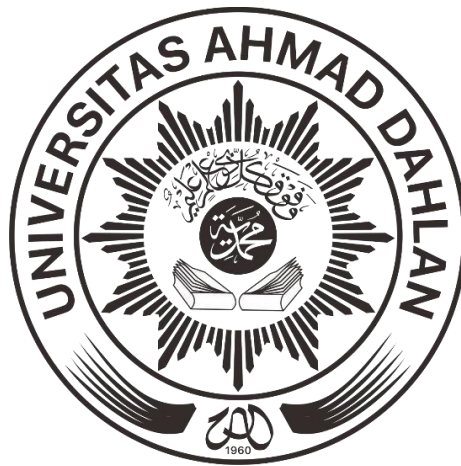


**THE COMPONENT OF LOVE IN JOSIE SILVER'S *ONE DAY IN
DECEMBER* BASE ON TRIANGULAR LOVE THEORY BY ROBERT J.
STERNBERG**

SCIENTIFIC PUBLICATION

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ABSTRACT

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This research is entitled "The Component of Love in Josie Silver's One Day In December Base on Triangular Love Theory By Robert J. Sternberg". This research aims to analyze the component of love contained in the novel One Day in December by Josie Silver based on the Triangular Love theory by Robert J. Sternberg. In this research, researchers used qualitative descriptive methods to analyze data. To collect data, researchers read novels and then use journals, theses, etc. to complete data collection. The results of this research found three components of love according to Sternberg, namely intimacy, passion, and commitment. In the intimacy component, there are 7 out of 10 elements. In the passion component, two data were found related to the passion component where Laurie was only interested and passionate about Jack, and in the commitment component in this novel, there was a short-term commitment component when Laurie decided to start a new relationship with Oscar to forget Jack, and a long-term commitment component when Laurie and Jack finally get back together. The results of this thesis analysis can conclude that the type of love in the novel One Day in December is consume love according to Sternberg.

I. INTRODUCTION

Based on Maslow (in Goble, 1987), one of the primary human wants is love; without love, people's capacities will be impeded in their growth and development. Love is characterized by a healthy and caring relationship between two individuals, as well as mutual trust. Love, according to Shaver, Morgan, and Wu (in Baron & Byrne, 2005), is an emotional reaction as well-known and essential as anger, sorrow, joy, and fear. Love is a particular mindset directed at one person toward another, impacting the way one thinks, feels, and behaves (Zick Rubin, 1970). Love is therefore an inner calling that brings happiness, joy, and connection into partnerships. When individuals adore someone or something, they are usually willing to go to any length. Because many individuals believe that if they can sacrifice for an individual they love, it implies they truly love that individual. A lot of authors include the topic of love in their works, such as the love narrative in Shakespeare's masterpiece *Romeo and Juliet*, which is about pure love that ends tragically, demonstrating how love is so prevalent in literature. One of the pioneers of the theory of love was Sternberg. Sternberg (1988) created the triangle theories of love, which say that love has three key elements such as intimacy, passion, and commitment.

The researchers employed Josie Silver's novel *One Day In December*, which is a love-themed fiction novel. The novel *One Day in December* published in 2018 and was successful topped the New York Times bestseller list. As of 2020, Reese Witherspoon, an actress and producer, was considering optioning the film rights to the novel, which was one of her selections for her Reese's Book Club. *One Day In December* is a debut novel by Josie Silver that has been translated into 25 languages. Silver is also the author of *The Two Loves of Lydia Bird*, which has been released in 2020. From the description of the achievements of this novel, that's why the researcher decided to use this novel as study material.

The novel *One Day In December* tells the story of Laurie, a lady who falls in love at a first sight with a man she meets at a bus stop on her way home. Laurie told her best friend Sarah about the incident and then decided to find the guy together. After almost a year of searching, Laurie finally met the guy she called the 'bus boy' when Sarah introduced her boyfriend, Jack. Knowing the fact that Jack is the man she's been looking for all this time turns out to be her best friend's lover leads Laurie to hide the fact

she has found the 'bus boy' from Sarah, but Jack has already known the fact but also kept it from Laurie and Sarah. Because of her feelings of anxiety about choosing friendship or love, Laurie decides to go on a holiday to Thailand and meet a boy named Oscar and they finally become closer and decide to get married. Laurie's feelings for Jack don't disappear as easily as Jack's silent still missing Laurie. Eventually, Laurie divorced Oscar because of their selfishness toward each other and nine years later reunited with Jack her past love, and then resumed their love.

The theory of love provided by Robert Sternberg (1985), known as the triangular love theory, will be used by the author in this study. The triangular theory of love is not the same as a love triangle. Three persons may be involved in a polyamorous relationship or two people may fight for the affection of a third person in a love triangle but in triangular love Sternberg (1997) states that there are three components of love: intimacy, passion, and commitment. From the interpretation of these three components, a concept called a type of love will be produced. As defined by Sternberg (1997), intimacy in loving relationships refers to feelings of closeness, connectedness, and bondedness, passion in loving relationships refers to the drives that lead to romance, physical attraction, sexual consummation, and related phenomena, and decision/commitment in loving relationships means multiple things in the short and long term. In the short term, it refers to making a choice to love someone, and in the long term, it relates to the commitment to keep that love. According to research conducted by Sternberg and Grajek (2009:8) shows that intimacy includes at least ten elements, that is, (a) Desiring to promote the welfare of the loved one, (b) Experiencing happiness with the loved one, (c) Having high regard for the loved one, (d) Being able to count on the loved one in times of need, (e) Mutual understanding with the loved one, (f) Sharing one's self and one's possessions with the loved one, (g) Receiving emotional support from the loved one, (h) Giving emotional support to the loved one, (i) Having intimate communication with the loved one, and (j) Valuing the loved one in one's life. Sternberg stated that a person can have intimacy when they feel a number of these feelings, whatever the exact number (2009:11). This statement explains that if these ten elements are not fulfilled then they are still considered components of love intimacy even though the components of love intimacy are not perfect. The second element in this theory is passion, passion is a person's overwhelming wanting to be together with the person they love. Sternberg (1986) later explained that emotional desire or arousal can provide energy and enthusiasm in a relationship and strengthen feelings of intimacy

between partners and each other. The third element is commitment, Sternberg (2009) defines a commitment as having two parts: long term and short term. (teori Passion) The commitment to sustain a love connection with a loved one is the long-term element, whereas the decision to love another person is the short-term aspect. From the explanation of this theory, researchers are interested in using the Triangular Love theory as a research theory because every human being has a feeling of love for a partner, friend, family or others so that humans are inseparable from this feeling of love and researchers are interested in this theory because in loving someone it turns out that we have The elements of love are interrelated (Intimacy, Passion, Commitment) so that we can distinguish what type of love we and our partner actually have.

The reason why researcher chose this novel to be analyzed is because the story in this novel tells about a pure love, woman ambition, and a strong desire to always be with someone she love and does everything to always be together. So the researcher decided to analyze this novel using Sternberg's Love Triangular theory to find out what types of love in the novel *One Day in December*.

II. METHODOLOGY

The researcher use the Triangular Theory of Love by Robert J. Sternberg to analyze Josie Silver's *One Day in December* type of love. The analyzing data process will be started by finding the data needed from the novel based on the conversation and the data will be divided into some parts.

The type of love from the main character can be analyzed by knowing the three components of the main character's relationship. Based on Sternberg (1986), love has three parts:

- 1) Intimacy refers to sentiments in a relationship that promote intimacy, connection, and efficacy in a romantic relationship (Sternberg, 2009: 8). According to the quotation, intimacy is defined as a strong connection between one person and another person, as well as a high intensity of contact in many ways.

According to the findings of research done by Sternberg da Grajek (2009:8), intimacy consists of at least 10 elements, namely:

a. Desiring to promote the welfare of the

loved one

According to Sternberg (2009), a person can have this aspect if the person they love is satisfied or if their fantasies come true. A person in love would undoubtedly seek the well-being of the person he loves in a variety of ways; in other words, a person in love will sacrifice everything for the one they likes.

b. Experiencing happiness with the loved one

This aspect can be present if a person and their partner engage in activities or activities together that provide them enjoyment or pleasure (Sternberg, 2009: 8-9). A person in love is constantly pleased with the person he loves because they do something together to create nice memories.

c. Having high regard for the loved one

According to Sternberg (2009), this aspect can exist if a person thinks about his relationship and believes that his partner is the best person in the world despite the fact that the person is in trouble.

d. Being able to count on the loved one in times of need

According to Sternberg (2009), a person can have this feature if a loved one need assistance and their partner will try their best to assist them. A couple that loves each other will need their spouse in any situation and will aid each other when their partner requires assistance.

e. Mutual understanding with the loved one

According to Sternberg (2009), a partnership can have this feature if one of the partners knows anything without revealing anything to their spouse. Each pair has a feeling of understanding each other, such as recognizing their spouse's strengths and shortcomings and knowing how to respond to their mate.

f. Sharing one's self and one's possessions with the loved one

The most significant aspect of this factor is that it allows couples to share (Sternberg, 2009: 10). A person is willing to offer their partner time, himself, and everything their has. When his lover is in need, a man will provide anything he desires.

g. Receiving emotional support from the loved one

Sternberg (2009) said that this element can be felt when a partner remains there even when the partner is wrong. A person will need support and feel healed even in their worst situation when their partner gives them full

support.

h. Giving emotional support to the loved one

A study by Sternberg (2009), even if they are suffering troubles themselves, a spouse would strive to help the person they love. Someone will be there for their spouse when they need it.

i. Having intimate communication with the loved one

Based on Sternberg (2009), this factor might be a loved one sharing a tale with their partner even if the narrative makes them humiliated. Couples will reveal their deepest and most private sentiments with their loved ones.

j. Valuing the loved one in one's life.

Based on Sternberg (2009), this factor might be a loved one sharing a tale with his partner even if the narrative makes him humiliated. Couples will reveal their deepest and most private sentiments with their loved ones.

2) Passion is the second of Sternberg's 3 components of love. Passion is a person's overwhelming desire to be together with the person they love. The first aspect of passion in Sternberg's theory of love is romanticity and physical attraction. According to Sternberg (1986), romanticity is the 'sentimental' aspect of love and it consists of feelings of beauty, admiration and passion in the relationship. Sternberg (1986) later explained that emotional desire or arousal can provide energy and enthusiasm in a relationship and strengthen feelings of intimacy between partners and each other. Aspects of the passion component of love are usually unstable and often change (Sternberg, 1986). People are usually not able to control whether or not these feelings are present in a relationship. Still, they tend to be aware of whether or not they are experiencing these types of feelings toward someone (Sternberg, 1986). This component tends to cause a high psychophysiological response in people (Sternberg, 1986). This psychophysiological response tends to be more short-term, as our bodies cannot sustain a heightened psychophysiological state for extended periods of time.

3) Commitment is what makes someone want to be tied to him and accompany him all the way to the finish of the voyage. Commitment usually refers to a conscious decision to stay with a partner and make long-term plans for future success and happiness together. Commitments can include promises to complete certain activities, such as promises to remain faithful, such as a marriage proposal, or more informal promises of love and exclusivity. Sternberg (2009) defines a choice or commitment as having two parts: long-term and short-term. The commitment to sustain a love connection with a loved one is the long-term element, whereas the decision to love another person is the short-term aspect.

III. RESULT AND DISCUSSION

In this chapter, the researcher would like to analyze the type of love in *One Day in December* based on the component of love in the Triangular Theory of Love by Robert Sternberg.

A. Component of Love in the Novel *One Day in December*

According to Sternberg (2012), perfect love involves a form of love that can be viewed as a triangle consisting of three main dimensions, namely passion, intimacy, and commitment. Here is the data that shows *One Day in December* character's terms of relationship that has been collected by the researcher to identify their component of love.

1. Intimacy

Intimacy is defined as a strong connection between one person and another person, as well as a high intensity of contact in many ways. According to Sternberg (2009: 8) Intimacy refers to sentiments in a relationship that promote intimacy, connection, and efficacy in a romantic relationship.

According to the findings of research done by Sternberg and Grajek (2009:8), intimacy consists of at least 10 element, This analysis explains the elements of intimacy in the novel *One Day in December*.

a. Desire to promote the welfare of the loved one

The first element in the intimacy

component is the desire to promote the welfare of the loved one. According to Sternberg (2009), a person can have this aspect if the person they love is satisfied or if their fantasies come true. In this study, researcher did not find data related to the element of desire to promote the welfare of the loved one. There is no data that shows in this novel that the loved one feels satisfied with what their partner does or says.

b. Experienced happiness with the loved one

In the novel *One Day In December* by Josie Silver, the element of intimacy is found, namely experienced happiness with a loved one. According to Robert J. Sternberg (2009), a person can have this element if they and their partner do activities together with a sense of happiness.

Here is the data that shows element of component intimacy in *One Day in December* characters that have been collected by the researcher to identify their experienced happiness with the loved ones.

“My wife,” he whispers, cupping my face.

“My husband,” I say, then turn my face and kiss his palm. My heart is full to bursting and I feel a pure joy at the simple truth of it; he’s my husband and I’m his wife. (Silver, 2018: 248)

In this data, it is known that Laurie felt happiness and comfort when she accepted the fact that she and Oscar had become husband and wife, as seen from the quote "My heart is full to bursting and I feel a pure joy at the simple truth of it; he's my husband and I'm his wife" that Laurie enjoyed the moment when they officially became husband and wife on their wedding day, creating beautiful pleasure. Laurie and Oscar's togetherness at this moment proves that Laurie and Oscar have an element of intimacy, namely experiencing happiness with their loved one. This can be proven by the activities between the two of them enjoying each other's.

c. High regard for the loved one

In the novel *One Day In December* by Josie Silver, the element of intimacy is found, namely high regard for the loved one.

According to Sternberg (2009), a person can have this element if that person thinks about their partner and considers their partner to be the greatest person in the world even though that person is experiencing difficulties.

Here is the data that shows element of component intimacy in *One Day in December* characters that have been collected by the researcher to identify their high regard for the loved one.

He shows a mild flash of annoyance, and I wish I’d just kept my mouth shut. “You’re so wrong that I don’t know what to say.” He softens and his hand moves to cup the back of my neck. “You’re always the most spectacular woman to me, Laurie. In any room or any bar or on any beach.” (Silver, 2018: 145)

In this data, Jack proves the existence of an intimacy component with elements of high regard for the loved one, as seen from the quote "You're always the most spectacular woman to me, Laurie. In any room or any bar or on any beach." On this data, Jack praised Laurie and said that Laurie was the only woman who was more spectacular to him than any other woman anywhere. This data proves that Jack has an element of high regard for the loved one because he thinks only Laurie is the most attractive to him.

d. Being able to count on the loved one in times of need

In the novel *One Day In December* by Josie Silver, the element of intimacy is found, namely Being able to count on the loved one in times of need. According to Sternberg (2009), a person can have this element if the person they love needs help and their partner will try their best to help them. Someone who loves each other will need their partner in any circumstances and they will help each other when their partner needs help. In this study, no data was found that could prove the existence of

the intimacy element in the form of being able to count on the loved one's times of need.

e. Mutual understanding with the loved one

In the novel *One Day In December* by Josie Silver, an element of intimacy is found, namely a mutual understanding with the loved one. According to Stenberg (2009), a couple can have this element if one of the partners can find out something without saying a word to the other and knowing it.

Here is the data that shows an element of component intimacy in *One Day in December* characters that have been collected by the researcher to identify their mutual understanding with the loved one.

“I open the bottle of wine we’ve already chilled in the fridge and pour out a couple of decent glasses. One for me, one for Sarah. . It’s an odd thought, but I run with it, imagining that quilt as I pull out a bottle of beer for Jack and flick the lid off, then close the fridge and lean my back against it with my wineglass in my hand. Our quilt is handmade, carefully constructed from gossamer-thin layers of hushed conversations and snatched looks, stitched together with threads of wishes and dreams, until it’s this magnificent, wondrous, weightless thing that keeps us warm and protects us from harm as if it were made of steel. *Us?* Who am I kidding?” (Silver, 2018: 43-44)

From this data, it can be seen that when Laurie, Sarah and Jack were watching together at Laurie and Sarah's room, Laurie did not pour wine into Jack's glass because Laurie knew that Jack preferred beer compared to wine. The form of the intimacy component element in this data is a sense of understanding as evidenced by Laurie's action of not pouring wine into Jack's glass. This data proves that Laurie and Jack have

elements of intimate mutual understanding with the loved one.

f. Sharing of one's self and one's possessions with the loved one

In the novel *One Day In December* by Josie Silver, the element of intimacy is found, namely the Sharing of one's self and one's possessions with loved ones. According to Stenberg (2009), the most important thing about this element is that couples can share themselves.

Here is the data that shows elements of component intimacy in *One Day in December* characters that have been collected by the researcher to identify their sharing of one's self and one's possessions with their loved one.

“Oh, Oscar! It’s perfect.” I smile, tracing my finger over the discreet gold logo. I sense Sarah’s involvement, seeing as I admired a very similar one on her arm at the restaurant where we celebrated my birthday. “But you know you shouldn’t have. It’s too much.” “Making you happy makes me happy,” he shrugs as if it’s a no-brainer. “Look in the inside pocket, there’s something else.” (Silver, 2018: 153)

The quote "Making you happy makes me happy," proves that by seeing Laurie's happy reaction when Oscar gave her a gift, even not on a special day, Oscar also felt the happiness that Laurie felt. From this data it can be concluded that Oscar has an element of sharing himself and his possessions with his loved ones, which can be proven by his romantic behavior towards Laurie by giving a surprise gift.

g. Receiving of emotional support from the loved one

In the novel *One Day In December* by Josie Silver, the element of intimacy is found, namely receiving emotional support from loved ones. According to Stenberg (2009), this element can be felt when a partner remains there even when the partner is wrong.

Here is the data that shows element of bad for Oscar because Laurie thought that Oscar had component intimacy in *One Day in December* thought about every step for this day including characters that have been collected by the opening the veil that the bride used when they met at researcher to identify their receipt of the wedding altar, but Oscar responded which made emotional support from the loved one.

“Don’t say that, Laurie.
You’re down, but you’re not
out. Your parents will be
okay, and they’d want you to
follow your dreams. You’ll
get there, I know it.”

“Do you think so?”
“Come on. Look at you.
You’re clever and you’re
funny; you won’t be stuck
behind that hotel reception
forever. I’ve read some of your
freelance stuff, remember?
You’ll get your break soon,
I’m sure of it.” (Silver, 2018:
91)

From this data it is known that Laurie received emotional support from Jack as evidenced in the quote "Come on. Look at you. You're clever and you're funny; you won't be stuck behind that hotel reception forever. I've read some of your freelance stuff, remember? You'll get your break soon, I'm sure of it." Jack tries to provide support to Laurie so that Laurie doesn't feel inferior about her achievements. Laurie, who receives this support, has a core component element in the form of receiving emotional support from the person she loves, namely Jack.

Regardless of the fact that I
don’t have a veil, Oscar’s
hands move to lift it; he’s
practiced every step of today
in his head, and he looks
momentarily wrong-footed
that there’s nothing there until
I smile and shake my head a
tiny bit. “No veil,” I mouth,
and he laughs softly.

“You’re beautiful,” he
whispers back. (Silver, 2018:
247)

From this data it is known that Laurie received emotional support from Oscar. On their wedding day, Laurie didn't wear the veil on her head and felt

Laurie feel calm. This can be seen from the quote “No veil,” I mouth, and he laughs softly. “You’re beautiful,” he whispers back.” which aims to convince Laurie that it doesn't matter if Laurie doesn't wear a veil on their wedding day. Laurie receiving this support gives her an element of receiving emotional support from the person she loves.

h. Giving emotional support to the loved one

In the novel *One Day In December* by Josie Silver, the element of intimacy is found, namely giving emotional support to the loved one. According to Sternberg (2009), a partner will try to support the person they love even though they are also experiencing difficulties at that time.

Here is the data that shows elements of component intimacy in *One Day in December* characters that have been collected by the researcher to identify their giving of emotional support to the loved one.

Regardless of the fact that I
don’t have a veil, Oscar’s hands
move to lift it; he’s practiced
every step of today in his head,
and he looks momentarily
wrong-footed that there’s
nothing there until I smile and
shake my head a tiny bit. “No
veil,” I mouth, and he laughs
softly. “You’re beautiful,” he
whispers back. (Silver, 2018:
247)

From this data, it is known that Oscar, who saw that Laurie was confused because he didn't wear a veil on their wedding day, tried to provide support to Laurie by saying that Laurie still looked charming even though he didn't wear a veil so that Laurie wouldn't feel nervous and anxious thinking about this. Therefore, it is concluded that Oscar has an element of giving emotional support to the person he loves, namely Laurie.

“Hey, hey, hey.” I speak as
softly as I can. “I know, sweetie,
I know.” I wish with all of my
heart that I could hold her. “It’s

okay, Laurie, it's all right, sweetheart." I close my eyes, because her grief is so raw it hurts me to hear it. "I wish I was where you are," I whisper. "I'm wrapping my arms tight around you. Can you feel me, Lu?" The sound of Laurie crying is the worst thing in the world. "I'm stroking your hair, and I'm holding you, and I'm telling you everything's going to be okay," I say, quiet words as her sobs slow. "I'm telling you that I've got you, and I'm here." (Silver, 2018: 281)

From this data, it can be seen that Laurie, who at that time was sad on the day of her father's funeral, received emotional support from Jack as seen from the quote "It's okay, Laurie, it's all right, sweetheart." Jack tried to calm Laurie down because Jack knew that Laurie was devastated by his father's departure. From this data it can be concluded that Jack has an element intimacy in the form of giving emotional support to loved ones.

i. Intimate communication with the loved one

In the novel *One Day In December* by Josie Silver, elements of intimacy are found, namely intimate communication with the loved one. According to Sternberg (2009), this element can be exemplified by a loved one sharing a story with his partner even though the story makes him embarrassed.

Here is the data that shows element of component intimacy in *One Day in December* characters that have been collected by the researcher to identify their intimate communication with the loved one.

I look at her, really look at her, and I don't want to tell her any more lies today. She's all kinds of vulnerable, and we've both had a drink.

"Maybe I should," I acknowledge. "But I don't want to. I like being with you too much." *Christ*. I shouldn't have said that. It's on the edges of inappropriate, and

it's selfish.

"I like being with you too much too," she whispers, and a single, desolate tear slides down her cheek. (Silver, 2018: 94)

The conversation between Jack and Laurie makes their communication intimate and deep. Jack's honest statement to Laurie made them open up to each other about their feelings. Laurie really likes it when she is with Jack. The communication that exists between Jack and Laurie creates an element of communicating intimately with the person she loves because of honesty and sharing feelings between each other.

j. Valuing the loved one in one's life

According to Sternberg (2009), the element of valuing the loved one in one's life can be felt by someone realizing that their partner is a person who is more valuable than a treasure. In the novel *One Day In December* by Josie Silver, the element of intimacy is not found. In this study, researcher did not find data related to this element.

Based on the explanation of the data above, the researcher found 7 elements on the component intimacy based on 10 points that show intimacy itself, are, (b) experienced happiness with the loved one, (c) high regard for the loved one, (e) mutual understanding with the loved one, (f) sharing of one's self and one's possessions with the loved one, (g) receiving of emotional support from the loved one, (h) giving of emotional support to the loved one, (i) intimate communication with the loved one.

2. Passion

The second component of love according to Sternberg is passion. The first aspect of passion in Sternberg's theory of love is romanticity and physical attraction. According to Sternberg (1986), romanticity is the 'sentimental' aspect of love and it consists of feelings of beauty, admiration, and passion in the relationship. Component passion tends to cause a high psychophysiological response in people (Sternberg, 1986). This psychophysiological response tends to be more short-term, as our bodies cannot sustain a

heightened psychophysiological state for extended periods of time. People are usually not able to control whether or not these feelings are present in a relationship. Still, they tend to be aware of whether or not they are experiencing these types of feelings toward someone (Sternberg, 1986).

In this research, data was found relating to the passion component in the novel *One Day in December*.

“I’ve been thinking,” Sarah says, crashed out on the other end of the sofa from me.

“There’s this new guy at work, I think you might like him.”

“I only want bus boy,” I sigh, costume-drama melodramatic. (Silver, 2018: 10)

This data shows Laurie's feelings when Sarah intended to introduce the man in her office to Laurie because the man she had been looking for had not yet been reunited, but Laurie openly rejected Sarah and said that she only wanted a "bus boy" who was love at first sight that she can't forget. From this data, it can be proven that Laurie has a Passion component when she only thinks and wants Jack without even looking at other people.

“I don’t know what to do with myself, because all of the things I want to do wouldn’t be okay. True to my word, I don’t orgasm on the spot, but there is definitely something going on with my heart. How on earth has this colossal fuck-up happened? He can’t be Sarah’s. He’s mine. He’s been mine for an entire year” (Silver, 2018: 26)

In accordance with this data, it explains Laurie's view when her best friend, Sarah, introduces her boyfriend who turns out to be the "bus boy" she has been looking for. This makes Laurie have the desire to want the "bus boy" to be only hers even though she knows the fact that the boy is her best friend's boyfriend. Laurie wants to be intense with Jack or 'bus boy' So this data is proof that there is a passion component

created by Laurie's desire to have Jack.

3. Decision/Commitment

Sternberg (2009) defines a choice or commitment as having two parts: long-term and short-term. The commitment to sustain a love connection with a loved one is the long-term element, whereas the decision to love another person is the short-term aspect. In this research, data was found related to the decision/commitment component.

a. Short-term aspect

“God, I’ve missed you, Starfish. Come inside and let me do sinful things to you.”

We only get to see each other every few weeks now I’m living back at Mum and Dad’s; it’s been ages since I was last here. Oscar pulls me over the threshold of his flat, taking my weekend bag from me and slinging it aside so he can haul me into his arms. Yes, we’ve become one of those loved-up couples who call each other ridiculous names like ickle-pickle and dinky-toes. (Silver, 2018: 131)

From this data, it can be seen that Laurie finally decided to have a relationship with Oscar. This makes Laurie have a decision component, namely a short-term aspect. It can be seen from the quote "Yes, we've become one of those loved-up couples who call each other ridiculous names like tickle-pickle and dinky-toes." Laurie and Oscar finally became lovers and made Laurie forget Jack. This data shows that there is a short-term commitment component because Laurie previously loved Jack but finally decided to start a new relationship with Oscar.

b. Long term aspect

“I’d wait a lifetime for you,” I say. “I love you, Jack O’Mara.” “And I love you, Laurie James,” he breathes. “Stay with me?” “Always.”

He kisses me again and I melt, because his kisses have been

forbidden for so long. Finally I pull back in his arms and look up. “Do you ever wonder what might have happened if you’d just got on the bus?” He half shrugs, laughing as he unwinds the tinsel from my hair. “Boy sees girl. Girl sees boy. Boy gets on the bus, kisses girl’s face off, and they live happily ever after.” I laugh softly. “It’s a pretty dull story when you put it like that.” “We got there in the end,” he says, pressing a kiss against my forehead. I hold him, and he holds me, and for the first time in years, there’s nothing missing at all. (Silver, 2018: 378)

This data shows the long-term decision/commitment component. It can be seen from the quote above that Laurie and Jack are finally in a relationship together after being trapped in a complicated love story for a long time. It can be seen from the quote above that they are both looking forward to the moment when they are together and in a relationship, so they decide to commit to a relationship with the person they love.

In this research, the analysis shows that there is data that shows the component of intimacy, passion and commitment. According to the Sternberg theory (Sternberg, 1986) consummate type of love formed from a combination of the three component. So that in the novel *One Day in December* produce a type of love in the form of consummate love, because the three components of love in this novel are fully fulfilled.

IV. RESULT AND DISCUSSION

The research result show that in the novel *One Day in December* there are three components of love according to Sternberg, namely intimacy, passion and commitment. In the intimacy component in the novel *One Day in December*, researchers found seven of the

ten elements in intimacy component, namely (b) experienced happiness with the loved one, (c) high regard for the loved one, (e) mutual understanding with the loved one, (f) sharing of one's self and one's possessions with the loved one, (g) receiving of emotional support from the loved one, (h) giving of emotional support to the loved one, and (i) intimate communication with the loved one. Regarding passion hair. “Boy sees girl. Girl sees boy. Boy gets on the bus, kisses girl’s face off, and they live happily ever after.” I laugh softly. “It’s a pretty dull story when you put it like that.” “We got there in the end,” he says, pressing a kiss against my forehead. I hold him, and he holds me, and for the first time in years, there’s nothing missing at all. (Silver, 2018: 378)

commitment, researcher found two data related to the passion component where the data showed that Laurie only wanted Jack and was not interested in anyone other than Jack. Regarding the commitment component, researcher found that in the novel *One Day in December* there is an intimacy component in the form of short-term relationships and long-term relationships. The short-term relationship in this novel is proven when Laurie finally chooses to have a new relationship with Oscar, a man she just met when she was trying to forget Jack. And the long-term commitment component is proven when Jack and Laurie meet again and repeat their love story. From the description of the components of love in the novel *One Day in December*, the researcher concludes that the type of love in the novel *One Day in December* is consummate love because the story in this novel can fulfill the three components of love base on the Triangular Love theory by Robert J. Sternberg, namely, intimacy, passion and commitment.

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