

**SELF-ACTUALIZATION OF THE FEMALE MAIN
CHARACTER IN JESSICA JUNG'S *SHINE***

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
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MALANG
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CHARACTER IN JESSICA JUNG'S *SHINE***

THESIS

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In Partial Fulfillment of the Requirement for the Degree of *Sarjana Sastra*

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2022**

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “**Self-Actualization of the Female Main Character in Jessica Jung’s Shine**” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. If there is any objection or claim, I am the only person responsible for that.

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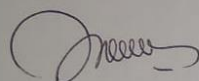

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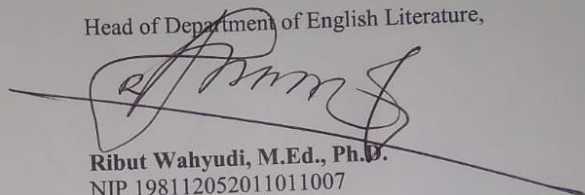
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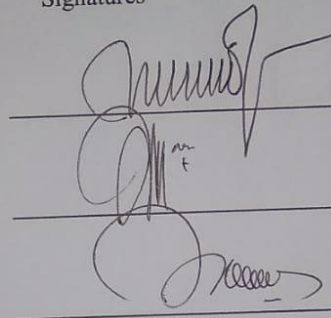
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*Believe in yourself and what you are. Know that there is something inside
you that is greater than any obstacle. -Christian D. Larson*

DEDICATION

This thesis is especially dedicated to:

My parents, who always support & pray for me, my sisters who always cheer
and give suggestions to me,

And, to myself, who has been trying to finish what I started,

I'll always love you all.

ACKNOWLEDGMENT

Bismillahirrahmanirrahim...

Praised to Allah SWT, the God of all universe, and our prophet Muhammad SAW, the light of this world. Prayers and greetings are always dedicated to Allah SWT and our prophet Muhammad SAW that give blessing of health and strength so the researcher can finish this thesis.

Without the support and efforts of countless people, this thesis will never be written and finished. I would like to express my gratitude to the people who helped and motivated this thesis.

My biggest gratitude goes to my advisor, Dr. Istiadah, M.A. who give input to my thesis patiently and shared knowledge. The main examiner, Dr. Mundi Rahayu, M.Hum for give guidance and advice for this thesis. The second examiner, ma'am Asni Furaida, M.A give suggestion for this thesis. My family, especially my father, Mochammad Muzaqqi, my mother, Lilik Zaenab, my grandfather H. Mukarrom and my grandmother, Hj. Siti Zulaikah always supported and prayed all the best for me. My two sisters, Salma Labiba Az-Zakiyah and Shohibatul Yumna Ikmalia always help & cheer me up the entire day. Last, my best friend, all my friends, especially the English Literature class of 2018 who provided input, and support in the process of this thesis and the entire academic community of the Humanity faculty UIN Maulana Malik Ibrahim Malang.

The researcher hopes that this thesis can be useful for literary research, and the researcher accepts critics and suggestions to make this thesis even better in the future. I apologize if there are wrong words and other shortcomings. Thank you so much, all.

Alhamdulillahil'alamin.

Malang, August 15th, 2022



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ABSTRACT

Az-Zakiyah, Salma Aqila (2022) *Self-Actualization of the Female Main Character in Jessica Jung's Shine*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Istiadah M.A.

Keywords: self-actualization, female character, novel

Self-actualization becomes the culmination of the fulfillment of human needs, as described by Abraham Maslow in the Hierarchy of Human Needs. This is captured in the character of Rachel Kim in the *Shine* by Jessica Jung, telling the story of a 17-year-old Korean-American girl struggling to become a K-pop singer. The research aims to know how the main character reaches self-actualization in Jessica Jung's *Shine*, the main character's challenges in reaching self-actualization, and the self-actualization characteristic achieved by the main character in Jessica Jung's *Shine*. The study focuses on the self-actualization of the main character, with a psychological approach and the theory of the Hierarchy of Human Needs by Abraham Maslow. The results of the study, the fulfillment of the main character's self-actualization, from basic needs, namely physical needs, shown by food, clothing, shelter provided by Rachel's parents, love and belonging needs, demonstrated by Rachel's relationship with Rachel's family, friends, and boyfriend, Jason Lee. Safety needs, when Rachel managed to secure her position as a senior trainee and debut. Then, esteem needs, shown by the appreciation of friends and family when she was successfully promoted to Toronto & New York, and the self-actualization of Rachel Kim who managed to achieve her dream as a singer. Rachel's challenge in achieving her self-actualization is internal factors & external factors. The characteristics of Rachel Kim's self-actualization are 1) acceptance (self, others, nature) 2) Spontaneity, simplicity, and naturalness 3) problem centering 4) the need for privacy 5) autonomy, independence of culture and environment 6) fresh appreciation, 7) peak experiences 8) strong interpersonal relationships, 9) The structure of democratic character, 10) Able to integrate means and goals 11) creativity.

ABSTRACT (ARABIC)

مستخلص البحث

الزكية، سلمى أقبالا. (٢٠٢٢). تحقيق الذات الشخصية الرئيسية الأنتوية في شاين لجيسيكاجونج. البحث الجامعي، قسم الأدب الانجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرفة: دكتور استعادة الماجستير.

الكلمة الأساسية: تحقيق الذات، الشخصية الأنتوية، رواية.

تحقيق الذات يكون ذروة في محقق احتياج الإنسان، كما شرح أبراهام ماسلو في التسلسل الهرمي للاحتياج الإنسان. و ذلك الأشياء تم تصوير في شخصية راشيل كيم في رواية شاين لجيسيكاجونج، والتي تحكي قصة فتاة أمريكية -كورية تبلغ سبعة عشر عامًا من عمرها وتكافح لتصبح أيدول في ك-فوف. يهدف هذا البحث لمعرفة عملية تحقيق الذات لشخصية راشيل كيم في رواية شاين. فركز هذا البحث على تحقيق الذات للشخصية الرئيسية باستخدام منهج النفسي ونظرية التسلسل الهرمي للاحتياج الإنسان لأبراهام ماسلو. يكشف البحث عن محقق تحقيق الذات للشخصية الرئيسية من احتياج الأساسي، أي احتياج الجسد، الذي يشير إليه الطعام، والملابس، والمسكن الذي يوفر والدين راشيل، واحتياج السلامة، عندما نجحت راشيل من تأمين منصبها كطالبة كبيرة في التدريب و ظهرت لأول مرة، واحتياج الحب والشوق، كما يتضح من علاقة راشيل مع عائلة راشيل وأصدقائها وحبيبها جيسون لي. وبعد ذلك، ظهرت احتياج التقدير من خلال التقدير من الأصدقاء والعائلة عندما تمت ترفيتها بنجاح إلى تورنتو ونيويورك، وتحقيق الذات لراشيل كيم التي نجحت في تحقيق حلمها كمغنية. خصائص تحقيق الذات لشخصية راشيل كيم هي؛ (١) القبول الكامل للذات والمحيط الطبيعي؛ (٢) العفوية، والبساطة والطبيعة؛ (٣) ركز على المشاكل ولا تلوم نفسك؛ (٤) تحتاج إلى الخصوصية؛ (٥) تعمل بشكل مستقل على البيئة والاجتماعية؛ (٦) نضارة التقدير؛ (٧) تجربة الذروة؛ (٨) علاقة داخلية قوية؛ (٩) هيكل شخصية ديمقراطي؛ (١٠) قادر على الاندماج الأهداف والمعنى؛ (١١) الإبداع. ثم الأشياء التي تعيق أن تحقيق راشيل لذاتها هي عوامل داخلية وخارجية. العوامل الداخلية وهي؛ مشاعر الشك والخوف. أما العوامل الخارجية وهي؛ (أ) من العوامل المجتمعية و (ب) العوامل البيئية.

ABSTRAK

Az-Zakiyah, Salma Aqila (2022) *Self-Actualization of the Female Main Character in Jessica Jung's Shine*. Skripsi Sarjana. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr. Istiadah M.A.
Kata kunci: Aktualisasi Diri, Karakter Utama Perempuan, Novel

Aktualisasi diri menjadi puncak dalam pemenuhan kebutuhan manusia, yang dijelaskan oleh Abraham Maslow dalam teori Hierarki Kebutuhan Manusia. Hal tersebut terpotret dalam tokoh Rachel Kim dalam novel *Shine* karya Jessica Jung, menceritakan kisah gadis Korea-Amerika berusia 17 tahun yang berjuang untuk menjadi penyanyi K-pop. Penelitian bertujuan mengetahui bagaimana tokoh utama meraih aktualisasi diri, apa saja tantangan untuk meraih aktualisasi diri tokoh utama dan apa saja karakteristik aktualisasi diri tokoh utama dalam novel. Kajian berfokus pada aktualisasi diri tokoh utama, dengan pendekatan psikologis dan teori Hierarki Kebutuhan Manusia oleh Abraham Maslow. Studi mengungkap pemenuhan aktualisasi diri tokoh utama, dari kebutuhan dasar, yaitu kebutuhan fisik, ditunjukkan dengan makanan, pakaian, tempat tinggal yang disediakan oleh orang tua Rachel, kebutuhan keamanan, ketika Rachel berhasil mengamankan posisinya sebagai murid senior di pelatihan dan debut sebagai artis, kebutuhan cinta dan kasih sayang, ditunjukkan oleh hubungan Rachel dan keluarga, teman-teman, dan pacar Rachel, Jason Lee. Kemudian, kebutuhan akan penghargaan, ditunjukkan oleh penghargaan dari teman dan keluarga saat berhasil promosi ke Toronto & New York, dan aktualisasi diri Rachel Kim yang berhasil menggapai mimpi sebagai penyanyi. Hal-hal yang menghambat Rachel untuk mencapai aktualisasi dirinya adalah faktor internal & faktor eksternal. Ciri aktualisasi diri tokoh Rachel Kim yaitu 1) penerimaan keseluruhan terhadap diri dan alam sekitar; 2) spontanitas, kesederhanaan, kealamian 3) fokus pada masalah 4) membutuhkan privasi 5) independen terhadap lingkungan dan sosial 6) kesegaran apresiasi, 7) pengalaman puncak 8) hubungan interpersonal yang kuat, 9) Struktur kepribadian yang demokratis, 10) mampu mengintegrasikan tujuan dan makna 11) kreatifitas.

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CHAPTER I

INTRODUCTION

The first chapter of this research contains several points describing the thesis background, including the research topic and the previous relevant research. Furthermore, the study's research questions, significance, and scope limitations are also described. Last, the definition of key terms is written to provide general knowledge for the reader to acknowledge the terms they need to understand.

A. Background of the Study

Every human being has the ability and potential, as explained in Surah At-Tin (QS. 95), verse 4 ” لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَن تَقْوِيمٍ “ which means, indeed, “We have created man in the best form”. However, the development of self-potential is not automatically seen. Individuals must try to build their potential step by step according to their character so that life goals can be achieved (Moerdijat, 2020). This variety of self-potential will help to have the ability to adapt well in various ways and be able to overcome various problems in life. When a person is not able to find their potential, that person will only achieve the same things throughout life. They will not be able to develop optimally and reach the best point in life (Hadijah & Sari, 2017).

According to Maslow (1954), full use and utilization of talents, capacities, and potentials by humans to fulfill these needs is self-actualization. Maslow believes achieving self-actualization is somewhat rare and posits that only about 1% of the adult population has self-actualized, current research suggests this number may be higher.

Research on self-actualization conducted on Javanese women in Baluwarti Village, Surakarta showed that Javanese women are still influenced by inherent cultural values and seem to spoil men. Javanese women seem to be placed in the number two position in gender equality so it is difficult to find themselves and develop their potential (Budiati, 2010). Furthermore, research on women's self-actualization in the Middle East workplaces showed that women tend to be less recognized when they achieve something in the workplace, also getting social and personal barriers that affect the self-actualization of Arab women (Gabr, 2017).

One novel that portrayed the process to reach self-actualization is *Shine* by Jessica Jung. The *Shine* tells the story of a Korea-America girl named Rachel Kim. She moves to Seoul, Korea, and struggled to achieve her childhood goal of becoming a singer in the K-pop industry. Her struggle began when she was 11 years old, and joined one of South Korea's best-known entertainment agencies as a training student. Rachel Kim is described as talented, somewhat clumsy, and enthusiastic to achieve her dream. However, in reality, the journey to achieve a dream was not as easy as she had imagined, even making her almost give up.

Research on the *Shine* was conducted by Rima Maniar in 2021 on a thesis entitled *Rachel Kim's Struggle to Become a K-Pop Idol as Described in Jessica Jung's Shine*. This thesis discusses bullying in the *Shine* which befell the main female character Rachel Kim. The study analyzes Rachel's experience of bullying revealed through *Shine*. The results of the research obtained are that there are still several types of bullying in the novel. Bullying in the *Shine* includes verbal bullying which is a harsh term, then social bullying which

humiliates the victim in public. While physical bullying includes pushing and injuring the victim's body (Maniar, 2021).

Research on the *Shine* by Jessica Jung was also conducted by Wardatul Latifah Nita in her thesis entitled *Cover an Analysis of Translation Shift in Shine by Jessica Jung and Its Translation* in 2022. Her thesis analyzes the translation shift also the translation quality of Jessica Jung's *Shine*. The thesis determines the level of quality, acceptability, and readability (Nita, 2022).

There is a review conducted by Pida Alandrian (February 14th, 2021). According to Alandrian, reading the *Shine* is like reading Jessica Jung's diary. Because it explains in detail and completes the struggle of being a trainee who aspires to debut as an idol. Jung herself has experienced a long trainee period, maybe that's what makes her able to explain in detail through the story in the *Shine*. Pida appreciates Jessica Jung's courage to uncover the struggles of a trainee portrayed by Rachel Kim. In fact, after becoming an artist, the life of an idol in Korea is not easy (Alandrian, 2021).

There is a review by Lulu Khadijah. (August 14th, 2021). The reviewer was interested in analyzing the struggle of the main character, Rachel, to achieve her dream as a K-pop idol. According to Lulu Khadijah, the *Shine* also portrayed woman empowerment, and becoming a woman idol in Korea is not easy. Also, the racism issue befell Rachel because although she's a Korean girl but lives in America. In America, Rachel is considered too Asian, while in Korea Rachel is considered too American (Khadijah, 2021).

Maslow (1954) view people who can actualize themselves depend on childhood experiences. Before achieving self-actualization, basic needs, a sense of security, love, and appreciation must first be fulfilled. Maslow's needs are like the level of stairs, we must put our feet on the first step before trying to reach the next level.

In this research, the researcher wanted to analyze the journey of the main character Rachel Kim, 17 years old, to achieve self-actualization by analyzing how the background affects the success and challenges of the main character in realizing her dreams. Rachel is a young woman who sets herself into her dreams, even though at first, she is a little careless and gets a lot of bullying. Finally, Rachel has a positive chance to exert herself by focusing on dreams and goals.

Before conducting the research, the author selected some of the related research to enrich knowledge about research topics. However, there has never been research on self-actualization in the *Shine*. Then, the author selected some similar studies on the topic of self-actualization toward the main character in the novel.

Analyzing Self-Actualization of Jonas Character in the Giver Novel (2019) by Rahayuningsih, H. et al. The study concerns self-actualization in Lois Lowry's *Giver* according to Maslow's Hierarchy of Needs theory. The self-actualization that appeared in character Jonas are objective perception, common acknowledgment of nature, others, and oneself, suddenness, need for security and

autonomy, independent working, the freshness of appreciation, supernatural or “peak” experience, and so on.

Self-Actualization of the Main Characters in Ford County by Grisham, an article by Melinda D., et al in 2019. This study aims to provide a detailed definition of the self-actualization of heroes in stories written by Grisham in Ford County. This research is a literary psychology study that is related to the incorporation of Maslow's theory of motivation and Rogers' concept of self-actualization in the theory of the hierarchy of human desires. The focus of the research is the self-actualization of heroes, which can be observed through seven short stories in Ford County.

Hazel's Struggle to Get Her Self-Actualization in John Green's The Fault in Our Stars, an article by Chumairoh, P. in 2018. The article is about Hazel's struggle as the main character to face stage IV thyroid cancer and reveals her struggle in meeting Hazel's needs according to Maslow's hierarchy of human needs. The research was classified into five levels, and the results of the analysis Hazel was able to fulfill her needs as well as her self-actualization by meeting Peter Van Houten, her favorite author, and found the ending of the *An Imperial Affliction* story that she likes.

Self-Actualization Portrayed in Paulo Coelho's Eleven Minutes and Milena Busquets's This Too Shall Pass: A Comparative Literature Study, an undergraduate thesis by Errita in 2021. The thesis compared the process for reaching the self-actualization of both main characters as portrayed in *Eleven Minutes* and *This Too Shall Pass* novel from the perspective of Maslow's

humanistic psychology theory. The result of the study shows that the two novels contained similarities and contrast related to the self-actualization of both main characters. The main characters fulfill the four needs, which are physiological, safety needs, love and belongingness needs, and self-esteem needs before reaching self-actualization needs. Also, find the three problems for reaching self-actualization are ignorance, an unsupportive environment, and excessive safety concerns.

Self-Actualization in Main Character's Life Journey in The Bell Jar, an article by Farid M. F. N. et al in 2019. The research about the main character's visualized self-actualization used Maslow's characteristics of self-actualization. The research also defined Esther Greenwood's (the main character) characterizations in the novel. The reach of self-actualization of the main character fulfilled the lower needs in Maslow's hierarchy of human needs physiological needs, safety needs, love, and belonging needs, and esteem needs.

Self-Actualization -A Critical Comparison between Antonia and Other Minor Characters, an article by Wang Y. in 2019. The research about self-actualization and individual growth in modern times from the psychological study of *My Antonia* used Maslow's hierarchy of human needs. The research depicted the analysis of the self-actualization of Antonia as the main character, also the minor characters such as d'Arnault, Jim Burden and Tiny Soderbell. The point of view of the author of *My Antonia*, Willa Cather, indicates that material success does not equal individual self-actualization as portrayed in the characters of Jim Burden and Tiny Soderbell. In comparison with Antonia, Jim and Tiny procure true self-

fulfillment. Their successes in their career fail to bring them spiritual pleasure and satisfaction without love, friendship, and, a harmonious family. Happiness seems rare to them despite their material success.

Self-Actualization in Hierarchy of Needs of a Princess as Seen in Meg Cabot's The Princess Diaries, an article by Rafliis and Oktaviane A. in 2018. The research analyzes self-esteem and the process for the reach self-actualization in *The Princess Diaries*. The results of the research are, that Mia's self-actualization process at the end of the novel only reaches the self-esteem phase. Mia is not yet fully reaching her self-actualization, because she often still being selfish and still being emotional. Mia's self-confidence is increased, and she can accept herself and her flaws, by learning that what is important is not the appearance but the personality inside an individual.

The Optimism as Self-actualization Fulfillment in the Novel Pollyanna. An article by Antung A, R. A, et al in 2021. The research aims to analyze the optimism toward self-actualization fulfillment of the main character in Eleanor H. Porter's *Pollyanna*. The research use Maslow's hierarchy of needs theory. The result of the research is the main character's self-actualization in *Pollyanna* is obtained by the environment, and people, and fulfills the basic needs. The role of optimism is limited to how the main character fulfills all the needs and reached the final step of human needs, self-actualization.

Bilbo Baggins' Self-Actualization in J.R.R. Tolkiens's Novel the Hobbit, a thesis by Aryobimo M. R. P. in 2017. The research aims to analyze the development of Bilbo Baggins in reaching self-actualization by fulfilling

Maslow's hierarchy of needs. The thesis also researches internal and external conflicts with other characters. Bilbo Baggins as the main character, experienced traits that were changed within from fear and weak hobbit, into a brave and strong individual, then later he develops into a leader and savior figure. Self-actualization leaves a huge possibility that Bilbo can improve his capability and can fully use his potential.

Alex Parker's Struggle to achieve her Self-Actualization is portrayed in Danielle Steel's Lightning, a thesis by Istiqomah, S. in 2017. The study aims to research about main character's self-actualization. She is Alex Parker who struggles to face her life by suffering breast cancer and her husband's betrayal. The research used Maslow's hierarchy of needs theory. The result of the research is Alex Parker managed to struggle through several stages to deal with her problem. The first is the betrayal from her husband that can be resolved when she gets a better lover. The second is she recovered from her breast cancer. In conclusion, Alex Parker can fulfill her need until the higher need is self-actualization.

B. Research Questions

Based on the research background above, the research problem can be addressed as follows;

1. How does the main character reach self-actualization in Jessica Jung's *Shine*?
2. What are the main character's challenges in reaching self-actualization in Jessica Jung's *Shine*?

3. What are the self-actualization characteristics achieved by the main character in Jessica Jung's *Shine*?

C. Significance of the Study

The significance of the study from this analysis can be divided into two purposes:

Theoretically, this study provides a good reference for discussing the process of reaching self-actualization in literary works. The readers are expected to find out how is the process of self-actualization of the main character in the literary works.

Practically, the purpose of this analysis is that it would be useful for the readers to learn more about literature, especially for literature students who are interested in this analysis, especially about self-actualization, also, it can be used by everyone, to gain their knowledge about how to achieve self-actualization.

D. Scope and Limitations

The scope of the study of this research is focusing on the problems to reach self-actualization and self-actualization as portrayed by the female main character in *Shine* by Jessica Jung. The scope of the study is to make the research relevant and well managed. Thus, this research focuses only on *Shine* by Jessica Jung.

E. Definition of Key Terms

1. Self-actualization

Self-actualization is a tendency to become actualized in potential, the desire to do more in everything that one is capable of becoming (Maslow,

1954:76).

2. Main Character

The main character is the one who dominates the whole story, the character who is most involved with meaning, relates the most to other characters, and requires a lot of storytelling (Maijar, 2021).

3. Hierarchy of Human Needs

A certain level of value that found in the very essence of human nature, the desire and wanted by all human beings, and also the need in the sense that necessary to avoid illness and psychopathology (Maslow, 1954:13).

CHAPTER II

LITERATURE REVIEW

The second chapter of this research contains several major sub-chapters, from the psychological approach in literary criticism, theory of human motivation, Maslow's hierarchy of needs, self-actualization, characteristics of self-actualization and challenges for self-actualization.

A. Psychological Approach in Literary Criticism

Literature is a representation of human life to understand the other human soul and has the function of humanity. That way, literature has its path for aesthetically pleasing work. Literature as a humanities science has a wide range of studies, ranging from philosophy, psychology, sociology, anthropology, and religion (Ahmadi, 2015). The literature will follow the current of human thought of a certain age. Therefore, literature is a valid medium for recording human life and the change of thought (Annas, 2021).

Psychology is the science that examines and studies behaviors or activities that are seen as a reflection of human psychic life. In psychology, the behavior or activity that exists in an individual or organism is considered not to present itself, but as a result of the presence of a stimulus, or response to an individual or organism. In this case, the behavior or activity is considered as the answer to the stimulus that means to it (Ahmadi, 2015).

The development of literature makes psychology an approach in literary studies. Literature has scientific features, namely objects, theories, and methods

means literature can play the role of an object or subject of research (Rositama & Furaida, 2022). Literary psychology is one of the areas of literary studies which reads and interprets based on different concepts and theoretical frameworks used in psychology. Wellek and Warren (1949) state that literary works can be absorbed by studying the psychology of the author, the psychology of the character, and the psychology of the reader. Psychology can flow into literary works, because authors use their emotions and emotions to create works, such as novels (Levin, 1949).

Wiyatmi (2011) explained that literary psychology is one type of literary study used to read and interpret literary works, literary authors, and readers using various concepts and theoretical frameworks that exist in psychology. Human understanding of literature will be complete if equipped with psychology, and vice versa. This means that the research theory of literary psychology is in the form of a link and relation between literary psychology and psychological theory.

The complicated kind of psychology is the concept of psychoanalysis, it's delivered with the aid of Sigmund Freud. Three critical conceptualized elements of the human character are the id, ego, and superego. Psychology's position in literature is pretty critical. In literature, there are simple approaches to how psychology works. First, it facilitates research on the act of creating art, and secondly, it calls for a few authors' mental studies to pay attention to the connection between their attitudes, states of mind, and the opposite unique psychological attributes (Freud, 1989).

Literature speaks of humans who are imaginatively created by the author and are the result of the author's creative process. Psychology is about people created by God who are in the real world. Although the human nature of literary works is imaginary, in the imitation of character and soul, the author makes human beings living in the real world as inspiration in the creation of literary works. Then, one of the demands of the character is the existence of a portrait of the psychological dimension of the character, in addition to the social and physical dimensions. Thus, in analyzing figures in literary works and the nature of the character, a literature student should base on the theories and laws of psychology that explain human behavior and character.

B. A Theory of Human Motivation by Abraham Maslow

Motivation is present for anyone who has a positive mind and a healthy mental state. Humans have a desire to complete satisfaction. Throughout life, a person wants something to achieve or gain. Then, through that motivation, humans learn to achieve the object of the goal. Satisfaction or dissatisfaction from a motivation a wide variety of strong desires achieve relative satisfaction. Wanting something itself implies the satisfaction that exists from other desires. A person will not be able to compose music or wear nice clothes if they are still hungry and do not have a home. Or if a person gets hatred and threats in their life (Maslow, 1954).

Humanistic psychology is a psychological approach that emphasizes free will, personal growth, joy, the ability to recover after experiencing unhappiness, and success in realizing human potential. This can be said to the interest in life.

Humans according to Maslow have a psychological structure that is analogous to physical elements, namely needs, capacities, and tendencies based on genetics. Healthy development is expected to involve actualization and these characteristics and can fulfill human potential. The fundamental state of man, in general, comes from denial, frustration, or twisting, and a good human state is self-actualization.

C. Maslow's Hierarchy of Needs

To achieve self-actualization, Maslow formulates a Hierarchy of Needs. Most human desires are motivated by several basic needs that are the same for all species, do not change, and come from genetic or instinctive sources. Humans are motivated to fulfill their life needs. These needs have a level of hierarchy, starting from the lowest (basic/ physiological) to the highest (self-actualization). Maslow's hierarchy of needs states that humans have 5 kinds of needs, namely physiological needs, safety and security needs, love and belonging needs, esteem needs, and need for self-actualization (Sanga, Latupapua, & Latupeirisa 2020).

Abraham Maslow revealed the theory of needs which states that individual behavior is useful for meeting their needs, where this theory has four basic principles, namely 1) humans are animals who have the desire to meet their needs 2) human needs to seem organized in tiered needs 3) when one need is met, other needs will arise 4) needs that have been met have no influence other, then higher needs become dominant.

According to Minderop (in Sinaga, Zuriyati & Attas, 2018) before

reaching the need for self-actualization, there are stages that someone has to go through. The needs that must be met by a person are physiological (basic needs, such as eating, drinking, sleeping, shelter, and so on). After basic needs are met, comes the need for security. When the physiological and safety needs are met, the need for love, affection, and a sense of belonging. Then, two categories of need for esteem emerge, namely self-esteem and respect from others. Self-esteem needs include competence, mastery, and self-confidence, while respect from others includes prestige, acceptance, recognition, attention, good name, position, and respect. The last human need is the need for self-actualization. Self-actualization is a tendency to become actualized in potential, the desire to do more in everything that one is capable of becoming (Maslow, 1954:76).

There are the following is a description of the hierarchy of human needs according to Abraham Maslow's Hierarchy of Needs theory:

1) Physiological Needs

Physiological needs are basic needs for humans, such as eating, drinking, and shelter. These most basic physical needs must be met first before heading to the next stage. Sometimes the psychological state of people, such as loneliness, will give rise to misinterpretation of the body so that humans continue to feel hungry.

This need is very important for survival; therefore, these needs are the strongest of all needs. A person who experiences a lack of food, self-esteem, and love, then he will hunt for food first. He/she will ignore or suppress all other needs until their physiological needs are met.

2) The Safety Needs

The safety needs, the need to meet security, protection of freedom, and fear. This need is not only through big things like state security, but also small things like steady jobs and savings.

3) The Belongingness and Love Needs

The belongingness and love need, to have relationships with the family, and other human beings in an understanding and warm manner. It also means the need to feel belonging to a particular group, whether friends or family. Lack of feeling close to others will make the individual less able to adjust well.

The need for love is essential for the growth and development of one's abilities. If these needs if not met, it can lead to incorrect adjustments. Lack of love is part of the disease of lack, like someone who is malnourished, someone who lacks love will show the same symptoms.

4) The Esteem Needs

The esteem needs include self-confidence, being able to meet competency, and, independence. In addition, there is a feeling of wanting to be respected and recognized by others. If this stage is achieved well, then people will feel hopeful, confident, strong, and able to be useful to others. Meanwhile, if it is not successful in meeting the needs of self-esteem, then the individual will feel inferior, helpless, and weak. However, the best self-confidence is that which comes from feeling self-worth and valuable.

Someone who has enough self-confidence then the person will be more productive. On the contrary, if someone's self-esteem is less, it will overcome

low self-esteem, which in turn can lead to despair, can't appreciate their selves, and don't know what to do.

5) Self-Actualization Needs

Self-actualization is a psychological need to grow, develop, and use abilities. Self-actualization is a person's ability to self-control so that person can be free from various pressures, both come from within and from outside. Self-actualization is the highest achievement of human needs fulfillment. Self-actualized people will be able to find, use, and show their full potential, and be able to be free from various obstacles. The need for self-actualization becomes a peak and superior need, enabling an individual to achieve honesty, freedom, justice, information, and self-defense.



Picture 1. Maslow's Hierarchy of Needs (Hopper, 2020)

D. Self-Actualization

Maslow (1954) in Hierarchy of Needs uses the term self-actualization as the highest need and achievement of a human being. Self-actualization is the process of being yourself and developing unique psychological traits and potential. Self-actualizing people are motivated by 'eternal life principles' (eternal verities), hereinafter referred to as B values. B values or 'Being' value

of psychological health is the opposite of D-needs (deficiency), which motivate non-self-actualizing people. Maslow named the B values as 'Meta needs' to show that these values are the highest level of needs. These B values that distinguish people with ordinary needs from self-actualizing people are called Meta motivation. Through these levels, humans are connected to the world in two ways, namely D-realm and B-realm. In the D-realm (deficiency), humans strive to meet basic needs for survival, such as trying to meet the needs of eating and drinking. While the B-realm (being) humans will have an increased motivation, to fulfill the actualization of self and meaning for its existence (Feist, 2010).

E. The Characteristics of Self-Actualizing People

To reach the level of self-actualization, a person must have met the four previous needs. They are no longer bothered by problems looking for food, no longer ignored by security threats and disease, have close and loving friends also have a feeling of being valued. They are free from neurosis, psychosis, and other psychological disorders (Maslow, 1954). According to Maslow (1954), there are characteristics or traits that show a person achieves self-actualization

- 1) More Efficient Perception of Reality and More Comfortable Relations with it

Being able to see reality efficiently means making a person able to recognize lies, falsity, and fraud committed by others, and able to analyze critically, logically, and deeply human and natural phenomena (Asmadi, 2008 in Rabbani, 2021).

2) Acceptance (Self, Others, Nature)

The actualized person accepts themselves, their weaknesses, and strengths without complaint or distress. The acceptance of nature is not defensive or hiding behind masks or social roles. The attitude to listen patiently, humbly, and willing to admit that still need to learn anything and other people would give lessons. They can live comfortably even with their own shortcomings, which are perceived as not shortcomings at all, but only as a neutral personal characteristic (Maslow, 1954).

3) Spontaneity, Simplicity, Naturalness

In all areas of life, the actualized person behaves openly and directly without pretending. They don't have to hide their emotions but can express their emotions honestly and naturally. An actualized person sometimes looks innocent, listens attentively, is amazed and astonished by something new, and does it all as it is without being made up (Asmadi, 2008 in Rabbani, 2021).

4) Problem Centering

Self-actualized people never blame themselves when they fail to do something. They consider that failure as a natural and ordinary thing. They strongly focused on problems outside themselves, problem-centered rather than ego-centered. They may denounce every stupidity and carelessness they do, but these things do not make them back down and consider them self-incompetent. They tried again to solve the problem with great joy and confidence and optimism that they could solve it (Maslow, 1954).

5) The Need for Privacy

Self-actualizing people have a strong need to separate themselves and find solitude or a meditative atmosphere. They need certain moments not to be disturbed by the presence of other people to form thoughts, reach decisions, and exercise discipline behavior. Almost all of them positively live in solitude and privacy to a definitely greater degree than the average person (Maslow, 1954).

6) Autonomy, Independence of Culture, and Environment

Self-actualizing people have been able to escape from excessive dependence on the social and physical environment. Satisfaction with growth motives comes from within oneself, through the full utilization of one's talents and potential. They can do whatever they want, anywhere without being affected by the environment (Asmadi, 2008 in Rabbani, 2021).

7) Fresh Appreciation

The actualized person always cherishes certain experiences no matter how often they are repeated with a fresh feeling of pleasure. There are some differences in the choice of beautiful objects that some subjects mainly go to nature. The full moon, sunsets, the laughter of friends, and other ordinary things are looked upon as if it was a first-time experience of life. This appreciation is always fresh and makes life always passionate (Maslow, 1954).

8) The Peak Experience

The peak experience is the occasion when the self-actualizing person experiences happiness, and a great and overwhelming feeling of fascination, strong enough, chaotic, and widespread. Some of these peak experiences are

strong and some are mild. In an actualized person, this feeling of “being at the top” can be obtained easily, and such experiences can occur with a lesser degree of intensity (Maslow, 1954).

9) Social Interest (Gemeinschaftsgefühl)

The actualized person has strong and deep feelings of empathy and affection for all human beings, as well as a desire to help humanity. They can find happiness in helping others. They have knowledge that they can do many things better, and the truth that is so clear for them than for most people veiled and hidden (Maslow, 1954).

10) Strong Interpersonal Relationships

Actualized people have greater love, deeper friendship, and more perfect identification with other individuals. Their friends may not be many, but very close. They also do not have excessive dependence on loved ones and avoid blind jealousy, envy, and anxiety. They do more fusion, greater love, more perfect identification, and more removal of ego boundaries (Maslow, 1954).

11) The Structure of Democratic Character

A very healthy person tolerates and accepts everyone regardless of social class, education level, political class, race, color, or even religion. Their behavior shows a high level of tolerance, not arrogance, and not self-righteousness. This trait combines several meta-needs such as truth, honesty, and justice. They have strong feelings of truth and wrong and may have a counterattack against evil behavior (Maslow, 1954).

12) Able to Integrate Means and Goals

The self-actualizing person is a very ethical individual, who has moral standards by doing the right and staying away from the considered wrong. Their notions of truth and evil are different from conventional views. They have means and goals, which are more fixated on the goal than the means because, in the end, the means will follow the goal (Maslow, 1954).

13) A Non-Hostile Sense of Humor

The humor preferred by actualizing people is more philosophical; humor that laughs at humans in general, not at specific individuals. This is a kind of thoughtful humor that can make people smile and nod in understanding rather than making them burst out laughing, nor is it humor that mocks religion, insults others or a particular race (Asmadi, 2008 in Rabbani, 2021).

14) Creativity

Creativity is also a common trait in this superior human. The characteristics associated with this creativity include flexibility, spontaneity, courage, openness, and humility. Maslow believed this was a trait that often disappeared as people grew older. Creativity can mean producing new, original, innovative work, or combining several inventions to get something different. Creativity is also an attitude, an expression of psychological health, and is more about how we perceive and react to the world – a process – and not about finished outcomes (Asmadi, 2008 in Rabbani, 2021).

15) Resistance to Enculturation; The Transcendence of Any Particular Culture

Self-actualizing people get along with the culture in a variety of ways, and they are not properly conventional. They do not show dissatisfaction or disapproval of culture but give calm attention to cultural improvement (Maslow, 1954).

F. Factors that Challenge Self-Actualization

Maslow (1943 in Fitra, 2015) suggests several obstacles to self-actualization, namely as follows: internal, external, and negative influences. People who can self-actualize understand that there are other obstacles inside (internal) or outside (external) of their existence that affect their behavior and actions to do or achieve something (Roostin, 2018). Thus, there are the following factors that challenge self-actualization:

1) Internal

This internal factor is a form of barrier that from within a person, which includes, ignorance of self-potential, feelings of doubt, and fear. Someone may be afraid & shame to reveal their potential so that their potential cannot continue to grow. Self-potential is a necessary capital known, explored, and maximized. Truly a change can only happen if we know the potential that is within us, then direct it to the appropriate action and test (Roostin, 2018).

2) External

Self-actualization is only possible supporting environmental conditions occur. External factors are obstacles that come from outside a person, such as

community and environment do not fully support the efforts of self-actualization. Actualization can be done if the environment allows it. The environment is one of the factors that affect the formation and development of individual behavior, both physical environment and environment socio-psychological.

3) Negative Influences

These barriers are negative influences generated by the need for self-actualization, such as in terms of expressing opinions, taking risks, making decisions, and letting go of old habits that are not constructive. This will give fear to individuals who are unable to do so until later that fear will encourage these individuals to move backward in satisfying their needs. So, the achievement of self-actualization, besides requiring supportive environmental conditions, also requires individual willingness or openness to new ideas and experiences.

CHAPTER III

RESEARCH METHOD

The third chapter of this research contains methodology used in this thesis. The research methodology consists of research design, data source, data collection, and data analysis.

A. Research Design

This study uses literary criticism which focuses on the analysis of literary works, as a study method in the form of a novel using a literary psychological approach. There is characterization in literary works, both novels, short stories, and poems. Continuity of psychological science is when studying psychiatric aspects of both figure and author. Literary works associated with psychology are important research. According to Wellek & Warren (Levin, 1949), psychology helps gather researchers' sensitivity to reality, sharpening abilities, and observations, and provides opportunities to study patterns that have not been touched before. As a psychiatric symptom, psychology in literature contains phenomena that appear through the behavior of its character (Setyowati, 2017). Thus, novels can be researched using the perspective of literary psychology.

This approach helps analyze literary works that focus on self-actualization and the process of overcoming self-actualization problems. Therefore, the researcher applies a literary psychological approach to better understand the protagonist's literary criticism.

Maslow's hierarchy theory of needs in achieving self-actualization becomes the realm of psychology here is used to find out the achievement of self-actualization by the main character by the hierarchy of needs that have been met and the problems that befell the main character achieve self-actualization.

B. Data Source

The main source of this analysis is *Shine* by Jessica Jung in the form of e-books (pdf). The *Shine* is published in 2020 by Simon & Schuster Publishing and has 27 chapters and 237 pages. The data are all of the quotations from Jessica Jung's *Shine*.

C. Data Collection

In the first step, the researcher reads the *Shine* to get a good understanding of the story and the main character. In the second step, the researcher will take notes, make related notes to the research question, and classify the data. Third, all the data that has been found will be written into the research results.

D. Data Analysis

In this section, the researcher takes several steps to analyze the data in this research. The first step is to collect data from *Shine* which is considered in accordance with the research question. Second, categorizes and rewrites the data. Third, describing, interpreting, and elaborating the data related with Maslow's hierarchy of human needs theory.

CHAPTER IV

FINDING & DISCUSSION

The fourth chapter of this research are the process of self-actualization through the fulfilment of 5 levels of human needs by the main character. The self-actualization of Rachel Kim is inseparable from the fact that the fulfilment of needs starts from the basic level of the hierarchy of human needs. This chapter also explains Rachel's challenges in reaching self-actualization and Rachel's characteristics of self-actualization.

A. Rachel's Process for Reaching her Self-Actualization in *Shine*

Rachel is a seventeen-year-old Korean-American girl who wants to achieve her dream as a K-pop singer. She leaves New York for Seoul, South Korea, and joined a big entertainment agency in Korea, DB Entertainment. But after she joined DB Entertainment, the condition is not well as she imagined before. She thought will have a good training day with all of the trainees who have the same dream as her. But she got bullying by other trainees and was called 'Princess Rachel' because she lives in America, although her parent both from Korea. Rachel does not easily give up to achieve her dream, and she's tried to find another way to debut as a K-pop singer. She's experienced pain, joy, and love during her time to achieving her dream.

The first problem studied in this research is how Rachel Kim meets 1) physiological needs 2) safety needs 3) love and belonging needs 4) esteem needs and 5) self-actualization needs, whether she can get them in order, and whether in this novel the character Rachel Kim can meet all the desired needs.

1. Rachel's Physiological Needs

According to Maslow (1954), physiological needs are the lower needs that need to be fulfilled first before moving to the next level of a hierarchy of needs. This is typically viewed as starting point of human satisfaction. Physiological needs are the most basic requirements: air, oxygen, water, food, shelter, steady temperature, resting, sleeping, and reproduction. This need becomes a very important need because it becomes the basis of human life to survive. People who cannot meet this need will make someone aggressive, selfish, do not pay attention around, have no shame, and so on. A special meaning in humans is it is likely that their main motivation is physiological needs. Physiological needs are the efforts to maintain the balance of physical elements such as eating, drinking, sugar, salt, protein, the need for rest, and so on.

In *Shine*, the main character Rachel Kim has a middle-family background living in Seoul, South Korea. Previously, she lived and was born in America, although both her parents are from Korea, according to the data below

*I stiffen. It's no secret I was born and raised in the States (New York City, to be exact),
...and it wasn't long before I was known as "Princess Rachel," the most pampered trainee at DB; the full-blooded Korean whose American passport
I narrow my eyes. "I hope it doesn't involve climbing out the window of our eighteenth-floor apartment." (p. 8-27)*

According to the data above, it can be known that Rachel grew up in America. Then Rachel moved to Korea to pursue her dream as a K-pop artist. In Korea, Rachel lives in an apartment with her parents. Her father owns a gym & fitness centre, and her mother is a linguistics lecturer at Ewha Women's University. Rachel has no problem meeting her basic needs, such as food, drinking, shelter,

and water because the family is still sufficient to provide daily needs, even if she does not come from a wealthy family. When moving to Seoul, Rachel's family was a little hit by economic difficulties, because her father's gym business was not as busy as in New York. Rachel's mother also had to give up the program to become a professor and start everything again when choosing to live in Seoul.

“We all know the gym isn't doing well. It's not like before...” He pauses, and I think about what life was like back in New York. Appa was semi-famous from his pro-boxing days, and the gym he ran in our neighborhood in the West Village was always brimming with people. Umma was close to getting tenure as an English Literature professor at NYU. Everyone was busy, but somehow the four of us were always together ... But everything is different now. Umma's working twice as hard to get back on the tenure track at her job, which could be years away. Leah spends hours alone after school each day while our parents are working and I'm doing homework or trying to keep up with my training. And Appa's gym... well, he bought this gym about a year after we moved to Seoul, but it's never really taken off. Some weeks, me and my friends are the only ones who come in at all. (p. 21)

According to the data above, their move to Seoul made them have to adapt to various things. Although Rachel's parents are from Seoul, they also need adaptation to restore the family's economic condition. For example, rebuilding Rachel's father's gym (which in this novel is called 'Appa') that he bought a year after moving to Seoul. Unfortunately, Rachel's dad's gym business isn't as busy as it was in New York, and sometimes there are only a few Rachel's friends at the gym for a few weeks. Meanwhile, Rachel's mother (who in this novel is called 'Umma') must work hard to regain the position of professor of English literature that Rachel's mother had almost achieved at New York University. However, Rachel's father did not give up on making the family's economy better. Rachel's father is looking for a way to get a job that is considered more productive and make more money as a lawyer, according to the data below

The only reason I know that Appa's been taking secret law school night classes in the first place is because I spotted a law textbook in his office during one of my gym visits. When I asked him about it, he got flustered and tried to pass it off as light reading. Eventually he broke down and told me the truth, but he made me promise not to tell Umma or Leah. (p. 21)

"My dad just graduated from law school. I'm the only one in our family who knows because he wanted to keep it a secret until he was sure he could succeed. (p. 19)

According to the data above, Rachel's father didn't tell anyone when he enrolled in law school. Rachel finds out her father is attending law school because Rachel found a law textbook at the office and Rachel asks about it. At first, Rachel's father only told her that it was just reading, but in the end, Rachel's father told her about law school and Rachel must make a promise to not tell Umma (Rachel's mother) or Leah, Rachel's sister. Rachel's father wanted to tell the whole family about when he had become successful to be a lawyer.

The data above shows Rachel's father trying to meet the physiological needs of the family by trying to get more income for daily needs. Shang (2000) state that women are dependent on their father (Rahayu & Aurita, 2020). Rachel's father tries to do his duties as a father well and is responsible for completing the needs of the family. Rachel's father wants to improve the family's economy and he is want to become a lawyer. At this point, the researcher considers Rachel Kim's character to have been able to meet her physiological needs even though Rachel's family started everything again when they moved to Seoul. Basic needs such as food, drink, and shelter are still sufficient, but Rachel's father wants to improve the family's economy by becoming a lawyer.

2. Rachel's Safety Needs

The need for a sense of security is a long-term life defence. The need for a sense of security includes assurance, stability, protection, and freedom from fear and anxiety. The need for a sense of security to protect ourselves, others, the environment, and so on. A sense of security will avoid various types of threats. This sense of security is also included in freedom and is not physical or psychological injured by other people or certain situations (Errita, 2021).

Rachel, who has dreams of being a K-Pop idol, has always yearned to appear on stage and see the world from the perspective of an entertainer. Therefore, she embarked on a journey of achieving dreams when she was 11 years old. At that age, Rachel's view is still too narrow to know how the real world of K-Pop training is, according to the data

When I first got recruited to DB, I was so excited—a whole program full of kids who felt the same way about K-pop and Korea as I did—or so I thought. It wasn't long before the constant "Princess Rachel" insults and subtle comments about my American background made me feel just as rejected as I used to feel back home in the States. (p. 47)

According to the data above, Rachel was initially very enthusiastic when she was recruited as a trainee at DB Entertainment because she would join other students who were as enthusiastic and talented as her. But unfortunately, this is not in accordance with reality. When she joined the agency, another trainee made jokes and taunts about her American background. Another trainee even made a nickname, 'Princess Rachel', because Rachel was considered a special trainee of DB entertainment by being able to live in her own house. Most trainees do live in dorms and return home only during certain holidays.

As a trainee, Rachel realized that there were certain standards that a trainee must have in order to debut and join a K-pop artist group under DB Entertainment. Various established standards and competitions for joining the line-up as a K-pop singer made Rachel not even feel at peace in the company. As described in the following quotation

The DB execs claim the fountains are there to help us channel our inner peace in order to achieve our highest potential—but we all know what a joke that is. There's no inner peace to be had here (p. 9).

According to the data above, the fountains at DB Entertainment can help meditate and achieve peace, according to DB's executives. Through the beauty of the fountains, maybe the trainees can reach peace and relax when going to practice, but according to Rachel, there is no inner peace while at DB Entertainment because of the competition to be the best of the best. Also, the standards that must be achieved and prepared when becoming a K-pop artist provide demands that drain physical and psychological energy.

Although she is very tired physically and psychologically because she has been practicing all day, Rachel must still try professionally as if she is okay. Moreover, when the monthly assessment is where the executives and leaders are present in person. In fact, pretending to be okay when facing problems can make the problem more severe because we have to hold and regulate our emotions in front of others. The most important things can make our mental health disturbed (Raypole, 2020). This is according to the quotation

The frustration is building in my chest, weighing me down even more. I'm getting too much in my own head, but the more I try to let go, the worse it gets. I can't get my movements to pop as much or my legs to kick as high. By the time I land the last offbeat step, I'm out of breath and a light sheen of sweat dots my forehead. Tummy tucked, shoulders back. I smile wide—like the whole world is my best friend. (p. 46)

Rachel endures her thoughts piling up, causing her frustration and loss of focus on appearance. She tried to get rid of the burdensome feelings but instead became more and more chaotic. “Tummy tucked, shoulders back. I smile wide, like the whole world is my best friend.” (p. 46) when her appearance is getting worse but she must still smile as if it is fine. Professionalism is indeed very important for a K-pop idol, so it is not uncommon for K-pop idols to be forced to be fine.

An entertainer and public figure in South Korea are mostly required to show the positive side and look perfect in every way, to be accepted by the audience and the public. Moreover, South Korea still upholds eastern ethics that carry norms of decency and conservativeness. Koreans also carry the concept of 'Face' as the cornerstone of life, showing behaviours and appearances that they want to show to others by seeking harmony and preventing negative emotions (Kim, 1993). However, if negative emotions are pent up a lot, it can make a person trapped in toxic positivity, a term for the condition of someone who forces themselves or others to always think and be positive and reject negative emotions. This has a negative impact on mental health. Denial of negative emotions can lead to depression, severe stress, sleep disorders, and even PTSD (Alfarez, 2021).

In doing training, Rachel tries to figure out how to give her best because Rachel must be able to maintain her position at a safe or non-eliminated level, according to the data

But everyone knows that when it comes to being a trainee, talent will take you only so far. That's why we're all desperate to do whatever we can to get noticed by Mr. Noh and the rest of the DB executives. Because every thirty days, like clockwork, trainees gather in the auditorium with DB's

executive board, waiting to be evaluated and judged, deemed worthy of staying in the program or getting kicked out. (p. 24)

According to the data above, Rachel realized that talent was not enough to attract the attention of executives. Executive attention to Rachel and the other trainees is very important because by getting the attention of the executives, Rachel's chances of staying in the training program will be greater. If Rachel only relies on talent, then all trainees are talented students. Rachel must find her best side to show the executives and stay in the training program. These performances are held at the end of every month, which is an evaluation of the dancing and singing performances by the trainees. Through this monthly evaluation, the progress of the trainees' development can be seen, whether they are making progress in appearance or are stagnant or even declining. The assessment was carried out by the executives and chairman of DB Entertainment, Mr. Noh, who then will decide which students are considered eligible or not to continue the training program at DB Entertainment.

We're about to give them the performance of their lives. If someone had told me when I was eleven years old about everything I'd have to sacrifice to get to this point, everything that would be stolen from me, I would have said they were writing a K-drama. The path to get here has turned out to be harder than anything I could've ever imagined, but here I am. Despite it all, I made it to my debut moment (p. 232).

According to the data above, Rachel finally achieved her dream by debuting as a singer. Rachel joined a K-pop girl group 'Girls Forever' under the label of DB Entertainment. This provides stability and happiness for her psychic because she has fulfilled her dream. Although in the future the journey to becoming a K-pop singer is not easy, Rachel has maintained her position with the success of debuting at a well-known agency. This explanation is in accordance

with Maslow's theory which explains that if physiological needs can already be met, then new needs arise that can be roughly categorized as the need for security, namely feeling safety, stability, dependence, protection, freedom from fear, anxiety, and chaos, protective forces and so on (Yuliantarini, 2021). Rachel's long journey to become a K-pop singer shows that she has changed her needs from basic needs to the need for security which she only gets if she has succeeded in becoming a singer. Becoming a singer in a well-known agency not only gives Rachel financial stability but also the freedom to express herself as an artist.

3. Rachel's Love and Belonging Needs

Love and belongingness needs are the needs for feel love and affection from loved ones or surroundings. This need can be fulfilled by combining with a group or association, accepting values and traits, or by being able to feel a feeling of belonging. To satisfy the need for love we can build a close and caring relationship with others or with people in general, in this relationship giving and receiving love are equally important. When a person has met a previous need, it will move to the needs of the next level. A person who is still unable to meet physiological and security needs will consider love to be nonsense, but when it has been fulfilled then the need for love becomes something important to avoid exclusion, rejection, and so on (Maslow, 1954).

Rachel has a family that is still complete, so she can still feel the affection of her family. Although at times, Rachel's mother seemed less supportive of Rachel's dreams. Rachel's mother made a deal with Rachel about the balance between training and school as contained in the following data

...but to my surprise, Umma made me a deal: We would move to Seoul and I would go to school during the week, get an education, keep my prospects for college open, and every weekend (starting Friday night), I would train (p. 11).

According to the data above, with permission from her mother, Rachel can pursue her dream of becoming a singer. This means that Rachel's mother still gives Rachel a chance, because a mother nevertheless wants to see the child do what she likes, in the sense of a good thing. Rachel's father gave up the gym business and started everything from the beginning while in Seoul as proof of his support for Rachel.

Appa shakes his head and gives me a small smile. "I love this gym, but I love you and Leah and Umma even more. You three are what's important now, and becoming a lawyer will give us some financial stability. (p. 22).

From the data above, Rachel's father supports Rachel to join a training program by moving to Seoul. This proves that Rachel's father loves Rachel and wants Rachel to do what she loves. Both data above show that Rachel still gets love from her family, especially Rachel's father who always tries to support Rachel.

As a 17-years-old teenager, Rachel has a desire to socialize and build good relationships with the other trainees. Rachel also wants to be friendly in her training program, but sometimes other trainees have a bad attitude toward her. However, building relationships while on the training period seems more difficult than Rachel imagined. This is because of the competition to become a K-pop singer so that everything in DB Entertainment feels like a competition. But Rachel finally found her best friend in DB Entertainment, she is Akari, a trainee from Japan.

Maybe it's because we both understand what it's like to be an outsider in Seoul, but we've gotten along since the day we met. It's not easy making friends when everything here feels like a competition, but Akari is one of the few people at DB I can really trust. (p. 13)

According to the data above, Rachel is best friend with Akari. Rachel thought that maybe they were the same foreigner so had their own connections. She also well builds friendships by data “Akari is one of the few people at DB I can really trust” p. 13, which means Rachel trusts Akari among other people in DB. It shows Rachel doesn't have many friends at DB, but she can always deepen her relationship with someone who really trusts her. In the school environment, Rachel also has best friend who always supports her, namely the twins Cho Hyeri and Cho Juhyun.

Cho Hyeri and Cho Juhyun are my best friends from Seoul International School, since the first day of fourth grade, when the principal assigned them as my official welcoming committee. (p. 22)

As per the data above, Rachel and the twins Hyeri and Juhyun even became friends from the first day they met at Seoul International School. This is because the twins became the official welcoming committee for Rachel when she moved to Seoul International School in fourth grade. That means they have a long-standing closeness, from when Rachel was 11 years old until Rachel was 17 years old. That closeness is also illustrated in the data below

“Sorry, Rachel, what you need now is tough love. Not Klaus-and-Caroline-shipping emotional therapy.” Damn. She knows me too well. (p. 57)

According to the data above, Rachel is surprised because her two best friends understood Rachel's condition even before Rachel told them. At that moment, Rachel fell in love with someone, so sometimes she was silent thinking about that person. Her best friend asked her what she was thinking, then Rachel

tried to answer normally but her best friends already understood Rachel very well, that she was in love. But unfortunately, her position as a trainee did not allow her to be in a relationship and have a boyfriend so Rachel choose to ignore her feelings.

Besides being close to Akari, Hyeri and Juhyun, Rachel also has a close relationship with the trainee's head, Yujin. Yujin recruited her as a training student for the first time.

When I first started my training at DB, I was homesick a lot. Whenever it got really bad, Yujin would hide me away in her office and let me cry. She would rub my back and I would breathe in the fresh smell of eucalyptus from the plants that covered her bookshelves and her desk. As a kid, I'd loved K-pop. But she (Yujin) helped me turn my small, seemingly unrealistic dream into a reality. She showed me that there was an entire world of people who felt the same way about this music that I did—and that's why being a K-pop singer is so special. (p. 64)

According to the data above, Yujin has been giving support and attention to Rachel since the beginning when Rachel feels homesick because the transition from America to Korea is quite difficult for Rachel. Yujin will calm Rachel by letting Rachel spill her sadness in Yujin's office. Through Yujin too, Rachel learned something new for her in the world of K-pop, and many people feel that the world of K-pop is also special as Rachel feels. Yujin not only makes Rachel realize her dream but teaches and loves Rachel like her own sister. Through Yujin's treatment and support, Rachel is slowly able to realize her childhood dream.

Like teenagers in general, Rachel also experienced falling in love. She fell in love with one of the K-pop stars, Jason Lee who was her senior at DB Entertainment. It begins when Jason accidentally meets Rachel when Rachel is going to the trainee's house, Rachel accidentally fell and Jason helped Rachel.

From the first meeting with Jason, Rachel felt a different feeling. A handsome and successful star like Jason certainly makes anyone interested, including Rachel. Moreover, Jason seemed interested in Rachel. He is so friendly and always tries to have a chat with Rachel.

I get a weird swoopy feeling in my stomach every time he's around, and the more I see him, the more that feeling might come back. Or even worse, the more it might grow. I don't want to risk it. Not now—not when I'm so close to debuting. Jason already takes up way more of my brain space than I care to admit. (p. 100)

Through the quote above, Rachel seems to have growing feelings for Jason, especially when Jason is around her. However, she didn't want her feelings to continue to grow, especially when she wants to become a K-pop artist and debut. She must follow the rules for a trainee, which is not allowed to date. If she breaks the rules and is caught breaking the rules by DB Entertainment, Rachel can be excluded from the training program. Therefore, Rachel tried to restrain her feelings. But Jason, who seemed always interested in her, deliberately arranged a meeting with Rachel, even taking Rachel and Rachel's sister, Leah, on a trip together.

“Come on, Leah,” Jason says as his hands move to Leah's back, cradling her as he helps her gently to her feet. For the thousandth time that day, my heart catches in my throat. Jason turns to me and smiles before looking down at Leah, his eyes filled with such caring and protectiveness I would have previously thought only capable of existing in some K-drama universe. (p. 132)

According to the data above, Rachel wants to refuse Jason's invitation, but she knows that Leah is a fan of Jason, so she wants her sister to have fun with her idol. Moreover, Rachel lacks time with her sister because she is always focused on training. Rachel thinks that by taking Leah on a trip with Jason, her sister can be happy which means Rachel will also be happy to see her sister

happy. Unexpectedly, Jason's treatment of her was very sweet and made Rachel want to maintain her feelings.

How much I've been putting on a show for everyone around me—the twins, Leah, Yujin, my parents, all the DB execs. Constantly being perfect Rachel, well-behaved Rachel, talented Rachel, Sister Rachel, daughter Rachel. But with Jason, today, for the first time in months I feel like I've just been me. Rachel Kim. And it feels good. (p. 135)

As per the data above, Jason and Rachel seem to have a deeper relationship. Rachel can be herself when she is next to Jason. As a trainee, she had the pressure to look perfect and Rachel was sometimes tired of it. She needs someone who accepts her for who she is. With the same profession, Jason may be able to understand what Rachel went through so that he understands Rachel's position. This makes Rachel not pretend to be good and put on a smile all day long.

Based on the data above, Rachel can get love and affection from people around her. Rachel's affection needs have been met with her relationship with her family, her best friends Akari, Hyeri, Juhyun, and Yujin who she had to consider as her older sister, also her romantic relationship with K-pop star Jason Lee, although in the end, Rachel chose to end the relationship with Jason because she chooses to focus on her desire to debut as an artist.

4. Rachel's Esteem Needs

The appreciation is divided into two; an appreciation that comes from others and an appreciation from within. Appreciation that comes from others based on reputation, admiration, status, prestige popularity, or success in society are all attitudes on how others view us. The appreciation from within or self-preservation is a sense of self-confidence, feeling precious, and strong (Silmi,

2022). As the main character, Rachel Kim gets the appreciation that comes from others and from herself. The quotation below shows the appreciation for the main character Rachel Kim

Akari says. "Go and show her and all those other trainees that you deserve this just as much as they do." (p. 23)

The data above is the support of Rachel's best friend, Akari who gave a word of encouragement to Rachel for giving her best performance for the monthly evaluation. At the time, Rachel was bullied by Mina Cho because Mina was always jealous of Rachel. Then other trainees, Rachel is considered as Mr. Noh's favourite trainee student. Akari as her best friend did not want Rachel to be discouraged and inferior because of it.

Rachel also received support and appreciation from Yujin, the head trainee who trained and also motivated her. Yujin can encourage Rachel when she feels down, although sometimes Yujin is disappointed with Rachel because of some of the mistakes Rachel made. Rachel also loves Yujin and thinks of her as an older sister.

"People meant for the spotlight, like you." My heart fills up as I gulp down my nerves. (p. 67)

The data above shows Yujin's appreciation for Rachel, saying that Rachel is a person worthy of the spotlight. At the time, when Rachel has a plan with Yujin and visited a secret cafe for artists which turned out to be owned by Yujin's mother. Rachel found out that Yujin's mother was one of South Korea's top popular singers, and Rachel was shocked. Then she asked why Yujin didn't become a famous singer like her mother. Yujin just told Rachel that she had other aspirations to find someone who deserves to be a star, someone who deserves a

spotlight like Rachel. Rachel who gets appreciation from Yujin tries to keep what Yujin's said correct and she can increase her spirit to try to be better again in every aspect of becoming a K-pop artist.

Self-appreciation is also needed that comes from ourselves because the feeling of appreciation from within or self-preservation, we feel confident and safe in ourselves; we feel precious and strong (Silmi, 2022). Here's Rachel's appreciation and self-confidence in convincing herself and the company's executives

“Because,” I say, “there’s no limit to how brightly I can shine. That video was just a taste. If you give me a second chance, I’ll work twice as hard and shine twice as bright. Give me three chances and it’ll triple. And I know there’s no one who can do this better than me.” (p. 82).

The data above show Rachel's success plan for making a viral video about her singing. She wants to get DB's executive attention and struggles to correct her mistake, which is messing up her monthly evaluation performance. Before the day of the monthly audition, Rachel goes to the trainee's house because Mina invites her. Rachel thought that the training would take place there. But it turns out she was framed by Mina Cho's gang. Mina's gang makes a Sunday night party in the trainee's house and give Rachel the drugged liquor. The next morning, Rachel, who was still not so well after being drunk, had to have performance in the monthly evaluation. She performed well at first, but towards the end of the performance, Rachel threw up on stage.

Rachel tried so hard to find a way not to get kicked out of the program because unfortunately, she couldn't prove that any drug had been put in her drink. She must convince DB's executive that she deserved a second chance because she

was able to give better. So, she makes a plan for a viral singing video. And soon, after her singing video was uploaded on social media, Rachel's beautiful voice went viral. With her viral video, Rachel gets attention from DB and gets a chance to make better performance in front of DB's executive.

The appreciation for Rachel is also seen in the advice of a haenyo (Korean female diver) when Rachel is on Jeju Island. Rachel has a trip from school because she gets a good score in Biology class. She can refresh her mind from trainee's activity and has a holiday with her friends. When Rachel visits a beach in Jeju, she meets with haenyo or Korean female divers who were on the shore in their diving suits. Then, Rachel has a conversation with the haenyo.

The third haenyo lifts her chin. She is a smaller woman with a curved back, but she exudes authority with every word she speaks. "It is crucial for us to remind ourselves of our own strength, especially as women in Korea. Who else will tell us this? Nobody. It's up to us to be independent, to tell ourselves the truth of what we are capable of, and to do everything we know we have the strength to do." Unexpected tears well up in my eyes. I wipe them with the back of my hand and carefully store their words away in my heart. (p. 120)

According to the data above, haenyo said that as a woman, Rachel must be strong and independent, because she is a Korean woman. As a country that has a developed economy, it turns out that South Korean society still has a problem with gender inequality. Inequality between women and men almost occurs in all fields, for example in the fields of education, employment to politics. This situation is more prevalent in countries that hold fast to patriarchal social structures, where men have a higher position and are considered worthy to lead and discriminate against women (Indarti, 2017). Through haeyeo's advice to Rachel, Rachel realizes that she must be better at self-confidence to find strength

and independence as a woman. Thus, Rachel can find potential and appreciation in her.

5. Rachel's Self Actualization

Self-actualization is the next stage after all needs have been successfully met. Self-actualization is the form of the desire to get satisfaction from realizing all the potential of the self-possessed, then doing what can be done, being creative, and free to reach the peak of achievement in accordance with the potential possessed. Self-actualization will not involve balance but involves the desire to fulfil the potential so that it becomes all that can be done (Purna & Pusposari, 2021).

In actualized people, these feelings can be acquired easily, like while working, studying, and listening to music, reading stories, or even seeing the sunset. This can be seen in the quote

I think of six-year-old Rachel listening to K-pop for the first time, feeling special to be Korean for the first time. I think of eleven-year-old Rachel singing her heart out at a noraebang, wishing an impossible wish. (p. 75)

According to the data above, Rachel's peak experience is when she is singing on the stage. She remembers the early days she began to be interested in K-pop, which was when she was 6 years old. Later, she remembered when she was 11 years old and sang in a noraebang (karaoke place) and fantasized about being a K-pop artist one day. And everything came true, her dream to perform on stage and perform K-pop songs even though at that time she was still a trainee. She optimized that someday she will make her dream come true.

The crowd is mostly white people. But they love us. As I look out into the audience, I can see most of them mouthing along the words to the song—even the ones in Korean. The crowd is full of people filming our

performance with their phones, but for the first time, I feel myself relaxing in front of all the cameras. A rush of warmth fills my body as I remember why I love K-pop so much. How special it is to be able to share my language and my culture with people all over the world and have them truly see it. (p. 182)

According to the data above, Rachel's peak experience also occurs when she begins to sing on stage. On that day, she participated in the promotional tour of her new song with Mina and Jason, in Toronto and New York. Although most white people there, looks enjoy and support the performance of the trio Jason, Rachel, and Mina by mouthing along the words to the song, even in the Korean language. That show how popular their song is. Even though the audience recorded a lot of their performances on phone cameras, Rachel didn't feel her nervousness in front of the camera as she used to feel. She just only feels happiness and pride to share her language and culture with the wider world.

I am pleased to announce Rachel Kim as lead vocalist. The words play over and over in my head as my legs go totally numb. I don't know how I do it, but I somehow manage to walk down the aisle and up to the stage, my knees wobbling like Jell-O, barely registering the cheers that echo across the auditorium...I don't realize I'm crying until I feel the wetness on my cheeks and quickly wipe the tears away with the back of my hand. This is happening. This is real. It's finally happening. (p. 227)

According to the data above, the most amazing and unforgettable of Rachel's peak experiences is when she was announced to join as an artist, a K-pop singer with the position of lead vocalist in the K-pop group Girls Forever. She was so happy, even to cry. Rachel couldn't say a word and her legs went weak. Her struggles for 6 years with difficulties finally succeed on the day when she joins as a member of a K-pop girl group.

B. The Challenge for Rachel's Self-Actualization

As a teenager who achieves her dreams, Rachel is faced with challenges that affect the fulfillment of self-actualization needs. The research is to know what the factors that challenge Rachel in her self-actualization are. Maslow (1943 in Fitra, 2015) suggests several obstacles reach self-actualization, there are internal factors, external factors, and negative influences. The results of this research find internal and external factors that challenge the self-actualization of the main character. Thus, there are the following internal and external factors that challenge the self-actualization of Rachel Kim as the main character.

1) Internal

A person can feel difficulty overcoming fear and lack confidence. These fears can come from various factors, ranging from lack of mental preparedness, environmental conditions that are less supportive, or there are certain traumas that make a person's development becomes disturbed. Rachel Kim as the main character experiences fears and doubt during her trainee period. Rachel was afraid of not being able to become a K-pop singer. This is in accordance with the quote

The ones that didn't make it in the group. Will I be the one on top or the one left in the shadows? (p. 11)

According to the data above, Rachel as a trainee saw the front hall of DB Entertainment filled with photos of artists under the DB label. Those who succeed in becoming artists will have exclusive photo posters on DB's display hall. When Rachel saw all the artist posters, she was thinking and muttering about the fate of the trainees who failed to achieve their dream of becoming a

singer, despite spending time practicing very hard. The data “will I be the one on top or the one left in the shadows?” (p. 11) shows doubts in Rachel's heart about whether she will be the 'shadow' left behind by not being able to join the DB K-pop group which means she must give up her dream as a singer, or she will succeed in achieving her dream by becoming 'the one on the top'.

For the third time today, I feel a lump in my throat. I know Appa is happy for me and my life as a K-pop trainee, but I can't help feeling guilty for the dreams he gave up in order to let me pursue mine. (p. 21)

Based on the data above, besides her doubts and fear of not being able to become a K-pop artist, Rachel also feels guilty about her family. Especially to her father because since moving to Seoul, Rachel's family has to adapt and balance the family economy. Rachel knows that her father will always support what Rachel loves and what Rachel has been dreaming of. Rachel's father was willing to take Rachel to move to Seoul to pursue Rachel's dreams. However, Rachel still felt guilty that her father had to leave the gym business that was built in America which had been more successful than in Seoul. By this situation, Rachel became more ambitious to become a K-pop artist.

Rachel also has a problem with her fear in front of cameras. Despite years of media training, Rachel couldn't easily overcome her fear. This is in accordance with the quote

Even after years of training, I still feel like the camera is my enemy (p. 47)

According to the data above, Rachel has a problem with her fear of cameras. Despite often practicing in front of the camera she is still fear of the camera spotlight. Sometimes even made Rachel bullied by Mina Cho's gang for

acting stiff and awkward in front of the camera during media training. Rachel had to eliminate her stiffness in front of the camera because once Rachel becomes an artist, she will get the camera's spotlight.

2) External

External factors are obstacles that come from outside a person, such as community culture that does not support actualization efforts. According to Hillery Jr. (1955), the community is something that is built on a physical or geographical location and a basic commonality of interests or needs. The development of self-actualization is very necessary for each individual, but the development also comes from the surrounding environment because humans cannot avoid the surrounding environment. Lack of support can cause a person to feel inferior, unworthy, and lacking in confidence. The form of lack of support from Rachel's community trainees makes it difficult for Rachel to develop her potential such as:

“Can you at least try answering like a K-pop star and not some starstruck little girl at a slumber party? Or is that too much to ask from our poor little Korean American princess?” (p. 8)

According to the data above, Rachel took a media training class that requires trainees to join mock interviews in front of cameras. But unfortunately, Rachel did not do well in the interview test. This is because Rachel gets the camera spotlight which is one of the things that make Rachel fear and stiff. Mina who doesn't like Rachel mocks Rachel by calling her 'Korean American Princess'. Mina thinks that Rachel is not good enough to answer interview tests in media training.

Not only was Mina envious of Rachel, but several other trainees too.

The jealousy of other trainees toward Rachel is shown in the quote below:

"It must be nice to be Mr. Noh's favorite," Eunji says with a loud sigh. "You know, some of us actually have to work hard to get where we are. You don't see us getting any favors from the head of DB. "I hope you don't think you're some of us," Sumin says, whipping around to face Eunji. (p. 9)

After a chaotic media training class, Rachel also has to face the scolding of other trainees who think Rachel is the favorite of DB Entertainment chairman, Mr. Noh. From the first day Rachel joins in DB Entertainment, Rachel did seem noticed by Mr. Noh. So, according to another trainee, Rachel is popular as Mr. Noh's favorite. The other trainees, Sumin and Eunji were jealous of Rachel's position that Rachel wasn't part of 'them' who had a hard time and didn't get the privileges that Rachel got. The privilege for Rachel is being noticed and able to live at home and not in the trainee's house. Rachel also didn't understand why Mr. Noh seemed to know Rachel better than the other trainees.

You'd think they'd judge me based on how hard I train. How I work my body to the bone at DB headquarters on the weekends. How I sleep four hours a night during the week because of the hours of practice I put in after finishing my homework. How I begged my school to give me an independent study in music so I can have fifty minutes alone every day in the music room, practicing scales to keep me sharp. But instead, they judge my clean clothes, my neatly brushed hair, and the fact that I get to sleep in my own bed at night. (p. 12)

According to the data above, other trainees are jealous of Rachel because she lives at home. Although Rachel has her own difficulties in managing the balance of the trainee activity and her school. Rachel had to divide the time so she could finish her homework and practice. Even Rachel only slept 4 hours while preparing her performance to appear at DB's evaluation. Rachel also asked the school for permission to practice singing alone while at school so that she could

give a good singing performance. Another trainee only looks from the outside, from Rachel's appearance is still clean and looks fine so far.

I drank too much. No, I drank too fast. Everything is spinning. Eunji's loud voice is ringing in my ears, and the music is starting to sound like it's playing in slow motion. I look at Mina, who's still sitting next to me... and there are two of her. I'm seeing double. I try to blink away the nightmare. I fall deeper into the couch, my head growing fuzzier with each second. I see Mina's blurry faces leaning in close to mine. "It worked! She'll never be chosen now." Chosen? What is she talking about? "Earth to Rachel! You look like you could use some fresh air, Princess." (p. 41)

According to the data above, Rachel, who was invited to attend training at the trainee house by Mina's gang, actually got bad things. Rachel didn't think there was anything, she was just excited to practice. When she arrived there, Rachel was surprised because there had been a party. Mina's gang suddenly asked Rachel to drink. Rachel thought nothing would happen, so she just enjoys it. Unfortunately, the drink was drugged liquor which left Rachel very drunk and unconscious. "It worked! She'll never be chosen now." (p. 41) the quote shows that Mina's gang had planned to make Rachel unconscious. This was because Mina's gang didn't want Rachel to appear in the monthly evaluation tomorrow morning and could not be selected as DB Entertainment's new line-up artist.

*My muscles scream in pain as I go through the dance routine for what feels like the hundredth time that night, stopping only to watch video playbacks from my rehearsals with Mina. There's this one move in the second verse that I keep messing up, and the trainers' constant critiques play in a loop in my head:
You're never going to debut if you can't get this move right, Rachel!
You're dancing is a disgrace to DB, Rachel!
You're dancing looks like an elephant in a zoo, Rachel!
Rachel! (p. 88)*

According to the data above, Rachel always works hard for her performance on stage. Even until she was very tired but had to keep practicing. No matter how hard Rachel trains, it won't be enough. The trainer scolded Rachel

for her dance moves that didn't improve. The harsh training class did not allow Rachel to take too much for the bad comments. However, as a teenage girl, Rachel certainly still has a fear to judge and scolded by trainers.

Besides, bad talk from other trainees because of Rachel's background living in America, sometimes makes Rachel feel down. It seems that she does not get a proper place in the position as either an American or Korean citizen.

"I'm not half-white, but I feel the same way being Korean American. Sometimes it's like Korea doesn't fully accept me as Korean because I'm from America, but on the flip side, America doesn't fully accept me as American because of my Korean heritage. It's weird. It's like I exist in the in-between." (p. 133)

According to the data above, Rachel is not a person of native American-Korean descent, she was only born and raised in America. But she didn't get the treatment she deserved when she was in America or Korea. Rachel was always underestimated when she was in America, because of her physical and cultural contrasts. Rachel hopes that when she returns to Korea, she can find the spirit of nationalism towards the country. Rachel is also proud that she has become a K-pop trainee and will have the opportunity to expand Korean culture through the world of entertainment. But the reality is not as beautiful as she imagined because she is always bullied by Mina's gang because of her American background.

The challenges for Rachel's self-actualization also come from her family. Psychologically, the family is understood as the person who promises to live together, is also committed to living together, and carries out duties and obligations together. There is a bond and closeness between them (Istiadah, Muallifah & Hidayati, 2019). The influence of the family in the formation of the

self-actualization of children is very meaningful (Roostin, 2018). Rachel Kim has a family environment that actually supports Rachel in achieving her dreams. But unfortunately, this did not happen to Rachel's mother, because she does not agree with Rachel becoming a K-pop singer. Here is data that shows the less support of Rachel's mother in achieving her dream to become a singer.

"Always training. Why don't you try something different? It's not healthy being so obsessed with one thing." She pulls out a huge stack of papers and hands them to me. I glance down and see UNIVERSAL COLLEGE APPLICATION stamped across the top. My eyes fill with tears, and I blink hard, unwilling to let them spill onto my face. Even after six years, my mom's attitude toward my training still gets to me. (p. 29-30)

According to the data above, when Rachel discusses her training progress, Rachel's mother changes the subject and hopes that Rachel enrolls in college. Rachel is disappointed with it because Rachel's mother is less supportive of Rachel. Rachel is aware that college is important but she is very serious about pursuing her dream of becoming a K-pop singer. As a child, Rachel just wanted to get full support from her mother.

"Well, maybe I wouldn't have had to lie if you tried to be supportive for once! The whole reason we moved here was so I could train, but you act like it's just some hobby I've had for the last six years." explode. "You think I wanted to sneak out behind your back? I had to do it because of you and your rules. I had to give myself a fighting chance at being noticed by the execs. And I succeeded, by the way. Most parents would be proud that their daughter is going to be singing with Jason Lee in his next single." I stop abruptly, out of breath. (p. 84)

According to the data above, Rachel lied because she wanted to practice at the trainee's house. Rachel's mother finds out about it and she is disappointed in Rachel. There was an argument between Rachel and her mother. Rachel said, "Well, maybe I wouldn't have had to lie if you tried to be supportive for once!" (p. 84) which shows that Rachel will not lie if Rachel's mother really supports

Rachel. Rachel's mother thought that Rachel's 6 years of dancing and singing training seemed like just a hobby.

But all the training Rachel had done was more than that. Rachel is very ambitious about her dream and works hard. As proof of her seriousness in pursuing her dreams, Rachel was successfully chosen as Jason's song collaboration partner. Rachel told her mother that she would be releasing a single collaboration with Jason who was already famous and successful as a K-pop singer. For Rachel who is still a trainee, it is very valuable because she will be known more and her chance to become an official artist under the DB label is coming soon.

The challenges for Rachel's self-actualization also come from South Korean culture or view that upholds patriarchy in all aspects, even in the entertainment world, according to the quotation

"It's not important. But don't tell me you haven't noticed the double standard in the industry. It's different for girls than it is for guys." (p. 159)

The data above shows that there are double standards in South Korea's entertainment industry. The treatment is applied differently between male and female artists. Rachel found out when she knows the news that a senior artist at DB, Kang Jina, suddenly left the group that raised her name. Turns out, Kang Jina was caught having a boyfriend and she was expelled. Meanwhile, Kang Jina's boyfriend that also has the same profession as her remains an artist as if nothing had happened.

According to Kang Jina, that is because the agency chose a male artist to take care of. Rachel shared her fear of being caught having a boyfriend because at

that time Rachel was dating Jason. Jason casually thought that Kang Jina was exaggerating the story. Jason said that he would ask DB to keep Jason's relationship with Rachel a secret. But Rachel refused. Rachel was well aware that her position as a trainee was too risky to have high hopes that DB would protect her.

From the data, although there has been a lot of change after the rapid development, the strong patriarchal system in South Korea puts women in a position that is not the same as men. There are social and cultural values inherent both in society and also government institutions that are obstacles to the modernization of society (Palley, 2011).

C. Rachel's Characteristics of Self-Actualized People

According to Maslow's theory of self-actualization, the great difference between self-actualizing people and others can be clearly seen. Self-actualizing people no longer strive in the ordinary sense, but rather develop. In other words, ordinary people strive for the satisfaction of their basic needs (YouGov, 2015), while self-actualizing people, already meeting basic needs, seek to be more developed and more complete in their own style that favours self-growth and maturation. Self-actualizing people tend to seek development in the inner mind and mind and exert a greater influence on others (Wang, 2019). In *Shine*, the main character Rachel Kim fulfils self-actualization through the characteristics of an actualized person.

1) Acceptance (Self, Others, Nature)

The actualized person accepts themselves, all the shortcomings, and advantages that exist without complaint or feeling stress. They accept all naturalness without hiding behind a mask or social position. This makes a person accept well that he needs someone to teach him, listen well, and accept well that there are still many unknowns in this world (Maslow, 1954). This is in accordance with the main character, Rachel Kim according to the quote below

My life with DB might not be perfect, especially now, but it's still my life. My family's life. And I can't turn my back on that. On everything they've given up for me. On everything I've wished for myself. (p. 135)

Through the quote above, Rachel accepts everything that has happened to her life, as well as what happened with her family. She wants to live what's to come and focus on the future by realizing her dream of debuting as a K-pop singer. Despite the obstacles she faced, Rachel realized that as a K-pop trainee she had many mistakes and hoped that she would continue to learn every time everywhere.

2) Spontaneity, Simplicity, Naturalness

The meaning of spontaneity in the inner life, mind, and impulse of the individual, which is not disturbed by the traditions, and ethics of the individual in the form of autonomy also views humans as an individual who continues to develop (Haidt & Bjork Lund, 2008). Here's the data that shows Rachel expressing herself without being made, based on the quotes

I jerk my hands away from my face and plaster on a pleasantly neutral expression, bracing myself for another confrontation with Mina. I exhale and smile (p. 12)

Mina always disturbed Rachel, Rachel dared to fight casually. Although she wants to avenge Mina's bad deeds, Rachel tries to be as brave and neutral as possible in the face of Mina's bullying. The reason someone does bullying is that the victim has a perception that the perpetrator is doing it because of tradition, revenge for being treated the same, wants to show power, angry because the victim does not behave as expected, gets satisfaction, and jealous. The success of adolescents in the process of forming a natural personality and the formation of self-maturity makes them able to face various challenges in their lives to come (Yuyarti, 2018).

3) Problem Centering

Self-actualizing people never blame themselves when they fail to do something. Also, they consider failure as a natural and ordinary thing. It can be in the form of denouncing every stupidity and carelessness they commit, but not making them retreat and consider themselves incompetent. They will try again to solve the problem with all confidence that they could definitely solve the problem (Asmadi, 2008 in Rabbani, 2021).

In *Shine*, Rachel Kim as the main character pursues her dreams and faces various problems. But she doesn't give up and keeps trying. Rachel shows with her efforts that she has to be successful, according to the quote below

The thought of disappointing my family—the ones who gave up so much so I could train at DB so that I could be a star—haunts me. But that's why for me it's not a matter of if, but when. For me, there's no other choice but to succeed. (p. 22)

The above quote shows Rachel's concern for her dreams, that she is afraid to disappoint her family because she cannot succeed. However, she can't just stop

even though doubts always haunt her and even become a conflict with herself. She chose to keep going forward in achieving his wishes because it was the only way she could prove to her family and herself that she was capable of success.

Furthermore, Rachel realizes that she is dominated by bad feelings that she considers too much. So, she does not want to tolerate the feelings that she considers less important and that will only harm her.

I was so swept away by my emotions, but no more. There's only a few weeks left before DB will announce the Family Tour, and I need to get back on track. From now on I'll be more focused than ever. (p. 161)

Through the quote above, Rachel tries to refocus on herself, and her dreams and forget her feelings for Jason. The feeling of falling in love has made her less focused so that she re-convincing herself not to be affected by feelings.

*I'm never the worst. I can't afford to be the worst. (p. 46)
So, instead, I focused on my skills, making them as close to flawless as possible—not one step offbeat, not one note out of key. And so far it's worked. I may not be perfect, but I'm talented enough that month after month, year after year, I've earned my spot. (p. 47)*

The above quote also shows that Rachel has been making corrections to herself for years, looking for where mistakes are and how to fix them. Being a trainee does have many mistakes because it is a learning process before she becomes a star, by reaching the standards she has set and trying to always reduce her shortcomings. Finally, Rachel arrived at the stage of becoming a senior trainee with above-average abilities.

4) The Need for Privacy

People who have reached self-actualization tend to need privacy and solitude. This attitude is based on the perception of something they think is right, but is not selfish. It does not depend on other people's thoughts. Such an

attitude makes calm and logical in dealing with problems (Sinaga, Zuriyati & Attas, 2018). It is in accordance with the quote,

Sweat pours down my forehead as I take another swing at the sagging punching bag in front of me. Thud. Mina's smug smile. Thwack. Umma's strict rules. Bam. Me, walking away from all those girls in media training instead of standing up for myself. Ugh. I beat them all to a pulp, everything that annoys me, everyone who stands in my way—even me. (Jung, 2020: 20)

Through the data above, Rachel spends time alone in her father's gym because she has to reorganize her mind to calm down. Some of the problems that came to Rachel, made her disappointed, ranging from Mina's malicious talk as well as her strange accusations, strict rules from her mother also a group of trainee that always underestimated her and considered Rachel inappropriate. She seems to 'destroy' all obstacles in front of her, even herself which means she will soon be ready to return to face various challenges in the future.

A break. Umma won't let me train on a weekday, even if there is no school, but I don't care this time. This is exactly what I need. No school, no training, no commitments. I can't wait to spend an entire day at home doing absolutely nothing. (p. 98)

Rachel's period of loneliness according to the data above also shows Rachel when she does not care about what will happen and chooses to remain silent. If previously she felt disappointed, this time towards higher disappointment by choosing not to do anything as a form of self-structuring. Back then, she needed solitude more than anything else, indicating the need for solitude to re-organize her decisions in action.

5) Autonomy, Independence of Culture, and Environment

People who have achieved self-actualization do not depend on their environment and can do anything and anywhere without being influenced by the

circumstances and conditions that surround them. This independence shows resilience to various problems that come.

How I work my body to the bone at DB headquarters on the weekends. How I sleep four hours a night during the week because of the hours of practice I put in after finishing my homework. How I begged my school to give me an independent study in music so I can have fifty minutes alone every day in the music room, practicing scales to keep me sharp. (p.12)

The quote above shows Rachel who is trying to balance the lives of trainees and academics independently. She is trying to solve her own problems and trying to take responsibility for the decisions she takes, in addition to achieving her dreams as an idol singer.

6) Fresh Appreciation

This characteristic is a manifestation of gratitude for all the potential of people who can actualize themselves. They will be filled with feelings of pleasure, and admiration, not bored with what they have. Even if the things are mediocre (Sinaga, Zuriyati & Attas, 2018). This always fresh appreciation makes life always passionate without getting bored. This is seen in the following quote

I'm finding my stride now, my voice riding the melody like a surfer on the waves. And that's when I finally find it. The joy. The reason I'm doing all this. Despite my pounding head, I hold on to that spark, my face breaking into a smile as I continue to sing (p. 48).

According to the data above, Rachel can find happiness every time she sings. Although she has been practicing singing for 6 years during DB Entertainment's training, she always finds herself enjoy when singing. Singing brings happiness to Rachel. She can understand herself and know her dream as a singer more deeply. Rachel always feels that when singing she will forget all her problems and there is

only happiness in her life. This makes singing a fresh appreciation experienced by Rachel's character.

7) Peak Experience

According to Maslow (1954) peak experience occurs in someone who has reached self-actualization. The term refers to states of oneness consciousness, moments of highest happiness or fulfillment in one's life. This is what Maslow referred to as the "peak experience". In actualized people, these feelings can be acquired easily, like while working, studying, and listening to music, reading stories, or even seeing the sunset. Rachel's peak experience can be seen in the quote

I think of six-year-old Rachel listening to K-pop for the first time, feeling special to be Korean for the first time. I think of eleven-year-old Rachel singing her heart out at a noraebang, wishing an impossible wish. They would be so happy to see me here on this stage now. (p. 75)

Rachel's peak experience when she is on the stage. She will always remember the early days she began to be interested in K-pop, which was when she was 6 years old. She also remembers when she was 11 years old and sang in a noraebang or karaoke place and fantasized about being a K-pop singer one day. And everything came true, her dream was to perform on stage and sing K-pop songs even though she was still a trainee at the time. Rachel is very happy to perform in front of the audience for the first time.

The crowd is mostly white people. But they love us. As I look out into the audience, I can see most of them mouthing along the words to the song—even the ones in Korean. The crowd is full of people filming our performance with their phones, but for the first time, I feel myself relaxing in front of all the cameras. A rush of warmth fills my body as I remember why I love K-pop so much. How special it is to be able to share my language and my culture with people all over the world and have them truly see it. (p. 182)

The peak experience also occurs when she begins to sing on stage. Rachel participates in the promotional tour of her new song with Mina and Jason, in Toronto and New York. Although most people are white, they also enliven and support the performance of the trio Jason, Rachel and Mina by singing along, showing how popular their song is. The audience recorded a lot of their performances and Rachel didn't feel her nervousness in front of the camera as she used to feel. Rachel is very happy that she can share their language and culture with the wider world, and she is very proud of that.

I am pleased to announce Rachel Kim as lead vocalist. The words play over and over in my head as my legs go totally numb. I don't know how I do it, but I somehow manage to walk down the aisle and up to the stage, my knees wobbling like Jell-O, barely registering the cheers that echo across the auditorium...I don't realize I'm crying until I feel the wetness on my cheeks and quickly wipe the tears away with the back of my hand. This is happening. This is real. It's finally happening. (p. 227)

The unforgettable peak experience was also the culmination of all of Rachel's struggles when she is announced to be a member of a K-pop singer group, with the position of Lead Vocalist in the group Girls Forever. She was so happy, even to cry. Her struggles for 6 years with difficulties finally succeeded on the day when she was announced as a member of a K-pop girl group.

8) Strong Interpersonal Relationships

Actualized people have greater love, deeper friendships, and more perfect identification with other individuals. Their friends may not be many, but very close. This can be seen in the character of Rachel Kim according to the quote below

...I glance at Akari, who gives me an encouraging nod. Right. I can do this. I take a deep breath and dive in. (p. 60)

Through the quote above, it can be seen that Rachel is very close to Akari.

When Rachel doubts something, she will see Akari, and only with a nod from Akari and Rachel can get back the support system. Rachel back to have the confidence that she will pass the challenge. Sometimes, it doesn't take a lot of friends, but someone who really believes and always accepts and support each other, that's how Akari and Rachel are always together as best friend.

I'm seventeen now and Yujin's still the person at DB I look up to most—she's my mentor, my unni. No one but Akari knows about our history, though, and how close we really are. Yujin always says my life as a K-pop trainee is already hard enough (p. 14).

The quote above also shows Rachel being close to Yujin, although Yujin is the head trainee. She pays attention to Rachel, not only as a mentor but as a sister who cares about her sister. “Yujin’s still the person at DB I look up to most, she’s my mentor, my unni” p. 14, that's how Rachel always needed Yujin as one of the people who played an important role in the motivation and achievement of her dreams, also consider Yujin as ‘unni’ that means big sister in Korean. Akari also knows this because Akari is Rachel’s best friend. Rachel's close friends are not so much, but from the quote above it can be concluded that they have deep relations together.

9) The Structure of Democratic Character

The democratic character accepts everyone regardless of social class, education level, political class, race, color, or religion, showing a high degree of tolerance, not arrogance, or self-justification. This trait combines several characteristics such as truth, honesty, and justice. The structure of democratic character is show by Rachel Kim according to the data

“Unni! Would it kill you to at least pretend to be a cool trainee?” Stung, I drawback. “What? Don’t try to make this about me! Every week you have

some new group of girls over here—why don't you try making some friends that like you for you for once, instead of for the gossip they think you can deliver?" ... I sigh. I know those girls aren't real friends, but I also know that Leah is upset. (p. 26)

According to the data above, Leah, Rachel's sister who was disappointed with Rachel's behavior at the time, then protested against her sister's attitude for not showing the impression of a cool and reliable trainee. The company where Rachel trains are indeed very famous, so sometimes the general public thinks that the trainees who practice in Rachel's company are very talented and amazing people. But Rachel doesn't want to create a forced image and not be herself. She also explained that a true friend is someone who is able to accept us for who we are. Rachel learns that Leah's friend is not a friend who brings a good influence. Furthermore, Rachel's attitude is also show in the following quote

I do know my place. I step into the front of the line, right next to Mina, exactly where I belong on the trainee hierarchy. "I believe this is my rightful spot," I say. (p. 225)

According to the data above, when Mina lined up at the very front to block Rachel, Rachel immediately rushed to the front right next to Mina. Rachel is sure that she belongs to the line of senior trainees. She believed in herself, where she had been all along and when she had reached the senior trainee stage at the introduction ceremony of the new trainee. The senior trainee here means a trainee student who has spent many years in training and is usually older or more respected. It has become routine to hold some kind of welcoming ceremony when new trainees first come. Usually, the new trainees will give an introductory greeting to the senior trainees. Rachel points out that she has

struggled to maintain her position as trainee all these years so she is worthy and independent to occupy the position of senior trainee nor did she want others to underestimate her and her experience.

10) Able to Integrate Means and Goals

An actualized person sees a means as a goal because of the pleasure and satisfaction it brings. Work not solely for material gain, but for pleasure and satisfaction. "Love what you do" and "do what you like", make life free from coercion, and feel relaxed and creative (Maslow, 1954). This show by Rachel's character according to the quote

I straighten my back, determination coursing through my veins. I'm not going to let anybody step on me today. Not when I've worked so hard to be here. Not when I've earned this. Not even the DB execs can take this away from me, I think, as a group of them stop right in front of me, broad but unforgiving smiles on their faces. (p. 225)

Through the quote above, Rachel confirmed her strong intention to be able to be a K-pop artist. Although there are still many doubts and fears if she will fail to debut as an artist or seem afraid of vain things but she will not give up and continue to move forward. Especially when Rachel feels that her age is considered too old to start being a young artist in the entertainment industry. Rachel must be sure that she can go through all the challenges because this is her dream, this is the greatest desire in her life that she has been fighting for 6 years.

Just as the curtain goes up, I make a decision. Staring straight into the center camera, I take a big step forward, leaving the other girls in a line behind me and stepping into the spotlight by myself. This is my time to shine. And I won't let anyone stop me. (p. 232)

The quote above shows when Rachel is on the stage for her first performance as an official artist, a member of the girl group Girls Forever under

the DB label. She was initially always underestimated and bullied by other trainees, but finally, she can reach her dream. Rachel assured herself, making the decision that it was time to shine, she did not allow anyone to prevent her from shining, achieving all her dreams and whatever she had fought for. Rachel has made herself at the top for everything she has built and cared for, everything from the heart and physique she sacrificed, therefore she made a great cause by making her whole dream shine brightly and happen wherever she was.

11) Creativity

Creative traits are associated with flexibility, spontaneity, courage, openness, and humility. Creativity can mean producing new, original, innovative work, or combining multiple inventions to get something different. Creativity is also an attitude, an expression of psychological health, and more about how we perceive and react to the world, processing and not about the end result. This is shown in Rachel Kim's behavior according to the data below

I take a deep breath. "We all know Mina's voice isn't up to a duet with Jason. I was thinking if I could get a video of me singing to go viral, the execs will notice all the attention we're getting and have to give me another chance." (p. 61)

From the data above, Rachel wants to find a way to show that she was more deserves to appear as Jason's duet partner. She also wanted to get the attention of the DB's executive. She planned to make a viral video on social media and she talk to Yujin about her plan. Yujin will record and upload to social media because trainees are not allowed to have personal social media accounts. Through Rachel's idea, Rachel went viral on social media because of the singing video that showed her singing skills very well. Through Rachel's

idea, she managed to attract the attention of the DB's executive and join the performance as Jason's singing partner. Their single success and have promotion in New York and Toronto. Through Rachel's idea, she shows that Rachel has a creative idea to make her wish come true.

CHAPTER V

CONCLUSION AND SUGGESTION

The fifth chapter of this research contains the conclusion and suggestions. The conclusion part based from the analysis on the fourth chapter's finding and discussion as the answer to the research questions. This chapter will include suggestions from the researcher for readers and the following researchers.

A. Conclusion

By the analysis of the previous chapter, it was found that the process toward the actualization of the main character Rachel Kim are, 1) Fulfillment of the physiological needs because she still lives with her family, which means that Rachel's parents still provide Rachel with a house, food, and drinks. 2) Fulfillment of her safety needs, Rachel feels the inner struggle of a young girl who wants to achieve her dream, and finally, Rachel managed to prove herself by debuting under a well-known Korean entertainment agency. 3) Fulfillment of the love and belonging needs in Rachel Kim's character is shown by the affection she gets from her family, especially Rachel's father who has always supported Rachel.

Then, from Rachel's school friendship environment, twins Cho Hyeri and Cho Juhyun and Rachel's trainee best friend, Akari. Rachel's love story also begins when she meets Jason Lee, a famous K-pop star who is also one agency with her. 4) Fulfillment of esteem needs, Rachel demonstrated her success by putting on a beautiful performance so that she received a lot of praise and even being able to perform a new song. Their new song also successfully occupied various charts,

even doing promotional tours to Toronto and New York. 5) Fulfillment of the needs for self-actualization by being an artist and having peak experiences.

Furthermore, the factors that challenge the self-actualization of Rachel Kim's character are 1) internal factors by feeling doubt and fear 2) external factors by trainee community that doesn't support Rachel, Rachel's mother who doesn't support Rachel to achieve her dreams and the patriarchal culture in South Korea that also exists in the entertainment world.

Rachel is characterized by the characteristics of people who have been actualized as many as 11 characteristics, namely 1) acceptance (self, others, nature) 2) spontaneity, simplicity, and naturalness 3) problem centering 4) the need for privacy 5) autonomy, independence of culture and environment 6) fresh appreciation, 7) peak experiences 8) strong interpersonal relationships, 9) the structure of democratic character, 10) able to integrate means and goals 11) creativity.

B. Suggestion

Through this research, the researcher expects readers to be able to give more insights into the hierarchy of human needs, self-actualization characteristics, and the process of achieving self-actualization. Everyone has the opportunity to meet their potential and reach the peak of quality of life. Through this process, humans can be better because they can meet psychic needs, according to changes in the level of human needs, from the fulfillment of physical needs that shift towards the fulfillment of psychic needs.

Furthermore, the researcher suggests for students majoring in literature, or students who are interested in the research of novels, to make more research on Jessica Jung's *Shine* on a broader aspect, in addition to the psychological side, also through the social side and structure of the *Shine*.

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