

SELF-ACTUALIZATION OF THE MAIN CHARACTER, NOAH CALHOUN IN *THE NOTEBOOK* NOVEL

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ABSTRACT

Self-actualization is the highest level of psychological development that motives all human behaviors towards the full realization of a person's higher potential life. This study aims at revealing Noah Calhoun as the main character of his self-actualization in *The Notebook* novel. The idea of self-actualization itself will be elaborated by using Maslow's Hierarchy of Needs. Moreover, this study is conducted by using qualitative method. The researcher generated the data from every chapter of the book, including dialogue, words, phrases, sentences which deal with self-actualization's character. In dealing with the researcher's purpose, it was found that Noah Calhoun has attained his physiological needs, safety and security needs, love and belonging needs, and esteem needs sufficiently and also the characteristics of self-actualized person. It can be seen in what Noah Calhoun did on the situation described in the novel.

Keywords: *Self-Actualization, Human Motivation, Psychological of Literature*

ABSTRAK

Aktualisasi diri adalah tingkat perkembangan psikologis tertinggi yang menggerakkan semua perilaku manusia menuju realisasi penuh potensi kehidupan seseorang yang lebih tinggi. Penelitian ini bertujuan untuk mengungkap Noah Calhoun sebagai tokoh utama aktualisasi dirinya dalam novel *The Notebook*. Ide aktualisasi diri sendiri akan dielaborasi dengan menggunakan Hirarki Kebutuhan Maslow. Selain itu, penelitian ini dilakukan dengan menggunakan metode kualitatif. Peneliti menghasilkan data dari setiap bab buku, termasuk dialog, kata, frasa, kalimat yang berhubungan dengan karakter aktualisasi diri. Berkaitan dengan tujuan peneliti, ditemukan bahwa Noah Calhoun telah mencapai kebutuhan fisiologis, kebutuhan keamanan dan keselamatan, kebutuhan cinta dan rasa memiliki, dan kebutuhan harga diri secara memadai serta karakteristik orang yang mengaktualisasikan diri. Hal ini dapat dilihat dari apa yang dilakukan oleh Noah Calhoun terhadap situasi yang digambarkan dalam novel tersebut.

Kata Kunci: Aktualisasi Diri, Motivasi Manusia, Psikologi Sastra

A. INTRODUCTION

Literature is categorically different from psychology. Literature deals with the world of fiction, drama, poetry, essays (Luxemburg and Mieke, 1) which are classified into art, while psychology refers to scientific studies of human behaviour and mental processes. Even though they look different, these two branches of social science studying human behaviour are interrelated and mutually beneficial. And the basic building block of the correlation between literature and psychology is literary work. Moreover, psychology and literature have an interdisciplinary relationship by understanding the interdisciplinary as the proximity established by fields of knowledge with one another in order to exceed the discursive principles of one field in the interdisciplinarity is opportune for the break of the specialized character of the discipline, a break that can be verified on different levels and in different degrees (Pombo, 3). The following explanation of the relationship between the two disciplines: Beside literature and psychology there is no other branch of science which is engaged so much in the study of the relationship between human body and soul with its contradictions and dilemmas, making efforts to define the relationship in terms of certain rules, to know the mysterious aspects of the human soul and its subconscious areas by means of long and detailed journeys: at the same time both branches have been struggling in their existence between arts and science for about a century (Ismet Emre, 3).

Psychology of literature research has a significant role in understanding literature because of some benefits such as examining deeper about characterization. Besides, it can offer feedback for a researcher for developing characterization (Endraswara in Minderop, 2). In physiological theory, there is a study that discusses about human needs. Needs are limited, but there is a theory, the self-actualization process is related to human activities that include human experiences, such as: feeling, thinking, sensing, knowing and acting. It is based on learning which develops personal intuitions, perceptions, intentions, knowledge and skills. Therefore, analysing the process on how an individual reaches their self-actualization becomes an essential thing to discuss. Self-actualization itself passes through three stages: learning, integrating and doing.

Psychologist Abraham Maslow stated that human motivation is based on people seeking fulfilment and change through personal growth (370). Self-actualized people are those who were fulfilled and doing all they were capable of. The growth of self-actualization refers to the need for personal growth and discovery that is present throughout a person's life. For Maslow, a person is always 'becoming' and never remains static in these terms. In self-actualization, a person comes to find a meaning to life that is important to them. By giving the statement, Maslow wanted to inform us that every human being can grow physically just like animals but what animals do not have are

intelligent for making critical thinking and grow physiologically. Because a human being is a unique creature in comparison to other, human always ends up searching for the essence of living whether it is wealth, top career, popularity, or even health. Those things do not make us have a better life because humans always develop and never satisfied with what they have now.

People gain their self-actualization, changes, and development through their lifetime and experience, and it is a kind of process that they try to reach their own goals in life. Starts from realizing what people want to achieve. When he/she acquires the means to carry out his or her choices and believes he or she can make the choices, he or she is free to choose his or her way to go. Making choices to develop his or her talents, to extend the intellectual capacities, to become all he or she can be, are the sum-up of personal growth (Cirese, 44). Acquiring personal growth shows how human being presents themselves as self-actualizing persons. According to Potter (11), Self-actualization needs can be found in literary works, especially on a novel. Thus, literature refers to fictional and imaginative writings. The novel is one of literary works which contains an interesting and imaginative sequence of actions that are presented in a plotline. Through the series of events and conflicts in the novel, the reader is taken to a certain situation or period that occurs in the story. One thing that makes it different from other literary works is novel provides more complex and complete the story of our life.

The Notebook from Nicholas Sparks is a novel that presents how the main character, Noah Calhoun, discovers his qualities to actualize. It seems that the novel focusing on the main character obtaining his self-actualization through his actions. It is told in the novel that the actions done by the main character are some characteristic of a self-actualized person.

The objective of this research was aimed at describing how Noah Calhoun as the main character revealed his self-actualization in *The Notebook* novel. It was expected that this research can inspire another researcher to analyze self-actualization in literature point of view. Hopefully this research can be a reference for future research.

B. THEORETICAL BACKGROUND

1. Novel

Watson (158) said that novel is a fictional prose narrative of length, usually with a claim to describe the real. It means that you can describe the real narrative length in fictional novel using imagination. Novel seems as the portrayal of human life and behaviour in reality itself, but it can be tend to be the representative of the activity of human real life, which concerns too many things that happen such as emotions, desire, obstacles or even ambition.

2. Character and Characterization

Talking about character and characterization, we cannot separate these two things from any story, because character and characterization can support what the story tells about. Character is an essential element of a novel and it is often listed as one of the fundamental elements of fiction. While characterization is how the author unveils the personality of character through characterization.

3. Maslow's Hierarchy of Needs

According to Maslow, there are five levels of hierarchy of needs; there are physiological needs, safety needs, social needs (love and belonging), esteem needs and self-actualization needs. The needs that exist on each level must be fulfilled before moving up to the next level until the higher one. Every need has relation between one need and another; lower level needs must be satisfied or at least relatively satisfied before higher level needs become motivator (Feist 277). Deficiency Needs (also known as *D-needs*). Satisfying these lower-level needs is important in order to avoid unpleasant feelings or consequences. Maslow termed the highest level of needs in pyramid as growth needs (also known as *B-needs*). Growth needs do not stem from a lack of something, but rather from a desire to grow as a person. In other words, a person that fulfill growth needs seems to be already have everything.

a. Physiological needs

The first needs that we have to be fulfilled are physiological needs. Physiological needs are the most basic and the most important needs. Physiological needs are the most prominent of all needs than any others, it can be hunger, sex, and thirst (Reeve 36).

b. Safety needs

After physiological needs has been fulfilled, we moving up to the next level of needs that is called safety needs. Safety needs consist of "physical security, stability, dependency, protection and freedom from threatening forces such as war, terrorism, illness, fear, anxiety, danger, chaos and natural disasters. For infants and children, the safety needs can be seen clearly in their security. Adults have learned ways to inhibit their reactions to dangerous situations (Schultz and Schultz 305).

c. Love and Belonging needs

These needs can be expressed through a close relationship with a friend, lover, or mate, or through social relationship formed within a group (Schultz and Schultz 305). Now the person will feel hunger for belonging needs. He needs accompany in his life and desperately hunger to love and to be loved from other people. It can be from friends, a sweetheart, a wife or children whether in small group like a family or in broader group. The love needs are not equivalent to sexual needs. If express sexually, sexuality can at points be considered solely for its physiological basis. (Maslow 24)

d. Esteem needs

According to Maslow's study self-esteem needs are classified in to level; reputation and self-esteem. Reputation more likely a perception of what other see in us as a human. They think about our prestige, fame of success, recognition. Beside that self-esteem is more than just a reputation; it's about their own feeling of confidence and worth. It reflects desire for strength, for achievement, for adequacy, for mastery and competence, for confidence in the face of the world, and for independence and freedom. (qtd. In Feist 281).

4. Self-Actualization Needs

The need for self-actualization is the full development and use of an individual's abilities and talents, satisfying his or her physical, social, intellectual and emotional needs. Once esteem needs begin adequately satisfied, the self-actualization needs become more pre-potent. Self-actualization is the need to maximize one's potential, whatever it may be. (Sudarwan 169). Moreover, self-actualization that Maslow had explained as cited in Goble (77), is a physiological need to grow, develop, and use one's ability. It is one of the most important aspects in human's motivation and this kind of need is as the passion to be whatever one wants according to his/her own ability. The idea of being self-actualized person is developed, because once someone satisfy the four needs, the self-actualization can be reached. The goal of self-actualization is to enrich and enlarge the experience of living to increase the joy and ecstasy at being alive as Maslow states in Duane Schultz's *Growth Psychology: Model of Healthy Personality* (64).

- a. Self-actualizing persons perceive objects and persons in the world around the objectively (Schultz, 69). They have an efficient perception of reality that enables them to perceive reality as it
- b. Self-actualizing persons acquire a general acceptance of nature, others, and oneself (Schultz, 69-70). It is a matter of accepting oneself, their weakness, and their strength without any complaint of worry.
- c. Self-actualizing persons are those who attain spontaneity, simplicity and naturalness in behaving (Schultz, 70-71). They do not have to hide their emotions but can display them honestly.
- d. Self-actualizing person have a focus on problem outside themselves (Schultz, 71-72). They give concern on the works they are doing.
- e. Self-actualizing persons have need for privacy and independence (Schultz, 72). They have a strong need for detachment and solitude. They do not depend on other in order to get their satisfactions. Their behavior and feeling are strongly self-directed and self-centered. It means that they have the ability to make up their own minds, reach their own decisions, and exercise their own motivation and discipline.
- f. Self-actualizing persons are autonomous functioning (Schultz, 72-73). If a person is autonomous functioning, he or she has realized that satisfaction of the growth motives come from within. They are not dependent on the real world for their satisfaction. Their potentialities and inner resources become the foundation for their development.

- g. Self-actualizing persons have a continued freshness of appreciation (Schultz, 73). The self-actualizing persons continually appreciate certain experience although they are often repeated, but it will always be with fresh sense of pleasure, awe, and wonder. They take little for granted but continue to be thankful for what they possess and can experience.
- h. Self-actualizing persons experience mystical or “peak” experiences (Schultz, 73-74). It is when the self is transcended and a person is gripped by a feeling of power, confidence and decisiveness, a profound sense that there is nothing he or she could not accomplish to become.
- i. Self-actualizing persons concern in social interest (Schultz, 74-75). They possess strong and deep feelings of empathy and affection for all human being as well as a desire to help humanity.
- j. Self-actualizing persons acquire the interpersonal relations (Schultz, 75-76). They are capable of stronger relationship with others than person of average mental health. They are capable of greater love, deeper friendship and more complete identification with other individual.
- k. Self-actualizing persons have democratic character structure (Schultz, 76). There is no certain limitation on building relationship with people, such as social class, level of education, political or religious affiliation, race, or color. They hold the essence of quality that every person has the same opportunity to know others.
- l. Self-actualizing persons are capable to recognizing discrimination between means and ends, between good and evil (Schultz, 76). The self-actualizing persons hold that they are enjoying the process of achieving something as well as the goals they achieve. Therefore, they give consent both on the means and the ends. In addition, they have well-defined understanding on good and evil, so they cannot easily influence by the confusing situation that enables then to make decision.
- m. Self-actualizing persons acquire good-humoured sense of humour (Schultz, 77). This characteristic deals with the ability of person in making fun of humanity in general not specific individual.
- n. Self-actualizing persons can present their creativeness (Schultz, 77). This means that they are original, inventive, and innovative, although not always in the terms producing an artistic creation. It is more an attitude, an expression of physiological health, and is concerned with the way people perceive and react to the world than with finished products of an artistic nature.
- o. Self-actualizing persons have resistance of enculturation (Schultz, 77-78). They are able to resist social pressure to think or act in certain ways. They maintain an inner detachment, an aloofness from their culture, guided by themselves rather than by others.

C. RESEARCH METHOD

1. Research Design

Sharan B. Merriam defines that qualitative method or qualitative research is “A type of research that encompasses a number of philosophical orientation and approaches” (19). This research adapts that idea in a way that character which is presented in *The Notebook* novel resembles to human being. Thus, this research uses qualitative research design in order to understand the phenomena which are experienced by the main character. It is interested in investigating the reasons for human behaviour (i.e., why people think and do certain things). And in this instance is represented by Noah in *The Notebook* novel.

2. Research Instrument

The key instrument in this research is the researcher himself. The researcher does the observation, collection, analysis, identification and classification the data directly. The researcher uses *The Notebook* novel as the object of analysis

3. Data and Data Source

The researcher has collected the data to analyse this research. Data in this research are every chapter of the book, including dialogue, words, phrases, sentences, paragraphs that containing Noah Calhoun self-actualization. Meanwhile the source of the data in this research is from *The Notebook* novel by Nicholas Sparks.

4. Data Collection

There are several method of data collection, but the researcher uses observation because qualitative analysis data can be described by words or script and does not have to be counted. Reading *The Notebook* repeatedly to gain deep understanding about the story of the novel as well is the first step, after that the researcher takes a note and write down which paragraph or sentence that contain self-actualization data.

5. Data Analysis

First the researcher selected and categorized the data of hierarchy of needs. Second, the researcher uses the theory of Abraham Maslow to analyze Noah Calhoun reveals his self-actualization in social life. After the data has been presented, the researcher draws conclusions from the entire data described in the previous discussion based on research questions.

6. Triangulation

The researcher applies theory triangulation to get the trustworthiness of the research. There are two different theories that the researcher employed to reveal the self-actualization of the main character, the first theory was theory of character and characterization and the second one is Maslow's theory of motivation. Those two theories are elaborated further in this research to answer the proposed research question.

D. FINDING AND DISCUSSION

1. Noah's Development Seen from Maslow's Hierarchy of Needs

a. Physiological Needs

The first needs that have to be satisfied are the *physiological needs*. This needs contains the essential for survival in life such as food, water, sleep, air, warmth, and sex. There are 6 data that contain physiological needs. Here is the example of physiological needs found in *The Notebook* novel.

I'm a sight this morning: **two shirts, heavy pants, a scarf wrapped twice around my neck and tucked into a thick sweater** knitted by my daughter thirty birthdays ago. (Sparks 11)

The previous narration showed that Noah has fulfilled the first basic needs in his life, physiological needs. He does not have to worry no more of being cold or has no place to stay as it is described clearly that he gets the comfort from the clothes that he is wearing.

b. Safety Needs

In the novel, Noah fulfil his safety needs in his comfy home, never felt any fear or threat from outside. When she visit New Bern, it is described that it was a comfortable place for people to live in. There were 11 data of safety needs found by the researcher. Here is the example of safety needs found in *The Notebook* novel.

His father decided to teach him to read with book of poetry. "learn to read this aloud and you'll be able to say anything you want to." His father had been right again, and by the following years, Noah had lost his stutter. (Sparks 22)

In that quotation, Noah's father became his supporting environment in order to make his stutter disappear. It is important for Noah to resolve his stutter, because it was one of the conditions that he need to pass the safety needs.

c. Love and Belonging Needs

When his safety needs have been satisfied, he is driven to satisfy love and belonging needs. The first quotation about when Noah in the hospital, he have few friends in there. There were 10 data of love and belonging needs found by the researcher. Here is the example of love and belonging needs found in *The Notebook* novel.

I love you, Allie. I am who I am because of you. You are every reason, every hope, and every dream I've ever had, and no matter what happens to us in the future, **everyday we are together is the greatest day of my live. I will always be yours. And my darling, you will always be mine.** (Sparks 101)

From the quotation above, Noah truly loves Allie, and he wanted to live with her and spent the rest of their live together in love. They made it up together and have kids and also grandchildren. When Allie had Alzheimer and sometimes could not remember Noah, but he kept always loved her no matter what and never left her.

e. Esteem Needs

Maslow assert that “satisfaction of the self-esteem needs lead to feeling of self-confidence, worth, strength, capability and adequacy of being useful and necessary in the world” (45). Human needs reputation, self-esteem, intimacy, confidence, achievements, respect of others, and respect by others. There were 12 data of esteem needs found by the researcher. Here is the example of esteem needs found the *The Notebook* novel.

After reeling in the line, he put the gear away and went back to the house. His neighbour, **Marta Shaw was there to thank him, bringing the tree loaves of homemade bread and some biscuits in appreciation for what he'd done.** (Sparks 25)

From the quotation above, Noah helped his neighbour to repaired roof, replacing broken window, seal the others, fix the woodstove because her husband died in war and left 3 children. Because Noah helped her, it means he respected to his neighbour and he got respect too from his neighbour and she brought three loaves of homemade bread to thank to Noah for helping.

2. Noah Calhoun as Self-actualized Person

a) Perceive object and person in the world objectively

Noah Calhoun as self-actualized person possesses this kind of characteristic of seeing object objectively. The example is when he got check with plenty of money from his boss Morris and didn't want to spent of his money to bought everything. Here is the example of the data.

Besides, **thinking about money usually bored him. Early on, he'd learned to enjoy simple things, things that couldn't be bought, and he had a hard time understanding people who felt otherwise.** (Sparks15)

Even though he had a lot of money, he just save the money and started to repair an old house by himself. He saw the money objectively without regarding other's opinion toward him about not spending his money instead of repairing it.

b) Acquire a general acceptance of nature, others, and oneself

..it involves a great deal of my life and the path I've chosen to follow . **I have no complaints about my path and the places it has taken me; enough complaints to fill a circus tent about other things, maybe, but the path I've chosen has always been the right one, and I wouldn't have had it any other way.** (Sparks 11)

Noah had a wonderful life since he was young and he accepted himself from what he learned that he just a common man and he loved himself for he is and be grateful for

what he has done. Because he is so accepting their nature he never complained about the journey of his life so far as it said in the novel above.

"Hit by a car a few months back. Doc Harrison, the vet, called me to see if I wanted her because her owner didn't anymore. After I saw what had happened, I guess I just couldn't let her be put down."

Self-actualized person accept the nature of others, and the example of Noah is when he accepted his dog and understood her weakness for what she was. Noah always wanted someone or something to accompany her. And he had Clem, the dog who was always there for him. Noah accepted of the shortcoming of his dog Clem, even though Clem was disabled. Noah kept shared his love to Clem or maybe people surrounded him.

c) Attain Spontaneity, simplicity, and naturalness in behaving

As a self-actualized person, Noah behaved naturally because he accepted his nature. For example when Noah express his feeling to Allie in the night she came for dinner with Noah. Even though Noah knew that Allie already engaged, Noah did not hesitate to say his feeling to her.

He always looked older than he really was, she remembered thinking. His appearance was that of someone slightly weathered, almost like a farmer coming home after hours in the field. He had the callused hands and broad shoulders that came to those who worked hard for a living, and the first faint lines were beginning to form around the dark eyes that seemed to read her every thought. **He was tall and strong, with light brown hair, and handsome in his own way, but it was his voice that she remembered most of all.** He had read to her that day; read to her as they lay in the grass beneath the tree with an accent that was soft and fluent, almost musical in quality. It was the kind of voice that belonged on radio, and it seemed to hang in the air when he read to her. (Sparks 26-27)

In the quotation above, the way Allie saw Noah was so good in his dress and the way he behave. He did not try to look like a man with a good wealth, showing off his capability of doing anything. He just a humble person as Allie said and it made her knew how much he meant to her because his simplicity and naturalness.

d) Focus on problem outside themselves

Self-actualized persons focus on problem outside themselves which means they have a mission in life requiring much energy, their mission is their reason for existence. They are serene, characterized by a lack of worry, and are devoted to duty, and the quotation below shows that Noah is not purely focused on internal gain. He is mission oriented, often on the basis of sense of responsibility or duty or obligation rather than personal choice. That is why he just keep working because it was the only thing that he had to do.

He went first to Norfolk and worked at a shipyard for six months before he was laid off, then moved to New Jersey because he'd heard the economy wasn't so bad there. He eventually found a job in a scrap yard, separating scrap metal from everything else. **The owner, a Jewish man named Morris Goldman, was intent on collecting as much scrap metal as he could, convinced that a war was going to start in Europe and that America would be dragged in again. Noah, though, didn't care about the reason. He was just happy to have a job. His years in the lumberyard had toughened him to this type of labor, and he worked hard. Not only did it help him keep his mind off Allie during the day, but it was something he felt he had to do.** His daddy had always said: "Give a day's work for a day's pay. Anything less is stealing." That attitude pleased his boss. (Sparks23)

Noah focused on separating scrap from metal from everything else and it made him keep his mind off Allie during working all day long. So, he could work without any interruption in his heart, and did not work just to get a compliment instead of happy to have a job. Moreover, he remembered about his father's advices long ago and it made Morris as his boss pleased him because his attitude.

e) Need for privacy and independence

They actually do not depend on other in order get their satisfaction, it means that they have the ability to make up their own minds, reach their own decisions, and exercise their own motivation and discipline.

When he got a little older, he spent most of his weekends and vacations alone.

He explored the Croatan Forest in his first canoe, following Brices Creek for twenty miles until he could go no farther, then hiked the remaining miles to the coast. Camping and exploring became his passion, and he spent hours in the forest, sitting beneath blackjack oak trees, whistling quietly, and playing his guitar for beavers and geese and wild blue herons. **Poets knew that isolation in nature, far from people and things man-made, was good for the soul, and he'd always identified with poets.** (Sparks 22)

He does literally likes live in New Bern to keep distance from anyone else around him in order to get happiness. Exploring something new all alone, spent hours in the forest and lying beneath the trees and playing his guitar for animals surround him. It is one of the ways he enjoys his solitude.

f) Autonomous functioning

Their potentialities and inner resources become the foundation for their development. At this point Noah was a person who did not depend on the real world for satisfying his satisfactions. His development really depend on his own potential and his

inner resources. For example when he tried to comeback to Allie and more deeply gained his peace.

I feel myself becoming stronger with every step. I hear a door open behind me, but I don't hear footsteps, and I keep going. **I am a stranger now. I cannot be stopped.** A phone rings in the nurses' station, and I push forward so I will not be caught. I am a midnight bandit, masked and fleeing on horseback from sleepy desert towns, charging into yellow moons with gold dust in my saddlebags. **I am young and strong with passion in my heart, and I will break down the door and lift her in my arms and carry her to paradise.** (Sparks 120)

The fact that Noah forced himself to meet Allie in her room in the middle of the night with his own strength even though he knew that he must stayed in his room because he had mini heart attack last night and lied beside her made him feel safe. He did not rely on the real world for his satisfaction, and his potentialities become the foundation for his development.

g) A continued freshness of appreciation

Noah as a self-actualized person could continually appreciate his experiences no matter how often the frequencies are. He always be with fresh sense of pleasure, awe, and wonder.

"You kept it?"

"Of course I kept it. It's wonderful."

She gave him a skeptical look, and he explained.

"It makes me feel alive when I look at it. Sometimes I have to get up and touch it.

It's just so real--the shapes, the shadows, the colors. I even dream about it sometimes. It's incredible, Allie--I can stare at it for hours."

"You're serious," she said, shocked. "As serious as I've ever been." She didn't say anything. (Sparks 44)

From the example above, it can be conclude that Noah had sense of continued freshness of appreciation when he kept staring the paint from Allie long time ago, even though he watched that all the time, the paint made him feel alive and he did not tired at all.

h) Concern in social interest

Noah possess strong and deep feelings of empathy and affection for all human being as well as a desire to help humanity. Even though Noah likes being lonely, he kept his relationship with his neighbours whoever they are and wherever they came from.

...he got in his battered Dodge truck and went to see Gus. **He always stopped there when he was going to the store because Gus's family didn't have a car.** (Sparks 25)

The quotations above show that although Noah likes to live alone, he still has good social relations with his neighbours. Whoever they are from any background Noah is always trying to help. Noah doesn't even mind taking his neighbours (black people) because they don't have a vehicle and he does this without being asked.

i) Acquire the interpersonal relations

Self-actualized person is that they are capable of stronger relationship with others that persons of average mental health. They are capable of greater love, deeper friendship, and more complete identification with other individual. It is shown in the novel that Noah is a social man.

...He'd come to regard Gus as family. There really wasn't anyone else, at least not since his father died last year.(Sparks 16)

When Noah bought the house and repaired it, he met Gus a couple weeks after, and Gus was the only best friend that Noah had. They spent those days getting drunk and telling stories. Although they are just neighbours but Noah was very close and had deeper friendship with Gus, especially since his father left him.

j) Capable of recognizing discrimination between means and ends between good and evil

Noah also a person who could recognize which was the right or which was the wrong one. It can be seen from him making decision whether he should kiss Allie or not.

She said it so sweetly, so innocently, that Noah wanted to kiss her when she finished. But he didn't. Instead he fought the urge and pushed it back, knowing it wasn't what she needed. (Sparks 73)

In the quotation above the researcher knew that Noah did not kiss Allie is the right thing because Noah knew that Allie already engaged with Lon; her fiancé and he was not that kind of man that could take that chance. So Noah forced himself to not do that even though he really wanted.

k) Can present their creativeness

This means that they are original, inventive, and innovative, although not always in the terms producing an artistic creation. It is more an attitude, an expression of physiological health, and is concerned with the way people perceive and react to the world than with finished products of an artistic nature. It is shown in the novel that Noah can present the creativeness that made Noah 'something' to Allie rather than everyone else.

She couldn't think of anyone else who remotely resembled him. He was complicated, almost contradictory in so many ways, yet simple, a strangely erotic combination. On the surface he was a country boy, home from war, and he probably saw himself in those terms. Yet there was so much more to him. **Perhaps it was the poetry that made him different, or perhaps it was the values his father had instilled in him, growing up. Either way, he seemed to savour life more fully than others appeared to, and that was what had first attracted her to him.** (Sparks 63)

The researcher concludes that Noah is original, inventive, and innovative, although not always in the terms producing an artistic creation. Allie could fall in love with whatever Noah did over and over again because Noah had so many ways to impress Allie and just the way Noah behaves and act differently, his creativeness can improve.

1) Have resistance of enculturation

As a self-actualized person Noah was able to resist social pressure to think or act in certain ways. They maintain an inner detachment, an aloofness from their culture, guided by themselves rather than by others.

They walked to the canoe, Allie beside him. A little closer than yesterday.
"What exactly is this place?"
"You'll see."
"You're not even going to give me a hint?" "Well," he said, "**do you remember when we took the canoe out and watched the sun come up?**"
"**I thought about it this morning. I remember it made me cry.**"
"**What you're going to see today makes what you saw then seem ordinary.**"
"**I guess I should feel special.**"
He took a few steps before responding.
"You are special," he finally said, and the way he said it made her wonder if he wanted to add something else. (Sparks 62)

As Noah and Allie grew older, Noah still asked Allie out on dates and enjoyed nature together. Noah did not ask Allie to go on a date somewhere that was more modern or common for dating. For Noah, nature is a place that gives us different, unusual, and forgettable impression as the quotation above.

3. Discussion

Based on the data finding, the researcher finds that the main character has fulfilled the four needs in Maslow's hierarchy of needs. By analysing the way Noah Calhoun does, and the way he is depicted, the researcher can understand Noah's motivation, personality,

and behaviour patterns in relation to Maslow's theory. Furthermore, the types of hierarchy of needs experienced by Noah Calhoun are physiological needs, safety and security needs, and love and belonging needs, and esteem needs. However, the researcher also identifies the specific characteristics of self-actualized person in the social life experienced by Noah Calhoun in the novel.

There are 40 data that contains Maslow's hierarchy of needs which consist of 6 physiological needs, 11 safety needs, 10 belonging and love needs, 12 esteem needs. The researcher also found there are 38 data that contain characteristics of self-actualized persons. The most dominant needs in this novel is esteem needs with 12 data. And the less needs is physiological needs. Noah gained a lot of esteem needs because of his characteristic that always being helpful and does not feel inferior. He can encompass confidence, strength, self-belief, personal and social acceptance, and respect from others surrounding him. The opposite result with esteem, physiological needs of Noah is less dominant because he got a big enough check to buy everything and can survive with his own ability.

E. CONCLUSION

As a person who has attained the four levels needs sufficiently, Noah Calhoun consequently has reached his self-actualization which can be seen in his specific characteristics such as his efficiency perceive object and person in the world around objectively, his general acceptance of nature, others, and oneself, his spontaneity, simplicity, and naturalness in behaving, his focus on problem outside themselves, his needs for privacy and independence, his autonomous functioning, his continued freshness of appreciation, his concern in social interest, his interpersonal relations, his capable to recognizing discrimination between means and ends between good and evil, his present of creativeness and his resistance of enculturation as Maslow's theory of self-actualized person. In the novel, Noah Calhoun is free to choose his own way to do. His characteristics unconsciously make him to be a person who dynamically evolving his character as individual.

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