

POSITIVE WELL-BEING: THE NEEDS EFFECTS OF TRIS IN VERONICA ROTH'S DIVERGENT

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ABSTRACT

In this study entitled 'Self-Actualization on Tris in Veronica Roth's *Divergent*', researcher takes the issue of the main character, Tris, who is trying to reach his new identity as a Dauntless, where she was known to be a Divergent before. Divergent existence is seriously threatened in the city of Chicago. Therefore, Tris tries to change his identity by practice to become a Dauntless. In reaching her Self-Actualization, Tris trained for months in the Dauntless compound until finally she became a true Dauntless. The purpose of the study is about how the character Tris develops when achieving her Self-Actualization as a Dauntless by looking at how she achieves her Self-Actualization as a Dauntless by seeing the fulfillment of his 5 Basic Human Needs. Later, Self-Actualization makes an impact on the emerging of the psychological well-being of Tris.

This study uses a qualitative method with Veronica Roth's *Divergent* as the primary data, while the secondary data is based on research journals and previous studies. By reading the entire contents of the novel, researcher understands the contents of the novel and then portray it in the analysis by matching the contents of the novel with the theory used by researcher. Researcher uses Abraham Maslow's Motivation Theory which explains the Hierarchy of Needs to pervade the problems analyzed in this thesis.

The results of this study indicate that the process of fulfilling Tris' needs to achieve Self-actualization has been fully fulfilled by the rise of several new characteristics that emerge as acceptance, naturalness, problem centering, the need for privacy, interpersonal relations, discrimination between the good and evil, and resistance to enculturation. Also, the developed characteristics is as the result of achieving the Self-actualization. After that, there are the psychological well-being that appear as the result of the needs fulfillment of Tris.

Keywords: psychoanalysis, motivation, Maslow's hierarchy of needs, self-actualization, *Divergent*

Introduction

Motivation is an internal process that energizes and directs behavior, and motivation is whether we define it as a drive or a need, is a condition inside us that desires a change, either in the self or the environment (Reeve, 2015). For fulfilling the needs of human, or whenever they want to achieving something, they require motivation. By fulfilling the needs of human, motivation

is needed as the urge for reaching an individual purposes of growth, or personal growth. The highest need of human is to achieve their true self, called “Self-actualization”. Goldstein (1939) terms of Self-actualization refers to the idea that people have an inner drive to develop their full potential. Reaching into the peak of Self-actualization is not merely just stepping in a toneless way, but there is a “human need” that should be fulfilled first before reaching the Self-actualization. After the needs are met, they can finally reach the actualization. The motivations to achieve the true self drive the needs to be fulfilled. Started from the basic needs as the most fundamental needs of human, following by the next level of human’s need until it reaches the last and the closure of human’s potential seeking. Every human has their different goals, perspective, and way of life. The goals itself makes human truly ‘living’ for it. Without motivation, human have no purpose on what they life for.

The reason why *Divergent* is chosen by researcher to be the object of this study is because it represents the main theme of the novel that refers to the topic of identity. This novel shown the main character that is progressing to become what she wants and what she capable of. It contains the story of the struggles which the character is facing. With the fact that the character needs to grow as an individual who seeking for their true self, it has a relevancy on the Maslow’s theory of Self-actualization. By using Maslow’s theory of motivation, researcher can analyze the Self-Actualization on Tris by seeing how the needs of Tris that is fulfilled which eventually leads her to completely achieve her true self, her power, and her goals to survive in this city. As the result of the needs fulfilled, researcher analyzes Tris’ behavior as a Self-Actualized person by seeing the characteristic that develops or the emerging of the new characteristic on her. Afterwards, researcher also assumes that there is a positive well-being emerged as the influence from the Self-actualization, proven by Seligman theory of well-being.

Methodology

In this study, researcher uses qualitative methods to analyze the novel *Divergent* by Veronica Roth.

1. Data and Source Data

The primary data of the study is taken from a novel of *Divergent* by Veronica Roth in the form of words, sentences, paragraphs and so on. This novel is book-based, printed, and published by HarperCollins in Chicago on April 2014. For the secondary data, the researcher uses journals and articles for the references related to Maslow’s theory

2. Method of Collecting Data

The researcher uses a direct observation based on the book that chosen. In this study, the researcher uses *Divergent* novel as the main data. The researcher also uses a secondary data that necessarily came from the journals and books. In this case, the researcher analyzing the problem related from the context of the book as it includes as narration and quotation. The researcher divides Maslow’s Hierarchy of Needs into a brief explanation and then classifying each need with relating to the paragraph narration and quotation in *Divergent* novel by link it with the actual phenomenon that occurs in the novel.

3. Methods of Analyzing Data

Based on the problem formulation appeared, the researcher will answer by analyzes the four needs called the Deficiency Needs (physiological needs, safety needs, love and belonging needs, and esteem needs) of Tris based on Maslow's hierarchy that appear as the needs that should be fulfilled before the Self-actualization so that Tris can reach her Self-actualization clearly without any shortfall. The researcher also analyzes the characteristics of Self-actualized person that emerged on Tris.

Result and Discussion

A. The Deficiency Needs

Maslow (1954) proposed that human beings possess two sets of needs. The one called the deficiency-needs (D-needs) and the other one called the growth/being-Needs (B-needs). This part will analyze the deficiency needs that contains the physiological needs, safety needs, love and belonging needs, and esteem needs. The deficiency needs are the lower needs that should be seen as a main concern of human needs that is on the urge, which means, those needs must be fulfilled immediately before human reaches the growth. The growth-needs cannot be arisen if the lower needs were not successfully fulfilled, because it is such a human nature that they always crave more. This statement has a relevancy to Reid-Cunningham (2008) that also stated that when the basic needs are met, then the higher needs are emerged as a motivation of behavior.

Before reach the higher needs, or the growth-needs, which is the Self-actualization, the deficiency-needs of Tris should have fulfilled first. The implementation of the needs of Tris will be shown numerically below, started from the lower hierarchy to the upper next.

1) Physiological Needs

According to Maslow (1943), the first basic needs are used for surviving are food and drink, shelter, clothes, warmth, sex. This fulfillment is important since human body requires those three for giving a good function to do a daily activity. At the book, it shows that Tris has the three physiological needs met; she has a proper house to live, a sufficient material of foods and drinks, and proper clothes.

But my brother made breakfast this morning, and my mother prepared our lunches, and my father made dinner last night, so it is my turn to cook. (Roth, 2014, p. 38)

Caleb and I work together without speaking. I cook peas on the stove. He defrosts four pieces of chicken. Most of what we eat is frozen or canned, because farms these days are far away. (Roth, 2014, p. 39)

... In the center of the table is a platter of food I don't recognize: circular pieces of meat wedged between round bread slices. I pinch one between my fingers, unsure what to make of it. (Roth, 2014, p. 76)

The houses on my street are all the same size and shape. They are made of gray cements, with few windows, in economical, nonsense rectangles. Their lawns are crab-grass and their mailboxes are dull metal. To some the sight

might be gloomy, but to me their simplicity is comforting. (Roth, 2014, p. 35)

2) Safety Needs

Safety needs contain the feeling of protection, an order law, defense, and stability (Maslow, 1943). In this case, Chicago is not included as a stable city, there are some misappropriations made by the government political leader that led to a chaos between Abnegation and Erudite. The leader of the government is ruled by Marcus which belong to Abnegation, with the reason that Abnegation stands for their commitment on selflessness and the most trusted faction. But Erudite deny that for they stand for intelligence. They think that intelligence is the best qualified for being a leader. It shows on the book:

... Marcus is my father's coworker; they are both political leaders. The city is ruled by a council of fifty people, composed entirely of representatives from Abnegation, because our faction is regarded as incorruptible, due to our commitment to our selflessness." Our leaders are selected by their peers for their impeccable character, moral fortitude, and leadership skills." (Roth, 2014, p. 41)

My father calls the Dauntless 'hellions'. They are pierced, tattooed, and black-clothed. Their primary purpose is to guard the fence that surrounds our city. From what, I do not know. (Roth, 2014, p. 13)

I walk in the middle of the road. The buses tend to hug the curb, so it's safer here. (Roth, 2014, p. 31)

3) Love and Belonging Needs

It consists an emotional aspect where a person needs to feel 'safe' in a small or large group where it calls belonging. A large group such as an office-team, group organization, gangs, etc. is having a secondary significance while the primary significant is on a family members, partners, or colleagues. The affiliation is important for human mental health since the nature of human is as a social being (Maslow, 1943).

Relationship she made is in her friendship with Christina, a Candor girl, who now also being in the Dauntless. Their first meet is on a train, when all the candidate should jump off the train to the Dauntless Headquarters, the new place where they are belong to next. Then, a romantic relationship occurred between Tris and Four. It is started from Four's interest on how 'stiff' and extraordinary Tris is, and by the time pass, Tris started to feel the same since she always be in Four's sight.

"You all right?" the Candor girl who help me asks briskly. She is tall, with a dark brown skin and short hair. Pretty.

I nod.

"I'm Christina," she says, offering me her hand.

I haven't shaken a hand in a long time either. The Abnegation greeted one another by bowing heads, a sign of respect. I take her hand, uncertainly, and shake it twice, hoping I didn't squeeze too hard or not hard enough.

"Beatrice," I say." (Roth, 2014, p. 60)

Then I realize what it is. It is him. Something about him makes me feel like I am about to fall. Or turn to liquid. Or burst into flames. (Roth, 2014, p. 159)

4) Esteem Needs

A person needs a recognition, so it is become a motivation to show off and make an achievement so they could be acknowledged. It can be a status, ranking, achievement, honor, and other claim to fill a person's ego (Maslow, 1943).

At her first trial, Tris met a lot of difficulties in adapting in Dauntless. Unlike in Abnegation, she never been in the life-death situation, even it is on a practice. But then again, Tris wants to show herself that she can make it, that she is brave, she is good in Dauntless, she can beat others. Although at first, she was located at the low tier of the rank, but, gradually she became better and better by practice, and by the help of Four as her trainer.

The only problem is that my rank is terrible. And I might be factionless by the end of stage one. (Roth, 2014, p. 140)

But I can't afford not to try. I can't be ranked last. (Roth, 2014, p. 121)

He hangs the board on the hook and steps back so we can see the rankings:

1. Edward
2. Peter
3. Will
4. Christina
5. Molly
6. Tris

Sixth? I can't be sixth. Beating Molly must have boosted my rank more than I thought it would. And losing to me seems to have lowered hers. I skip to the bottom of the list. (Roth, 2014, p. 217-218)

I nod and look at the blackboard. Someone drew a line through Edward and Myra's names, and changed the number next to everyone else's names. Now Peter is first. Will is second. I am fifth. (Roth, 2014, p. 228).

B. The Growth Needs

The top level of the hierarchy of needs is the *B-Needs* (being-needs) or Growth Needs. Once the lower needs (deficiency-needs) have met, the motivation of a person increases to reach the Self-actualization (McLeod, 2018). Growth needs appear as the peak result of the Deficiency Needs that has been fulfilled. Once the person has the growth needs, the person can move up to Self-actualization.

Maslow (1954) on his book *Motivation and Personality*, breakdowns the characteristics of the Self-actualized person:

- 1) More efficient perception of reality and more comfortable relations with it.
- 2) Acceptance (self, other, nature).
- 3) Spontaneity; simplicity; naturalness.
- 4) Problem centering.
- 5) The quality of detachment; the need for privacy.
- 6) Autonomy; independence of culture and environment; will; active agents.
- 7) Continued freshness of appreciation.
- 8) The mystic experience; the peak experience.
- 9) Gemeinschaftsgefühl.
- 10) Interpersonal relations.
- 11) The democratic character structure.
- 12) Discrimination between means and ends, between good and evil.
- 13) Philosophical unhostile sense of humor.
- 14) Creativeness.
- 15) Resistance to enculturation; the transcendence of any particular culture.

There are twelve characteristics of Self-actualized person, but the researcher only analyzes seven characteristic of Tris that narratively and quotative appeared on the book. First one is acceptance, shown by the capability of Tris embrace her fears. Second is naturalness, as Tris has a spontaneity over risky things for the first time by having an instant bravery to jump off the train. Third is problem centering, as Tris has able to take aside her emotional feeling of grieving and focus on the duty to rescue her dad, her brother, and the rest of Abnegation. Fourth is the need for privacy, as Tris can manage to distant herself from the compound to calm herself and overcoming her anger and trauma over Al which just attacked her. Fifth is interpersonal relations, as Tris being selective to attach herself into only a few people as her closest one. Sixth is the discrimination between good and evil, as Tris is aware of her action to set her boundaries over Al, someone who mistreat her. Last, there is resistance to enculturation, as Tris is not even drowned away into her new culture in her faction yet still remembering her value as she was.

C. Positive Well-Being

1) Positive Emotions

Positive emotions stand for the feeling of joy, hope, gratitude, or any kind of good emotions that the Self-actualization should have made. In fact, for the period of Tris being in Dauntless, she feels a lot of overwhelming emotions instead. Grief is the most common emotion, due to her consequences of being a Dauntless is to be selfish for her own accomplishment, and from that, a lot of sacrifice has been made.

On the book shown that Tris should experience grief instead of positive emotions for being a Dauntless. At the very last minutes of her runaway, Tris should lose her mother, father, and betrayed by her friend, Al, who is also be gone forever. By that, Tris does not experience positive emotions in Dauntless.

2) Engagement

Engagement is the feeling of where a person is really focusing on what particular activity and skill they currently on. The world, when focusing, is not being the main awareness instead of the activity they are focusing. In this case, when Tris becomes an initiate at Dauntless, she is engaging on practicing, using her full skill and potential. There is a quotation that highlights on how Tris is engaged with her strength development. She used to have a rough practice in Dauntless, as before she was a weak Abnegation turns into a brave Dauntless, and now she develops stronger and uses her strength in certain situation. This is the quotation that shows that she engaged in Dauntless practice, test, and trials that make a result of who she is now:

“Onto a roof,” I add. Seeing the stunned look on his face, I say, “That’s why they call it a test of bravery.”

Half of bravery is perspective. The first time I did this, it was one of the hardest things I had ever done. Now, preparing to jump off a moving train is nothing, because I have done more difficult things in the past few weeks than most people will in a lifetime. And yet none of it compares to what I am about to do in the Dauntless compound. If I survive, I will undoubtedly go on to do far more difficult things than even that, like live without a faction, something I never imagined possible.

(Roth, 2014, p. 495)

By that, the engagement of Tris in Dauntless is make a result to her development on skill and mentality. Now, Tris become brave. She gains one of the positive well-being by the elements of engagement.

3) Relationship

The positive relationship itself builds a person’s well-being. In relationship, it should provide the feeling of support, care, and belonging. Tris got all the support, care, and belonging from her lover, Four, her best friend, Christina, and all her friends in Dauntless compound.

On the book, there is few quotations that prove Tris make a good relationship, which she maintains a friendship with Christina, Will, and others:

Christina and I sat together at breakfast, and earlier she shielded me from the rest of the dormitory as I changed. I haven’t had a friend like her before.

(Roth, 2014, p. 103)

“Have you made friends?” she asks.

“A few,” I say. I look over my shoulder at Will and Christina and their families. When Christina catches my eye, she beckons to me, smiling, so my mother and I cross the Pit floor.

(Roth, 2014, p. 201)

The articles troubled me, but I had friends to cheer me up, and that is something.

(Roth, 2014, p. 285)

The love between Tris and Four also appeared until then they become a lover. Four is always taking care of Tris and protecting her, shown in a few

Whoever he is, I like him. It's easier for me to admit that to myself now, in the dark, after all that just happened. He is not sweet or gentle or particularly kind. But he is smart and brave, and even though he saved me, he treated me like I was strong. That is all I need to know.

(Roth, 2014, p.312)

"Hi," I say. My voice sounds tight. I wish it didn't.

He touches my bruised cheek with just his fingertips. "Not bad," he says.

"How's your head?"

"Fine," I say. I'm lying—my head is throbbing.

(Roth, 2014, p.313)

We kiss again, and this time, it feels familiar. I know exactly how we fit together, his arm around my waist, my hands on his chest, the pressure of his lips on mine. We have each other memorized.

(Roth, 2014, p. 439)

By that, Tris maintains a fine, healthy, and positive relationship with her friends and her lover.

4) Meaning

Having a meaning is to having a sense for purpose in some place or situation. At this point, Tris may have the purpose to save Tobias from Jeanine and Eric, but it just because she has to, and Tris does not have a long-term purpose in Dauntless unless it is to hiding her Divergent identity which in the end it all eventually discovered.

5) Accomplishment

The main set up for someone to having an accomplishment is to set the goals. Tris is wanted to be Dauntless, hence, she desires to achieving more on ranking by practicing, keeping up, and showing her efforts in it. On the book, there is a few quotations that show the desire of Tris in order to gain her own accomplishment:

I wanted to be like the Dauntless I saw at school. I wanted to be loud and daring and free like them.

(Roth, 2014, p.286)

I wanted to acknowledge a part of myself that Abnegation demanded that I hide.

(Roth, 2014, p.286)

I am brave.

(Roth, 2014, p.480)

By that, Tris have the goals set to motivates her accomplish what she wanted to achieve, as Dauntless. At the last line of the quotation attached, Tris finally embodies that she is as brave as Dauntless now.

Conclusion

The researcher finds that the main character in the Veronica Roth's Divergent name Tris has a purpose to be a Dauntless for covering her true identity as Divergent because it is threatened

by the wrong government. In order to survive, she changed her identity to be a Dauntless. With that, the researcher uses Hierarchy of Needs by Abraham Maslow as the best method to analyze the problem that happen on Tris. Started from the main purpose that observed is to cover up Tris' true identity as Divergent, then it motivates her to grow as a Dauntless. The motivation itself is directed by the needs that explain in Theory of Motivation as a Hierarchy of Needs of Maslow. Eventually, after how the needs is portrayed and the result is all fulfilled, the researcher concludes that Tris reach her Self-actualization as Dauntless. Then, the researcher analyzes the characteristic that developed in Tris as the prove of the Self-actualized Tris by portraying the characteristic of Self-actualized person using Abraham Maslow's theory. Tris is accomplishing seven characters, but even the twelve characteristic is not all appear on Tris, yet she still owns seven characteristics. With that, Tris finally reaches her Self-actualization as Dauntless. As the result, there are several elements of positive well-being that appear as the impact of her Self-Actualization as Dauntless, which is she got the engagement in Dauntless, positive relationship with Christina and Four, and finally an accomplishment as Dauntless.