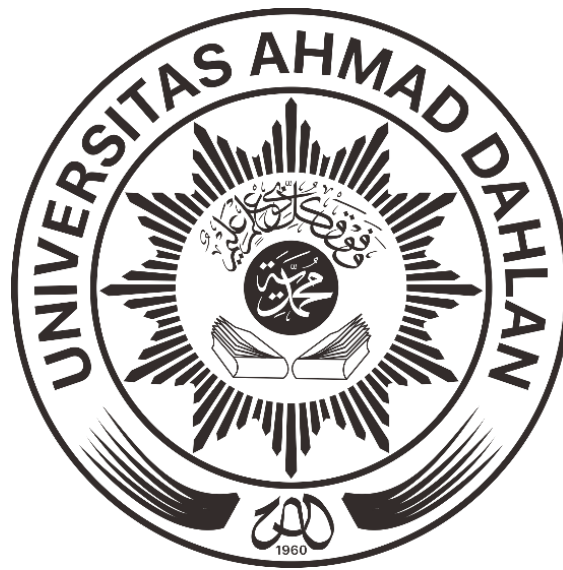


**SELF-ACTUALIZATION OF STARR CARTER IN ANGIE THOMAS *THE
HATE U GIVE*: A PSYCHOLOGICAL APPROACH**

UNDERGRADUATE THESIS

Submitted as a Partial Fulfillment of Requirement
to Obtain Sarjana Degree
English Literature Department



By
Wasila Kenanoglu
1800026274

FACULTY OF LITERATURE, CULTURE, AND COMMUNICATION
UNIVERSITAS AHMAD DAHLAN
YOGYAKARTA
2024

APPROVAL PAGE

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Sarjana Sastra Degree of English Literature Department
Faculty of Literature, Culture, and Communication
Universitas Ahmad Dahlan



Approved by the consultant on January 17th, 2024

Consultant

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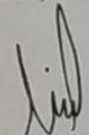
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IN ANGIE THOMAS *THE HATE U GIVE*: A PSYCHOLOGICAL APPROACH

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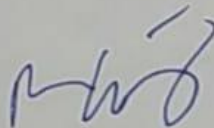
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Alhamdulillahirabilaallamin, all praises to Allah SWT, The Creator of the universe. The Most Merciful and Most Gracious, I testify there is no God but Allah and Prophet Muhammad SAW as His messenger. Without His help and His guidance, I will not be able to finish this undergraduate thesis until the end.

I would like to express my special gratitude to all who have helped and supported me to finish this undergraduate thesis, especially to Mr. Resneri Daulay S.S., M.A. as the consultant for his guidance, patience, and advice that I could finish this undergraduate thesis. Furthermore, I would like to say thank you to:

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2. Wajiran, S.S., M.A., Ph.D. the Dean of Faculty of Literature, Culture, and Communication Universitas Ahmad Dahlan.
3. Drs. Maftukhin M.Hum. as the Head of English Literature Department Faculty of Literature, Culture, and Communication, Universitas Ahmad Dahlan.
4. All Lecturers of English Literature Department Faculty of Literature, Culture, and Communication, Universitas Ahmad Dahlan.
5. All the staff in Universitas Ahmad Dahlan.
6. All my friends that help me write this thesis, with the help of providing me the access to complete this thesis, supporting and praying for me.

At last, I am aware this undergraduate thesis is far from perfect. I hope any Suggestions for the improvement of this thesis, would be appreciated. Moreover, I also hope that this research could give benefit and contribution to the reader and the learning process in the future.

Yogyakarta, January 17th, 2024

The Researcher



Wasila Kenanoglu

MOTOS

“To live is to suffer, to survive is to find some meaning in the suffering”
-Friedrich Nietzsche

DEDICATION

This thesis dedicated to:

1. I thank Allah for all the opportunity and experiences today and every day.
2. I thank my parents for believing and trusting me in this journey, this Bachelor degree belongs to my mother Farida Kenanoglu she is my hero and my motivation to carry on in this life. I thank my father Ali Kenanoglu thank you for teaching me to stand on my feet as a girl and supporting me pursuing my higher education.
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ABSTRACT

This research is entitled Self-actualization development in the main character Starr Carter novel written by Angie Thomas *the hate u give A Psychological Approach*. This novel describes about a girl that has been traumatized in her life time and a journey ahead of her into self-actualization. The researcher aims to figure out the main character, Starr Carter of how trauma affect life experiences towards self-actualization, using both theories trauma by Sigmund Freud and Self-actualization Abraham Maslow. The researcher observes that Starr the main character faces trauma affect in her childhood times and during teenage as well, she claims to face them all with strong desire of changing herself and people around her. Hence, it wasn't easy journey for Starr, she had to face triggers in trauma affect by each step of her life segment. Therefore, Starr came into conclusion of her own thoughts that this must come to an end. Starr decided to speak above the truth and by this realization a sense of Self-actualization came across.

The qualitative method is applied in this research to analyze the data in paragraphs and sentences. In analyzing the data, the researcher begins to classify and analyze the data, according to the problem formulation. Moreover, to solve the problem the researcher uses five hierarchy theory of self-actualization by Abraham Maslow and trauma by Sigmund Freud to help the researcher describe the condition and solve the problems.

The conclusion of this research proclaim that the main character can develop her traumatic affect journey towards self-actualization. It helped Starr to be able to speak more and let go of her fear being traumatized, and by speaking and letting other people know might come into great amount of realization for herself and people around her. The main character was affected by each level in trauma and by the needs of five hierarchy needs been completed was able to achieve. And finally, the main character was able to face her trauma in her childhood, repression, and in the end by self-actualization she was free from being feeling guilty and stronger.

Keywords: Trauma affect, Self-actualization, five heirarchy needs, Psychoanalysis.

INTISARI

Penelitian ini berjudul Perkembangan Aktualisasi diri padah tokoh utama novel Starr Carter dari karyanya Angie Thomas *the hate u give* pendekatan Psikologis. Novel ini menggambarkan tentang seorang gadis yang mengalami trauma dalam hidupnya dan menuju ke aktualisasi diri. Peneliti bertujuan untuk mengetahui tokoh utama Starr Carter tentang bagaimana trauma mempengaruhi pengalaman hidup terhadap aktualisasi diri, dengan menggunakan kedua teori trauma dari Sigmund Freud dan Aktualisasi diri Abraham Maslow. Peneliti mengamati bahwa Starr, tokoh utama, menghadapi dampak trauma di masa remajanya, ia mengaku menghadapi semuanya dengan keinginan kuat untuk mengubah dirinya sendiri dan orang-orang di sekitarnya. Oleh karena itu, bukanlah perjalanan yang mudah bagi Starr, ia harus menghadapi pemicu trauma di setiap langkah hidupnya. Oleh karena itu, Starr menyimpulkan pemikirannya sendiri bahwa situasi ini harus diakhiri. Starr memutuskan untuk berbicara di atas kebenaran dan dengan realisasi ini rasa aktualisasi diri akan muncul.

Metode kualitatif diterapkan dalam penelitian ini untuk menganalisis data dalam paragraf dan setiap kalimat. Dalam menganalisis data, peneliti mulai mengklasifikasikan dan menganalisis data, sesuai dengan rumusan masalah. Selain itu, untuk memecahkan data, sesuai dengan rumusan masalah. Selain itu, untuk memecahkan masalah tersebut peneliti menggunakan teori lima kebutuhan hierarki aktualisasi diri oleh Abraham Maslow dan trauma oleh Sigmund Freud untuk membantu peneliti menggambarkan kondisi dan memecahkan masalah tersebut.

Kesimpulan dari penelitian ini menyatakan bahwa tokoh utama dapat mengembangkan pengaruh traumatisnya dalam perjalanan menuju aktualisasi diri. Hal ini membantu Starr untuk berani berbicara lebih banyak dan bisa melepaskan rasa takutnya akan trauma, dan dengan berbicara serta memberi tahu orang sekitar mungkin akan menghasilkan banyak realisasi bagi dirinya sendiri dan orang-orang sekitarnya. Karakter utama dipengaruhi oleh setiap tingkat trauma dan kebutuhan lima hierarki yang telah dicapai. Dan akhirnya sang tokoh utama mampu menghadapi trauma masa kecilnya, represi, dan pada akhirnya dengan aktualisasi diri ia terbebas dari rasa bersalah dan semakin kuat.

Kata Kunci: Efek Trauma, Aktualisasi Diri, Kebutuhan Lima Hirarki, Psikoanalisis.