

**RESOLVING PSYCHOLOGICAL CONFLICTS OF THE MAIN
THE CHARACTER IN *ME AND MR BOOKER* NOVEL BY CORY
TAYLOR**

THESIS

By:

Shofi Nuril Izzah

NIM 17320027

Advisor:

Asni Furaida, M.A.

NIPT: 198807112023212027



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2024**

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THESIS

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang

In Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.S.)

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**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2024**

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I state that the thesis entitled **“Psychological Approach On Martha Resolving Conflicts In Me And Mr Booker Novel By Cory Taylor”** is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. I confirm that no portion of this work is Artificial Intelligence (AI) generated. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, June 27th, 2024

The Researcher



Shofi Nuril Izzah

NIM 17320027

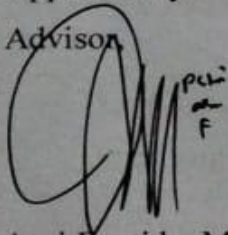
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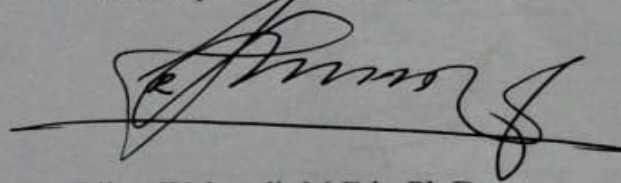
Advisor



Asni Furaida, M.A.

NIPT 198807112023212027

Head Department of English Literature,



Ribut Wahyudi, M.Ed., Ph.D.

NIP 198112052011011007

Acknowledged by

Dean of Faculty of Humanities,



Dr. M. Faisol, M.Ag.

NIP 07411012003121004

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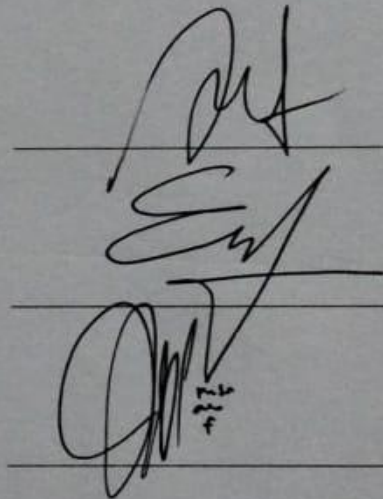
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1. Agung Wiranata Kusuma, M.A.
NIP 198402072015031004
2. Muhammad Edy Thoyib, M.A.
NIP: 198410282015031007
3. Asni Furaida, M.A.
NIPT: 198807112023212027

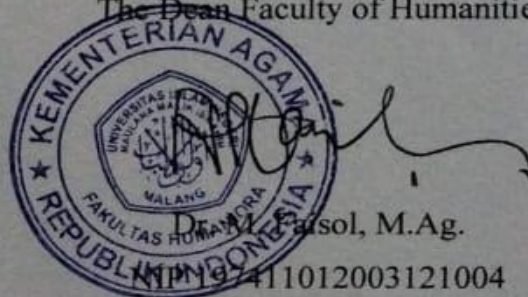
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MOTTO

“True failure lies in ceasing to try and fight”

DEDICATION

I dedicate this to my beloved parents, my caring mother and father, who have always prayed for me and offered their steadfast support. Likewise, to my brothers who have constantly encourage me. At last, to all of my friends who have generously given their time to help me finish this thesis.

ACKNOWLEDGEMENT

Bismillahirohmanirrohim

Alhamdulillahirobbilalamin, thanks to Allah (Glory to Him, the Exalted) who has bestowed His grace so that I can complete my thesis entitled *Resolving Psychological Conflicts of The Main Character in Me And Mr Booker Novel By Cory Taylor*. Sholawat and salam I deliver to the Prophet Muhammad (Peace be Upon Him) who has brought mankind from the darkness to the bright days, may we be among his people who will get his help later on the last day, amen.

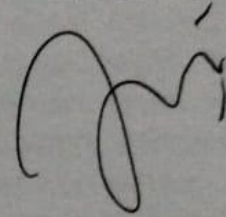
This thesis was successfully compiled with the help and support of great people around me. First of all, I would like to thank my supervisor, Asni Furaida, M.A. who patiently gave instructions and suggestions during the process of writing this thesis. I thank all lecturers in the Department of English Literature, who have provided useful knowledge during my study in this department. I thank Cory Taylor whose novel *Me and Mr Booker* I use as the object of my research.

An infinite gratitude goes to my beloved parents, Saifurrazi Shaleh and Umi Hanik Yusuf, thank you for all the prayers, support, love and motivation. I thank to both my younger and older brother, as well as my friends who contributed to completing this thesis.

Last thing, as a disclaimer, the researcher admits that there are still many flaws in this thesis. Therefore, constructive criticism and suggestions are needed for further advancement. I hope this research will be useful for readers, and future researchers.

Malang, June 27th, 2024

The Researcher,

A handwritten signature in black ink, consisting of several loops and a final flourish.

Shofi Nuril Izzah

ABSTRACT

Izzah, Shofi Nuril (2024) Resolving Psychological Conflicts of The Main Character in *Me and Mr Booker* Novel by Cory Taylor. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Asni Furaida, M.A.

Key word: Conflict, Psychological conflict, Valence

It is crucial to investigate the phenomenon of psychological conflict due to its capacity to trigger a wider conflict. Psychological conflict has the potential to lead to interpersonal disputes, conflicts between groups, social conflicts, and so on. The phenomenon of psychological conflict is widely reflected in the novel *Me and Mr. Booker* by Cory Taylor. The novel describes the types of psychological conflicts that can arise in a relationship between lover and family and how to resolve them, which all is described clearly through the interaction of the two main characters, Martha and Mr. Booker as well as through the interaction between Martha and her mother. This study aims to describe what kinds of psychological conflicts experienced by Martha as the main character and how she resolves them. This study is a literary criticism that focuses on the construction of psychological conflict from a psychological perspective. The theory used to dissect the novel is the psychological conflict theory proposed by Kurt Lewin. This study revealed that Martha experienced two types of psychological conflict. These psychological conflicts are approach-approach conflict and approach-avoidance conflict. Of these two conflicts, approach-approach conflict appears most often then followed by approach-avoidance conflict which appears most frequently. Martha's approach-approach conflicts are conflicts between her desire to be with Mr. Booker and her desire to continue her studies. Martha's approach-avoidance conflicts are her struggles regarding her relationship with Mr. Booker. This study also found that Martha, as the main character of the novel *Me and Mr. Booker*, resolved her psychological conflicts by using positive valence and negative valence from Lewin's conflict resolution theory.

مستخلص البحث

العزة ، صفى نور . 2024. منهج النفسية على حل الصراع في رواية "أنا والسيد بوكر" لكوري تايلور. البحث الجامعي، قسم الأدب الإنجليزية. كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: أسني فرايدة، الماجستير.

الكلمات الأساسية: الصراع، الصراع الداخلي، حل النزاعات

من الأهمية بمكان دراسة ظاهرة الصراع الداخلي نظراً لقدرته على إثارة صراع أوسع نطاقاً. فالصراع الداخلي لديه القدرة على أن يؤدي إلى نزاعات بين الأشخاص، وصراعات بين الجماعات، وصراعات اجتماعية، وما إلى ذلك. تنعكس ظاهرة الصراع الداخلي على نطاق واسع في رواية "أنا والسيد بوكر" لكوري تايلور. وتصف الرواية أنواع الصراعات الداخلية التي يمكن أن تنشأ في العلاقة بين الحبيب والعائلة وكيفية حلها، والتي يتم وصفها جميعاً بوضوح من خلال تفاعل الشخصيتين الرئيسيتين مارثا والسيد بوكر وكذلك من خلال التفاعل بين مارثا وأمها. تهدف هذه الدراسة إلى وصف أنواع الصراعات الداخلية التي تعاني منها مارثا بوصفها الشخصية الرئيسية في الرواية وكيفية حلها. هذه الدراسة عبارة عن نقد أدبي يركز على بناء الصراع الداخلي من منظور نفسي. النظرية المستخدمة لتشريح الرواية هي نظرية الصراع الداخلي التي اقترحتها كورت لوين. كشفت هذه الدراسة أن مارثا اختبرت نوعين من الصراع الداخلي. هذه الصراعات الداخلية هي صراع الاقتراب - الاقتراب وصراع الاقتراب - التجنب. ومن بين هذين الصراعين، يظهر صراع الاقتراب-التوجه في أغلب الأحيان، ثم يليه صراع الاقتراب-التجنب الذي يظهر بشكل متكرر. تعارض الاقتراب من مارثا هو تعارض بين رغبتها في أن تكون مع السيد بوكر ورغبتها في مواصلة دراستها. أما صراعات الاقتراب والتجنب لدى مارثا فهي صراعاتها فيما يتعلق بعلاقتها مع السيد بوكر. وجدت هذه الدراسة أيضاً أن مارثا، بوصفها الشخصية الرئيسية في رواية "أنا والسيد بوكر"، حلت صراعاتها الداخلية باستخدام التكافؤ الإيجابي والتكافل السلبي من نظرية حل الصراعات التي وضعها لوين.

ABSTRAK

Izzah, Shofi Nuril (2024) Penyelesaian Konflik Psikologis Tokoh Utama dalam *Me and Mr Booker* karya Cory Taylor Skripsi Sarjana. Jurusan Sastra Inggris, Fakultas Ilmu Budaya, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Asni Furaida, M.A.

Kata kunci: Konflik, Konflik Internal, Valensi

Penting untuk menyelidiki fenomena konflik psikologis karena kemampuannya dalam memicu konflik yang lebih luas. Konflik psikologis berpotensi menyebabkan perselisihan interpersonal, konflik antar kelompok, konflik sosial, dan lain-lain. Fenomena konflik psikologis ini secara luas tercermin dalam novel *Me and Mr Booker* oleh Cory Taylor. Novel tersebut menggambarkan jenis-jenis konflik psikologis yang dapat muncul dalam hubungan antara kekasih dan keluarga serta cara menyelesaikannya, yang semuanya digambarkan dengan jelas melalui interaksi dua karakter utama, Martha dan Mr Booker serta melalui interaksi antara Martha dan ibunya. Studi ini bertujuan untuk mendeskripsikan jenis-jenis konflik internal yang dialami oleh Martha sebagai karakter utama dan bagaimana dia menyelesaikannya. Studi ini merupakan kritik sastra yang berfokus pada konstruksi konflik internal dari perspektif psikologis. Teori yang digunakan untuk menganalisis novel adalah teori konflik psikologis oleh Kurt Lewin. Penelitian ini mengungkapkan bahwa Martha mengalami dua jenis konflik psikologis. Konflik psikologis tersebut adalah konflik pendekatan-pendekatan dan konflik pendekatan-penghindaran. Dari kedua konflik tersebut, konflik pendekatan-pendekatan yang paling sering muncul, kemudian disusul konflik pendekatan-penghindaran yang muncul berikutnya. Konflik pendekatan-pendekatan Martha adalah konflik antara keinginannya untuk bersama Mr Booker dan keinginannya untuk melanjutkan sekolah. Konflik pendekatan-penghindaran Martha adalah perjuangannya terkait hubungannya dengan Mr Booker. Penelitian ini juga menemukan bahwa Martha sebagai tokoh utama novel *Me and Mr. Booker* menyelesaikan konflik psikologisnya dengan menggunakan valensi positif dan valensi negatif dari teori resolusi konflik oleh Lewin.

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CHAPTER I

INTRODUCTION

A. Background of the Study

Literature is regarded as an art not because of what is writing about, but because of the artistic perspective, the artist's interpretation of ideas and concepts. According to Junaid (2013), Literature is more than just entertainment, it embodies artistic expression through its beautifully made and distinctive language, while also conveying profound life values and moral lessons. Its purpose is to evoke experiences, heighten awareness, and stir readers on a spiritual and emotional level. Consequently, literature is intricately intertwined with the social system and societal norms, as both influence the creative journey of every literary work.

Siswiyanti (2014) literature can develop emotions, change attitudes, building to characters that can improve personal quality. Conflict in literary works arises when the main character desires or seeks something, and there is something else that blocked his/her way to reach that. In any situation of conflict, there lies the opportunity for resolution or problem-solving, no conflict is insurmountable, even in fictional narratives. These situations often call for the application of Conflict Management Strategies, which are techniques aimed at addressing and resolving conflicts effectively. Just as in real life, characters in literary works employ a range of approaches to deal with conflicts or challenges they encounter. Conflict can be understood as a part of a story where a character or a group of characters confront di-

lemmas or obstacles in their life in accomplishing a purpose in their journey. A conflict that is faced by a character in the story. The conflict happens between a character and himself. A character must overcome his own nature or choose between two or more paths, between good and evil, logic and emotion.

Psychoanalytic approach plays a crucial role in the analysis of literary works. It has some advantages, such as to deeply investigate the characteristics aspect, providing valuable insights for the researchers regarding character development, and to analyze certain literary work which contain complex psychological themes or issues within their narratives. Endaswara (2013) states that literature and psychology are related to each other toward human life. They have similar function which relate to human being as individual and social creature.

The novel that researcher wanted to analyze is Cory Taylor novel entitled *Me and Mr Booker*. The novel itself has a different story compared to another novel. The story has many backgrounds and conflicts. The main character named Martha a girl who wanted love with man. Martha is sixteen years old and living in a town where nothing happens. Martha faced many hard things in her life. Her father's instability and her mother is unable to break free of his influence. In contrast, Mr and Mrs Booker, on the surface, are the opposite of her life: stylish and charming. The Bookers effortlessly bring glamour to everything they have and touch and Martha become parts of their life. It's not long before she begins to sleep with Mr Booker. A disturbing mix of child and adult, Martha moves through a world that feels both contemporary and old. After Martha met Mr Booker, Martha become different person. She has perspective in life.

The main character experiences some sort of dilemma in her life, especially when she tries to admit some bad things she has committed, such as when she intended to admit affection with Mr Booker. The main character faced a terrible psychological conflict at that moment.

The reason why the researcher chooses *Me and Mr Booker* novel because the researcher has found some psychological conflict that happened in the novel faced by the main character Martha. The researcher will use Kurt Lewin's theory for her research. The researcher assumed that psychological conflict has power to affect human behavior, way of thinking, attitude and their relationship with themselves even with other characters.

Some of the previous studies that the researcher found used Kurt Lewin's theory as the main foundation. Some of those studies are: *The Inner Conflict of the Main Character of Bumi Cinta, a Novel of Habiburrahman El Shirazy: Kurt Lewin's Conflict Approach* by Nurbaya (2021), *The Conflict of Main Character in the Novel Faith and the City* by Hanum Salsabiela (2021), *The Inner Conflicts of Imamura Kazuki in Zettai Seigi by Akiyoshi Rikako Literature Psychology Approach* by Adam (2020), *Psychological conflicts Faced by the Main Character of My Sister's Keeper by Jodi Picoult* written by Nur Hidayah (2018), the next research is *Inner Conflict Faced by Marianne in Sally Rooney's Normal People* by Ahadini (2021), *Konflik Batin Tokoh Mei Rose dalam Novel Surga yang Tak Dirindukan Karya Asma Nadya* by Endah Meigita (2018).

Those previous studies aim to describe the form of the inner conflict experienced by the main character. The previous studies above also how the main characters resolve their inner/psychological conflict. The researchers above use Kurt Lewin's theory as the main basis. Hidayah, Nurbaya and Ahadini found that the main character experienced three kinds of inner conflict, those are: approach-approach, approach-avoidance, and avoidance-avoidance inner conflict. Meanwhile Hanum, Adam, and Endah found that the main character experienced two types of inner conflict. Hanum Salsabila found approach-approach and approach-avoidance inner conflict while Adam found approach-avoidance and avoidance-avoidance inner conflict. Then Endah found approach-approach and avoidance-avoidance inner conflict in her research.

Another previous studies that the researcher found is *The Inner Conflict of the Main Character in Athirah Novel by Alberthiene Endah: Overview of Literary Psychology* written by Musad et al (2021). The result of this research shows that the researcher found the form of inner conflict experienced by Emma as the main character along the factors causing the inner conflict and the attitude of her. The next research is *Psychological Approach on Sacrifice Conflict of Anna's Characters in the Novel My Sister's Keeper* by Humaeroh (2021). In her research the researcher is aimed to examine the psychology of Anna's character about her sacrifice for her sister. In analyzing the data, the researcher is using a psychological approach. The last previous study is using the same literary work as the object of the study. *An Analysis of Social Conflict in Cory Taylor's Novel "Me and Mr Booker"* written by Punky Hidayat (2020). In this research the researcher focused on any character in the novel. The study

is to explain the kinds of social conflict use Lewis Coser's theory. The researcher concludes of social conflict can be happened in the human environment.

Based on the background above, the researcher is confident in the significant potential of this study as a strong contribution to literature, particularly due to its focus on conflict. The conflict of the novel holds a great impact for a better literary work that may exist in the future.

B. Research Question

Based on the explanation of the background above, the researcher formulated the research question as follows:

1. What are types of psychological conflicts experienced by Martha in Cory Taylor's novel *Me and Mr Booker* based on Kurt Lewin's theory?
2. How does Martha resolve her psychological conflicts in Cory Taylor's novel *Me and Mr Booker* based on Kurt Lewin's theory?

C. Significance of The Study

This research is anticipated to yield insights into literary works, both theoretical and practical significance.

1. Theoretical significance

The study aims to enrich existing theoretical frameworks by providing deeper insights into the theory of psychological conflict as it is related to the character within the novel. The discussion in this study is expected to contribute additional knowledge to the theory of psychological conflict in relation to the characters in the novel.

2. Practical significance

After completing the research, it is hoped to enhance reader's comprehension of the novel, especially regarding the psychological conflict experienced by the main character. It is also expected to provide other researchers with valuable insight and information about the issue of psychological conflict in the novel.

D. Scope and Limitation

The aim of this research is to analyze the various Martha's psychological conflicts depicted in novel *Me and Mr Booker* by Cory Taylor and also examine how these psychological conflicts are resolved. Specifically, this study will focus on the main character Martha, to maintain focus on the subject without expanding too broadly.

E. Definition of Key Term

1. Conflict

Conflict represents a state where there's disagreement or hostility among two or more individuals. However, it can also encompass varying perceptions that might not necessarily lead to hostility (Barash and Webel, 2002).

2. Psychological conflict

Psychological conflict is a conflict that occurs in a person's heart or story characters. So psychological conflict is a conflict experienced by humans with themselves or a human's internal problems, for example, it occurs because of the contradiction of two desires, beliefs, different choices, hopes or other problems (Nurgiyantoro, 2010).

3. Valence

Valence is the subjective value of an event, object, person, or other entity in someone's life, which can be either positive or negative (Lewin, 2013).

CHAPTER II

REVIEW ON RELATED LITERATURE

A. Psychological Approach

Psychology comes from the ancient Greek terms *psyche* and *logos*, where *psyche* refers to the soul and *logos* refers to knowledge. Therefore, psychology is etymologically characterized as the exploration of the soul across a range of symptoms, processes, and contexts. Psychological literature has the capacity to illuminate the psyche not only of the author and characters within a literary piece but also that of its readers.

Endaswara (2013) emphasized that literature emerges from creative expression focused on human experiences. When literary works incorporate psychological insights, they are categorized as psychology literature. Psychological literature examines work through a psychological lens, viewing it as an activity tied with the human psyche. Authors in their work employ creativity and discernment in their writings. When literary works are regarded as psychological phenomena, they often manifest psychological elements through the portrayal of characters, particularly evident in dramatic or prose forms of texts.

The relationship between psychology and literature is symbiotic and intertwined, as both disciplines contribute to understanding the creative process in crafting literary works. Psychology aids in animation characters that may not have been consciously conceived by the author. Essentially, psychology literature aims to unravel the psycho-

logical dimensions within literary works, encompassing elements of the author, characters, and readers. In the study of literature, psychology literature proves immensely beneficial, providing insights into character development and psychological nuances depicted by authors. Analyzing characters allows for the examination of psychological conflicts within literary works. Overall, the intimate relationship between literature and psychology becomes apparent. This connection is driven by the aspiration of psychology literature to uncover psychological disorders portrayed by characters within stories.

B. Kurt Lewin's Psychological Conflict

The conflict experienced by characters, whether they are protagonists or other roles of characters, is part of the ingredients of the story. The character's conflict, expressed or narrated in a fictional novel, is typically a representation of the actual human person's conflict in the real term. Conflicts develop in the story into incidents that make up the story. If there is no confrontation, there is no such thing as an event that progresses the plot.

According to (Kenney, 1966, p.19), The conflicts addressed within fiction include various types of confrontations. When narrating real-world events within a fictional novel, these conflicts are typically categorized based on their origin and the human dimension involved. Furthermore, the depiction of these disputes can be classified according to their origins and the fundamental aspects of human conflict, as outlined below:

Kurt Lewin, born in 1890 in Prussia, pursued his education at the University of Freiberg, Munich, and Berlin, and got his PhD from the University of Berlin in 1914. He is widely credited as the pioneer of field theory in psychology, which encompasses a range of concepts to elucidate an individual's psychological condition. According to Kurt Lewin, humans exist within a psychological environment characterized by fundamental interaction patterns. His theory delves into the structure, dynamics, and development of personality in relation to this psychological context. Within Lewin's framework, the segment addressing personality dynamics elucidates concepts such as psychological conflict and strategies for its resolution.

According to (Kenney, 1966, p.19), The conflict experienced by an individual within themselves is termed "psychological conflict," also known as "man vs. self" conflict. It requires an interpersonal struggle occurring within a person, often triggered by their emotions, fears, conflicting impulses, or mental health issues. This type of conflict can also be intertwined with external conflicts such as "man vs. nature," "man vs. man," "man vs. supernatural," or "man vs. society." Psychological conflict represents a battle to reconcile conflicting forces within the same individual, typically stemming from the clash between two or more competing motives or goals. Based on (Engler, 2014, p.193). She categorized psychological conflict into Further, the description of the disputes, either based on the origins from which they derive and the essence of the aspects of the human conflict.

According to Lewin (2013), psychological conflict can arise when an individual pursues two or more goals simultaneously. It represents a psychological factor that can

be effectively managed. Psychological conflict, defined as the internal discord within an individual, emerges from conflicting intentions or goals that require simultaneous consideration (Sharma in Rahmah, 2017). In this context, the psychological conflict depicted in this essay illustrates an individual's internal struggle. When opposing factors clash within a character's mind, it can lead to changes in behavior.

According to Kurt Lewin's theory, psychological conflict is categorized into three types: approach-approach conflict, avoidance-avoidance conflict, and approach-avoidance conflict. The causes of psychological conflict are termed vectors, which are classified into five types: driving force, restraining force, personal needs force, induced force, and impersonal force.

1. Approach-Approach Conflict

Approach-approach conflict occurs when an individual has to choose between two appealing alternatives. This type of conflict arises when a person is faced with two desirable outcomes, presenting a dilemma such as deciding between pursuing a college degree and starting a full-time job simultaneously.

2. Approach-Avoidance Conflict

This conflict occurs when an individual has to cope with both positive and negative sides. When a person experiences equal degrees of desire and repulsion against a target or opposing goals. Approach-avoidance conflict is one of the three primary forms of conflict defined by psychologist Kurt Lewin in 1948. It arises when an individual feels

hesitant and uncertain about pursuing a desired goal due to potential adverse outcomes. For example, a person wanted to do something, but he is afraid for the consequences. This disagreement is also the most difficult to overcome. In this kind of conflict, we are faced with a common objective that has both positive and negative implications. Another example is that we might want a new item but realize it will be too expensive.

3. Avoidance-Avoidance Conflict

Avoidance-avoidance conflict occurs when a person is faced with two options, both of which they dislike or find undesirable. It can be described as a situation where two negative motives compete, causing discomfort because avoiding one motive means having to contend with the other negative consequence as well. When confronted with this type of conflict, individuals typically experience unease or tension. For instance, consider a scenario where a boy is reluctant to do his homework because he is feeling lazy. However, his father insists that he must complete his homework immediately, threatening to confine him to his room for the entire day if he doesn't comply. In this situation, the boy encounters avoidance-avoidance conflict because he is torn between two undesirable options: on one hand, he dislikes the idea of doing his homework due to laziness, and on the other hand, he fears being locked in his room all day. This conflict arises because both choices present negative outcomes, leading to a state of inner tension for the boy.

C. Resolving Psychological Conflict by Kurt Lewin

To determine actions to resolve conflicts that occur in a person or a character,

Lewin proposed the concept of valence which can be used to determine actions to overcome and resolve the conflicts. The concept of valence is introduced by Lewin in his field theory. Kurt Lewin introduced the term "valence" to explain how to resolve psychological conflicts within the psychological framework he established. Valence enables individuals to evaluate whether a need is beneficial, harmful, or neutral. It represents the subjective value of an event, object, person, or other entity within a person's life, which can be either positive or negative. According to Lewin, valence is a force that exerts either attraction or repulsion, significantly influencing human behavior in fulfilling their needs. This concept helps determine actions during conflicts. Lewin categorized valences into three types: positive, negative, and neutral. (Lewin in Fudyartanta, 2012)

1. Positive Valence

A valence that becomes an object of interest in the environment. Because of that, the character will act according to the object that is the goal. As an example, food becomes the object of starvation. So, a hungry person will resolve the problem by choosing to eat. In resolving psychological conflicts, a character can use positive valence to resolve the psychological conflict that is happening to the character. So, the conflict is not to be avoided but to be taken action or choose from one option so that the conflict can be resolved.

2. Negative Valence

A valence that becomes an object of rejection. So, the character will avoid the subject that makes him feel displeased. For example, wild animals that are usually

feared make humans choose to avoid them. In resolving the psychological conflict, the character can use negative valence if he avoids the psychological conflict by did not take any action to resolve his conflict. Therefore, the character will act away or avoid the conflict when dealing with a conflict that they do not like and want to avoid.

3. Neutral Valence

Neutral valence means no desire or rejection. For example, someone who did not vote in the election means he has neutral valence. Even if he did not vote he did not refuse either. In resolving a conflict, this valence is used when the character is faced with a situation in overcoming a conflict by taking unwanted action but at the same time also does not reject it. In this case, the action taken to resolve the psychological conflict is taken midway.

CHAPTER III

RESEARCH METHOD

A. Research Design

In this study, the researcher employs literary criticism as a method to analyze data extracted from the literary work. The focus of the investigation revolves around psychological conflict, which delves into human psychological issues. Through the lens of literary criticism, the researcher conducts a critical interpretation of the literary work, aiming to uncover deeper insights into the complexities of psychological conflict portrayed within the story. The researcher uses psychoanalytic approach using Kurt Lewin's theory of psychological conflict to investigate the research. In this research, the researcher examines the intrinsic elements of the novel *Me and Mr Booker* by Cory Taylor. Then the researcher exposes the psychological conflicts of the main character named Martha.

B. Source of Data

The sources of data in this research is Cory Taylor's Novel *Me and Mr Booker*. This study takes Cory Taylor's novel entitled *Me and Mr Booker* first published by Text Publishing, Australia, 2011. It consists of 24 chapter and 214 pages. This novel is about nuanced and touching portrait of a doomed relationship.

C. Data Collection

In collecting the data, the researcher follows a set of processes:

1. The researcher reads novel *Me and Mr Booker* by Cory Taylor thoroughly to fully grasp its storyline.
2. The researcher identifies and marks the statements and phrases relevant to the study's topics and issues.
3. The researcher specifically collects and categorizes the data related to Matha's psychological conflict.
4. The researcher concludes by collecting the data on how Martha resolves her psychological conflict based on the novel.

D. Data Analysis

After collecting the data, the researcher proceeds to analyze the data. Kurt Lewin's psychological conflict is used to examine the data in this research. The data analysis process comprises several stages. First, the researcher will begin to categorize the various types of psychological conflicts experienced by Martha as the main character in the story. Lastly, the researcher learns and understands how Martha as the main character resolves the psychological conflict.

CHAPTER IV

FINDINGS AND DISCUSSION

A. Martha's Psychological Conflicts

In this subchapter, the researcher will discuss what types of psychological conflicts are faced by Martha as the main character in the novel *Me and Mr. Booker*. In Cory Taylor's novel *Me and Mr. Booker*, Martha grapples with a psychological conflict centered around her desire for her independence and her longing for her connection and acceptance. As a young woman navigating her way through life in Sydney, Australia, Martha finds herself drawn to the enigmatic Mr Booker, a charismatic older man. However, her attraction to him forces her to confront her own vulnerabilities, insecurities, and conflicting emotions about love, desire, and self-worth. Throughout the novel, Martha struggles to reconcile her yearning for her autonomy with her longing for emotional intimacy, leading to a complex internal struggle or conflict that shapes her decisions or her actions.

1. Approach-Approach Conflict

In the context of Martha, the main character in Cory Taylor's novel *Me and Mr. Booker*, an approach-approach conflict can be observed in her psychological conflict between two desirable but mutually exclusive options or goals. In this approach approach conflict Martha is torn between her desire to be with Mr Booker and her desire to continue her study at University.

"I had never thought that Mr Booker and I were bad people. All I knew was that we had crossed some line and that it was not going to be possible to get back on the other side of it."

"I was crying because I wanted to see Mr Booker so badly it was making me sick" (p. 98)

In the first quote, Martha reflects on her moral perception of her actions. The statement "I had never thought that Mr. Booker and I were bad people" suggests that Martha does not see herself or Mr. Booker as inherently immoral or malicious. Instead, she acknowledges that their relationship has crossed a moral boundary, indicating an awareness of societal norms or personal values that have been breached. This realization highlights Martha's introspection and moral self-awareness, recognizing the consequences of her actions while grappling with the irreversibility of their choices. The phrase "it was not going to be possible to get back on the other side of it" suggests a sense of inevitability and acceptance that their relationship has altered their lives irreversibly. This reflects Martha's understanding that certain actions have lasting consequences, emphasizing her acknowledgment of responsibility and the complexities of navigating moral boundaries in relationships.

In the second quote, Martha expresses the intense emotional longing and dependency she feels toward Mr. Booker. The statement illustrates the depth of her emotional attachment, suggesting that her desire to be with him transcends rationality and affects her physical and emotional well-being. The phrase "making me sick" emphasizes the overwhelming and distressing nature of her longing, portraying Martha's emotional vulnerability and the power Mr. Booker holds over her emotions.

This intense emotional response highlights Martha's internal struggle and the emotional volatility inherent in relationships characterized by intense desire and uncertainty.

Together, these quotes provide a poignant portrayal of Martha's psychological conflict, moral introspection, and emotional vulnerability in her relationship with Mr. Booker. They underscore universal themes of moral ambiguity, emotional dependency, and the complexities of navigating ethical boundaries and personal desires in intimate relationships. Martha's reflections reveal the profound impact of her emotions and moral considerations on her sense of self and her understanding of her relationship with Mr. Booker.

"The more I tried to forget him, the more I thought about him." (p. 100)

Martha's psychological conflict regarding Mr. Booker is poignantly captured in her statement, "The more I tried to forget him, the more I thought about him." This paradoxical relationship between effort and outcome underscores the complexity of her emotions. It suggests that despite her conscious attempts to move on and suppress her thoughts of him, Mr. Booker occupies a persistent place in her mind. This psychological struggle reveals the depth of Martha's emotional attachment or turmoil related to Mr. Booker, indicating that her feelings may be more deeply rooted than she initially anticipated.

Furthermore, Martha's admission implies a certain helplessness in her attempts to control her thoughts and feelings about Mr. Booker. The phrase "the more I thought about him" suggests that her efforts to forget him might have inadvertently heightened

her awareness of his presence in her thoughts. This psychological conflict underscores the power of memories and emotions over rational intention, illustrating how difficult it can be to truly let go of someone who has left a significant impact on one's life.

Moreover, Martha's experience highlights a common human struggle with unresolved feelings and memories of past relationships. Her admission resonates with anyone who has grappled with trying to move on from someone they once cared deeply about. It suggests that emotional healing and closure are not always straightforward processes but can involve ongoing internal negotiations and acceptance of one's feelings. Martha's psychological conflict with Mr. Booker thus serves as a poignant exploration of the complexities of love, loss, and memory.

*"I kept replaying our moments together in my head, even when I knew I shouldn't."
(p.101)*

The quote above provides a window into Martha's emotional state and her struggle with letting go of a significant relationship. This act of mentally revisiting past experiences is a common human response to unresolved emotions, particularly in the context of love and loss. By replaying these moments, Martha is clinging to the comfort and familiarity of a cherished time, indicating that the relationship had a profound impact on her. This behavior often stems from a desire to hold onto the positive feelings and memories associated with that relationship, highlighting the difficulty of moving on and the deep emotional attachment she still harbors.

The phrase "even when I knew I shouldn't" reveals Martha's awareness of the detrimental effects of her actions. She understands that focusing on the past is stopping her from fully experiencing the present and possibly delaying her emotional recovery. This acknowledgment of the negative impact of her thoughts suggests a conflict between her heart and her mind. The heart, driven by emotion, seeks solace in nostalgia, while the mind, guided by reason, understands the necessity of letting go. This psychological struggle underscores the complexity of human emotions and the challenge of reconciling past attachments with the need for personal growth and emotional well-being.

Furthermore, Martha's admission sheds light on the broader theme of memory and its influence on our present lives. Memories can be both a source of comfort and a burden, shaping our current perceptions and actions. Martha's repetitive thoughts suggest a kind of emotional inertia, where the past exerts a powerful pull that makes it difficult to move forward. This dynamic is a testament to the enduring nature of meaningful relationships and the scars they leave behind. The analysis of this quote thus reveals Martha's vulnerability and the universal human challenge of navigating the fine line between honoring the past and embracing the future.

"I tried to focus on other things, but my mind always wandered back to him." (p. 108)

Martha's statement above reveals her preoccupation and emotional attachment to Mr. Booker. The phrase "tried to focus on other things" suggests that Martha is aware

of the need to redirect her thoughts or attention away from Mr. Booker, possibly due to conflicting emotions, responsibilities, or concerns about the relationship. This effort implies a conscious attempt to regain control over her thoughts and emotions, highlighting her awareness of the intensity of her feelings.

However, despite her attempts to distract herself, Martha acknowledges that "my mind always wandered back to him." This phrase illustrates the persistent nature of her thoughts and feelings towards Mr. Booker, indicating that he occupies a significant place in her thoughts and emotions. This persistent wandering back to thoughts of Mr. Booker suggests a deep emotional attachment or longing that is difficult for Martha to ignore or suppress.

Martha's statement underscores the theme of obsession or fixation, where thoughts of Mr. Booker dominate her mental landscape despite her efforts to focus elsewhere. This theme is common in relationships characterized by intense emotions or uncertainty, where individuals find themselves constantly drawn back to thoughts of their romantic interest. It reflects the power of emotional attachment and the challenge of maintaining emotional balance when feelings are strong and complex.

"Every time I saw him, a part of me screamed to run away, but another part wanted to stay." (p. 109)

Martha's statement above encapsulates a profound psychological conflict and reveals the complexity of her emotions and desires. The phrase "a part of me screamed to run away" suggests a strong instinctive reaction of fear or discomfort. This visceral

response could stem from various sources such as doubts about the relationship's appropriateness, concerns about consequences, or an intuitive sense of danger. It highlights Martha's recognition of potential risks or negative outcomes associated with her involvement with Mr. Booker.

On the other hand, the statement "another part wanted to stay" reveals a conflicting desire or attraction that pulls Martha towards Mr. Booker despite her reservations. This desire could be fueled by emotions such as love, infatuation, or a longing for connection and intimacy. It signifies a compelling force that tempts Martha to disregard her instincts or concerns in favor of pursuing the relationship.

This conflicting pull between wanting to retreat and wanting to engage reflects the complexity of human relationships, where emotions and rationality often clash. Martha's admission of this inner struggle portrays her as a nuanced and multidimensional character. It illustrates the internal battle between caution and desire, highlighting her vulnerability and the difficulty of making clear-cut decisions when emotions are involved. This psychological conflict is a common theme in literature and psychology, reflecting the universal human experience of grappling with conflicting emotions and motivations in relationships.

Overall, this analysis of Martha's statement provides insight into the complexities of her emotional landscape and underscores the challenges she faces in navigating her feelings towards Mr. Booker. It reveals Martha's inner turmoil,

illustrating the tension between self-preservation and the yearning for emotional connection and fulfillment.

"I knew the relationship I had with Mr. Booker was wrong, but I couldn't help myself." (p. 113)

The statement above reveals a profound psychological conflict within Martha, highlighting themes of morality, desire, and self-control. Her acknowledgment that the relationship is "wrong" suggests an awareness of ethical or social boundaries being crossed. This could imply a range of possible issues, such as power imbalances, infidelity, or societal disapproval. The use of "wrong" indicates a clear moral judgment, reflecting Martha's internalized values and the societal standards she feels she is violating. This awareness of wrongdoing is crucial as it shows that Martha is not oblivious to the consequences or the potential harm caused by the relationship.

Despite this awareness, Martha admits that she "couldn't help herself," pointing to the overpowering nature of her emotions and desires. This phrase indicates a loss of self-control and highlights the compelling force of her feelings for Mr. Booker. It suggests that her emotions are so intense that they override her moral judgments and rational considerations. This aspect of the quote underscores the universal human experience of being torn between what one knows to be right and the irresistible pull of strong emotions. It speaks to the complexity of human psychology, where desire can often eclipse reason and lead to actions that contradict one's principles.

Moreover, Martha's statement reflects a broader theme of forbidden love or attraction, a common motif in literature and real life. Relationships deemed "wrong" by societal standards often carry an additional weight of secrecy, guilt, and heightened emotions. This sense of forbidden love can make the relationship even more alluring and difficult to relinquish. The psychological conflict Martha experiences is not just about the relationship itself but also about her identity and values. Her inability to help herself despite knowing the relationship is wrong suggests a deep struggle with self-acceptance and the reconciliation of her desires with her ethical beliefs. This analysis reveals the depth of Martha's emotional turmoil and the powerful, often contradictory forces that shape human relationships and moral decisions.

At school, I was an average student. There was only one class I really cared and that was French. My mother had already decided I was going to university after I finished school to study to be a teacher like she was, but I didn't want to do that. But I didn't tell my mother that. I told her I would wait and see what my options were before I made a decision about my future. (p. 2)

Martha's psychological conflict centers on the clash between her own aspirations and the expectations imposed by her mother. Despite being an average student in most subjects, Martha harbors a genuine passion for French, a subject that stands out as her favorite. This contrast highlights a critical aspect of her internal struggle: the desire to pursue her interests versus the pressure to conform to her mother's predetermined career path. Her mother's insistence that she follow in her footsteps to become a teacher adds a layer of external pressure, creating a sense of duty and familial obligation that complicates Martha's decision-making process.

This conflict is further compounded by Martha's reluctance to voice her true feelings to her mother. Instead of openly discussing her disinterest in becoming a teacher, she chooses to withhold her thoughts, opting for a more diplomatic approach by suggesting that she will consider her options in the future. This hesitation to confront her mother directly reveals Martha's fear of disappointing her and possibly straining their relationship. It also underscores a deeper internal struggle: the challenge of balancing personal authenticity with the desire to maintain familial harmony. Martha's silence on the matter is indicative of her internal turmoil and the difficulty she faces in reconciling her own desires with her mother's expectations.

Ultimately, Martha's psychological conflict is a poignant reflection of the broader theme of self-discovery and the quest for autonomy. Her love for French represents a potential path of passion and fulfillment, yet it is overshadowed by the weight of her mother's expectations. This tension between personal ambition and external pressure is a common struggle for many young individuals as they navigate their futures. Martha's journey is emblematic of the challenges inherent in asserting one's identity and pursuing one's dreams, particularly when those dreams diverge from the expectations of loved ones.

2. Approach – Avoidance Conflict

In Cory Taylor's novel *Me and Mr. Booker*, Martha, the main character, experiences an approach-avoidance conflict in her internal struggle regarding her relationship with Mr. Booker. Approach – avoidance conflict is the most complex that is very difficult

to solve. According to Kurt Lewin (as cited in Engler, 2014, p. 193), this kind of conflict has only one goal but it has two different impacts. The positive impact attracts an individual to reach this goal, otherwise, the negative impact repels her to reach this goal. These two different impacts lead an individual to have frustration and tension. This study finds several conflicts that can be indicated by approach-avoidance conflict.

"I was afraid of what would happen if people found out about the relationship that I had with Mr. Booker." (p. 122)

Martha's fear of the consequences of her forbidden relationship with Mr. Booker reveals a deep-seated psychological conflict shaped by societal expectations and personal consequences. Her apprehension about people discovering their relationship suggests a recognition of potential judgment, criticism, or disapproval from others. This fear underscores the societal norms or taboos that may surround relationships deemed inappropriate or taboo, adding a layer of secrecy and guilt to Martha's emotional landscape.

Moreover, Martha's statement implies a sense of vulnerability and anxiety about the repercussions of their relationship being exposed. The phrase "afraid of what would happen" suggests a fear of social ostracization, personal shame, or even professional repercussions, highlighting the precariousness of their situation. This fear may stem from societal norms, cultural expectations, or personal values that clash with the nature of her relationship with Mr. Booker, intensifying her psychological conflict.

Furthermore, Martha's apprehension reflects a poignant struggle between personal desires and external pressures. Her fear of consequences indicates a recognition of the

potential impact on her reputation, relationships, and sense of self. This psychological conflict resonates with broader themes of societal judgment and individual autonomy, prompting reflection on the complexities of navigating relationships that defy societal norms or expectations. Martha's psychological conflict about her forbidden relationship with Mr. Booker thus serves as a compelling exploration of the tensions between personal happiness and societal constraints.

"I was terrified of the consequences, but the thrill was addicting." (p. 137)

The quote above captures the complex interplay between fear and excitement that often accompanies risky behavior. This tension is a central theme in understanding human psychology, particularly the allure of high-stakes situations. The speaker's admission of terror highlights the powerful influence of fear, which acts as a natural deterrent against potential harm. This fear is not irrational; it is rooted in an awareness of the possible negative outcomes that risky actions can bring. The acknowledgment of being "terrified of the consequences" suggests a deep psychological conflict, where the recognition of danger is palpable and significant.

In contrast, the phrase "the thrill was addicting" reveals the irresistible allure of excitement and novelty. This thrill can be likened to a rush of adrenaline, a physiological and psychological response that provides a temporary escape from the mundane. The use of the word "addicting" underscores the idea that this sensation is not merely pleasurable but compulsive, drawing the individual back despite their fears. This addiction to thrill can be seen as a quest for heightened experiences, a way to feel

truly alive. It speaks to the human desire for stimulation and the often overwhelming power of immediate gratification over long-term consequences.

Together, these two opposing forces the terror of consequences and the addiction to thrill illustrate the duality of human nature. This duality is central to many of the choices people make, reflecting a struggle between rational thought and emotional impulse. The quote encapsulates a moment of vulnerability and honesty, where the speaker grapples with their inner turmoil. It highlights the universal challenge of balancing safety and risk, fear and excitement, which is a recurring theme in literature, psychology, and everyday life. Ultimately, this analysis reveals the depth of the human experience, characterized by the constant negotiation between caution and the desire for exhilaration.

"I wished I could talk to someone about it, but I didn't know who to trust." (p. 50)

Martha's statement, "I wished I could talk to someone about my relationship with Mr. Booker, but I didn't know who to trust," reveals her profound sense of isolation and dilemma regarding her relationship. The phrase "I wished I could talk to someone" suggests a strong desire for support, guidance, or simply someone to confide in about her feelings and experiences. This desire indicates Martha's need for emotional validation and possibly for reassurance in navigating the complexities of her relationship.

However, Martha's uncertainty about who to trust reflects her awareness of the potential consequences of disclosing intimate details of her relationship. The phrase "I didn't know who to trust" suggests a fear of judgment, betrayal, or the spread of private information. This uncertainty underscores Martha's vulnerability and the difficulty of finding someone she feels safe enough to confide in. It also highlights the importance of trust and confidentiality in interpersonal relationships, particularly when sharing personal matters that may be sensitive or controversial.

Martha's statement summarizes a common dilemma faced by individuals in complicated relationships: the need for emotional support and the fear of negative consequences from disclosure. Her reluctance to confide in others may stem from a fear of losing control over the narrative of her relationship, concern about others' perceptions, or a desire to protect herself and Mr. Booker from scrutiny or criticism.

Overall, this analysis of Martha's statement portrays her psychological conflict and the challenges she faces in seeking emotional support while navigating a relationship that may be perceived as unconventional or controversial. It underscores themes of trust, vulnerability, and the complexities of maintaining personal boundaries in the context of intimate relationships.

"I wanted to tell Rowena and my mom that me and Mr Booker were lovers, but I couldn't tell them about it, because I know they wouldn't understand." (p. 51)

Martha's statement above reflects a deep conflict between Martha's desire for validation and acceptance and her anticipation of societal or familial disapproval. The

phrase "I wanted to tell" suggests a longing for openness and honesty, indicating that Martha feels a need to share this significant aspect of her life with those closest to her. This desire for disclosure can be seen as a quest for acceptance and support from her loved ones, seeking their understanding and possibly their approval of her relationship with Mr. Booker.

However, Martha's hesitance to reveal the relationship underscores her awareness of potential judgment or misunderstanding from Rowena and her mother. The phrase "I couldn't tell anyone about it" suggests a perceived barrier to communication, where Martha feels unable to bridge the gap between her personal feelings and societal expectations. This reluctance may stem from fear of rejection, fear of conflict with loved ones, or a concern that her relationship with Mr. Booker may not align with their values or beliefs.

The statement "because I know they wouldn't understand" highlights Martha's apprehension about how her relationship might be perceived by others. This sentiment speaks to the broader theme of societal norms and the pressure to conform to accepted standards of behavior and relationships. Martha's perception of potential misunderstanding or lack of acceptance from her family underscores the psychological conflict she faces between following her heart and adhering to external expectations.

Overall, this analysis of Martha's statement sheds light on her internal struggle to reconcile her personal desires with societal and familial norms. It portrays her longing for authenticity and connection contrasted with her fear of judgment or

rejection, highlighting the complexities of navigating relationships in the context of interpersonal and societal dynamics.

B. Martha's Way to Resolves Her Psychological Conflicts

After experiencing psychological conflict, Kurt Lewin (in Furdyatanta, 2012) explains that humans will naturally look for ways to overcome their inner conflict. According to Kurt Lewin, every human being tends to take action as a response to the conflicts they face. In taking action, humans will be driven by a force that has a value that is called valence. Based on the value of valence, Kurt Lewin divides valence into three, positive valence, negative valence, and neutral valence. In this sub-chapter, the researcher presents an assessment related to how Martha as the main character of the novel *Me and Mr Booker* by Cory Taylor resolves her psychological conflict based on Kurt Lewin's theory. As explained in the previous sub-chapter, Martha's psychological conflict revolves around how she deals with her relationship with Mr. Booker and achieves her dreams. In overcoming the psychological conflict that she was facing, Martha followed two kinds of valence, positive valence and negative valence.

1. Positive Valence

Positive valence is a force that drives people to resolve conflicts with positive values. In the novel *Me and Mr Booker*, Martha resolves her psychological conflict with positive valence when she is faced with psychological conflict between preferring to stay in Australia with her mother or pursuing her dream to continue her study and

learn about language. In this case, Martha chose to continue her study and go to university in Sydney.

“Then I told my mother I’d decided to take her advice and go to university in Sydney. I said I wanted to study French so that I could go to France on exchange and become fluent, and I also wanted to study Japanese because I liked the look of the writing and because everybody said Asia was where the future was.” (p. 203)

Martha's decision to take her mother's advice and go to university in Sydney, as revealed in the statement above represents a significant resolution of her psychological conflict. This decision encapsulates a blend of personal ambition, practical considerations, and a desire to meet her mother's expectations.

Firstly, by choosing to attend university in Sydney, Martha demonstrates a willingness to align her actions with her mother's advice, which likely serves to ease familial tensions and provide a sense of direction and stability. This alignment with her mother's guidance reflects a pragmatic approach to resolving her psychological conflict, suggesting that Martha values her mother's opinion and recognizes the benefits of following a more conventional path. It signifies a compromise between her own desires and the expectations of her family, highlighting her ability to navigate complex emotional landscapes.

The specific choice of subjects French and Japanese further illustrates Martha's resolution of her psychological conflict. Studying French to go on exchange and become fluent indicates her pursuit of personal passion and intellectual curiosity, suggesting a desire for cultural immersion and self-improvement. This choice allows

her to maintain a sense of autonomy and excitement about her future, aligning with her personal interests.

On the other hand, her decision to study Japanese, influenced by the writing's aesthetic appeal and the pragmatic consideration that "everybody said Asia was where the future was," shows Martha's strategic thinking and her acknowledgment of global trends. This decision reflects a blend of personal interest and foresight, indicating that she is looking ahead and considering practical, future-oriented goals. By incorporating both French and Japanese into her studies, Martha successfully marries her passions with pragmatic considerations, demonstrating a balanced approach to resolving her psychological conflict.

Overall, Martha's decision to attend university in Sydney and her thoughtful choice of subjects reflect her ability to integrate her personal aspirations with practical advice from her mother. This resolution of her psychological conflict highlights her maturity, strategic thinking, and capacity to find harmony between her desires and external expectations, ultimately paving the way for personal and academic growth.

"I decided to go to Paris and do a short immersion course to improve my French then to travel around the country working casual jobs. It wasn't much of a plan but it was enough to convince my mother that I wasn't wasting my time. i told her that, at very least, I'd be learning the languange." (p. 211)

Martha's decision to go to Paris for a short immersion course to improve her French and travel around the country working casual jobs represents a significant step in resolving her psychological conflict. This plan, as described in the statement above

highlights her strategic approach to balancing her personal desires with familial expectations.

Firstly, Martha's choice to go to Paris and improve her French indicates a pursuit of personal growth and cultural immersion. This decision reflects her passion for learning and her desire for new experiences, suggesting that she values self-improvement and adventure. By choosing an immersion course, Martha aims to deepen her language skills in a practical, real-world context, which aligns with her interests and long-term goals. This aspect of her plan allows her to follow her passions while gaining valuable skills.

At the same time, Martha's plan to travel around France working casual jobs shows her willingness to embrace uncertainty and adaptability. This approach indicates a desire for independence and a break from conventional paths, reflecting her adventurous spirit. Despite acknowledging that "it wasn't much of a plan," Martha recognizes the importance of presenting her journey in a way that would be acceptable to her mother. This aspect highlights her strategic thinking and her understanding of the need to justify her choices to her family.

By framing her decision as a learning opportunity, Martha successfully convinces her mother that she is not wasting her time. The statement "I told her that, at very least, I'd be learning the language" emphasizes Martha's ability to present her plan as educational and beneficial. This justification not only reassures her mother but also provides Martha with a sense of purpose and legitimacy in her pursuits. By positioning

her adventure as a valuable experience, Martha bridges the gap between her personal aspirations and her mother's expectations.

Overall, Martha's decision to go to Paris and work casual jobs demonstrates her ability to navigate her psychological conflict by blending her personal desires with practical considerations. This resolution highlights her maturity, independence, and strategic thinking. By pursuing her passions in a way that also meets familial approval, Martha successfully resolves her internal struggle and sets the stage for personal and intellectual growth.

2. Negative Valence

Besides resolving psychological conflict with positive valence, Martha also resolved her psychological conflict she experienced by following her negative valence. An example is when she is faced with an psychological conflict between the choice between staying and continuing her relationship with Mr Booker or let go of her feelings towards Mr Booker. In this case, Martha chose to let go of her feelings and let Mr Booker leave her life.

"My mother mentioned that Mr Booker was back from England but I didn't ring or write because I was trying to forget all about him, which it wasn't easy. It was so hard that sometimes I thought I never would and that he would be a part of me forever." (p. 210)

Martha's statement, "My mother mentioned that Mr. Booker was back from England but I didn't ring or write because I was trying to forget all about him, which it

wasn't easy. It was so hard that sometimes I thought I never would and that he would be a part of me forever," offers a poignant insight into her emotional struggle and the enduring impact of her relationship with Mr. Booker. The phrase "I didn't ring or write because I was trying to forget all about him" reveals Martha's conscious effort to distance herself from Mr. Booker. This decision suggests a desire to move on and possibly protect herself from emotional turmoil or complications associated with their relationship. Her choice not to initiate contact despite her mother's mention of Mr. Booker's return indicates her determination to focus on personal healing and emotional detachment.

Martha's admission that "it wasn't easy" underscores the difficulty she faces in letting go of her feelings for Mr. Booker. This acknowledgment highlights the depth of her emotional attachment and the lingering impact he has had on her life. The phrase "sometimes I thought I never would [forget]" reflects her inner conflict and the uncertainty she feels about her ability to move on from their relationship. It suggests a struggle between longing and acceptance, where Martha wrestles with the possibility that Mr. Booker may remain a significant presence in her thoughts and emotions indefinitely.

The statement "he would be a part of me forever" captures Martha's recognition of the lasting imprint Mr. Booker has left on her life. It conveys a sense of emotional permanence and acknowledges that certain experiences and relationships shape one's

identity in profound ways. This sentiment reveals Martha's introspective nature and her awareness of the enduring impact of past relationships on her present and future self.

Overall, this analysis of Martha's statement provides insight into her emotional journey and the complexities of navigating post-relationship feelings. It illustrates themes of emotional resilience, longing, and the struggle to reconcile past experiences with personal growth. Martha's words reflect universal themes of love and loss, highlighting the profound impact of relationships on individual identity and emotional well-being.

"Mr Booker didn't say anything for a while then he asked me to light him a cigarette and to help myself to one too."

"I gave up,' I said."

"So did I,' he said." (p. 212)

The quotes above explain the fact that Mr. Booker doesn't say anything for a while before asking for a cigarette suggesting a certain tension or hesitation in the air. This pause could imply that both characters are processing their emotions or trying to find the right words to express themselves. When Martha mentions that she gave up, it could be interpreted as a metaphor for giving up on something about her relationship with Mr Booker, perhaps even including her attempts to forget about Mr Booker. It reflects vulnerability and honesty on her part. Mr Booker's response of "*so did I*" indicates a shared experience of struggle. This acknowledgment creates a moment of

understanding between them, where they both recognize the challenges they have faced and perhaps the difficulty of moving on from certain aspects of their lives.

“Mr Booker leaned over and kissed me on the lips then he left the bar, weaving his way through the tables like he was dancing, and not turning back to wave. The last I saw of him was his coat disappearing past a queue of Chinese travelers. His head was held high and his hand was smoothing down the hair on the back of his neck, and I think, although I can't say what exactly gave me the impression, that he was crying.”
(p. 214)

Mr. Booker is depicted as he leaves the bar, weaving through the tables with a sense of grace or fluidity, "like he was dancing." This imagery suggests a certain elegance or poise to his movements, adding depth to his character and the atmosphere of the scene. Despite his departure, Mr. Booker does not turn back to wave or acknowledge Martha. This absence of a farewell gesture adds a sense of finality to his departure and reinforces the emotional weight of the moment. Martha observes Mr. Booker's physical appearance as he leaves, noting that his head is held high and his hand is smoothing down the hair on the back of his neck. These details contribute to the visual imagery of the scene, providing insight into Mr. Booker's demeanor and body language. Martha reflects on the impression that Mr. Booker may have been crying as he left, although she cannot say for certain. This speculation adds depth to Mr. Booker's character and suggests a hidden emotional turmoil beneath his composed exterior.

In conclusion, Martha and Mr. Booker's final interaction at the bar portrays a moment of conflict resolution through non-verbal communication and symbolic gestures. The kiss, Mr. Booker's departure, and Martha's perception of his emotional state together evoke a sense of closure and emotional release, despite the lingering

complexities of their relationship. It highlights their journey of understanding and acceptance, leaving both characters and the reader with a poignant reflection on the nature of connections and the emotional landscapes they navigate.

BAB V

CONCLUSION AND SUGGESTION

A. Conclusion

Based on the previous chapters, the researcher concludes that the main character in Cory Taylor's novel *Me and Mr Booker* faces two different types of psychological conflict and employs two corresponding methods of resolution of the conflict. These psychological conflicts are categorized according to Kurt Lewin's concept approach and avoidance concept which includes approach-approach conflict, avoidance-avoidance conflict, and approach-avoidance conflict. In this novel, the researcher only identifies two psychological conflicts experienced by Martha. The researcher identifies an approach-approach conflict within Martha's character. This conflict revolves around Martha reconciling her desires, particularly her relationships with Mr. Booker and her pursuit of independence. Subsequently, the researcher uncovers an approach-avoidance conflict experienced by Martha. Here, Martha must confront her desires and her relationship with Mr. Booker while also grappling with the possibility of judgment and disapproval from others.

The resolving strategies identified by Lewin include positive valence, negative valence, and neutral valence. In this novel, the researcher identifies two types of resolving conflict: positive valence and negative valence. In resolving Martha's psychological conflict, the researcher observed that the main character employed different strategies in line with Lewin's theory. Martha's approach is evident when Mar-

tha decides to allow Mr. Booker to depart from her life. Conversely, for the positive valence is when she chooses to pursue her education at university and travel to Paris to secure a temporary job and learn about the language.

B. Suggestion

The examination of literary works can be done with perspectives and approaches. In this particular investigation, Kurt Lewin's theory is applied to delve into the internal struggles of the main character in Cory Taylor's *Me and Mr Booker*. However, it is important to acknowledge the study's constraint in focusing only on Martha's psychological conflicts and the resolutions within the novel. The limitation of this study is that to analyze the various Martha's psychological conflicts depicted in the novel *Me and Mr Booker* by Cory Taylor and examines how those psychological conflicts are resolved. Additionally, the researcher proposes that the novel could be analyzed from a psychological standpoint, considering other aspects such as the social conflicts faced by the main character. The researcher considers that the characters in the novel especially Martha as the main character experience some conflicts that are often experienced in real life and can be used as a topic for further research. Furthermore, future researchers are encouraged to explore alternative personality theories, such as those advanced by Sigmund Freud and others, to deepen the understanding of the novel's characters.

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Shofi Nuril Izzah was born in Banyuwangi on April 05th, 1999. She graduated from MAN 2 Jember in 2017. During her study at the Senior High School, she joined choir and PASKIBRA. She started her higher education in 2017 at the Department of English Literature UIN Maulana Malik Ibrahim Malang and finished in 2024. During her study at the University, she joined AICOLLIM.