THE FULFILLMENT OF NEEDS POTRAYED IN THE MAIN CHARACTERS OF ALICIA BERENSON AND THEO FABER IN *THE SILENT PATIENT* NOVEL

PEMENUHAN KEBUTUHAN KARAKTER PADA ALICIA BERENSON DAN THEO FABER PADA NOVEL *THE SILENT PATIENT*

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Abstract

The hierarchy of needs is psychological aspect that should be fulfilled in the individual life as a motivation. The aims of this research are to discovered the types of hierarchy of needs by used Abraham Maslow theory from Alicia Berenson and Theo Faber and how they fulfilled the needs in The Silent Patient (2019) novel written by Alex Michaelides. This research used the descriptive qualitative method because the data of this research are analysed by words namely dialogues and monologues. After classified the data, the researchers found 31 data of Alicia's needs and 32 data of Theo's needs of 5 stages of hierarchy of needs that taken from dialogue and monologue. The result showed that only 4 of 5 Alicia Berenson needs are fulfilled namely, 10 data of physiological needs, 6 data of safety needs, 3 data of love need, and 6 data of self-esteem needs. Whereas Theo Faber successfully fulfilled 5 needs namely, 6 data of physiological needs, 6 data of safety needs, 13 data of love need, 3 data of self-esteem needs, and 4 data of self-actualization.
Keywords: Characters, hierarchy of needs, the Silent Patient novel

Abstrak

Hirarki kebutuhan merupakan kebutuhan psikologis dengan motivasi yang harus dicapai dalam kehidupan setiap individu. Tujuan dari penelitian ini adalah mengetahui jenis-jenis hirarki kebutuhan pada Alicia Berenson dan Theo Faber dengan memakai teori Abraham Maslow dan mengetahui pemenuhan kebutuhan pada karakter dalam novel The Silent Patient (2019) karya Alex Michaelides. Penelitian ini menggunakan metode kualitatif deskriptif karena peneliti menggunakan data berupa kata-kata untuk menganalisis secara deskriptif seperti dialog dan monolog. Setelah mengklasifikasikan data, peneliti menemukan 31 data pada Alicia dan 32 data pada Theo dari 5 tahapan hirarki kebutuhan yang diambil dari dialog dan monolog. Hasil penelitian ini menunjukkan bahwa hanya 4 dari 5 kebutuhan Alicia Berenson yang telah terpenuhi yaitu, 10 data fisiologis, 6 data rasa aman, 3 data cinta, dan 6 data self-esteem. Sedangkan, Theo Faber telah berhasil memenuhi 5 kebutuhan yaitu, 6 fisiologis, 6 data rasa aman, 13 data cinta, 3 data self-esteem, dan 4 data aktualisasi diri.
Kata kunci: Hirarki kebutuhan, karakter, novel The Silent Patient

Introduction

Literature encompasses various elements and forms of expression to create imaginative works, resulting in a good narrative. According to Rainsford (2014), literature and its various components like allegory and irony, are present in various contexts, including the interplay between form and significance, narrators and characters, the author, reader, and the text, as well as the balance between objective truth and individual interpretation. This statement elucidates that literature, its components, and expressions like allegory and irony, manifest within several contexts: bridging structure and meaning, interactions between narrators and characters, the dynamic involving the author, reader, and the literary work, as well as the interplay between unbiased reality and subjective understanding. Therefore, literature have the capacity to illustrate human experiences, leading to more works of literature that blend realistic expression with aesthetic and artistic components. Additionally, literature can be characterized as an art form encompassing cultural representations and values, underscored by its intrinsic artistic worth. Numerous activities for enjoying literature, one of which involves engaging with novels through the act of reading.

Novels share similar intentions with human thoughts. Certain passages in novels convey emotions such as sadness, joy, and so on. Nonetheless, novels possess conclusions that can be either happy or sad, whereas human experiences encompass a multitude of complexity of endings, symbolizing about the individual life choices. As expressed by Hudson (2015), Novel is concerned directly with life—with men and women, and their relationships, with the thoughts and feelings, the passions, and motives by which they are governed and impelled, with their joys and sorrows, their struggles, successes, failures. Novels encompass a variety of genres that often resonate with real-life situations, particularly within the realm of psychology, the phenomena of *The Silent Patient* novel incorporate psychological elements, which enhance the realistic elements. The central figures being psychotherapists and patients contributes to this realistic element. Another example of illustrating psychology within novels involves characters want to achieve their goals with motivation and psychological needs that amplify their determination to achieve their goals. Therefore, psychology holds significance in daily life as it facilitates

the comprehension of human nature. This relevance extends to literature, particularly in the context of novels, where it serves as a reference for create character feels alive.

People can gain insights from psychology that elucidate the functioning of the brain and offer a scientific foundation for comprehending aspects of the mind's activities because this study of understanding various personalities, disorder, mind, and behaviour. According to Butler and McManus (2014), psychology is also about the ways in which organisms, usually people, use their mental abilities, or minds, to operate in the world around them. This statement explained that individuals utilize their mental abilities to interact with their surroundings as a fundamental aspect of psychology. Moreover, psychology can experience emotions and motivation.

The concept of the hierarchy of needs revolves around the fundamental requirements of an individual's life. Primarily, to attain higher-level needs, the satisfaction or stimulation of lower-level needs should be fulfilled. Abraham Maslow introduced the hierarchy of needs in his publication *A Theory of Human Motivation* within the Psychological Review journal. This Maslow's theory categorized human needs into five distinct levels. These levels comprise physiological needs, safety needs, love and belonging needs, self-esteem needs, and self-actualization. This categorization plays a crucial role in comprehending human personality dynamics.

Physiological needs must be met to ensure the sustenance of human life. These needs encompass essential elements like nourishment or food, water, sleep, oxygen, and sexual satisfaction. Maslow (2017) states that the development of the concept of homeostasis and the finding that appetites (preferential choices among foods) are an efficient indication of actual needs or lacks in the body. Physiological needs signify that in the absence of these important needs, all other needs lose their relevance. This category of needs is intricately tied to bodily necessities, such as homeostasis and appetites.

Safety needs, the individual becomes an adult and partially satisfied with their physiological needs, they become motivated to protect themselves. According to Maslow (2017), the healthy, normal, fortunate adult in our culture is largely satisfied in his safety needs. The peaceful, smoothly running, *good* society ordinarily makes its members feel safe enough from wild animals, extremes of temperature, criminals, assault and murder, tyranny, etc. It explained that safety needs to

avoid the threat or danger can affect physical and mental well-being. When this needs unmet, their lives in danger. Fulfilling safety needs is essential for individuals to progress and evolve.

Love and belonging needs, individuals can find motivation through their yearning for spouse, family, community, and a sense of belonging. Maslow (2017) states that now the person will feel keenly, as never before, the absence of friends, or a sweetheart, or a wife, or children. He will hunger for affectionate relations with people in general, namely, for a place in his group, and he will strive with great intensity to achieve this goal. He will want to attain such a place more than anything else in the world and may even forget that once, when he was hungry, he sneered at love. It explained that love and belonging needs focuses on emotional attachment rather than solely sexual satisfaction. In other words, the individual is strongly motivated to seek satisfaction the needs for love and a sense of belonging.

Self-esteem needs encompass the aspiration for recognition of the individual capabilities. in simple terms, individuals desire confidence and a sense of worth as perceived by others. According to Maslow (2017), a need or desire for a stable, firmly based, (usually) high evaluation of themselves, for self-respect, or self-esteem, and for the esteem of others. By firmly based self-esteem, we mean that which is soundly based upon real capacity, achievement, and respect from others. It explained that this need signifies that individuals feel content at this level when they perceive themselves as valuable and proficient in their abilities. Consequently, the failure to satisfy esteem needs can lead to frustration and isolation.

The fulfilment of self-actualization becomes possible when an individual is situated within a supportive environment. According to Maslow (2017), A musician must make music, an artist must paint, a poet must write, if he is to be ultimately happy. What a man can be, he must be. This needs we may call self-actualization. In other words, self-actualization involves individuals recognizing and realizing their inherent abilities and potential. At this stage of needs, an individual must possess the aspiration to comprehend and showcase their talents. Fulfilment of self-actualization occurs when the individual achieves this understanding and realization of their capabilities. There are several Criteria for self-actualization must be met by individuals before they can advance to higher levels of needs. As stated by Gregory J. Feist and Jess Feist (2021), free from psychopathology, progressed through the

hierarchy of needs, embracing the B-Values, full use and exploitation of talents, capacities, potential. It explained that this suggests that these benchmarks help determine if an individual has attained self-actualization, indicated by their absence of physical or mental illness. To reach self-actualization, individuals need to satisfy their fundamental needs. B-Values, signifying personal values like beauty and uniqueness, demonstrate an individual's ease with their values. Lastly, the criteria involve recognizing their potential and talents.

This research was related to the previous research written by Ninimas Sakti Kinasih, Zulhana, and Putri Arti Lestari. Kinasih conducted research entitled A Study of Mirabel's Hierarchy of Needs as The Main Character Reflected in Encanto (2021) Movie: Psychological Approach thesis at Sultan Agung Islamic University. The research aims to analyse the needs and characteristics of a self-actualizing people used Abraham Maslow's hierarchy of needs theory that focuses on Mirabel as the main character. The researcher used a qualitative descriptive method. Zulhana conducted research entitled An Analysis on Hierarchy of Human Needs of The Main Character in Charlotte's Web By E.B White thesis at Hasanuddin University. The research aims to analyse the hierarchy of

needs of Wilbur in Charlotte's Web novel and identified Wilbur's dominant need using the theory of Abraham Maslow. The researcher used descriptive qualitative method. Lestari conducted research entitled Hierarchy of Needs of Lily Bloom in Collen Hoover's It Ends With us thesis at Diponegoro University. The research aims to analyse the hierarchy of needs of Lily Bloom and consisted of intrinsic elements and extrinsic elements. The researcher used close-reading and contextual methods.

Method

This research used Alicia Berenson and Theo Faber as the object of the research and *The Silent Patient* novel as its source of data with the dialogue and the monologue of the characters and actions done by the main characters as the primary data. The method used for this research was descriptive qualitative method. Creswell, J. W., & Creswell, J. D. (2018) states, qualitative research is an approach for exploring and understanding the meaning individuals or groups ascribes to a social and human problem. Meanwhile, according to Neuman (2014), descriptive research is to 'paint a picture' using words or numbers and to present a profile, a classification of types, or

an outline of steps to answer questions. study was to finds out the phenomena of psychological approach. The researchers used descriptive qualitative method to be analysed by words and classification data used Hierarchy of needs by Abraham Maslow theory in *The Silent Patient* (2019) novel.

The data collection procedure of this research includes read the data from novel several times, marked and typed down dialogues and monologues, identified the data identities from the main characters to know which relevant with the theory, and typed all the data contained of hierarchy of needs into sequence and describe it. The data have been collected, some procedure to analyse the data includes   classified the data that have been collected which related from the theory of needs by Abraham Maslow, analysed the data based on dialogues and monologues reflected of the main characters in the novel, and draw the conclusion of hierarchy of needs that was implied to the main characters.

Result and Discussion

The research findings reveal that Alicia's fulfilment of Maslow's needs is incomplete, with only four out of her five needs met, 10 physiological needs, 6 safety

Based on the statements, the purpose of this needs, 9 love and belonging needs, and 6 self-esteem needs are satisfied. However, Alicia's self-actualization need remains unmet in the context of the novel. On the other hand, Theo's needs align differently, 6 physiological needs, 6 safety needs, 13 data love needs, 3 data self-esteem needs, and 4 data self-actualization. The information for this analysis has been gathered from dialogues and monologues of the main characters in *The Silent Patient (2019).* The following data show the result of the research has been conducted to find Alicia's needs 31 data and Theo's needs 32 data. this tables to show Alicia and Theo exhibited hierarchy of needs in *The Silent Patient*.

Physiological needs

According to the data from table 1 about Alicia's needs. Physiological needs elements of Alicia are sleep. This is the representative of data:

I jumped out of bed as soon as I woke up. (Page 225, line 1)

Based on the monologue, the sentence *I woke up* shows the expression of an activity after sleeping. Sleep is a crucial activity for individual's needs. Its impact on a person's health to enhanced performance during the

Table 1. Hierarchy of Needs in Alicia Berenson Character

NO	HIERARCHY OF NEEDS	The Elements of Need		Total data
1	Physiological	*Food*	*2*	10
		Sleep	*2*	
		Sexual satisfaction	*6*	
2	Safety	*Mental well-being*	*2*	6
		Protection from danger	*3*	
		Search a protector	*1*	
3	Love and Belongingness	*Spouse*	*6*	9
		Family	*1*	
		Friend	*2*	
4	Self-Esteem	*Appreciation*	*5*	6
		Self-confidence	*1*	
5	Self-Actualization	-	-	-
	Total			31 data

Table 2. Hierarchy of Needs in Theo Faber Character

NO	HIERARCHY OF NEEDS	The Elements of Need		Total data
1	Physiological	*Food*	*3*	6
		Oxygen	*1*	
		Sexual satisfaction	*2*	
2	Safety	*Mental security*	*1*	6
		Search a protector	*4*	
		Shelter	*1*	
3	Love and Belongingness	*Spouse*	*7*	13
		Friend	*6*	
4	Self-Esteem	*Appreciation*	*2*	3
		Self-confidence	*1*	
5	Self-Actualization	*Full use and Exploitation of talents*	*2*	4
		Embrace B-Values	*2*	
	Total			32 data

day. Besides that, when Alicia can achieve good-quality sleep, it can enhance brain performance, mood, and overall health. According to Maslow (2017), this is true less generally than has been thought (exceptions are fatigue, sleepiness, maternal responses) but it is still true in the classic instances of hunger, sex, and thirst. It explains that the significance of sleep as part of physiological needs, as sleep deprivation or sleepiness can

hinder various aspects of human life. In the context of the data presented, it was highlighted that Alicia woke up from sleep to continue her activity successfully fulfill physiological needs.

According to the data from table 2 about Theo's needs. Physiological needs elements of Theo are food or eat. This is the representative of data:

After lunch I prowled the corridors, looking for an exit. (Page 76, line 1)

Based on monologue, the expression of *After lunch* shows that he was already fulfils these physiological needs. Food serves as a source of energy or stamina, enabling effective work performance. Maslow (2017) stated, it is then fair to characterize the whole organism by saying simply that it is hungry, for consciousness is almost completely pre-empted by hunger. It explained that Theo's lunch during his work hours stands as an effort to satisfy these physiological needs. Therefore, Theo Faber has successfully fulfilled his physiological needs.

Safety needs

The data from table 1 shows that safety needs elements of Alicia are protection from danger. This is the representative of data:

When I got home, I was feeling on edge. I drew the blinds and turned off the lights. I peered out the window—and there he was. (Page 226, line 2-4)

Based on monologue, the sentence *I got home* shows that Alicia feels safe when she got home because she feels threat while she is going on walk around her house. Based on Maslow (2017) as cited in Feist and Feist (2021), when people have partially satisfied their physiological needs, they become motivated by safety needs, including physical security, stability, dependency, protection, and freedom from threatening forces. It explains that the safety needs of Alicia include part of security and protection. In the data, Alicia feels secure while she is in her home.

The data from table 2 shows that the safety needs elements of Theo is mental security. This is the representative of data:

The real motivation was purely selfish. I was on a quest to help myself. (Page 17, line 1)

Based on monologue, the sentence I was on a quest to help myself shows that Theo needs help to deal with his anxiety and depression.

Besides that, Theo decided to study about psychotherapist in his university and want to cure his mental illness with his knowledge becomes a psychotherapist. According to Maslow (1970) as cited Schultz and Schultz (2017), Maslow believed that the needs for safety and security are important drives for infants and neurotic adults. Emotionally healthy adults have usually satisfied their safety needs, a condition that requires stability, security, and freedom from fear and anxiety.

In that case, the data shows that this character or Theo requires him to feel mentally secure to be free from anxiety and depression.

Love and belonging needs

Based on the data from table 1 shows that love and belonging needs elements of Alicia are spouse. This is the representative of data: *He stroked my hair and kissed me. I love you, he whispered. I didn't say anything; I didn't need to. He knows how I feel. (Page 69, line 8-10)*

According to monologue and dialogue, the expressions of *kissed me, I love you, He knows how I feel* shows that Alicia successfully fulfils her love and belonging needs. *I love you* and *He know how I feel*

indicates that she receives love from Gabriel as her husband. The action of kissed is not indicates of sexual intentions, it shows to express love. Maslow (2017) states, he will hunger for affectionate relations with people in general, namely, for a place in his group, and he will strive with great intensity to achieve this goal. The statement explained that Alicia fulfils her desire to get love and belonging needs from her husband. Based on the data from table 2 shows that love and belonging needs elements of Theo are friends. This is the representative of data:

Ruth gave me a hug at the door as I left. She'd never done that before. She was fragile in my arms, her bones so delicate; I breathed in her faint flowery scent and the wool of her cardigan and again I felt like crying. But I didn't, or couldn't, cry. (Page 112, Line 12-15)

According to monologue, the expression of *Ruth gave me a hug* shows that Theo already fulfills his love and belonging needs. The action of hug indicates that Ruth is his psychotherapist, and a friend shows her affection to Theo only as a friend, not for professionalism. Maslow (1970) as cited Schultz and Schultz (2017) stated, "These needs can be expressed through a close relationship with a friend, lover, or mate, or through social relationships formed within a

group. Based on this statement shows that this data proved that Theo fulfilled his love and belonging needs by having attachment with Ruth.

Self-esteem needs

According to the data from table 1 about Alicia's needs. Self-esteem needs elements of Alicia are appreciation. This is the representative of data:

I have the advantage of knowing more about you than you do about me. Your reputation precedes you—your reputation as a painter, I mean. I'm a fan of your work. (Page 39, Line 22-24)

Based on dialogue, the expression of *I'm a fan of your work* shows that Alicia fulfilled self-esteem needs. Alicia's works got recognition from others and Theo was a fan of her work. According to Maslow (2017), secondly, we have what we may call the desire for reputation or prestige (defining it as respect or esteem from other people), recognition, attention, importance, or appreciation. It explained that recognition or appreciation from others is part of self-esteem need and this data proved that Alicia's got recognition and appreciation from others.

According to the data from table 2 about Theo's needs. Self-esteem needs elements of Alicia are appreciation. This is the representative of data:

But it made me even more determined to succeed. (Page 89, line 13)

Based on monologue, the sentence *more determined to succeed* shows that Theo's determination is propelling him to consistently shows personal growth. Despite his colleague worker, Christian, underestimating Theo's ability to manage Alicia as a patient, this scepticism only intensifies Theo's resolve to succeed. The scepticism and doubt from Christian and it make Theo's increased motivation to prove himself and enhance his capabilities. According to Feist, Roberts, & Feist (2021), lack of self-esteem results in illness or self-doubt, self-depreciation, and lack of confidence. In this data shows that Theo gain self-confidence even more and he is not got lack of self-esteem. Theo successfully fulfils self-esteem needs.

Self-actualization needs

The data from table 2 shows that *Self-actualization needs* elements of Alicia are full use and exploitation talent. This is the representative of data:

*I don't know about rescuing her, but I'd like to help her. I'd like to try**. (Page 36, Line 15-16)*

Based on dialogue, the sentence *but I'd like to help her,* and *I'd like to try* shows that Theo did his job as psychotherapist, which was to help Alicia. At this stage Theo was realize of what he wanted to do, and he was capable to help Alicia get recovery from mental issue because she is remaining silent for six years. Theo has a desire to fulfil self-actualization as a psychotherapist to heal his patient. According to Feist, Roberts, & Feist (2021), self-actualizing people are task-oriented and concerned with problem outside themselves. Based on this statement, Theo is entrusted with the responsibility of help his patient's recovery and shows a deep commitment to the patient's progress. His dedication and involvement in his patient's development, it can be inferred that Theo has achieved a level of self-actualization.

This research was related to the previous research written by Ninimas Sakti Kinasih, Zulhana, and Putri Arti Lestari had same topic about hierarchy of needs by Abraham Maslow. The differences between this research and their research are the data sources, the objectives, and the results.

The differences of Kinasih (2022)

research with the researcher are analyse the of self-actualization and only reflected on one main character. Another difference, data and source of data, her research used Encanto movie while this research used The Silent Patient novel. The similarities of Kinasih research with the researcher are used the same theory of the hierarchy of needs by Abraham Maslow and the method used descriptive qualitative method.

The difference of Zulhana (2021) research with the researcher is analyse the only one main character of Wilbur to know the dominant needs which means is not comparing the character needs. The similarities of Zulhana research with the researcher are used same theory of hierarchy of needs by Abraham Maslow, the research also used same method of descriptive qualitative method, and same source of data from novel.

The differences of Lestari (2019) research with the researcher are analyse only one main character and used intrinsic element and extrinsic element. Another difference, the method used close-reading and contextual method. The similarities of Lestari research used the same source data from novel and used the same theory of hierarchy of needs by Abraham Maslow.

Conclusion

The researchers found 31 data Alicia's needs and 32 data of Theo's needs that were taken from dialogue and monologue in *The Silent Patient* novel. The data of Alicia's needs is categorized into 10 data for psychological needs, 6 data for safety needs, 9 data for love and belonging needs, 6 data for Self-esteem needs. Moreover, the data for self-actualization needs that are not found in this novel, Alicia's character fails to fulfil self-actualization and Alicia cannot realize her talents and abilities, and her development as a patient has deprivation values, which are hampered by her mental illness or not free from psychopathology and decreasing other values or needs. The found data of Theo's needs is categorized into 6 data for psychological needs, 6 data for safety needs, 13 data for love and belonging needs, 3 data for Self-esteem needs, 4 data for self-actualization needs that is fulfilled which shows full use of talents and embrace B-values as a psychotherapist can heal his patient.

Theo has fulfilled 5 stages of needs because he successfully pursues from the most basic needs into the most complex needs based on Maslow's theory, he can make his patient has development significantly, that was the reason he can reached self-actualization. Alicia has fulfilled 4 stages of needs, then she is failed to achieve self-actualization as a painter, she never actualizes herself that she is a skillful to be a painter while her husband died. Meanwhile, as a silent patient with mental illness, her mental state has not got well development, even though she got the biggest progress to speak, since she always remaining silent for six years after she murdered her husband, but she never actualizes herself about she got recovery from psychopathology.

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