story published by Warner Books. This novel about Noah reads from the notebook to a woman, Allie. The notebook tells how Noah and Allie met, fell in love, lost each other, and then found each other again. The second is the present day when Noah and Allie have grown old and live together. The end of their love is tragically altered by Allie's Alzheimer's diagnosis, but even that has no power over their love.

The reason why the researcher chooses *The Notebook* novel by Nicholas Sparks as research object First, this novel tells about the story of first love, which turns into true love. The novel conveys about how the main character struggling of his first love through many obstacles faced him, second this novel have an excess to know more literary elements psychology for human's life.

Based on the explanation above, this researcher examines the psychological barrier and devotion of relationship in the novel *The Notebook* by Nicholas Sparks using Individual psychology theory because the problem analyzed by the researcher is discuss about behavior and psychology affect to the main character. In individual psychology theory reflected in *The Notebook* novel by Nicholas Sparks, it is one of the social phenomenon that is a reflection in human life. Therefore, this study chose the theory of individual psychology as a theoretical review in case to solve the problems found in the novel.

RESEARCH METHODOLOGY

In this section, the researcher explains about the type of research that used, which is Descriptive. Descriptive means that within this research, the researcher would briefly describe systematically, factual, and accurate information on the facts that have been studied. The existing data in the form of literary work that is novel *The Notebook* by Nicholas Sparks. Which explain in the form of words and not in numeric form.

Although this research employed qualitative method, qualitative research method is a method that gives attention to the nature of data that are in a relationship context of existence. The researcher also used quantitative method to support the interpretation of data. Therefore, by providing statistical work in the form of percentage, the researcher could easily describe the phenomenon that she wanted to investigate by giving fixed percentages to make a clear explanation.

In the data collection procedure is to read the novel, looking for information and are available on the information needed about social psychological which domination to the main character by the researcher. The next process is, the researcher read twice *The Notebook* novel and remark related to the research and complete it with show in the novel.

Individual Psychology theory leads to component of psychology barrier and devotion from main character. The researcher classifies what a problem and the researcher remark the novel narration related to the problem. The next step is find the suitable written dialogue with the novel narration to explain to the readers since the readers cannot find the meaning from the narration only.

FINDINGS AND DISCUSSION

According to the chart above the researcher found 25 excerpts in this research. Ten excerpts are discussed to answer the first research question related to psychology barrier type of psychology barrier in the novel *The Notebook*. Meanwhile, the other fifteen excerpts are discussed to answer the second research question related the main character's devotion to the relationship.

After finding the data are analyzed descriptively by using Individual Psychology theory, the researcher finds some factor Psychology barrier faced by main character and Devotion toward relationship based on *The Notebook* novel. Devotion refer by human efforts in order to get precision of life. People will try to cover up the weaknesses to be perfect and the keys of the character are consistent, trustworthy, patient.

Psychological Barrier

In this research, the researcher found ten excerpts to answer the first research question related to the type of physiological barrier in the novel *The Notebook*. Based on the chart above there are three types of psychological barrier that found in the novel *The Notebook*, those are incapability of physical health, social status and lack of support. There are four excerpts that discussed about the incapability of physical health, two excerpts are discussed about the social status and the other four excerpts are discussed about the lack of support.

Devotion Toward Relationship

There are four types of devotion that found in the novel *The Notebook*, those are incapability of consistently, sacrifice, patiently, trustworthy. In this research, there are three excerpts that discussed about the patiently, three excerpts are discussed about the sacrifice, three excerpt that discussed about the trustworthy, and the other six excerpts are discussed about the consistently.

CONCLUSION

Based on the results of the research and the discussion contained in chapter four the conclusions related to social life then the researcher takes the following conclusions. In this study has two problems to be solved that exist in the research question. It is discover psychological barrier are faced by the main character and how the main character devote to his relationship. The finding shown the Psychology Barrier related with Devotion following the chart. Referring to the chart at chapter four it is shown that social status as be highest number in the characters relationship following with the sacrifice, trustworthy, patient, and consistent are conclude in social status is the most important factor toward relationship in the novel.

References

- Adler, A. (1964), *Superiority and social interest: a collection of later writings*. H. L. Ansbacher and R. R. Ansbacher (Eds.), Evanston, IL: Northwestern University Press
- Adler, A. 1996. *Individual psychology*. In C. Murchison (Ed.), *Psychologies of 1996* Worcester, MA: Clark University Press.
- Brian G. Ogolsky,. *Relationship Maintenance: A Review of Research on Romantic Relationships*. *Journal of Family Theory & Review*, 2017. University of Illinois College of Agricultural.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative and Mixed Methods Approaches (4th ed.)*. London: Sage Publications Ltd.
- Gregory, Mitchell. (2005). *Alfred Adler & Adlerian Individual Psychology* (online). Retrieved May 17, 2019 from <https://mind-development.eu/adler.html>
- Heinz and Rowens Ansbacher. (1956). *The Individual Psychology of Alfred Adler*. Oxford
- John. M. Grohgol. (1997). *Self-Help That Works : Resources To Improve Emotional Health and Strengthening Relationship*. Oxford University
- Laili, Abidatillah. (2018). *Noah's Struggle To Move On From Allie In The Notebook by Nicholas Sparks*, Faculty Of Arts And Humanities State Islamic University Sunan Ampel, Surabaya, Indonesia.
- Muhibbinsyah. (2001). *Psikologi Pendidikan dengan Pendekatan Baru*. Bandung: PT. Remaja Rosdakarya.
- Sparks, Nicholas. (2002). *Nicholas Sparks* (online). Retrieved May 10,2019 from www.nicholassparks.com

- Stemberg and Lee. (1997). *Devotion of Relationship*. _A Hemetsberger - ACR North American Advances. North American
- Summary of The Notebook. 2014. <http://thenotebookoflove.weebly.com>. Retrieved on May 10, 2018.
- Yuli Andria, Fajarini. (2015). *Devotion In Nicholas Sparks' The Notebook (1996): An Individual Psychological Approach*, School Of Teacher Training And Education Muhammadiyah University Of Surakarta, Surakarta, Indonesia.
- Yuli Retno, Asih. (2017). *The Meaning Of True Happiness Of John Tyree Reflected In Nicholas Sparks "Dear John" (2006): An Individual Psychological Approach* School Of Teacher Training And Education Universitas Muhammadiyah, Surakarta, Indonesia.
- Wellek, Rane and Austin Waren. 1989. *Literary and Psychology*. England: Penguin Books Ltd.