

THE HAPPINESS EXPRESSION OF WILL TRAINOR AS REFLECTED IN JOJO MOYES'S *ME BEFORE YOU*. A PSYCHOLOGICAL APPROACH

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The journal entitled "The Happiness expression of Will Trainor as reflected in Jojo Moyes's *Me Before You*. A Psychological Analysis". The researcher used library research by reading many books to find references and internet browsing by finding journals. The findings of the research show that Will has assertive, rude, friendly, humorous and also can be tough character, and as needs theory by Abraham Maslow related to the cause of the happiness from Will, with the fulfillment of his needs, enabled him to be happier. The last is the moral values which can be taken from the novel. Firstly, Be grateful for what you have now, even just a little thing. Because it can be gone anytime and you wouldn't expect it.. Secondly, Live without regrets. Just become anything you want to be and live freely as long as it doesn't hurt anyone. Thirdly, Be kind to others, and put yourself after people around that needed more than you. Because, a gentle heart can bring people to more joyous life. fourth, Wealth doesn't bring instant happiness. Because all people really need is just love from others. Fifthly, Love can heal any pain, nor it's physical or deep inside your heart. Because all people in this world need love even just a little bit. And the last, The most painful thing is not from bleeding but it's from your heart that torn apart seeing your beloved gone leaving you.

Keyword : *Happiness*

I. INTRODUCTION

Happiness and the meaning of life is not only judge by the money and how to produce a good life. More than that, a happiness is a thing that can be compared to kindness of an individual and how we spread positive vibes to another. As time passes, individual needs to grow and happiness influences the result of their satisfaction. The needs of each individual different at each stage of its development. Correlational happiness studies found happy people to be more 'open', 'warm', 'facilitative' and 'empathic'. These findings link up with the often established fact that a positive appreciation of life goes together with less neurosis

and with more psycho-social maturity' (Veenhoven, 1988 : 8) It was revealed that event of happiness comes from some activities with the family as the nearest environment which is then followed by other factors. Individuals that are happy, are the one who has satisfaction with what they have in their life as with family and their closest people.

II. THEORITICAL FRAMEWORK

Maslow classified the hierarchy of needs of human in 5 level of needs, The researcher concluded with those needs being fulfilled its finally reach the self actualization of needs which provides happiness :

1. Physiological needs

Some physiological needs are homeostatic in nature (attempting to maintain a balance among disparate elements). Homeostatic refers to body's automatic efforts to maintain constant, normal state of the blood stream (Maslow : 1954)

In some cases an underlying somatic base can be demonstrated for physiological need-for example, those of hunger, thirst, and fatigue. Temporarily, and up to appoint, one can satisfy some of the physiological needs by other activities that do not seem related. For example, one may stave off hunger pangs and thus “ satisfy” the need by bodily need will demand appropriate satisfaction or the body will die. Conversely, some times psychological needs may be disguised as physiological ones ; for example, it has been suggested that a person who feels unloved may interpret this feeling of lack as a physiological need and eat to fulfill it.

When the body has an absolute, unsatisfied need for food, all other needs will be pushed into the background, and all the organism's capacities will be put into service of hunger satisfaction. The urge to write poetry, an interest in American history, wish for a car or even for a new pair of shoes will, in extremely case, be forgotten, or become of secondary importance. For the person who is extremely and dangerously hungry, no other interests exists but food. Such a state may even change a person's view of the future; for seriously hungry person, freedom, love, community feeling, respect, philosophy, and so on may all be waved aside and the person may think if only he or she is guaranteed food for the rest of life, happiness will be complete. But once hunger is satisfied, the person will immediately begin to think of another need.

2. Safety needs

The next set of needs to become prominent, once the physiological needs are reasonably well gratified, are the safety needs-the needs for security, stability, protection, structure, order, law, limits, freedom from fear and anxiety, and so on. The human expression of these needs is seen most clearly in the infant's uninhibited responses-crying, screaming, and jerking convulsively-to being handled roughly, startled by loud noises or bright lights, or just inadequately supported by a parent. Like severe hunger, severe pain-from an illness, from parental anger and dissension, or from being neglected or abused-may change the child's whole view of the world. The world may become a place of terror and darkness.

Often we see the safety needs in such simple things as a desire for a job with tenure and benefits, a savings account, and insurance of various kinds. Science, philosophy, and religion, Maslow says, are partially motivated by the safety needs, but, as we will see, these phenomena have other motivation as well.

3. Belongingness and Love Needs

When people's physiological and safety needs are fairly well met, they will strive with great intensity to achieve affectionate relations with others—family, friends, sweet heart, spouse, children. People have belongingness and love needs ; they need roots, origins. They need to feel part of a home and family, a circle of friends and neighbors, a group of working colleagues. They need to feel that they belong somewhere instead of being transients or newcomers. According to Maslow (Hall and Lindzey, 1985:204) suggests that we have a “deeply animal tendency to herd, to flock , to join , to belong that has been frustrated by our society's mobility, by the break down of traditional groupings, the scattering of families, the generation gap, the steady urbanization and disappearance of village face-to-faceness and the shallowness of American friendship.

Maslow (Hall and Lindzey, 1985:205) notes that the thwarting of the belongingness and love needs is found at the core of most forms of psychopathology. Thus, he appears to suggest that it is the lack of psychological intimacy with others, not the frustration of one's sexual desires, that is not basic in the picture of maladjustment.

4. Esteem Needs

All people in the society (with pathology exceptions) have need or desire for a stable, firmly based, usually high evaluation of themselves, for self-respect or self-esteem, and for esteem for others.. Esteem presents the typical human desire to be accepted and valued by others. People often engage in a profession or hobby to gain recognition. These activities give the person a sense of contribution or value. Low self-esteem or an inferiority complex may result from imbalances during this level in the hierarchy. People with low self-esteem often need respect from others; they may feel the need to seek fame or glory. However, fame or glory will not help the person to build their self-esteem until they accept who they are internally. Psychological imbalances such as depression can hinder the person from obtaining a higher level of self-esteem or self-respect.

5. Need for Self-Actualization

According to Maslow (Hall and Lindzey, 1985:206). When all four basic, or deficiency, needs we have discussed have been satisfied, growth need of self-arises : “Anew discontent and restlessness will develop unless the individual is doing what he individually is fitted for. A musician must music, an artist must paint, a poet must write” in short , what people can be they must be.

The specific form that the self-actualizing takes varies greatly from person to person. For example, it may lead one person to become a master bricklayer, another person to invent new electronic devices, a third to establish a service for the poor, a fourth become an ideal parent, and so on. It is at level the individual differences are greatest.

III. RESEARCH METHOD

Research is activities about searching, investigating, and attempting to get the fact and new principle to get new introduction and to give science and technology. In this research, the researcher makes a research plan and arranges it in certain procedure as guidance in doing the research. This is a library research, so the researcher uses descriptive qualitative research methods. This method is chosen because literature, as the object of this research, is a form of creative work which can be interpreted in universal way. Data in this research has primary and secondary source. The primary source of this research is the novel *Me Before You*, the secondary source is data that supports the main data. The supporting data which are taken from other references outside of the book. This data is some theory books, which are related to the topic of this thesis, internet that help the researcher to find out information about the book and the author.

IV. DISCUSSION

1. Physiology needs

Will Traynor has undeniably feels miserable about his physical condition after the accident. But it doesn't make him feels unsatisfied about his fulfillment on the need of his nutrition and foods. Like when Louisa served him a meal and after a moment, he burst into laugh as Louisa trying to sneak some carrots into the meal. It proves that Will's vital need is well fulfilled as he feels okay not to eat some carrots, and even making laugh of it. However, Will's hunger was gone after having some arguments with Louisa about the carrots, instead he just want a cup of coffee from

Louisa as he joking about the food. Will Traynor also visits Louisa's home for a dinner to experience the flavor of cuisines from Louisa's Mother, Josie Clark. And he shows his satisfaction by saying good things for the delicious food as he really pleased about the dinner. And with Will's condition, a quadriplegic needs to fully rest as Will need to regain his energy back while on a trip with Louisa Clark and Nathan, he slept for over forty-eight hours to make him on a good shape and able to maintaining his health to continue the trip, and after sleeping he regained his strength again as his body is looking better and fitter

2. Safety Needs

When Louisa Clark tried to get Will Traynor to the hospital, she had to make sure that Will's safety is assured, so that he can make it to the hospital without any predicament. And Will felt comfortable with Louisa Clark being the one who escorted him to the hospital as Will making jokes out from Louisa's tense feeling. And with everything could happen on Will, as when all of sudden he severe a fever. Louisa Clark had to keep company with him of whole night, in case he needs immediate treatment. Will eventually fall asleep after thanked Louisa Clark for taking care for him. Sometimes Will on his unstable healthy issue had to giving up all of it to his personal doctor and his friend, Nathan. With his medical expertise, he helped Will to get on the better state, and avoid such dangerous implication of illness severe, like when Will lost his temperature control that make him in pain and helpless. Nathan skillfully handling it and made Will's state back to normal, as Will able to sleep like a log.

3. Belongingness and Love needs.

Most of Will's affection, he got from Louisa Clark, his caretaker and over time she vaguely becomes his lover as well. Like when Will stuck on his bed for hours because of the fever and felt a bit lonely, she then asked Louisa to stay with him and having some chats. Then Louisa along with Will spent the night together in the comfort silent as they filling each other and enjoy their attachment. Will even said that Louisa is actually the first and only person that able to understand him, after having the accident. He felt that Louisa's presence is an amusement for him. Although she just there for the caretaker job, she did more than that as she's the one who can make Will laughing more and talk freely. Over time their attachment is begin to blooming, and Will is not hesitate to show Louisa his affection and the need of her presence, as they two decided to having some walks on the castle's street. They talked and pour up their minds together, within an hour they already ended up feeling completed by each other as they feel the bad part of them ebbing away. Louisa also not embarrassed to show her feeling about Will, as she suddenly sat down carefully on Will's lap asking for dance to Will. And even Will could refuse it, with no hesitation a grown man on his wheelchair is rolling up the wheelchair to the dance floor as he's actually very excited about it, although they just spinning around on small circle it's making Louisa feel a bit shocked on Will's sudden attitude but also make them both happy as well. And with Louisa besides him, it is really making Will's days more exciting than before, Louisa with her cheerful and joyous attitude made Will having an interest on her. As when Will said that Louisa is actually the

only person that always made him wants to get up in the morning and forget all pain he got. Will even agree to start a vacation trip with Louisa so that he can forget every miserable thing that happen to him after the accident. That explained how Will really need Louisa to make every day more meaningful than before, as he really down when he got the accident. At the end even Louisa couldn't change Will's decision, and still going to Dignitas. But what is really important from the last six months they've been together is Will still could never forget how he really needs Louisa, how Louisa always been there when he needed her, and it was a relief for him as Louisa was still beside him until the finale of his journey, Louisa was still there for him. It made great happiness for Will as she was there accompany him on his last moments

4. Esteem needs

Will with his limitation on the physical condition, still got recognition from his friends and they are still respect Will even for what he becomes now. When Louisa picking up the dress for piano show, she has to wear as Will said, because she believed that Will actually know better to dress than her, even she's a woman. Will with confidence chose Louisa the right dress and how to wear it, and even tell Louisa to be confidence as well if she's wearing a dress. His co-worker also still respect Will, as when he went to wedding party and met a young man who was his old co-worker. Without hesitation the young man talking and greeting Will. The young man even said nice things about Will. And that kind a bring on the mood of Will as he also feel grateful when the young man still respect him as his partner of working. At

the wedding party, Will is really full of confidence and more likely become the center of interest among the guest. He's not looking down as he usually do when he met people and even being charming and polite to everybody he met. he surprisingly felt comfort in that place. It was so good for Will when he surrounded by people that actually treated him like *normals*. Will was having a good time and not having any frustration like when people usually treat him as a men on a wheelchair. He just become who he was and blended with others. He was undeniably felt recognized as a normal grown man and not as an object of pity. The respect and recognition that he got in that wedding party was making Will felt happy

5. Need of Self-Actualization

Above all the things that he needs. Will was always want to see Louisa Clark become a whole new person. A person that want to reach even the highest dreams. And despite of all bad things that happen to him, changing Louisa little by little to a really different person is something that made him happy for the last six months. Seeing Louisa Clark being someone like that is one thing that he always dream of, as it really means to him if he could do that to Louisa in his last moments of his life. Will don't even want to Louisa to go deeper into his troubles, and don't want to prevent her for everything that could she done without him.

V. CONCLUSION

Based on the research on the novel entitled "Me Before You" the researcher can conclude that the novel contains 3 main characters separated by role of protagonist,

companion, and antagonist namely ; Will Traynor as the male main character and protagonist. He is very desperate to gain happiness and want to be someone that is not being underestimated anymore. Will with his rude, assertive yet full of sarcasm personality actually just wanted to be treated as normal people, second is Louisa Clark as one of the companion, with her unique character, she is bringing back Will's old self. Will as the character that is not easily to blended with others could easily be friendly with Louisa Clark and by days passed, they become more intimate and become more than just friends. And the last one is the "Suicidal character of Will Traynor" as the antagonist character's side of Will himself. Because he urges to killing himself by going to Dignitas, with this kind of thought he has, the writer conclude that Will's dark side of character is the antagonist of this novel

At the end Will found his happiness again, through fulfillment of his needs and the helps of people around him, he picked up a glimmer of hope to live again. With Louisa besides him that changing his grief onto something more meaningful than just a man on a wheelchair. Even though it didn't change Will's decision, but it did bringing his last moments more meaningful than before.

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