

**AN ANALYSIS OF THE MAIN CHARACTER'S HIERARCKY NEED IN  
NORAH VINCENT'S *SELF - MADE MAN***

**THESIS**

**Presented to  
Maulana Malik Ibrahim State Islamic University of Malang in fulfillment of  
the requirement for Degree of Sarjana Sastra (SS)**

**By**

**Ririn Zuhairini  
NIM 05320142**

**Supervisor:  
Sri Muniroch, SS, M.Hum**



**ENGLISH LETTERS AND LANGUAGE DEPARTMENT  
HUMANITIES AND CULTURE FACULTY  
MAULANA MALIK IBRAHIM STATE ISLAMIC UNIVERSITY OF  
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Malang, October 30<sup>th</sup>, 2010

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Malang, October 30<sup>th</sup>, 2010

Ririn Zuhairini

**MOTTO**

“Go confidently in the direction of your dreams.  
Live the life you have imagined.”

~ Henry David Thoreau

# **DEDICATION**

**My thesis is proudly dedicated to:**

**My Parents Ayah H. Sahlan Ali Muhsin BA and Bunda**

**Hj. Misatun S.Ag**

**Thanks for their endless love, solemn prayers,**

**And sacrifices**

**My sister Tatik Farihah S.Si S.Pd and Alhimna Alfanida**

**thank's for loving and supporting me**

**My spirit Adha Prahara Anugera Gusti ST.**

**Thanks' to accompany my life**

**I LOVE YOU ALL**

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Finally, I truly realize that his thesis is still not perfect; I still open the critic and suggestion and hopes that it would be useful for those who want to increase their knowledge and for all the reading.

Malang, October 30<sup>th</sup> 2010

Ririn Zuhairini

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## ABSTRACT

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Key Words : Hierarchy of Need, Literary work, Autobiography, psychological Approach

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Biography is a part of literary work that represents the real life. It consists of many characters that are more or less similar with human life. The event that happened to the character of biography also happens to human being commonly. That event can influence their behavior. It proves that human behavior is motivated by many events that happen to them. It is in accordance with the biography of Norah Vincent's personality as the main character of Ned in *Self-Made Man* that tells many events opened to the main character, Ned. Those events can influence his behavior and finally determine his personality.

Beside on the background above, it can be formulated some problems as follows: (1). How is the main character happening in self made man from Maslow's hierarchy of need's theory? (2). What is the dominant need of the main character in *Self-Made Man*. These researches are intended to describe Ned's personality as the main character of Ned in *Self-Made Man* biography viewed from Maslow's humanistic theory of personality and to find out the dominant need felt by Ned.

Theories used in this research are psychology and literature, the biography, personality, humanistic theory of personality, the hierarchy need is formulated by Abraham Maslow.

This research applies a literary criticism because the writer conduct discussion of literature, including description, analysis, and interpretation of a literary work in this research. In addition, the writer applies the psychological approach because this research analyzes personality of the main character in *Self-Made Man*

From this research, there are two findings can be stated. First Ned personality viewed from Maslow's humanistic theory of personality are the physiological needs for example food, drink, oxygen, exercise, sleep, protection from extreme temperatures, and sensory stimulation , safety needs These include physical security (safety from violence, delinquency, and aggressions) the belonging and love needs such as friendship, the esteem needs it is vital that the status, prestige, and good reputation, and the self-actualization need The person must become what he or she has the potential to be. Second, the dominant need felt by Ned, is that he is the character who needs more the safe than other needs.

# **CHAPTER I**

## **INTRODUCTION**

This chapter provides a discussion of the background of the study, statement of the problem, objective of the problem, scope and limitation, and significance of the study.

### **1.1 Background of the Study**

We are as human being, in our daily life we like to see, tell and hear things occurring around us. Reading the newspaper or literary works, listening to the radio, watching television or seeing the movies are some examples of increasing experience. Some of us like reading a literary work because it represents the real life it can also be the reflection of the writer's life, he or she does not only tell his or her work, but also experiences in his or her work, but also expresses his or her ideas, thought, and will.

Literary work can be divided into fiction and non-fiction, fiction is divided into three, those are prose, poetry, and drama, on the other hand, non-fiction is the literary works which are composed, based on the real phenomena such as biography, autobiography, memoir, letter, and history.

The characters are created by the author through his or her words. In accordance with Croft and Cross-say that in portraying Non-fiction prose around them, include exploring different types of non-fiction prose text, to consider the variety of aims and purposes of prose writers, to write about prose texts for

coursework, and to prepare for unseen practical criticism of prose texts. These forms of writing provide fascinating insights into the lives of people, past and present. Biographies document or celebrate the lives of famous or infamous-people (Croft and Cross, 1997: 117-120).

Non-fiction covers literary works that are based on fact or reality that really happens in human life. The genres of non-fiction are an essay, a critic, a biography, an autobiography, a history, a memoir, a daily record and a letter includes literary works in which information to the reader but provide a new sense about reality when the psychological approach is used in analyzing a literary work. As we know that literature is different from psychology, because literature is related to the literary works like poetry, drama and prose that are classified into art while psychology is related to the scientific study of the behavior of human being. The thesis uses “psychological literary approach” . According to Crow and Alice (193:3) that the term “psychology” is divided from two Greek words: psyche, which mean soul, and ology, which men study of. If the soul is interpreted as self, then psychology connotes the study of the self. The self is a dynamic (active) organism or living being that constantly affects and is being affected by other selves. Therefore, the term, psychology can be defined better as the scientific study of human behavior and of human relations. It is also in accordance with what Davis and Paladino say about psychology in Siswanto’s book that “psychology” is the scientific study of behavior and mental processes (Siswanto, 2005:26).

Psychology has been a great concern of many literary critics since the twentieth century. Since then, literary criticism has expanded its wing to at least five types of approaches that are moral, formal (previously existing types), psychological, sociological, and also mythical and archetypal approaches (Wellek and Warren, 1993:59). This particular of approach, psychological one, has become the center of interest since people has been more familiar with Freudian theory of the unconscious in which Freud has given a little touch to literature. As explained by Endraswara (2003:101) that Freud has argued that while composing the work of literature, an artist is at the state of unconsciousness. Thus, it deals with the psychology of the creative process.

Psychological study on literature may take the form of the psychological study on the writer as an individual, psychological study of the creative process, psychological study of the work, or psychological study of the reader (Wellek and Warren, 1993:90). In this particular study, the researcher deals with the third type that is psychological of the work. The object of analysis is the work. Specifically, the psychological state of the main character of the given autobiography.

As already known, characters are mostly human beings more or less similar with ours. Furthermore, life likeness is also a great consideration in characterization. Lifelikeness has been the aim of every author to please the reader. To be extreme, Aristotle (in Grace, 1965:6) in his poetics states that literature is heightened or selective imitation of life or experiences. Thus, characters should be created nearly similar to human beings. From such criteria of characterization, it can be derived that

those actions and even feelings of the characters are lifelike. Lifelikeness has become an assumption; in consequence, psychological theory can be applied to analyze the psychological states of characters in autobiography.

Prose is a literary genre, which uses more denotative language rather than connotative one. H.B. Jassin says that prose is pronouncing with mind which different from poem which is pronouncing with feeling. An autobiography, from the Greek *auton* meaning life and *graphein* meaning write, is a biography written by the subject or composed conjointly with a collaborative writer (*styled as told to or with*).. (Robert.2009. *Autobiography*) <http://www.answer.com/topic/autobiographi>.

Jakob and Saini (1991: 23) state that an autobiography is a biography written by a figure about him, or written by other authors with permission of the figure. People can write a life story of a public figure to be an autobiography if the public figure permits the author.

Abrams in *A Glossary of Literary Terms* (1975: 15) states that an autobiography is a biography written by subject about himself. It is to be distinguished from the memoir in which the emphasis is not on the author's self development, but on the people the writer has known and the events he or she has witnessed and from the private diary or journal, which is day-to-day record of the events in a person's life written for his or her own use and pleasure, with little or no thought of publication.

The researcher is interested in analyzing one of autobiography .i.e. Ned by Norah Vincent's autobiography: Norah Vincent is a freelance journalist. In 2003 she

took a leave from writing her nationally syndicated political opinion columns in order to write her *New York Times* bestselling book *Self-Made Man*, the story of a woman living, working and dating in drag as a man. While in syndicated, Vincent was a weekly columnist for the *Los Angeles Times* op-ed page and wrote a quarterly politics and culture column for the national gay and lesbian newsmagazine *The Advocate*. Vincent wrote the Higher Ed column for *The Village Voice* from 1999-2001, and wrote a biweekly column for Salon.com in 2001. Her essays, columns and reviews have also appeared in *The New Republic*, *The New York Times*, *The New York Post*, *The Washington Post* and many more regional newspapers around the country. *Voluntary Madness* (Due out in January 2009) is her second book. She holds a bachelor's degree in Philosophy from Williams College. She resides in New York City. (Robert.2009.*Biography*).<http://www.answer.com/topic/biography>.

Vincent is an American writer, an experienced writer who had a nationally syndicated columns for the LA Times, Village Voice, and Salon.com. As an openly gay woman, she is also been an eloquent and assertive advocate for gay and lesbian rights. Vincent was a senior fellow at the Foundation for the Defense of Democracies from its 2001 inception to 2003 citation needed.

Norah Vincent is a female lesbian writer who spends a year-and-a-half as a man, Ned, experiencing an all-male bowling league, strip clubs, dating women, a monastery, aggressive direct sales work, and a men's group. As an experiment in learning as much as she could about how men are treated by each other and by women, and recounting those experience back to us for our own reflection, she lives

in New York city, she has two older brothers were normal, the oldest, Alex the consummate gentleman, the middle one, Teddy, he was a hellion and impetus. Norah Vincent has contributed to *Self-Made Man, One Woman's Year Disguised as a Man*; she wants to know about the world of man.

The unique of autobiography in *Self-Made Man, One Woman's Year as long as 18 months Disguised as a Man*. Book Description Narrated with exquisite insight, humor, and empathy, the author uses her firsthand experience-the 18 months, she disguise as a man to explore the many remarkable mysteries of gender identity. A journalist provocative and spellbinding account of her eighteen months spent disguised as a man.

Norah Vincent as Ned became an instant media sensation with the publication of *Self-Made Man*, her take on how hard it is to be a man, even in a man world. Norah as Ned spent a year and a half disguised as her male alter ego, exploring what men are like when women are not around. As Ned, she joins a bowling team, takes a high-octane sales job, goes on dates with women and men, visits strip clubs, and even manages to infiltrate a monastery and a men therapy group. At once thought provoking and pure fun to read.

Norah transforms herself into Ned to know the world of a man. Ned comes into being via a flat-top haircut, a new wardrobe of sports jackets and rugby shirts, a pair of rectangular glasses, workouts to build up the shoulders and add 15 pounds of bulk, a cupless sports bra to flatten the breasts, a convincing layer of facial stubble (made of something called wool crepe hair and applied with an adhesive called

stoppelpaste), and some lessons in male speech patterns with a Juilliard voice coach. For verisimilitude, Vincent also acquires a prosthetic member from a sex shop - though, the author takes pains to explain, it's a flaccid version designed specifically for cross-dressers, not an outsize toy for bedroom kicks. From the explanation above, Norah Vincent portrays her experience in Ned as long as disguised a man during 18 months, she follows sport and falls in love with her partner.

Based on the description above the researcher decided to analyze a study entitles “An Analysis of Norah Vincent’s Personality as the Main Character of Ned in *Self-Made Man*” by using psychological approach, this approach is one of the approaches that can be used in analyzing literary work, she analysis the main’s character personality.

## **1.2 Statement of the Problem**

1. What is the main character’s need in *Self Made Man* seen from Maslow’s hierarchy of need’s theory?
2. What is the dominant need of the main character in *Self-Made Man*?

## **1.3 Objective of the Problem**

1. To find out the main character’s need in *Self-Made Man* seen from Maslow’s hierarchy of need’s theory.
2. To find out the dominant need of the main character in *Self-Made Man*.

#### **1.4 Scope and Limitation**

In order that the study enables to answer the formulate problem appropriately, the researcher wants to analyze Ned as the main character in *Self-Made Man*, this research is focused on Ned hierarchy of need\_problem as represented by Norah Vincent. The researcher uses the theory of psychological approach, especially on Maslow's humanistic theory of personality, and she limits by emphasizing more on her experience includes friendship, love, and work of Ned as the reflection of Norah Vincent's life.

#### **1.5 Significance of the Study**

The result of this theoretically are expected to give useful description of human attitude or how to understand human completely and additional reference in the literary works that have relationship with this analysis, and practically are expected for the next researcher standing point to analyze the other research in this autobiography.

Hopefully, this research can help the readers to understand the contend of *Self-Made Man* especially concern of literary criticism in psychological approach for the next researcher, as reference to do the study of Norah Vincent especially research of *Self-Made Man*.

## **1.6 Research Method**

### **1.6.1 Research Design**

This research is a literary criticism and uses psychological approach to deal with the data. The researcher uses literary criticism as her research design because in this research she conducts discussion of literature, including description, analysis and interpretation of a literary work, namely *Self-Made Man* autobiography. The researcher looks at this literary work by giving special attention to the main character's personality, that is, Norah Vincent's personality.

It uses psychological approach because in this research, the researcher uses humanistic theory of personality, especially Maslow's Theory to describe Vincent personality and to find out the character in *Self-made Man*. This theory is one of the theories that are used in psychological approach, which focuses on the study of character's personality in literary work.

### **1.6.2 Data Source**

The primary data includes biography and important document data source in this research of analysis is the text of the novel entitled *Self-Made Man* written by Norah Vincent. The novel consists of eight chapters, 495 pages, and was published by Dastan books in 2008. The data are taken by quoting the phrases, paragraphs, and dialogues existing in the autobiography that related to the problem of the study. The secondary data is information which describes the autobiography and biography of Ned in *Self-Made Man* as the reflection of Vincent own life.

### **1.6.2 Data Collection**

There are some steps to collect the data that the researcher needs, the researcher collects the data through library technique to give a clear description of the data collection process, the researcher uses some steps. First, reading and finding Norah Vincent's *Ned Self-Made Man* to understand the content of the autobiography. Second, selecting the data based on the problem of the study; they are autobiography of Norah Vincent's *Ned Self-Made Man*, in this study, the researcher limits on friendship, love, and work.

### **1.6.4 Data Analysis**

After the data has been collected, the data analysis is presented. There are some steps in doing data analysis. First, the researcher begins to classify the data. She classifies phrases, paragraphs, and dialogues that showed Vincent's characteristics then determines the component part of each event based on Maslow's theory of personality. The next step, the researcher discusses and interprets completely data-making conclusion from the result of analysis.

## **1.7 Definition of the Key Term**

1. **Autobiography:** a biography written by a figure about the figure, or written by other authors with permission of the figure.
2. **Autobiographical aspect:** the appearance of a story of a person's life written by the author.
3. **Experience:** the expression of organizing our own reaction, actual and potential of life (Grace, 1965: 5).
4. **Reflection:** an imitation of shape to share the shadow, which is similarly the same point of view of the author's intelligent (Grace, 1965: 5).
5. **Hierarchy need:** the grade of need in a human according to Maslow's theory.

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

In this chapter reviews the underlying theories of research. The researcher takes some theories that deal with her research. They are literature and psychology, autobiography, personality, humanistic theory of personality, and previous study. The major subtopics are explained as follows.

#### **2.1 Literature and Psychology**

The term literature is literally derived from the Latin *littera*, meaning an individual writing character (letter). The England word *literature*, Germany *literature*, and French *litterature* are kinds of language used in the form of writing. The terms have generally come to identify a collection of texts or works of art, which is western culture, are mainly prose, drama, poetry, and non-fiction. The text itself can be oral, and it includes some genres such as epic, legend, myth, ballad, and other forms of oral poetry (Peck and Coyle, 1984: 2).

The term literature has various meaning, depending on who uses the term and in what context it is used. Literature is human beings' expression of their thought, feeling, idea, experience, spirit, and belief in the form of a congruity illustration which uses language as its instrument. Then, literature is simply another way people can experience the world around them through their imagination. It means that literature will contribute a lot of information about events happening in other places

or countries although the readers probably never undergo there. In short, literature can be applied broadly to mean any symbolic record, encompassing everything of images and sculptures to letters. In more specific sense, the term might mean a text composed of letters, or other examples of symbolic written language, such as Egyptian hieroglyphs.

Connolly in Koesnosoebroto mentions that:

“Literature has three characteristics: The first is that literature has power. It means that the use of language in certain piecework of literature may create a powerful emotional impact upon the reader’s mind. A work of literature uses words in producing multiple images, which sometimes lead people to action. The second is that literature is vivid. It means that literary works are meaningful and life like. The third, the language of literature is clear. To clarify, the author uses the same passages to describe the characters. In this literary description of the characters, it is clear that the writer clarifies his definition of person by showing what, why, and how he does it and what he would never do”. (1988: 2)

Furthermore, literary work also has a beautiful form; it possesses the beauty of aesthetic value. Jakob and Saini (1991: 4) mention four qualifications of beauty: 1) unity, 2) harmony, 3) balance, and 4) right emphasis. If the qualifications can be fulfilled in a literary work, the work becomes more satisfying. However, if the qualifications can be fulfilled, its beautiful value is dwindled. The different elements above have their own individual way in forming the unit of totality. So, the elements which form the value are different in each literary work. Based on the above definitions, the researcher concludes that literature is all forms of human expression which have an aesthetic value is expressed by special language.

In classifying literature, Jakob and Saini (1991: 6-19) characterize literature based on an imaginary aspect and the use of language, they are; non-imaginative literature and imaginative literature. Non-imaginative literature is a literary genre that is based on factual or reality that really happens in human life. Imaginative literature is a literary genre in which its fact element is not so important because its purpose is not to give factual information to the readers but to provide a new sense about reality.

Non-imaginative literature covers any literary work which has more factual elements rather than the imaginary ones, uses a denotative language and has art aesthetics.

Then, imaginative literature includes any literary work which has imaginaries in nature, uses a connotative language and has art aesthetics. Of course, the above differences have extreme characteristic. Two elements (an imaginary characteristic and the use of language) have a contact on each literary genre.

The genres of non-imaginative literature are an essay, a critic, a biography, an autobiography, a history, a memoir, a daily record and a letter, while imaginative literary genre include prose and poem. Prose uses more denotative language rather than poem. The imaginary characteristic and connotative language in poem are more apparent than those in prose. The types of poem comprise Epic, lyric, and dramatic. Prose consists of two genres; fiction and drama. Fiction comprises; novel, short story, and novelette. Drama comprises comedy, tragedy, melodrama, and tragicomedy.

Many questions emerge when the psychological approach is used in analyzing a literary work. As we know that literature is different from psychology, because

literature is related to the literary works like poetry, drama and prose that are classified into art while psychology is related to the scientific study of the behavior of human being. Since the thesis uses this approach "psychology" is described. According to Crow and Alice (193:3) that the term "psychology" is divided from two Greek words: *psyche*, which mean soul, and *ology*, which men study of. If the soul is interpreted as self, then psychology connotes the study of the self. The self is a dynamic (active) organism or living being that constantly affects and is being affected by other selves. Therefore, the term, psychology can be defined better as the scientific study of human behavior and of human relations. It is also in accordance with what Davis and Paladino say about psychology in Siswantoro's book that "psychology" is the scientific study of behavior and mental processes (Siswantoro, 2005:26).

Psychology has been a great concern of many literary critics since the twentieth century. Since then, literary criticism has expanded its wing to at least five types of approaches that are moral, formal (previously existing types), psychological, sociological, and also mythical and archetypal approaches (Wellek and Warren, 1993:59). This particular of approach, psychological one, has become the center of interest since people has been more familiar with Freudian theory of the unconscious in which Freud has given a little touch o literature. As explained by Endraswara (2003:101) that Freud has argued that while composing the work of literature, an artist is at the state of unconsciousness. Thus, it deals with the psychology of the creative process.

Psychological study on literature may take the form of the psychological study on the writer as an individual, psychological study of the creative process, psychological study of the work, or psychological study of the reader (Wellek and Warren, 1993:90). In this particular study, the researcher deals with the third type that is psychological of the work. The object of analysis is the work. Specifically, the psychological state of the major character of the given.

As already known, characters in autobiography are human beings more or less similar with ours. Furthermore, life likeness is also a great consideration in characterization. Lifelikeness has been the aim of every author to please the reader. To be more extreme, Aristotle (in Grace, 1965:6) in his poetics states that literature is heightened or selective imitation of life or experiences. Thus, characters should be created nearly similar to human beings. From such criteria of characterization, it can be derived that those actions and even feelings of the characters are lifelike.

Lifelikeness has become an assumption; in consequence, psychological theory can be applied to analyze the psychological states of characters in autobiography.

## **2.2 Autobiography**

An autobiography, from the Greek *auton* meaning life and *graphein* meaning write, is a biography written by the subject or composed conjointly with a collaborative writer (*styled as told to or with*). The term was first used by the poet Robert Southey in 1800 in the English periodical Quarterly Review, but the form is

much older (Croft, Cross.2009. *autobiography*).

<http://www.utilitarianism.com/millauto/>

Jakob and Saini (1991: 23) state that an autobiography is a biography written by a figure about him, or written by other authors with permission of the figure.

People can write a life story of a public figure to be an autobiography if the public figure permits the author.

Abrams in *A Glossary of Literary Terms* states that:

“An autobiography is a biography written by subject about himself. It is to be distinguished from the memoir in which the emphasis is not on the author’s self development, but on the people the writer has known and the events he or she has witnessed and from the private diary or journal, which is day-to-day record of the events in a person’s life written for his or her own use and pleasure, with little or no thought of publication”. (1975: 15)

Examples of the latter from are the seventeenth century the *Journals* of James Boswell, and Diaries of Samuel Pepys and John Evelyn.

A memoir, from the French *memoire* and from the Latin *memoria*, meaning “memory”, forms a subclass of autobiography, although it is an older form of writing.

Memoirs may appear less structured and less encompassing than formal autobiographical works as they are usually about part of a life rather the chronological telling of a life from childhood to adulthood. Like most autobiographies, memoirs are generally written from the first person point of view.

Then, a journal is through French from Late Latin *diurnalis*, daily, has several related meaning daily record of events or business. A private journal usually referred as a diary. A diary is a book for writing discrete entries arranged by date

reporting on what has happened over the course of a day or other period. Such logs play a role in many aspects of human civilization, including governmental, business ledgers, and military records. In more personal diaries, the author may detail crushes or complaints.

The first full developed autobiography is also one of the greatest, the Confessions of St. Augustine, written in fourth century A.D. The design of this profound and subtle history centers on the author's mental crisis and a recovery in which he discovers his Christian identity and vocation in life. This design has been repeated in many later autobiographies, whether or not there, like Augustine's, are religious confessions or crisis and conversion.

An autobiography is one of non-imaginative literary genres which have some similarities as a biography; those both are exactly telling about the life of someone but are different in the author. An autobiography is written by the author him or herself, but a biography is written by another author. (John Stuart Mill.2009. *autobiography*). <http://www.utilitarianism.com/millauto/>

### **2.3 Personality**

According to Oxford Advanced learner's Dictionary, "personality is the characteristic and the qualities seen as a whole". From this definition, we can see if we talk about personality it means that we will talk about some one's characteristic and qualities completely. Personality is one of the aspects in psychological term;

surely, in analyzing Ned's personality, the researcher will use the theory of personality, taken from psychological theory.

Gordon Allport (1937) describe that psychology personality is a branch of psychology that studies personality and individual differences. Its focus areas include constructing a coherent picture of a person and his or her major psychological processes, Investigating individual differences, that is, how people can differ from one another, Investigating human nature, that is, how all people's behavior is similar.

One emphasis in this area is to construct a coherent picture of a person and his or her major psychological processes. Another emphasis views personality as the study of individual differences, in other words, how people differ from each other. A third area of emphasis examines human nature and how all people are similar to one another. These three viewpoints merge together in the study of personality.

Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations. The word "personality" originates from the Latin *persona*, which means mask. Significantly, in the theatre of the ancient Latin-speaking world, the mask did not used as a plot device to *disguise* the identity of a character, but rather was a convention employed to represent or *typify* that character.

The pioneering American psychologist, Gordon Allport (1937) described two major ways to study personality, the nomothetic and the idiographic. Nomothetic psychology seeks general laws that can be applied to many different people, such as

the principle of self-actualization, or the trait of extraversion. *Idiographic* psychology is an attempt to understand the unique aspects of a particular individual.

The study of personality has a rich and varied history in psychology, with an abundance of theoretical traditions. The major theories include dispositional (trait) perspective, psychodynamic, humanistic, biological, behaviorist and social learning perspective. There is no consensus on the definition of "personality" in psychology. Most researchers and psychologists do not explicitly identify themselves with a certain perspective and often take an eclectic approach. Some research is empirically driven such as the Big 5 personality model whereas other research emphasizes theory development such as psychodynamics. There is also a substantial emphasis on the applied field of personality testing.

In psychology, there are many kinds of definition from personality, G.W

Allport says that:

“Personality is the dynamic organization within the individual of psychophysical system that determines his unique adjustment to his environment” (G.W Allport in Sujanto, 1991:11).

It “personality is consistent behavior and interpersonal processes originating within the changes as it grows, we may say, it is not stagnant it will flow. As Jerry says in his book, individual” (Burger, 2000:17). John B. Watson, a theorist of the behavioral/social learning approach says that personality is “the end product of our habit system”. Another definition stated by Richard in his book, Theory of Personality: “personality is the dynamic and organized set of characters possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in

various situations” (Rickman, 2000: 5). Many Kinds of definition from personality, some times make some people get confused, indeed personality is largely known as the person’s characteristic.

## **2.4 Humanistic theory of personality**

In humanistic psychology it is emphasized people have free will and they play an active role in determining how they behave. Accordingly, humanistic psychology focuses on subjective experiences of persons as opposed to forced, definitive factors that determine behavior. Abraham Maslow and Carl Rogers were proponents of this view, which is based on the phenomenal field theory of Combs and Snygg (1949).

Maslow spent much of his time studying what he called self actualization’s person, those who are fulfilling themselves and doing the best they are capable of doing. Maslow believes all who are interested in growth move towards self-actualizing (growth, happiness, satisfaction) views. Many of these people demonstrate a trend in dimensions of their personality (George Boeree 2009:251). Characteristics of self-actualizers according to Maslow include the four key dimensions:

1. Awareness-maintaining constant enjoyment and awe of life. These individuals often experienced a peak experience. He defined a peak experience as an intensification of any experience to the degree there is a loss or transcendence of self". A peak experience is one in which an individual perceives an

expansion of his or herself, and detects a unity and meaningfulness in life.

Intense concentration on an activity one is involved in, such as running a marathon, may invoke a peak experience.

2. Reality and problem centered-they have tendency to be concerned with problems in their surroundings.
3. Acceptance/Spontaneity-they accept their surroundings and what cannot be changed.
4. Unhostile sense of humor/democratic, they do not like joking about others, which can be viewed as offensive. They have friends of all backgrounds and religions and hold very close friendships.

Maslow and Rogers emphasized a view of the person as an active, creative, experiencing human being who lives in the present and subjectively responds to current perceptions, relationships, and encounters. They disagree with the dark, pessimistic outlook of those in the Freudian psychoanalysis ranks, but rather view humanistic theories as positive and optimistic proposals, which stress the tendency of the human personality toward growth and self-actualization. This progressing self will remain the center of its constantly changing world; worlds that will help mold the self but not necessarily confine it. Rather, the self has opportunity for maturation based on its encounters with this world (George Boere, 2009: 252).

This understanding attempts to reduce the acceptance of hopeless redundancy. Humanistic therapy typically relies on the client for information of the past and its

effect on the present, therefore the client dictates the type of guidance the therapist may initiate. This allows for an individualized approach to therapy. Rogers found patients differ in how they respond to other people. Rogers tried to model a particular approach to therapy- he stressed the reflective or empathetic response.

This response type takes the client's viewpoint and reflects back his or her feeling and the context for it. An example of a reflective response would be, it seems you are feeling anxious about your upcoming marriage. This response type seeks to clarify the therapist's understanding while also encouraging the client to think more deeply and seek to fully understand the feelings they have expressed.

From this definition we can see that if we talk about personality, it means that we talk about some one's characteristics and the qualities completely. From the definition above, it can be considered that personality is a part of psychology. It means that personality becomes one of areas of psychology concern. Personality also represents the characteristic of person in general that are determined on the basis of his or her patterns of behavior(George Boeree, 2009: 256). Surely in analyzing Ned's personality, the researcher will use the theory of personality especially on Maslow's humanistic theory of personality.

In this study, he researcher emphasizes on Maslow, because he mentions the hierarchy of needs that is used in analyzing Ned personality.

### **2.4.1 The Hierarchy of Needs Formulated by Abraham Maslow**

One of the most significant humanistic theorists is Abraham Maslow. He posited a hierarchy of needs, a ladder of motivations. Maslow believed that people are motivated to seek personal goals that make their lives rewarding and meaningful. In fact, motivational processes lie at the very core of his personality theory. Maslow depicted the human being as a wanting organism who rarely reaches a state of complete and total satisfaction. The absence of wanting or needing something, if and when it exists, is short-lived at best. As one general type of need is satisfied, another surfaces and commands the person's attention and efforts. When a person satisfies this one, still another clamors for satisfaction. It is characteristic of human life that people usually desire something. He also proposed that all human needs are innate or instinctoid and they are systematically arranged in an ascending hierarchy of priority or prepotency (Hjelle and Ziegler, 1992: 448). In accordance with this statement, Maslow (in Schultz, 1981:244) also state that a number of innate needs activate and direct the behavior of every individual. The needs themselves are instinctual (instinct-like); human come equipped with them at birth. The behaviors that human use to satisfy the needs, however, are not innate but learned and therefore subject to wide variation from one person to the next.

Maslow's hierarchy of needs consists of five levels. Those needs on the bottom level must be gratified before the next assumes prominence. When the second-level need is gratified, then the third-level need takes precedence, and so on. At the bottom level, the physiological needs are prominent. When they are gratified,

safety needs become paramount, then the needs for belongingness and love, followed by the need for esteem, and finally the need for self-actualization (Schultz, 1981:241).

#### **2.4.1.1 The Physiological Needs**

The most basic, powerful, and urgent of all human needs is the physiological needs. Included in this group are the needs for food, drink, oxygen, exercise, sleep, protection from extreme temperatures, and sensory stimulation. These physiological needs are concerned with the biological maintenance of the person and must be gratified (Hjelle and Ziegler, 1992:450). Maslow also places sexual activity in this category as bodily comfort, activity, exercise, etc.

Undoubtedly, these physiological needs are the most pre-potent of all needs. These needs can control thoughts and behaviors, and can cause people to feel sickness, pain, and discomfort. What this means specifically is, that in the human being who is missing everything in life in an extreme fashion, it is most likely that the major motivation would be the physiological needs rather than any others. A person who is lacking food, safety, love, and esteem would most probably hunger for food more strongly than for anything else (Schultz, 1981:246).

If all the needs are unsatisfied, and the organism is then dominated by the physiological needs, all others need may become simply non-existent or be pushed into the background. It is then fair to characterize the whole organism by saying simply that it is hungry, for consciousness is almost completely preempted by hunger. All capacities are put into the service of hunger-satisfaction, and the organization of

these capacities is almost entirely determined by the one purpose of satisfying hunger. The receptors and effectors, the intelligence, memory, habits, all may now be defined simply as hunger-gratifying tools. Capacities that are not useful for this purpose lie dormant, or are pushed into the background. The urge to write poetry, the desire to acquire an automobile, in the extreme case, forgotten or become of secondary importance. For the man who is extremely and dangerously hungry, no other interest exist but food. (Maslow.2010. *physiological*).

<http://mw2.merriamwebster.com/dictionary/physiological>.

As Maslow noted that starving person thinks, dreams, and wants only food. However, when the need is gratified, the person is no longer aware of it and no longer driven by it. It stops to control the person's behavior or assume any importance to him or her (Schultz, 1981:246). Thus, these needs are more important as motivating forces in people.

#### **2.4.1.2 The Safety Needs**

The next is the need for safety. These include physical security (safety from violence, delinquency, and aggressions), security of employment, security of revenues and resources, moral and physiological security, family security, security or through finding a place or position in a particular group and/or in society a large (Schultz, 1981:247)

Humans generally need to feel belonging and acceptance, whether it comes from a large social group (clubs, office culture, religious groups, professional

organizations, sports teams, gangs) or small social connections (family members, intimate partners, mentors, close colleagues, confidants). They need to love and be loved by others. In the absence of these elements, many people become susceptible to loneliness, social anxiety, and depression. This need for belonging can often overcome the physiological and security needs, depending on the strength of the peer pressure. (Maslow.2010.*Hierarchy of need*).

<http://www.businessballs.com/maslow.htm>

The need for love, which involves the need to give love as well as receive it, can be manifested in a warm relationship of intimacy with another person. One thing that must be stressed at this point is that love is not synonymous with sex. Sex may be studied as a purely physiological need. Ordinarily sexual behavior is multi-determined, that is to say, determined not only by sexual but also by other needs, chief among which are the love and affection needs. Also not to be overlooked is the fact that the love needs involve both giving and receiving love (Schultz, 1981:247).

#### **2.4.1.3 The belonging and love**

The next is the needs for belonging and love. These involve emotionally based relationship in general, such as friendship, and having a supportive and communicative family. These needs can be manifested in a variety of ways. It can be manifested through affectionate relation with other people in general, or through a relationship with family or a particular friend, lover, or mate, or through finding place or position in a particular group and/or in society at large (Schultz, 1981:247)

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<http://psychology.about.com/od/theoriesofpersonality/a/hierarchyneeds.htm>

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#### **2.4.1.4 The Esteem Needs**

Once people feel loved and have a sense of belonging, they then develop the need for esteem. They have a need to be respected both from themselves in the form of a feeling of self-worth, and from others, in the form of status, recognition, social success, fame, and like that (Schultz, 1981:247)

According to Maslow (in Schultz, 1981:247-248) that there are two kinds of esteem needs: for self-esteem and for esteem granted by other people. Satisfaction of the need for self-esteem allows a person to feel confident of his or her strength, worth, and adequacy. As a result of such feelings, the individual may become more competent and productive in all aspects of life. When there is a lack of self-esteem, on the other hand, the person feels inferior, helpless, and discouraged and lacks sufficient confidence to cope with problems. Maslow also pointed out that self-esteem must be based on realistic assessment of one's own abilities and competence and on truly deserved respect from others. It is vital that the status, prestige, and good reputation a person may be accorded by others not consist solely of unearned or undeserved praise but rather be earned recognition of real competence and adequacy.

#### **2.4.1.5 The Self-Actualization Needs**

The next need is self-actualization needs. It is the instinctual need of humans to make the most of their abilities and to strive to be the best they can. Maslow characterized self-actualization as the person's desire to become everything that person capable of becoming (Hjelle and Ziegler, 1992:454). The person must become

what he or she has the potential to be. Even though all four of the previous needs may be gratified, the person, who is not self-actualizing and not utilizing his or her potential will be discontented and restless. The individual will be frustrated, as he or she would be at the failure to satisfy any other needs (Schulz, 1981:248)

In Maslow's word, "Musician must make music, artist must paint, and poets must write if they are to be ultimately at peace with themselves. What humans can be, they must be. They must be true to their own nature" (Hjelle and Ziegler, 1992:454). It means that to self-actualize is to become the kind of person we are capable of becoming and to reach the peak of our potential. It is in accordance with what Maslow pointed out that people in all walks of life have the opportunity to fulfill their potential (Schultz, 1981:248).

## **2.5 Previous Studies**

This study is purposed to investigate the personality of the main character on *Self-Made Man* novel by Norah Vincent. There are some previous studies used related to this study. Nadliroh has done the application of psychological approach that focused on the major character personality; the student of UIN Malang (2005), in her thesis entitled "A psychological Analysis on Joji's Personality in *Junichiro Tanizaki's Naomi*." She focused on the psychological conflict and personality changes of the major character.

The other researchers who have done similar research are Chusrotin, the student of UIN Malang (2004), she wrote her thesis entitled "A psychological

Analysis on the Major Character in Novel *Laila Majnun*”, she focused on the psychological aspects and the personality traits of the major character

Those are some previous studies, which may have similar discussion with the present research although it is not the same at all. The similarity between the writer’s study and those previous studies is that they tried to research about the novel based on the psychological approach. The researcher analyzes *Self-Made Man* using psychological approach, which assumes that autobiography is the representation of real world within the events happened to human beings and they behave the behavior. It can prove that there is relationship between psychology and non-fiction. In accordance with the statement, we can study the behavior of human being by analyzing an autobiography. Furthermore, the researcher analyzes the personality of the main character, Ned. She uses Maslow’s theory of personality that presents to understand her personality.

## **CHAPTER III**

### **ANALYSIS**

This chapter presents discussion answering the problems of the study. Therefore, this chapter is divided into two subtopics, they are, the main character happening viewed from Maslow's humanistic theory of personality, and the dominant need of the main character by Ned.

#### **3.1 The Main Character Happening Viewed from Maslow Humanistic Theory of Personality**

The result of analysis leads to the prompt answer of the research question, that is, Ned's personality viewed from Maslow's humanistic theory of personality, this theory proposed five levels of hierarchy needs that appeared in Ned's personality. The five levels of needs are as follows:

##### **3.1.1 The Physiological Needs**

The most basic, powerful and urgent of all human needs is the physiological needs. Included in this group are the needs for food, drink, oxygen, exercise, sleep, protection from extreme temperatures, and sensory stimulation. These physiological needs are concerned with the biological maintenance of the person and must be gratified. Maslow also places sexual activity in this category as bodily comfort, activity, exercise, etc.

Undoubtedly, these physiological needs are the most pre-potent of all needs. These needs can control thoughts and behaviors, and can cause people to feel sickness, pain, and discomfort. What this means specifically is, that in the human being who is missing everything in life in an extreme fashion, it is most likely that the major motivation would be the physiological needs rather than any others. A person who is lacking food, safety, love, and esteem would most probably hunger for food more strongly than for anything else.

These needs take the places of the most basic needs. Included in this group are the needs for food, water, air, sleep, sex, etc. In this case, the analysis of physiological needs in character of Ned shows that she is human being who needs everything to survive the life. The most basic, powerful, and urgent of all human needs is the physiological needs. Included in this group are the needs for food, drink, sex, exercise, sleep, protection from extreme temperatures, and sensory stimulation.

We all usually ate junk food on those Monday nights, all of us except Bob, who stuck to beer, but let us send his twelve-year-old son Alex, who always tagged along on league night, next door to the 7-Eleven to buy dogs, candy, soda, whatever. We always tipped the kid a little for his services, a dollar here and there, or the change from our purchases (*Self-Made Man: 27*)

From these data, it shows that Ned need food, drink, exercise protection to survive him when playing bowling with Jim, Bob, Alex, he asks Alex's son to buy hot dogs, candy, and soda. From that conversation, the evident above shows that Ned needs exercise to make his body healthy with a black people that show there is not different between black and white people in bowling team.

“The bowling part of the evening was clearly secondary to the beer and the downtime with the boys at the table, smoking and talking shit. They cared about their game and the team’s standing more than they let on~but as jim jokingly put it to me as a way of making me feel better for being the worst bowler any of them had ever seen, the league was really just an excuse to get a way from their wives for the evening. I learn later that this wasn’t true.” (*Self-Made Man*: 37)

Another statement shows that Ned needs in physiological need namely exercise with guys playing bowling in beautiful moment full of perfect players. Relating to those moments, Ned needs it. In this case, Ned seems to give his approval towards friend’s argument. Nevertheless, actually he stops her from arguing and shows his power as well. He decides that they should always remember how his friend always argues and rebels. In fact, after that, This shows that Ned tries to strengthen his dominance by punishing him whenever he fights back. In fact, Ned also uses threats to stop rebellions. Often times, Ned threatens that he will give him the stranger of all, which is by not considering him as his brother anymore.

“Hey man. Don’t be afraid of me ‘cause I’m black, okay. I just wondered if you had some money to spare. The only time I heard the term reverse discrimination mentioned.” (*Self-Made Man*: 31)

From evidence above, that bowling league, for example. Ned commits to it for eight months, becoming the weak link on a four man team of working class white men. The resultant chapter is as tender and unpatronizing a portrait of America's white trash underclass as he have ever read. Ned is teammates, a plumber, an appliance repairman and a construction worker. If he did his job or held up his end,

and treated them with the passing respect they accorded him, he was all right. Neither dumb lugs nor proletarian saints, Ned is bowling buddies are wont to make homophobic cracks and pay an occasional visit to a strip club. Ned is atrocious bowling technique and the absolute reverence with which they spoke about their wives, one of whom is wasting away from cancer. The following paragraph shows what Ned behaves when he needs physiological needs on exercise with black people.

“As usual, Jim told a funny story about this. He said that he had been coming out of a bar late one night, and a black guy had approached him asking for money. He had emerged from a wooded area behind the bar that was well known as one of natures crack dens in the area. Hey man. Don’t be afraid of me ‘cause I’m black, okay. I jut wondered if you had some money to spare. I’m not afraid of you because you’re black” (Self-Made Man: 31)

Ned feels in disgrace because he felt humiliated as a boy, he is a strong male figure hardiness want to show that he also exercise the same as those on her friends do. Frustration occurs when these needs are not met because of it. He knows, if people can learn just to go without pussy for a while, they will get so much dirt do. That's what boxers do when they're training, and it makes' focused to fight. Go without vagina and get strong, man. He means, he has not put in two months, and he is ready to lift the corner of the house to actualize him self.

“You know, if guys could learn just to go without the pussy for a while, they’d get so much shit done. I mean, that’s what boxers do when they’re training, and it keeps ‘em focused for the fight. Go without the pussy and you get strong, man. I mean, I haven’t been laid in two months, and I’m about ready to lift up the corner of the house.” (Self-Made Man: 34)

For most women sex is needed in life, the steam that issues from the engine. And the coal is mental. It is some of Ned stories are about going on dates, through which self-involved, demanding and resentfully unhappy women never ask about Ned, his feelings or his past, and never shut up about theirs. Single woman might be well advised to read this chapter as a How-not-to guide. Determined to have their cake and eat it, Ned's dates expect an impossible combination of new age sensitivity and old fashioned toughness. Ned learns not only how relentlessly men are obliged to suffer romantic rejection, but also how hard it is to surmount a woman's cumulative grudges against their whole sex. When a woman approaches a man armed to the teeth with ulterior wounds for which men as a species are presumptively to blame, the man has no choice but to fight back, and when everything he says and does is measured against the front-loaded politics of sex, including; Intelligent, articulate and perceptive, *Self-Made Man* has much to offer men and women a like.

### **3.1.2 The Safety Needs**

The next is the safety needs. These include physical security, safety from violence, delinquency, and aggressions, security of employment, security of revenues and resources, moral and physiological security, family security, security or through finding a place or position in a particular group and/or in society a large.

Humans generally need to feel belonging and acceptance, whether it comes from a large social group including club, office culture, religious groups, professional organizations, sports teams, gangs or small social connections family members,

intimate partners, mentors, close colleagues, confidants. They need to love and be loved by others. In the absence of these elements, many people become susceptible to loneliness, social anxiety, and depression. This need for belonging can often overcome the physiological and security needs, depending on the strength of the peer pressure. The safety needs was satisfaction by requires security, stability, protection, structure, order, and freedom from fear. The next is the need for safety. These include physical security: safety from violence, delinquency, and aggression, security of employment, security of revenues and resources, moral and physiological security, family security, security or through finding a place or position in a particular group and/or in society a large.

Ned includes in individual living in safe environment, he lives with a black people. He does not care about it, feeling happy living with them as usual, in his presence, none of them ever used the word niggers in any other context and never spoke disrespectfully of black people. Ned is a complicated and indisputably brave person there. For along of her life with black people, so on one particular Monday, he introduced a hot topic of the week to see if he could feel out their position on race and affirmative action in professional sports. The following paragraph shows what Ned behaves when he needs safety.

“I’m not afraid of you because you’re black. I’m afraid of you because you came out of the woods. They took people at face value. If you did your job or held up your end, and treated them with the passing respect they accorded you, you were all right. If you came the out of the woods, you were shady no matter what your color Got a lot of credit for the performance of this team that he didn’t deserve. Do you think McNabb deserves to be where he is?”(*Self-Made Man*: 31)

From the evidence above, Ned also need to make him safety in his new environment from the cruelty and also violence from others too. He takes people at face value. If he does his work or his final lift, and treat him with respect those are given a pass, its fine. If he exits the forest, he does not mayyer what color shade him.

They took people at face value. If you did your job or held up your end, and treated them with the passing respect they accorded you, you were all right. If you came out of the woods, you were shady no mayyer what your color”  
(*Self-Made Man*: 31)

Another esteem needs that is felt by Ned when he wants to be safety from security of employment in his living. None of them get much satisfaction from their work, his friends also do not expect anything. Works just something they do for their families and four were given some free time in front of their football games on Sundays or in the bowling alley on Monday, it’s contradict with his principle he wants to get freedom in his activities

None of them got much satisfaction from their jobs, nor did they expect any. Work was just something they did for their families and four the few spare moments it afforded them in front of the football game on Sundays or at the bowling alley on Mondays. (*Self-Made Man*: 31)

From the evident above, we know that Ned prefers doing jobs than watching football as his guys in general because according to Ned, he is more comfortable with having activities that are more useful than the need to play football.

“As I tried to be one of the guys, I could feel my self saying and doing the very things that young men do as teens when they are trying to sort out their place in the rank. Like them , I was trying to fit in, be inconspicuous, keep from being found out. And so I imitated the modeled behaviors that said “Accept me. I’m okay. I’m one of he guys” (*Self-Made Man*: 39)

Ned feels insecure when asked for an explanation to convince her friends that she really wanted to show true identities but his friends doubted his testimony. The following paragraph shows what Ned behaves when he needs safety.

“Do you make me laugh? Do you make me think? Do you talk to me?” It’s not:”Are you? Handsome. Are you rich and accomplished and well hung?” I suppose, more often than you might think, it’s not even:” Are you male or female” It’s really just: Are you there and do you get me?”(*Self Made-Man*: 119)

Another esteem needs that is felt by Ned when he wants to be safety because he will loose his identity in Security in position of particular group or in society in large. His status as a masculine woman abets this transformation, but the subject of her lesbianism falls away, more or less, once her adventures, Ned begin. Indeed, one of the great attributes of *Self-Made Man* is its lack of agenda or presuppositions. To be sure, his status as a woman is what makes his observations of male behavior fresh introducing himself to some guys in a bowling league, he is touched by the ritual how ya doin', man to man handshake, which, from the outside had always seemed overdone to him but from the inside strikes her as remarkably warm and inclusive, worlds away from the fake and cold air kisses and limp handshakes exchanged by women. But in its best moments, *Self-Made Man* transcends its premise altogether,

offering not an undercover woman's take on male experience. The following paragraph shows what Ned behaves when he needs safety.

“Jim, you were right. I’m not a guy. I’m a woman”

“No. That’s really it. I’m a woman. Look. I’ll show you my driver’s license if you don’t believe me”

“I swear, Jim, it’s not a fake. That’s me. My name is Norah, not Ned.” Shut up, why are you doing this to me? I mean, I gotta hand it to you, if this is a joke, it is a good one. You got me, but a jokes’ joke.” (*Self-Made Man: 49*)

At the sound of this name, Ned, who was seated on a low stool close by the fire, with a large book open on her lap, shook his hair back and looked up eagerly. There were few sounds that roused Ned when he was dreaming over his book, but friend's name served as well as the shrillest whistle: in an instant he was on the watch, with gleaming eyes, like a Skye terrier suspecting mischief, or at all events determined to fly at any one who threatened it towards friend.

“It isn’t joke, Jim”

“Okay, look. I’ll show you every card in my wallet, including my social security card. They all have the same name on them.” (*Self-Made Man: 50*)

The next safety needs that felt by Ned is security of employment. The need for love, which involves the need to give love as well as receive it, can be manifested in a warm relationship of intimacy with another person. One thing that must be stressed at this point is that love is not synonymous with sex. Sex may be studied as a purely physiological need. The following paragraph shows what Ned behaves when he needs safety.

“Oh, you write about politics. Uh-huh.”(*Self Made-Man: 96*)

“It doesn’t matter. What they say. They’ll say saying. Just remember. They only want one thing. That’s how guys are.” (*Self Made-Man: 97*)

Other need that is wanted by Ned only safety from any problem exposing his identity, it is time to choose the real life. Some people have questioned the honesty of Ned appear in order to protect her subjects' privacy, Norah changes names and identifiable details. It is possible he is changing about having dressed as a man, or having joined a bowling league, a monastery, a men's retreat, and so on. But he gives the reader the impression that living as a man *caused* him to endorse and admire conventional gender roles for men. In reality, his views pre-drag seem pretty much the same as him views post-drag, although you wouldn't know that from reading *Self Made Man*.

“I'm really a woman” four times before they got what I was saying. There was a moment of absolutely stunned silence, and then the inevitable “No way,” in chorus. (*Self Made-Man*: 98)

Ned got kicked out of the Starbucks and that was basically that. But her frank answers to my questions had made me realize that Ned could ask this person almost anything, and that alone was interesting. She was quite happy to converse on whatever level if it kept her engaged and kept her from stewing alone. He could learn what her impressions of Ned had been, how he had compared with other men he had dated, what else he was expecting from a man, and whether cheap therapy was all he was wanting from a second date, or whether Ned had scored points for being sensitive, a good listener.

“I told you all of this because I wanted to be honest with you from the beginning about where I am.” She said. (*Self Made-Man*: 104)

He was especially interested in her because she had been involved with a married man and been hurt by the experience. This is a wounded woman's cliché if ever there was one, and she followed the pattern to the last detail. He had chosen to get involved with someone who was unavailable, yet he blamed her for refusing to leave his wife. He was the cad, the coward; he was the long suffering party, the helpmeet waiting in the wings, the used one who deserved better. His predicament was of her own making and entirely predictable, he used it to bolster her distrust of the opposite sex and as with many of the other women he dated, Ned took that accumulated load on his shoulders from the start. He was just the next man who would hurt her.

“The reason? According to her, a complete and utter emotional disconnect between the sexes—women wanting and desperately needing more emotional communication and attention, and men being utterly baffled by this need and unable to meet it. It sounded as if she'd been reading Deborah Tannen, who wrote in *You Just Don't Understand*: “Many men honestly do not know why men find what they want so hard to comprehend and deliver.” (*Self Made-Man*: 105)

Another safety need that shows in paragraph above, sees that Ned needs moral and physiological security. Ordinarily sexual behavior is multi determined; Ned has sexual desire with girl that makes him want to see her by her armor, honesty and all.

### **3.1.3 The Belonging and Love Needs**

The belonging and love needs can be manifested in a variety of ways through affectionate relations with other people in general, close friends, lovers or mates. The needs for love involve the needs to give love as well as receive it. From the statement above, we know that affectionate relations can manifest the belonging and love needs.

Humans generally need to feel belonging and acceptance, whether it comes from a large social group including clubs, office culture, religious groups, professional organizations, sports teams, gangs or small social connections like family members, intimate partners, mentors, close friends, and confidants. They need to love and be loved by others. In the absence of these elements, many people become susceptible to loneliness, social anxiety, and depression. This need for belonging can often overcome the psychology and security needs, depending on the strength of the peer pressure.

The need for love, which involves the need to give love as well as receive it, can be manifested in a warm relationship of intimacy with another person. One thing that must be stressed at this point is that love is not synonymous with sex. Sex may be studied as a purely physiological need. Ordinarily sexual behavior is multi-determined, that is to say, determined not only by sexual but also by other needs, chief among which are the love and affection needs. Also not to be overlooked is the fact that the love needs involve both giving and receiving love. The following paragraph shows what Ned behaves when he needs belonging and love.

“Hi, ladies. [ Ladies? Jesus.] I’m sorry to interrupt, but I wanted met you. I don’t mean to be a pain in the ass about this [God, I was groveling already], but my name’s Ned and this is my friend Curtis.” (*Self-Made Man*: 96)

From this paragraph, the researcher wants to show the relation between the main character and her couple. Once people feel loved and have a sense of belonging, they then develop the need for esteem. They have a need to be respected both from themselves in the form of a feeling of self-worth, and from others, in the form of status, recognition, social success, fame. Some of Vincent's most appalling stories are about going on dates, through which self-involved, demanding and resentfully unhappy women never ask about Ned, his feelings or his past, and never shut up about theirs. Single women might be well advised to read this chapter as a How-not-to guide. Determined to have their cake and eat it, Ned's dates expect an impossible combination of new-age sensitivity and old-fashioned toughness. Ned learns not only how relentlessly men are obliged to suffer romantic rejection, but how hard it is to surmount a woman's cumulative grudges against their whole sex. "When a woman approaches a man armed to the teeth with ulterior wounds for which men as a species are presumptively to blame, the man has no choice but to fight back, and when everything he says and does is measured against the front-loaded politics of sex, he can't help but shrivel or putrefy under the scrutiny." Intelligent, articulate and perceptive, *Self-Made Man* has much to offer men and women alike.

Another needs that felt by Ned when he needs love. From evidence above, we know that Ned needs close friend that made them both cackle and pound the table as the following paragraph shows.

“Let me tell you a story,” he said. “When I was in college, there was this guy Dean, who got la all the time. I mean this guy had different women coming out of his room every weekend and most weeknights, and he wasn’t particularly good looking. He was fat and kind of a slob. Nice guy, though, but nothing special. I couldn’t figure out how he did it, so one time I just asked him. ‘How do you get so many girls to go out with you?’ He was a man of few words, kind of Coolidge-esque, if you know what I mean. So all he said was: ‘I get rejected ninety percent of the time. But it’s that ten percent.’” (*Self-Made Man*: 99)

Ned’s needs for loved by his couple as same as his friend falling in love with their couple. These involve his emotionally based relationship in general as the following paragraph shows what Ned behaves when he needs belonging and love. In this case, Ned is the victim of ideology that forbids women being safety. It appears from a woman’s no business with being *clever*; it will turn to trouble because the head of family has helped to create and justify a repressive set of formulations and given strong sanctions against women who do not conform to them.

And it is also turn to *trouble* because a particular social order has insisted on women studying prohibition as the natural order. It also shows the relationship between belonging and love need and safety need that can work for shaping behavior if it cooperates with nature (biology) because we do not know that study is unnatural for girl until the culture determined it.

“Pass my test and then we’ll see if you’re worthy of me” was he implicit message coming across the table at me. And this from women who had demonstrably little to offer. “Be lighthearted,” they said, though buoyant as lead zeppelins themselves. “Be kind,” they insisted in the harshest of tones. “Don’t be like the others,” they implied, while having virtually condemned me as such beforehand. (*Self Made-Man*: 101)

From this paragraph, the researcher wants to show the relation between the main character and her couple. Once people feel loved and have a sense of belonging, they then develop the need for esteem. They have a need to be respected both from themselves in the form of a feeling of self-worth from others. In the time period of the setting of the novel, women were regarded as male property, to take care of household matters and without skill, originality and intelligence of a man by nature was stubborn, opinionated and led his family to disgrace as a result. However, there is a close bond between him and Ned for which he had always protected her and favored her over, as much as would permit in that age. Ned always felt a responsibility to please her couple and to never cause him any grievances.

“Sasha and I had our series of query-filled, confessional E-mail exchanges well. I was n’t playing in role on the page or even in person, except in how I dressed and in my efforts to keep my voice in the lower portions of my register. I was just me. That was the point, after all, to be a real person, my self in all possible ways, culturally a woman, but in disguise as a man. I didn’t try to write or say the things I thought a man would write or say. I responded to her genuinely in every way, except about my sex.” (*Self made man*: 113)

The need for love which involves the need to give love as well as receive it, can be manifested in a warm relationship of intimacy with another person Like other people, Ned also falls in love with the girl named Sasha. He loves her, and though he

knows she prefers love him, he hopes she will. His love sometimes distracts him from taking care of him. From this paragraph, the researcher wants to show the relation between the main character and her couple. Once people feel loved and have a sense of belonging, they then develop the need for esteem. They have a need to be respected both from themselves in the form of a feeling of self-worth from others. In the time period of the setting of the novel, women were regarded as male property, to take care of household matters and without skill, originality and intelligence of a man by nature was stubborn, opinionated and led his family to disgrace as a result. However, there is a close bond between him and Ned for which he had always protected her and favored her over, as much as would permit in that age. Ned always felt a responsibility to please her couple and to never cause him any grievances.

#### **3.1.4 The Esteem Needs**

For the esteem needs can be classified into two subsidiary sets. The first is for self-esteem that include the desire for confident of his or her strength, achievement, mastery, and competent, worth, and adequacy. Secondly, for esteem granted by other people that includes the desire for reputation (respect from other people) status, fame, and glory, dominance, recognition, attention, importance, dignity, or appreciation.

Once people feel loved and have a sense of belonging, they then develop the need for esteem. They have a need to be respected both from themselves in the form of a feeling of self-worth, and from others, in the form of status, recognition, social success, fame, and like that Dominant need felt by Ned. *Self-Made Man: One*

Woman's Year Disguised as a Man, and it was his decision to live life about a year to year and a half as a man. Not every day, but most days, he would go out into public dressed as a man. He would try to infiltrate different parts of male society as a man to kind of gain the insight of living as a man.

“I swear, Jim, it’s not a fake. That’s me. My name is Norah, not Ned”  
“It isn’t joke, Jim” (*Self-Made Man: 49*)

From the evidence above, Ned does not want to receive any help from Jim because he thinks that Jim will never be able to help him just because she is a girl. He thinks that girls are silly; thus, they, including Norah, will never be able to get free. This shows that Ned believes that girls do not have the capability of learning something which is difficult for him. If he cannot understand something, then it must be impossible for girls to learn it namely about real the identity of someone. Ned need time to admit his real identity which Jim does not believe the fact of him. The following paragraph shows what Ned behaves when he needs esteem need.

“Okay, look. I’ll show you every card in my wallet, including my social security card. They all have the same name on them. I put all the cards on the bar in a row where could see them.” (*Self-Made Man: 50*)

What he like best about the book is it was not just perhaps like other books where it's a man telling you about a man or a woman's theories on a man. It's actually a woman who had lived as a man, and after lengths of time forming friendships with them, he is grown to understand more about their psyche, more about their own

background, more about their fears and the things that they've had to suppress, being men, that women are allowed to do.

Like he is allowed to freely emote, and men are not; they are taught to squash that pretty young. So it's really interesting to see her actually really get that, and just by reading her words He felt like to be able to understand that sometimes he has to sit back and think.

He thinks something that was a unique twist to this was generally people always say like When Harry Met Sally, sex is always in the way. He is a woman living as a man, but she's gay; so living as the man for a year, she never had any issues where attraction came into play or any sort of romance that would distract from her mission. I is not so much that he learned anything profound that I never would have thought of, but he thinks women as a whole feel we are more emotionally in tune to ourselves and more sensitive, and the book kind of shows men are somewhat, too. They just, they have been taught to sort of ignore that, and so they have to come up with this strong defensive persona to compensate for the fact that they have all of these inferiority complexes that we have, too. It's just kind of a reminder that men are people, too. He thinks that any women should read this book; he thinks the younger the better. As he is older; at that point, it is a neat little story, but he thinks the younger the better.

### **3.1.5 The Self-Actualization**

The next of this hierarchy need is the self-actualization needs. From those needs above, only the self-actualization needs this cannot be satisfied, as individual will always feel that he or she never fully actualized. He or she always desired from more and more to actualize him or her self. If the needs are not taken care of, the individual lack will lack meaning in life and will often feel bored.

The next need is self-actualization needs. It is the instinctual need of humans to make the most of their abilities and to strive to be the best they can. Maslow characterized self-actualization as the person's want to be everything that person become capable. The person must become what he or she has the potential to be. Even though all four of the previous needs may be gratified, the person, who is not self-actualizing and not utilizing his or her potential will be discontented and restless. The individual will be frustrated, as he or she would be at the failure to satisfy any other needs.

Actually, Ned is human being who desires to actualize herself; her needs for self-actualization can be identified from what she behaves when she wants to actualize herself. It happens when she works become salesperson, he was looking for entry level jobs that required no experience and no pedigree. At one this places, all of which rented tiny suites in office park, he arrives early for he interview, he went to John to check his beard and adjust his tie, a guy from another office on that floor follow him In pretending to wash coffee mug, and he pretended to wash hand too.

“Hey” he said “What do you guys d in there, anyway?”

“I don’t know yet,” I said “I’m here to find out. Why do you ask?”

“Well, I just see a lot of people coming and going out of thee all the time.”  
(*Self-Made Man*: 186)

From the evidence above, we know that Ned tries to get a good Job, he had yet to find that out, he was just happy to have a chance to try out his dude’s in an office and enjoy the rush that giving to him.

Another needs self-Actualization that felt by Ned when he interview, people didn’t expect him to make nice, especially the ones for the red bull jobs. In one interview with interviewer and another male applicant. The following paragraph shows what Ned behaves when he needs self-actualization

“Well, how it is with most television advertising. When the commercials come on you reach for you remote and change the channel, unless, of course, it’s Cindy Crawford, right?” (*Self-Made Man*: 186)

Compelling in a rather different way is Vincent's account of working as a salesman for one of those shady, Mamet-ready outfits that advertise in the classifieds, offering \$ to "high-powered" prospects, no experience necessary. Answering such an ad, Ned lands a thankless job going door-to-door selling entertainment books filled with coupons for discounts at local businesses. The raw, malevolent arrogance of Ned's fellow salesmen, who actually psych themselves up by shouting out such idiotic motivational acronyms as *Juice* for Join Us in Creating Excitement, can't hide

their desperation. Vincent scares herself when, dressed up in one of Ned's power blazers, she submits to the Juice mentality and actually succeeds at being a feral-jerk sales wolf, earning her boss's praise as a highly motivated type a guy.

Norah's status becomes Ned as a masculine woman abets this transformation, once her adventures as Ned begin. Indeed, one of the great attributes of *Self-Made Man* is its lack of agenda or presuppositions. his status as a woman is what makes her observations of male behavior fresh introducing herself to some guys in a bowling league, she's touched by the ritual how ya doin', man-to-man handshake, which, from the outside had always seemed overdone to her, but from the inside strikes her as remarkably warm and inclusive, worlds away from the fake and cold air kisses and limp handshakes exchanged by women. But in its best moments, *Self-Made Man* transcends its premise altogether, offering not an undercover woman's take on male experience.

From evidence above, that bowling league, for example. Norah-as-Ned commits to it for eight months, becoming the weak link on a four-man team of working-class white men. Vincent has changed the names of the characters and obscured the locations to protect the identities of her subjects.

The resultant chapter is as tender and unpatronizing a portrait of America's white trash underclass as I have ever read. They took people at face value, writes Vincent of Ned's teammates, a plumber, an appliance repairman and a construction worker. Ned's bowling buddies are wont to make homophobic cracks and pay an occasional visit to a strip club, but they surprise Vincent with their lack of rage and

racism, their unflagging efforts to improve Ned's atrocious bowling technique and the absolute reverence with which they spoke about their wives, one of whom is wasting away from cancer. The following paragraph shows what Ned behaves when he needs self-actualization.

“Jim, you were right. I’m not a guy. I’m a woman”

“No. That’s really it. I’m a woman. Look. I’ll show you my driver’s license if you don’t believe me” (*self made man*: 49)

From the evidence above, Ned needs to show that he is really woman, we know that Ned has been determined and dictated by his friend. Moreover, the way gives man absolute over woman has created the new strategy for man to oppress woman even more. It is called tactic and this tactic is mostly used to represent their power, which is usually resulted in violence toward woman. From the following paragraph shows that he needs self-actualization on showing his identity.

“Okay, look. I’ll show you every card in my wallet, including my social security card. They all have the same name on them.”(*Self-Made Man*: 50)

From the evidence above, we know compelling in a rather different way is Vincent's account of working as a salesman for one of those shady, Mamet-ready outfits that advertise in the classifieds, offering \$ to high-powered prospects, no experience necessary. Answering such an ad, Ned lands a thankless job going door-to-door selling entertainment books filled with coupons for discounts at local businesses. The raw, malevolent arrogance of Ned's fellow salespersons, who actually

psych themselves up by shouting out such idiotic motivational acronyms as *Juice*), can't hide their desperation. Vincent scares herself when, dressed up in one of Ned's power blazers, she submits to the Juice mentality and actually succeeds at being a feral-jerk sales wolf, earning her boss' praise as a highly motivated type a guy. The following paragraph shows what Ned behaves when he needs self-actualization.

“Why does the blonde have a bald pussy?” He asked “Why”.

“Ever seen grass on a highway?”(*Self-Made Man*: 200)

Ned's whistle-stop tour of modern manhood also takes him to a Roman Catholic monastery, a lap-dance club, a men's consciousness-raising group and on a series of awkward dates with women. Conspicuously absent from *Self-Made Man*, though, are men leading full, contented lives. Perhaps this is a function of the limitations of Vincent's experiment - after all, a man created out of thin air and stoppelpaste can't very well insinuate himself into an elegant country club or a loving nuclear family.

### **3.2 The Dominant Need Felt by Ned in *Self-Made Man***

From the whole events that happened to Ned, the dominant need felt by Ned is the safety needs. He is a character who needs more safety than any others. It can be identified from the data found by the researcher. She found 10 case that show Ned's need for safety. It means that the data of the safety needs are much than the other data. The data of physiological needs are found 4 case, the data of belonging and love

needs are found 3 case, the esteem needs are found 3 case, and the data of self-actualization needs are found 8 data. It can also be identified from the first event up to the end of the story. Actually, his decision for following bowling team to get some information about the world of man. He gets protect from his friend when plays bowling league. Ned commits to it for eight months, becoming the weak link on a four-man team of working-class white men. Vincent has changed the names of the characters and obscured the locations to protect the identities of her subjects. It is with a bowling team that Ned initiates his life as a man. Thereafter, he inveigles himself into the heterosexual dating scene, strip joints, a monastery, a team of door-to-door salespersons, and a men's consciousness-raising group, after which Norah promptly has a nervous breakdown. That is no hyperbole. A breakdown, for real. She is a character who needs more safety than any others. It can be identified from the data found by the researcher. She found 10 cases that show Ned's need for safety. It means that the data of the safety needs are much than the other data.

The data of physiological needs are found 4 cases, the cases of belonging and love needs are found 3 cases, the data of esteem needs are found 3 data, and the data of self-actualization needs are found 8 data. It can also be identified from the first event up to the end of the autobiography. Actually his decision for coming in unsafe places. He includes in individual living in unsafe environment, he lives with a black people i.e. not same with his colonized in white people. Ned is a complicated and indisputably brave person there. For along of her life with black people, so on one

particular Monday, he introduced a hot topic of the week to see if he could feel out their position on race and affirmative action in professional sports.

## **CHAPTER IV**

### **CONCLUSION AND SUGGESTION**

After analyzing the criticism that includes of this autobiography, “*Self-Made Man*”, some conclusions and suggestions related to the result of analysis can be drawn. This chapter explains about the conclusions of the whole of analysis related to the formulated problem and the relevant suggestions related to this. the result of previous chapter and pointed out to the next researchers who are interested in investigating the same fields.

#### **4.1 Conclusion**

In this part, the researcher would like to conclude from the discussion above. This covers the first question that is Ned’s hierarchy of need viewed from Maslow’s humanistic theory and her dominant hierarchy of need.

Maslow’s humanistic theory the hierarchy of need presents five levels of needs. This theory is used for analyzing Ned’s personality, they are, the physiological needs, the safety needs, the belongingness and love needs, the esteem needs, and the self-actualization.

Ned is human being who needs food, drink, sleep, air, water, sex and other needs that include the physiological needs. If she lacks these needs in her life, she will be motivated more in doing effort to gratify these needs than any others, it can be

identified from what Ned does when she needs food, drink, sleep, air, water, sex etc. But once the need is satisfied.

Ned also needs security because he lived with the people who are not same race and colonized. He commits to it for eight months, becoming the weak link on a four-man team of working-class white men. The resultant chapter is as tender and unpatronizing a portrait of America's white trash underclass as I've ever read. Ned's teammates, a plumber, an appliance repairman and a construction worker. If he did his job or held up his end, and treated them with the passing respect they accorded him, he was all right. Neither dumb lugs nor proletarian saints, Ned's bowling buddies are wont to make homophobic cracks and pay an occasional visit to a strip club. Ned's atrocious bowling technique and the absolute reverence with which they spoke about their wives, one of whom is wasting away from cancer. The following paragraph shows what Ned behaves when he needs physiological needs on exercise with black people.

Ned also needs the belongingness and love. He needs to give the love to other and receives it from others. he needs to be loved by his friends and his family and needs to give love to her friends; he also needs to be accepted by other people. If this need is not well satisfied, he will feel keenly the absence of family or a particular friend. Meanwhile, if he lacks the need to belong to something or someone it may result in destructive behavior, his needs for belongingness and love can be seen from his behavior where he lacks these needs, he will do everything to gratify these needs.

As human being, Ned also needs to be respected by other. If it is not satisfied, he will feel, weak, and helpless. His need for esteem can be seen from what he behaves when he is insulted by Allen when he shows his exactly identity card in his wallet. Satisfaction of these needs will lead to the feelings of self-confidence, worth, strength, capability, and adequacy of being useful and necessary in the world.

Ned also desires to actualize her self. He always desires for more and more to actualize herself. If the needs are not taken care of, he will lack meaning in life and will often feel bored. His need for self-actualization can be seen from what he behaves when he needs to actualize herself for becoming salespersons. It makes him discontented and unhappy. It is opposite with his capability as Norah Vincent who is superiority.

The next conclusion refers to the answer of the second question Ned dominant need felt by Ned is safety needs. It means that Ned is a character who needs more safety than any other. It can be identified from the data found by the researcher. The researcher found 10 cases that show Ned's need for safety that means the data of the safety needs are much than the other case. The data of psychological needs are found 4 cases. The case of belongingness and love needs are found 3case. The case of esteem needs are found 3data, and the data of self-actualization needs are found 8 case. It can also be identified from the first event up to the end of the story.

## 4.2 Suggestion

After analyzing and concluding the analysis, the researcher would like to convey her suggestion and hope in this part.

The researcher has analyzed Ned's in *Self-Made Man* autobiography using psychological approach, especially using Maslow's humanistic theory of personality. Then she suggests the next researcher to investigate other literary works from some objects or analyze the same work from different point of view.

Actually, Ned in *Self-Made Man* does not tell about white skin who faces may events that will determine his personality but also explains the struggle in actualizing herself, he disguises as a man to explore the many remarkable mysteries of gender identity. A journalist provocative and spellbinding account of his eighteen months spent disguised as man. Norah as Ned spent a year and a half disguised as her male alter ego, exploring what men are like when women are not around. As Ned, he joins a bowling team, takes a high-octane sales job, goes on dates with women and men, visits strip clubs, and even manages to infiltrate a monastery and a men therapy group. At once thought-provoking and pure fun to read. It shows that woman is capable and strong; he can actualize her like man. Thus, for the next researcher, the researcher suggests that this autobiography can be viewed from feminist perspective.

Finally, the researcher hopes this thesis will be useful for the researcher themselves, the readers, and other researchers. The researcher also appreciates any corrections, criticisms, and suggestions because she realizes that this thesis is still far from being perfect and needs some improvement to be better.

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# Appendixes

## Appendix 1:

### Summary of *Self Made Man*

Not many women could get away with successfully impersonating a man over a long period, but then, not many men have the balls Norah Vincent has. The Los Angeles Times columnist spent a year and a half as her male alter ego, Ned, and inveigled herself into all sorts of largely inadvisable situations. Ned joins a bowling league, spends time in a monastery, hangs out in lap-dancing clubs, dates as many women as possible and attempts to discover his inner Neanderthal on a male-bonding camping weekend, where, at one point, he believes he will be found out, stripped of his all-flattening sports bra and beaten to a pulp.

For the first half of the book, you wonder how Vincent pulled it off. I repeatedly broke away from the narrative to stare at the cover image of Norah as a (rather beautiful) woman next to Ned, an equally attractive (and plausible) man.

Ned chose his clothes carefully, worked out to build muscle tone, meticulously glued stubble to his face and took voice coaching. He learned quickly from his mistakes, such as the time at the bowling alley when he found himself 'swaggering just a little too wide and looking like I had a load in my pants'.

For the entire 18 months, Ned went unchallenged, living and working in several US states. In fact, Ned is so successful that when Norah reveals herself, in the late stages of some of her experiments, many of Ned's new friends and colleagues refuse to believe that he is a woman: 'Hey, great joke, buddy!' When the penny finally drops, only a few admit they were worried that Ned was, well, a bit gay.

This is an addictive, enthralling read: each chapter is progressively more fascinating as Ned becomes more ensconced in his new life. He tries to identify with his new bowling friends' all-

encompassing sexual urges, but can only fake it. There is much discussion of how married men can get away with visiting girlie bars without their wives realising and how 'no vacation would be quite as relaxing without a little skin in it'.

Even when you take sex out of a man's world, it's a mess, Ned concludes. At the monastery, the inmates are imprisoned, rather than liberated, by a single-gender environment. The place is 'steeped in commonplace masculine angst'. The fear that Ned is gay is at its height here, so everyone gives him a wide berth.

The dating adventures are the most breathtaking. Ned is on the receiving end of women's boring, self-pitying monologues and endless tirades about what bastards men are. His dates all suspect he is as bad as the rest of them: 'They made every man they met into a wolf, even when that man was a woman.'

The dates are when the deceit hits Norah. Her project to experience life as a man turns into a personal nightmare. A feminist and a lesbian, Vincent expects that, as a convincing Ned, she will finally have a life of privilege and entitlement. But men have their own unpleasant codes, Ned discovers. Don't hold anyone's gaze too long. Don't show too much enthusiasm. Don't be apologetic about anything. Show no weakness. This - and the essential deceit - brings Vincent to the verge of a nervous breakdown. Instead of feeling powerful and dominating, Ned finds being a man depressing and exhausting. You have to put on a constant show of 'maleness'.

This feeling isn't just about being a woman trapped in a man's body. Most men, Vincent claims, feel this way. They are constantly having to fight to assert their identity, hide their emotions, to be the Man. Vincent hates to admit it initially, but men, too, have their cross to bear. They're all faking it to some extent. The disguise of being a man, she notes at her last all-men bonding session, 'was the one thing I had in common with every guy in the room'.

Most of the time, however, Vincent simply observed, reported, and reacted. Ned's journey left me with some sharp memories of his experiences and resonances with my own experiences.

- Bowling: The generosity of men accepting Ned (a horrible bowler) onto their team and helping him in his game without ridicule or ill feelings. This in spite of the fact that there was money at stake. *Resonances with Boy Scouts, bicycle touring buddies, my writing mentor.*
- Strip clubs: The observation that men in strip clubs were sexually jaded and hard to please, that they isolated this experience from their genuine love of their wives, and that one function of the clubs was to present women who resembled real women as little as possible. *Resonance with long-ago research for my company into Internet filters and porn blockers: None of the images were of women I would ever expect to meet in everyday life.*
- Dating: The experience of constant rejection from women who, though they were desperate for connection, stacked the deck against men, picking over them like inferior produce at a vegetable stand. *Resonance with several disastrous blind dates when I was single.*
- Monastery: The feeling of emotional isolation and loneliness, and fear of intimacy, among men who had chosen the celibate life. And true spiritual maturity and compassion among many of the monks. *Resonance with religious retreats when I was in college - the kindness and serenity of the men I met.*
- Work: The rush one gets in making a sale, even when the salesman knows he's being shamelessly exploited by the sales organization. Sales as seductions, almost sexual conquests. The influence on one's confidence of a sharp suit and tie. *Resonance with a*

*brief summer stint as a door-to-door encyclopedia salesman, totally swept up by the sales culture, and the thrill of conquest.*

- Men's group: Rage and pain, and the ability of men to express emotions among their fellows that they would never show out in the world. Fatigue at the burden of carrying the world, and their families, on their shoulders. One man says at the weekend retreat: "I guess I think that if I hold it all together, if I take care of everything and everyone, that eventually I'll be loved. But the price is my life. I'm trying to do the impossible."

*Resonance with the sorrows and joys of attending men's retreats for the past seven years, and the tenderness among men who know and share each others' burdens and wounds.*

Sometimes Vincent contrasts the male experience with that of women, or the theories of feminists. Here's one observation from Ned's weekend in the woods:

## Appendix 2

### Biography of Norah Vincent

In 2003 she took a leave from writing her nationally syndicated political opinion columns in order to write her *New York Times* bestselling book *Self-Made Man*, the story of a woman living, working and dating in drag as a man.

While syndicated, Vincent was a weekly columnist for the *Los Angeles Times* op-ed page and wrote a quarterly politics and culture column for the national gay and lesbian newsmagazine *The Advocate*.

Ms. Vincent wrote the "Higher Ed" column for *The Village Voice* from 1999-2001, and wrote a biweekly column for Salon.com in 2001. Her essays, columns and reviews have also appeared in *The New Republic*, *The New York Times*, *The New York Post*, *The Washington Post* and many more regional newspapers around the country. *Voluntary Madness* (Due out in January, 2009) is her second book.

She holds a bachelor's degree in Philosophy from Williams College. She resides in New York City. □Norah Vincent left her job as a nationally syndicated opinion columnist for the Los Angeles Times to research this book. Her work has appeared in *The New Republic*, the *New York Post*, *The Village Voice*, and *The Washington Post*, among other journals, and she has appeared on numerous radio and television talk shows.

Vincent's book *Self-Made Man* retells an eighteen-month experiment in which she disguised herself as a man. This follows in the tradition of undercover journalism such as *Black like Me*. Vincent talked about the experience in HARD talk extra on BBC on April 21, 2006 and described her experiences in male-male and male-female relationships. She joined an all-male

bowling club, joined a men's therapy group, went to strip clubs and visited Catholic monks in a cloister. She dated women and describes how inferior she felt. Vincent writes about how the only time she has ever been considered excessively feminine was during her stint as a man: her alter ego, Ned, was assumed to be gay on several occasions, and features which in her as a woman had been seen as “butch” became oddly effeminate when seen in a man. (She is a lesbian.) Vincent asserts that, since the experiment, she has never been more glad to be female.

(Vincent, Norah.2010.biography of Norah Vincent)

[http://en.wikipedia.org/wiki/Norah\\_Vincent](http://en.wikipedia.org/wiki/Norah_Vincent)

### Appendix 3:

#### The Picture Norah Vincent When She Disguise a Man as Ned

1) Picture 1



2) Picture 2



3) Picture 3



4) Picture 4



5) Picture 5



6) Picture 6



7) Picture 7



8) Picture 8

