

**AZA HOLMES' IDENTITY CRISIS REFLECTED IN *TURTLES*
ALL THE WAY DOWN BY JOHN GREEN**

THESIS

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

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ALL THE WAY DOWN BY JOHN GREEN**

THESIS

Presented to
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in Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.S.)

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2024**

STATEMENT OF ACADEMIC INTEGRITY

I hereby declare that the thesis entitled "**Aza Holmes' Identity Crisis Reflected in *Turtles All The Way Down* by John Green**" is solely the product of my original work. I confirm that no portion of this work has been previously authored or published by any other individual except for the materials appropriately cited as references and included in the bibliography. I confirm that no portion of this work is Artificial Intelligence (AI) generated. In the event of objections or claims, I acknowledge full and sole responsibility.

Malang, June 27th, 2024

The researcher



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APPROVAL SHEET

This is to certify that Ulfii Rahmah Maulida's thesis entitled **Aza Holmes' Identity Crisis Reflected in *Turtles All The Way Down* by John Green** has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

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MOTTO

“And will provide for them from an unexpected source; Allah will be enough for those who put their trust in Him. Allah achieves His purpose; Allah has set a due measure for everything.” (At-Talaq: 3)

DEDICATION

This thesis is dedicated to:

My beloved parents, Bpk. M. Samsul and ibu Sholihah

My beloved sister, Nailul Chal Al-Karimah

Myself, Ulfii Rahmah Maulida

My dearest friends, Awathif Nazlah Ajibah, Murtafi'atul Fitriani, Alifatin Ludzvia Zein, and Renavi Azizah, are always accompanying me to do this paper.

My beloved person M. Salman Al-Farisi and the precious people in my life who always give me support to do this work

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First of all, the greatest honor wants to express to Allah SWT, as the writer believe that His grace, blessing and helath given to the writer during conducting her study and completely able to finish the thesis entitled **Aza Holmes' Identity Crisis in *Turtles All The Way Down* by John Green**. Also, good blessings and wishes may be given to the prophet Muhammad SAW, his family, friends, and followers until the end of time.

This skripsi, has been written and presented to the Department of English Literature, Faculty of Humanities at Maulana Malik Ibrahin State Islamic University of Malang in order to fulfill one of the requirements for the degree of "Sarjana Sastra" (S, S).

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5. All the Department of English Literature lecturers and the Administrative staff, who have provided useful knowledge during my study in this department.

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Last, I admit this thesis is far from perfect and lacks many. Thus, criticism and suggestions are welcome to improve this work. Hopefully, this thesis worth as contribution on the readers to enlarge knowladge and insight also benefit other researchers and people who read it.

Malang, June 27th, 2024
The researcher

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ABSTRACT

Maulida, Ulfi Rahmah (2024). *Aza Holmes' Identity Crisis Reflected in Turtles All The Way Down* by John Green. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Hj. Mundi Rahayu, M. Hum.

Keywords: Psychological approach, psychosocial development, identity crisis

This study examines the identity crisis reflected by the main character, Aza Holmes, in John Green's "Turtles All the Way Down". Aza Holmes is a teenager who suffers from Obsessive-Compulsive Disorder (OCD), which deeply affects her cognition of identity. Aza Holmes' obsessive thoughts and compulsive behaviors dominate her life, mental health condition causes her to experience a severe identity crisis. The objectives of the study are: (1) to identify the types of identity crisis experienced by Aza Holmes, and (2) analysis of Aza Holmes's resolution of her identity crisis according to Erik Erikson's theory. This research was literary criticism with a psychological approach using Erik Erikson's theory of psychosocial development, emphasized in the fifth stage of psychosocial development by Erik Erikson "Identity vs. Role Confusion". In examining the resolution of Aza Holmes' identity crisis, the researcher uses the identity crisis and resolution theory by Erik Erikson. The findings of this study indicate that Aza Holmes experiences significant role confusion and prolonged identity crisis as an adolescent. Furthermore, the resolution of Aza Holmes's identity crisis involves exploration and commitment, supportive relationships, mentorship and guidance, and self-reflection and personal growth. This analysis provides a comprehensive understanding of Aza Holmes's character development within her identity crisis in adolescence and highlights the importance of support systems and therapeutic interventions in resolving identity crises in adolescence.

مستخلص البحث

موليدا، ألفي رحمة ٢٠٢٤. أزمة هوية آزا هولمز كما انعكست في كتاب " رواية السلاحف على طول الطريق " لجون غرين. أطروحة بكالوريوس. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة الإسلام الحكومية مولانا مالك إبراهيم مالانج. المشرف: الدكتورة حجة موندي رحايو، ماجستير في العلوم الإنسانية

الكلمات الرئيسية: النهج النفسي، التطور النفسي والاجتماعي، أزمة الهوية

تبرز هذه الدراسة أزمة الهوية التي تعكسها الشخصية الرئيسية، آزا هولمز، في رواية "السلاحف على طول الطريق إلى الأسفل" لجون غرين. آزا هولمز هي مراهقة تعاني من اضطراب الوسواس القهري الذي يؤثر بعمق على إدراكها للهوية. تحمّل الأفكار الوسواسية والسلوكيات القهرية التي تعاني منها آزا هولمز على حياتها، وتتسبب حالتها النفسية في تعرضها لأزمة هوية حادة. أهداف الدراسة هي (1) التعرف على أنواع أزمة الهوية التي تعاني منها آزا هولمز، و(2) تحليل حل آزا هولمز لأزمة الهوية التي تعاني منها وفقاً لنظرية إريك إريكسون. كان هذا البحث عبارة عن نقد أدبي بمنهج نفسي باستخدام نظرية إريك إريكسون في النمو النفسي الاجتماعي، والتي أكد عليها إريك إريكسون في المرحلة الخامسة من مراحل النمو النفسي الاجتماعي "الهوية مقابل ارتباك الدور". يستخدم الباحث في دراسة حل أزمة الهوية لدى آزا هولمز نظرية أزمة الهوية وحلها عند إريكسون. تشير نتائج هذه الدراسة إلى أن آزا هولمز تعاني من ارتباك كبير في الدور وأزمة هوية طويلة الأمد في مرحلة المراهقة. علاوة على ذلك، ينطوي حل أزمة الهوية لدى آزا هولمز على الاستكشاف والالتزام، والعلاقات الداعمة، والإرشاد والتوجيه، والتأمل الذاتي والنمو الشخصي. يقدم هذا التحليل فهماً شاملاً لتطور شخصية آزا هولمز ضمن أزمة الهوية في مرحلة المراهقة ويسلط الضوء على أهمية أنظمة الدعم والتدخلات العلاجية في حل أزمات الهوية في مرحلة المراهقة.

ABSTRAK

Maulida, Ulfii Rahmah (2024). *Krisis Identitas Aza Holmes Tercermin dalam Turtles All The Way Down karya John Green*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr. Hj. Mundi Rahayu, M. Hum.

Kata Kunci : Pendekatan psikologi, perkembangan psikososial, krisis identitas

Penelitian ini mengupas krisis identitas yang direfleksikan oleh karakter utama, Aza Holmes, dalam novel "Turtles All the Way Down" karya John Green. Aza Holmes adalah seorang remaja yang menderita Gangguan Obsesif-Kompulsif (OCD), yang sangat mempengaruhi kognisi identitasnya. Pikiran obsesif dan perilaku kompulsif Aza Holmes mendominasi hidupnya, kondisi kesehatan mental menyebabkan dia mengalami krisis identitas yang parah. Tujuan dari penelitian ini adalah: (1) mengidentifikasi jenis-jenis krisis identitas yang dialami oleh Aza Holmes, dan (2) menganalisis penyelesaian krisis identitas yang dialami oleh Aza Holmes menurut teori Erik Erikson. Penelitian ini merupakan penelitian kritik sastra dengan pendekatan psikologi dengan menggunakan teori perkembangan psikososial Erik Erikson yang ditekankan pada tahap kelima dari perkembangan psikososial Erik Erikson yaitu "Identity vs Role Confusion". Dalam meneliti resolusi krisis identitas Aza Holmes, peneliti menggunakan teori krisis identitas dan resolusi oleh Erik Erikson. Temuan dari penelitian ini menunjukkan bahwa Aza Holmes mengalami kebingungan peran yang signifikan dan krisis identitas yang berkepanjangan saat remaja. Lebih lanjut, resolusi krisis identitas Aza Holmes melibatkan eksplorasi dan komitmen, hubungan yang mendukung, bimbingan dan bimbingan, serta refleksi diri dan pertumbuhan pribadi. Analisis ini memberikan pemahaman yang komprehensif mengenai perkembangan karakter Aza Holmes dalam krisis identitasnya di masa remaja dan menyoroti pentingnya sistem pendukung dan intervensi terapeutik dalam menyelesaikan krisis identitas di masa remaja.

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CHAPTER I

INTRODUCTION

The first chapter contains the background of the studies, the problems of the study, the significance of the study, the scope of limitation, and the definition of key terms. Therefore, readers can clearly understand the research's background, preview studies, research objectives, and what will be discussed in detail in this research.

A. Background of The Study

Literature is a scientific discipline that is the basis for studying and analyzing literary works. According to Mario Klarer, literature is an art that uses aesthetic language as the primary medium, which is rich and unique and capable of producing literary works that reflect the reality of people's lives (Klarer, 2005). In this way, literature is closely tied to a social community's social, historical, and cultural context.

Literary works are a medium for understanding and responding to various aspects of human life, including emotions, values, conflicts, personal experiences, or other people's experiences and collective experiences by the writer based on the reality that was happening around them. Because literature is related to human life, it can make readers aware that literature can also increase readers' understanding of themselves and others by reflecting on the characters' experiences depicted in a literary work. On the other hand, readers will get more insight into their identity (Rahayu, 2020).

Self-awareness is an essential aspect of perceiving self-identity and a crucial element of psychology. The psychological approach provides a framework for understanding and exploring the depth of this aspect. Various psychological approaches study how individuals understand themselves, the mental processes involved in self-understanding, and how this self-understanding influences individual behavior and well-being (Dwinastiti, 2013). Thus, through psychological approaches, self-understanding can be explored and understood more deeply, assisting individuals in personal development, psychological well-being, and healthy interpersonal relationships.

Exploration of self-identity comprehension includes awareness of one's values, beliefs, needs, and personal identity, which plays an essential role in identity formation. According to Erik Erikson, self-understanding and identity theory are closely related to individual psychosocial development. Every individual experiences establishing an identity, describing how psychological and environmental factors interact to construct who we are as individuals (Erikson, 1968). This theory provides a deep understanding of the complexity of human identity and its essential role in personal development.

It is crucial for every human being to know and understand themselves before knowing and being known by others. Elaborate on Erik Erikson's identity theory, the theory of psychosocial development, which states that in the process of knowing oneself, an individual experiences a series of psychosocial crises that affect their identity development (Erikson, 1994).

Erik Erikson stated that every human must complete the eight stages of psychosocial development to achieve healthy mental development. However, in the process of psychosocial development, Erik Erikson also stated that each psychosocial stage in a human life span can experience an identity crisis. This can happen when a person's needs cannot be completely fulfilled at a certain stage of psychosocial development (Meeus, 2011).

Identity is one of the most fundamental aspects of individual development, especially during adolescence. Erik Erikson, a renowned developmental psychologist, suggested that identity formation occurs at the "Identity vs. Role Confusion" stage of psychosocial development. At this stage, adolescents face the challenge of developing a strong and coherent sense of identity, which is essential for their mental and social health in adulthood. An identity crisis occurs when adolescents fail to discover and integrate different aspects of themselves, which can lead to role confusion, insecurity, and other psychological problems (Ragelienė, 2016).

Erikson also describes several forms of identity crisis, such as identity crises that are severe, prolonged, and aggravated by repeated failures to resolve the crisis. To overcome this identity crisis, Erikson emphasizes the importance of deep identity exploration, commitment to chosen roles and values, and social support from family, friends, and society. The implementation of this theory can be seen in the character analysis of Aza Holmes in the novel *Turtles All the Way Down* by John Green, where Aza struggles with her OCD and identity crisis. With the support of therapy, friends, and her family, Aza demonstrates how Erikson's identity crisis

resolution process can help adolescents find a more stable and coherent sense of self (Kroger, 2017).

Aza Holmes is a teenager who suffers from s obsessive-compulsive disorder (OCD). This disorder affects his mind with an obsession with germs and infections and leads him to certain compulsive behaviors. Aza's identity crisis is primarily concerned with her struggle to understand herself and relate to the world around her while struggling with her mental condition, which affects every aspect of her life. She feels trapped in his obsessive thoughts and often unable to control himself (Green, 2017a).

Based on what Aza Holmes experienced, the researcher wants to discuss in more detail the identity crisis experienced by Aza as a teenager who also suffers from the mental disorder obsessive-compulsive disorder (OCD). The researcher will also discuss Aza's process of resolving her identity crisis.

The researcher will examine and identify Aza's identity crisis using Erik Erikson's psychosocial development theory. This theory uses a psychological approach to examine the process of identity formation and describes how psychological and environmental factors interact to shape who we are as individuals (Widick et al., 1978a). This theory provides a deep understanding of the complexity of human identity and its essential role in Aza Holmes' personal development.

Using a psychological approach, the novel *Turtles All The Way Down* was previously studied by Ismawati in 2019, entitled *Aza's Mental Illness Reflected in Turtles All The Way Down Novel: A Psychoanalytic Perspective*. As already stated in the title, she only focused her research on a psychoanalytic perspective

(Khotimah, 2019). In her study, the researcher used the psychoanalytic theory of Sigmund Freud.

The researcher shows that Aza has a mental illness, OCD. Ismawati analyzed it more thoroughly by classifying Id, Ego, and Superego from the main character. By identifying some of these aspects, this study aims to describe the type of mental illness Aza has, the causes of Aza's condition, and how Aza deals with his mental illness. Looking at the researcher's problems, the researcher only focuses on the main character who experiences mental disorders by examining it from the psychological side, which does not discuss outside the realm of Sigmund Freud's psychoanalysis (Khotimah, 2019).

This research's second previous study was a thesis written by Uzlifatuz Zuhro, a UIN Sunan Ampel Surabaya student, titled *The Character's Experience In John Green's Turtles All The Way Down Novel*. This thesis was written in 2018. In this study, the researcher analyses the character that focuses on the storyline in the novel *Turtles All The Way Down*, which discusses the main character's experience with Daisy, Aza's best friend, finding the missing Russel Pickett (Zuhro, 2018).

The researcher uses qualitative methods and phenomenology theory, which focus on studying the events experienced by the characters in the novel and their effects on what arises from an event that occurs in the novel. This study identifies what happened to Aza and her friends who helped her old friend find his father through phenomenological theory (Zuhro, 2018).

The other previous study is the journal article by Faizal Yusuf Satriawan and Mundi Rahayu entitled *A Soldier's Post-Traumatic Stress Disorder in Kevin*

Power's The Yellow Birds. This journal article discusses PTSD experienced by the main character using psychoanalysis and Davison's theory of PTSD. The researcher focused on the question of the causes, symptoms, and impact of PTSD suffered by the main character (Satriawan & Rahayu, 2020).

This paper and the previous study share similarities in analyzing the novel using literary criticism and psychoanalysis. However, this paper distinguishes itself by using different objects of study and different theories. This paper uses Erik Erikson's psychosocial development theory to discuss the main character's identity crisis.

In a journal article entitled *The New Image of Indian Girl in Sherman Alexie's The Search Engine* (Rahayu, 2022), the researcher analyzes the main character of a short story named Corliss, who represents the Native American people's identity. This study uses Gayatri Spivak's postcolonial feminist literary criticism, especially to explore the new Indian woman's cultural identity. Both research, this paper and the journal article analyze the main character's identity despite the researchers using different theories to analyze the main character's identity.

In Cindy Oktavia's thesis, *Frank Li's Identity Crisis Potrayed in David Yoon's Frankly in Love* in 2021 (Oktavia, 2021), the researcher examined the characteristics of Frank Li, identified the identity crisis experienced by Frank Li, and described how Frank Li revealed his identity crisis. In this study, the author uses some theories to analyze the novel, such as the theory of characterization by M.J. Murphy, which aims to identify the characteristics of Frank Li. The second

theory is psychosocial development by Erik Erikson, and the last theory is the two kinds of identity concept by Roy F Baumeister, Jeremy P. Shapiro, and Dianne M. Tice to identify Frank Li's identity crisis (Oktavia, 2021).

The subsequent previous study conducted by Adlina Larasati, in her thesis entitled *Identity Crisis in Adolescence Period Experienced by Asha in Shilpi Somaya Gowda's Secret Daughter* in 2017, aimed to analyze the identity crisis of the main character, Asha, analyzed the impact of Asha's identity crisis, and identify psychosocial issues through the character and the setting in novel *Secret Daughter*. The researcher used qualitative research and psychosocial development, as well as theory from Erik Erikson and Marcia's identity achievement, to identify the identity crisis and the impact of the identity crisis experienced by the main character (Larasati, 2017).

The thesis written by Anestiya Fiddin Rosyada *Identity Crisis of The Second Generation of Asia-Indian Americans as Reflected in Lahiri's The Namesake* in 2013, discusses the second generation of Asian-Indian Americans' identity crisis and the impact of their identity crisis. In this study, the researcher used a descriptive-qualitative method and Erikson's theory of psychosocial development stages of identity (Rosyada, 2013).

Rosyada's research and this paper are similar in discussing character analysis using identity theory. However, the difference is that Rosyada's research uses Erik Erikson's theory to analyze the identity crisis of the second generation of Asian-Indian Americans, and this paper focuses on analyzing the main character who experiences an identity crisis. This paper discusses the identity crisis and how

the main character finds the solution to overcome it in Aza Holmes's adolescence (Rosyada, 2013).

The last previous study is Susan Pasca Lina's thesis, *Identity Crisis Seen in Pecola's Characteristics in Morrison's The Bluest Eye* in 2010. This thesis discusses Pecola's characteristics depicted in the story and how Pecola's characteristics reveal her identity crisis. Susan applies the library research method and uses a psychological approach, especially using the theory of character and characterization, the theory of the relationship between literature and psychology, and the theory of identity and identity crisis (Lina, 2010).

After reviewing several previous studies, in this paper, the researcher examines the novel *Turtles All The Way Down* using a psychological approach and psychosocial development theory by Erik Erikson to identify the identity crisis experienced by the main character, Aza Holmes, and the resolution of her identity crisis. In this research, the identity crisis experienced by Aza reflects one of the psychosocial stages identified by Erikson's identity crisis theory. This novel explores Aza's struggle to find her true identity amidst intense external and internal pressures, creating a powerful narrative about identity, friendship, and mental struggle.

Applying Erik Erikson's identity crisis theory to the analysis of the main character of John Green's *Turtles All the Way Down*, Aza Holmes, is crucial and essential. This method gives a more comprehensive understanding of the character's psychological growth and has broader implications for interpreting the development of identities and mental health concerns in modern culture (Ragelienė, 2016).

Applying Erikson's theory to Aza Holmes's experience with OCD, we may better understand how her condition affects her identity construction at a critical developmental period of time, according to the theory by Erik Erikson. This analysis raises awareness of psychological issues by emphasizing the significant impact that OCD has on people's identities and quality of life (Lina et al., 2018). Furthermore, by giving readers an increased knowledge of mental health illnesses, it minimizes stigma by encouraging empathy.

The researcher examines John Green's *Turtles All the Way Down* using Erik Erikson's identity crisis theory, which develops from the work's significant impact on the novel's examination of adolescence and mental health. Considering that Erikson's "Identity vs. Role Confusion" stage highlights the crucial processes of commitment and examination for developing a coherent identity, it is especially relevant to comprehending Aza Holmes's psychological struggles with OCD. Erikson's framework is a compatible theory for analyzing how Aza's mental health concerns affect her identity development journey because of her compulsions and intrusive thoughts, which severely conflict with her ability to navigate these processes.

Furthermore, Erikson's theory also emphasizes the value of social interactions in helping people overcome identity crises. Using Erikson's theory, analyzing Aza's interactions with her family, therapist, friends, and romantic relationship might highlight how these interactions impact her efforts to establish a coherent identity and her psychological growth. This combination of disciplines improves our comprehension of Aza's character and contributes to the broader

discussion about mental health portrayed in literature (Rezaei & Seyyedrezaei, 2013). Thus, Erikson's theory which emphasizes the interaction between internal conflicts and external influences, thoroughly studies Aza's identity crisis by connecting psychological and literary points of view.

B. Research Question

In connection with the elucidation rationales above, this study answers several following problems:

1. What is Aza Holmes's identity crisis reflected in *Turtles All The Way Down* by John Green?
2. How does Aza Holmes solve her identity crisis in *Turtles All The Way Down* by John Green?

C. Significance of Study

This research is expected to achieve the intention both theoretically and practically. Theoretically, researchers hope to contribute to literary studies that use a psychological approach and psychosocial development theory by Erik Erikson, as well as some research that discusses the identity crisis experienced by Aza Holmes as a teenager. Practically, this research is expected to help readers or other researchers use it to develop another research using the same approach, theory, or object.

D. Scope and Limitation

The study focuses on discussing the identity crisis of Aza Holmes using a psychological approach and psychosocial development theory by Erik Erikson,

especially identity crisis theory in adolescence. The limitation is that this research focus on analyzing the identity crisis of the main character in the novel *Turtles All The Way Down*, Aza Holmes. The identity crisis of Aza Holmes as a teenager and as she suffers from her OCD. Furthermore, this study discusses how Aza Holmes solved her identity crisis in John Green's *Turtles All The Way Down*.

E. Definition of Key Terms

1. Psychosocial Development

Erik Erikson was a developmental psychologist known for his psychosocial theory. Erikson's psychosocial theory highlights eight stages of development that individuals experience throughout their lives, from infancy to old age. Each stage emphasizes specific psychosocial conflicts that individuals must overcome to achieve healthy development (Erikson, 1968).

2. Identity Crisis in Adolescence

The theory of adolescent identity crisis proposed by Erik Erikson is part of his theoretical framework on psychosocial development. Erik Erikson had a significant focus on identifying identity vs. role confusion is the fifth of the eight stages of psychosocial development that individuals experience throughout their lives (Erikson, 1968).

3. Identity Crisis and Resolution

Erik Erikson defined identity resolution as the commending result of the identity crisis experienced throughout adolescence. It entails examining different roles, values, and beliefs and subsequently committing

to those following one's own identity. Crucial aspects of identity resolution involve supportive connections, mentorship, and awareness. Establishing identity resolution leads to a consistent and coherent comprehension of oneself, which is essential for mental health and the establishment of a healthy personal identity (Erikson, 1994).

CHAPTER II

REVIEW ON RELATED LITERATURE

This second chapter will cover the approach, theory, and particular topic related to the study to analyze the identity crisis in the adolescence of the main character in John Green's novel *Turtles All The Way Down*, Aza Holmes. The theoretical framework will be organized as follows:

A. Psychological Approach in Literary Criticism

Developing several approaches in interdisciplinary science and literary works has brought literature together with other sciences such as psychology, sociology, anthropology, gender, philosophy, history, and others. These fields reveal that language can be used as a medium of expression to interpret or interpret humans, personalities, cultural backgrounds, and interactions between humans and others, with this underlying the formation of modern approaches (Rahayu, 2020). Thus, one of the modern approaches to be discussed is the psychological approach. The psychological approach involves literary works, which are expressions in the form of fiction that represent the state of mind and personality structure of each author who wrote them (Aras, 2015).

Literature and psychology have a strong relationship. Both of them have similarities in studying their objects, which are analyzing human life, their responses, perspectives on the environment and the world, fears, hopes, desires, and some problems, and their solutions are suitable for people (Klarer, 2005). Literature and psychology also discuss the individual and society in various concepts and

methods. Both also have a similar functional relationship, which is the study of describing the state of the human psyche. That way, the literary work is done by paying attention to and using psychological aspects.

In contrast, psychology analyzes how a literary work is influenced by the author's personal life, ignoring the psychological point of view of the author, the characters, or the literary work itself. Literature and Psychology are closely related (Dastmard et al., 2012).

As in the relationship between literature and psychology, this psychological approach emphasizes several motives that focus on visible habits and their relationship to hidden or invisible mental processes experienced by a person and external events that occur in an environment (Aras, 2015). Thus, psychological literature studies the creative process behind creating a literary work that involves a mental state. The study of literature psychology can focus on four classifications: the author, the characters, the audience, and the text or the narration (Dwinastiti, 2013).

Considering several classifications of the psychological approach, the researcher focuses on discussing the characters. This will more precisely emphasize the analysis of the main character in the novel *Turtles All The Way Down* by John Green, Aza Holmes. Reviewing the analysis of characters in a literary work can be done on one or more characters that exist in a literary work. The literature psychology approach can explain the habits and psychological states of the characters described by the author (Warsah & Daheri, 2021). A character in a

literary work psychologically represents the author who wants to insert a moral message through the character.

This classification emphasizes the psychological analysis of characters within literary works. Scholars examine characters' personalities, motivations, emotions, and behaviors, often drawing on psychological theories and frameworks to interpret their psychological complexities (Hidayah, 2018). Through character psychology, researchers explore how fictional characters reflect or challenge real-life psychological phenomena, contributing to our understanding of human nature and behavior.

Examining the study of the psychological approach above can provide an overview of this paper's research discussion. Following the purpose of the literature psychology approach, which is to understand the psychological aspects of a literary work, then choosing a psychological approach as the approach used in analyzing the novel *Turtles All The Way Down* also aims to analyze aspects of the psychological/psychic state in the novel (Dwinastiti, 2013). In this novel, due to the breadth of the discussion in the psychological approach, the researcher will further narrow the discussion by choosing one aspect of the study from the literary psychology approach.

To focus the analysis on the objectives of this research, the researcher chose one aspect of the psychological approach to analyze the psychological state of the main character in the novel *Turtles All the Way Down*, Aza Holmes. The main character in this novel is experiencing an identity crisis and trying to resolve it. This discussion refers to the state of self-identity according to her personal development

and her interaction with other characters in this novel, which can be analyzed using a psychological approach. As discussed above, to make the explanation in this research more focused and accurate, the researcher uses Erik Erikson's theory of psychosocial development to analyze the identity crisis and the solution to her identity crisis experienced by Aza Holmes.

By applying a psychological approach, particularly in Erikson's theory of identity crisis, one might effectively examine the process of Aza Holmes's identity formation process in John Green's *Turtles All the Way Down*. Aza successfully manages her identity crisis by engaging in exploration, establishing commitment, obtaining social support, receiving therapy intervention, and engaging in self-reflection. Her experiences highlight the intricate relationship between her mental health challenges and her pursuit of a unified sense of self. This method enhances the comprehension of Aza's character and emphasizes the broader psychological processes implicated in developing an adolescent's identity.

B. Erik Erikson's Psychosocial Development

Psychosocial development theory is part of the theory of human development popularized by psychologist Erik Erikson (Munley, 1975). According to this theory, individuals experience a series of psychosocial crises. Identity crisis is one of the eight stages of development identified by Erikson. Each stage emphasizes specific psychosocial conflicts individuals must overcome to achieve healthy development.

Table 1. Erik Erikson's eight stages of psychosocial development:

Stage	Period	Personality Attributes	Virtue (Outcome)	Description
1	Infancy 0 - 1½ years	Trust vs. Mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
2	Early Childhood 1½ - 3 years	Autonomy vs. Shame and Doubt	Will	Develop a sense of independence in many tasks
3	Play Age 3 - 6 years	Initiative vs. Guilt	Purpose	Take the initiative on some activities and develop guilt when unsuccessful or boundaries overstepped
4	School Age 6-12 years	Industry vs. Inferiority	Competence	Develop self-confidence in abilities when competent or a sense of inferiority when not
5	Adolescence 12-18 years	Identity vs. Identity Confusion	Fidelity	Experiment with and develop identity and roles
6	Early Adulthood 19-40 years	Intimacy vs. Isolation	Love	Establish intimacy and relationships with others
7	Middle Age 40-65 years	Generativity vs. Stagnation	Care	Contribute to society and be part of a family
8	Old Age 65+ years	Integrity vs. Despair	Wisdom	Assess and make sense of life and the meaning of contributions

Source: *Erikson's Stages of Development* (McLeod, 2023)

The following are the eight stages of development in Erikson's psychosocial theory:

1. Trust vs. Trust Mistrust

This stage occurs in infancy when the individual must develop essential trust in the world and the people around him. The individual will develop trust if the need for care and affection is met. However, if these needs are met, individuals may experience trust and insecurity (Maree, 2021).

2. Autonomy vs. Shame and Doubt

This stage occurs during toddlerhood when individuals begin to explore independence and control over their physical environment. If individuals are allowed to explore and perform tasks independently, they will develop a sense of autonomy. However, if they are attacked or restricted, they may experience shame and doubt. This stage occurs during the preschool years, usually between the ages of 1 and 3. Children begin to develop a sense of autonomy and control over their physical environment (Mcleod, 2023).

3. Initiative vs. Guilt

This stage occurs during the preschool years, usually between the ages of 3 and 6. Where individuals begin to develop initiative in exploring their social and physical environment. If these initiatives are supported or succeed in achieving achievements and gaining recognition, the individual will develop a sense of initiative. However, if they feel guilty for their exploration or punished for their initiative, they may experience excessive guilt (Knight, 2017).

4. Industry vs. Inferiority

This stage occurs during the elementary school years, usually between the ages of 6 and 12. Where individuals begin to compare themselves with

their peers and seek recognition for their achievements. If they succeed in achieving achievements and gaining recognition, they will develop a sense of industry. However, if they feel like they have failed or been ignored, they may experience feelings of inferiority (Widick et al., 1978b).

5. Identity vs. Role Confusion

This stage occurs during adolescence, usually between 12 and 18. Where individuals search for their own identity and understand their role in society. Adolescence is when individuals try to answer questions about who they are, their beliefs, and their goals (Maree, 2021). In the adolescent phase, they often face a crisis between searching for a cohesive identity and feeling confused about who they are and their role in society.

Erikson believed that adolescents must undertake deep identity exploration, exploring a variety of roles, values, and goals before committing to their own identity. If teens complete this stage, they will enter adulthood with a strong sense of self, confidence in their values, and the ability to form healthy relationships with others (Mcleod, 2023).

In Erikson's theory of adolescent identity crises, the importance of this stage is that success or failure in navigating this identity crisis can significantly impact an individual's psychosocial development in adulthood.

6. Intimacy vs. Intimacy Isolation

This stage occurs during early adulthood, generally between 18 and 40 years, when individuals seek intimate and deep relationships with other people, whether in romance, friendship, or community. If they

succeed in forming intimate relationships, they will develop a sense of affection and attachment. However, if they fail, they may feel isolated and lonely (Batra, 2013).

7. Generativity vs. Generativity Stagnation

This stage occurs during middle adulthood, usually from age 40 to 65. In this phase, individuals seek ways to contribute to the next generation through work, family, or society. If they contribute successfully, they will develop a sense of generativity. However, if they feel stuck in a routine or not having a positive impact, they may experience stagnation (Stevens, 2008).

8. Integrity vs. Despair

The final stage occurs during old age. Usually, this stage takes place after the age of 65 years. Where individuals reflect on their lives and search for meaning in their experiences. If they feel their life has meaning and are satisfied with their achievements, they will develop a sense of integrity. However, if they feel like their life has no meaning or regret their decisions, they may experience feelings of hopelessness (Stevens, 2008).

Each stage in Erikson's theory of psychosocial development emphasizes specific conflicts that individuals must overcome to achieve healthy development. By progressing through each stage well, individuals can achieve greater integration and harmony in their lives (Munley, 1975). Erik Erikson states that each experiences a series of psychosocial crises.

According to Erik Erikson's psychosocial development theory, adolescence is a critical time in identity formation. During this period, individuals face a conflict between the need to develop a unique identity and the desire to feel accepted by their social group (Widick et al., 1978a). If individuals successfully navigate this identity crisis, they will develop a stable sense of identity. However, if they fail to resolve this crisis, they may experience identity confusion or feel restricted.

Erikson also emphasized the importance of self-exploration and commitment in identity formation. Individuals need to explore different roles, values, and goals before committing to their identity, which is an essential part of the search for a healthy identity.

C. Identity vs. Role Confusion in Adolescents by Erik Erikson

As explained above, Erik Erikson focused significantly on the identity crisis experienced by adolescents, which is part of his theory of psychosocial development. He states that:

Erikson viewed identity versus role confusion as the major challenge of adolescence and young adulthood. The young person's goal is to integrate various role identities into a global sense of self. The resolution of the identity crisis, this period of basic uncertainty about self, provides the first complete answer to the question "Who am I?" In Erikson's view, the resolution of the identity crisis allows young adults to embark on a journey toward achieving long-term life goals (Oltmanns & Emery, 2012).

At this point, the researcher will explain the theory of psychosocial development in more detail, focusing on discussing identity crises during adolescence. In this stage, which occurs during adolescence (around ages 12 to 18), teens face a crisis between developing a cohesive identity and feeling confused about who they are and their role in society. This is a critical stage in development,

where teenagers try to answer questions about who they are, what they believe, and how they want to live (Erikson, 1968).

Erikson believes that in confronting this identity crisis, adolescents must explore identity by looking for different roles, values, and goals. This process can involve exploring a teenager's career, relationships, moral values, and other aspects of themselves. After sufficient exploration, adolescents are expected to commit to their identity, forming a cohesive and stable identity (Knight, 2017).

People who complete this stage will enter adulthood with a strong sense of self, confidence in their values and goals, and the ability to form intimate relationships with others. However, those who do not complete this stage may experience identity confusion, feelings of uncertainty about who they are, and difficulty forming meaningful relationships (Upreti, 2017).

Thus, Erik Erikson's identity crisis theory of adolescence highlights the importance of identity vs. role identity stages, role confusion in adolescent development, and the challenges and potential consequences of facing this identity crisis. The theory of adolescent identity crisis that I mentioned earlier is the identity vs. identity theory. Role confusion within the framework of Erik Erikson's psychosocial development theory. This refers to the fifth of the eight stages of development identified by Erikson (Erikson, 1994).

Identity vs. Identity Stages Confusion of Roles is important because it forms the basis for developing stable identity and independence in adulthood. If individuals make it through this stage successfully, they tend to have a strong sense

of self, clear goals in life, and the ability to establish healthy interpersonal relationships (Sokol, 2009).

The following are the several sub-processes of Identity vs. Confusion Role according to Erik Erikson's theory:

1. Exploration and Experimentation

Erik Erikson's theory of psychosocial development highlights the importance of exploration and experimentation during the Identity vs. Role Confusion stage, which occurs in adolescence. This stage involves adolescents actively seeking to understand who they are, their beliefs, and where they fit into the world. They engage in activities and join different social groups, such as clubs and sports teams, to try out various roles (Maree, 2021).

Additionally, adolescents often question and sometimes challenge their family's values, beliefs, and traditions, exploring different religious beliefs, political views, and ethical values to form their own identities. Personal identity, which includes self-perception and individual characteristics, and social identity, which involves affiliation with cultural, ethnic, or political groups, are developed during this process.

Successful exploration and experimentation lead to a clearer sense of identity, increased self-esteem, and a sense of direction and purpose. Adolescents who navigate this stage effectively achieve fidelity, the ability to live by one's commitments and values despite challenges (Mcleod, 2023). However, difficulties in this stage can result in role confusion, characterized by a lack of direction and an

unstable self-concept. Support from peers and family is crucial, as positive relationships and open communication facilitate healthy exploration.

Adolescents must also navigate societal expectations and cultural heritage, integrating these elements into their identities. Overall, exploration and experimentation are essential for adolescents to develop a coherent and stable identity, preparing them for adulthood.

2. Identity Commitment

The second process in Erik Erikson's theory of psychosocial development is identity commitment. Identity commitment is a crucial aspect of the Identity vs. Role Confusion stage, typically during adolescence. Identity commitment refers to adolescents making deliberate choices and commitments defining their sense of self after exploring various roles, values, and beliefs. This stage is marked by the resolution of the exploration phase, where adolescents integrate their experiences and make enduring commitments to particular goals, roles, and values (Cherry, 2023).

Adolescents who achieve identity commitment develop a stable and coherent sense of self. They decide on career paths, adopt personal values, and define their identities regarding relationships and social roles. This commitment provides a foundation for their future actions and decisions, giving them a sense of direction and purpose. These commitments help adolescents form a consistent and reliable self-concept, which is essential for their psychological well-being.

Achieving fidelity is a significant outcome of identity commitment. Fidelity, as described by Erikson, is the ability to sustain one's commitments and values even

when faced with challenges and contradictions (Erikson, 1968). It represents loyalty and trust in one's chosen path, enabling individuals to navigate adulthood confidently. Adolescents with a strong sense of fidelity are better equipped to handle life's uncertainties and maintain their commitments in the face of adversity.

However, failure to achieve identity commitment can result in role confusion, where individuals struggle with indecision and a lack of direction. They may have difficulty making choices and sticking to them, leading to an unstable sense of self and uncertainty about their future (Crocetti, 2017). This lack of commitment can affect their personal and professional lives, making it challenging to build meaningful relationships and achieve long-term goals.

Overall, identity commitment in Erikson's theory highlights the importance of making deliberate and sustained choices about one's values, goals, and roles. It is a crucial step in developing a coherent and stable identity, which is essential for a successful transition into adulthood and overall psychological health.

3. Development of Self-Concept

The development of self-concept is a fundamental aspect that evolves throughout the various stages of life, particularly during the Identity vs. Role Confusion stage in adolescence. Self-concept refers to the individual's perception of themselves, encompassing their physical appearance, personality traits, and personal characteristics (Arnold, 2017). It is an internalized understanding of who they are, shaped by their interactions with the world and reflections on these experiences.

During adolescence, the development of self-concept becomes more complex and refined. Adolescents begin integrating different aspects of their identity, including their abilities, interests, values, and societal roles. They engage in self-reflection and experimentation, exploring different facets of their personality and how they fit into various social contexts (Maree, 2021). This period involves significant introspection as adolescents compare themselves to others and assess their own strengths and weaknesses. The feedback they receive from peers, family, and other social interactions plays a crucial role in shaping their self-concept.

A positive self-concept is crucial for building self-esteem and a stable identity. When adolescents develop a strong and coherent self-concept, they are more likely to feel confident and competent in their abilities and to have a clear sense of direction and purpose. This positive self-concept allows them to navigate the challenges of adolescence and adulthood with resilience and a sense of self-assurance. Conversely, a fragmented or negative self-concept can lead to confusion and insecurity, making it difficult for individuals to make decisions and establish a stable identity (Mcleod, 2023).

Erikson Emphasized that the successful resolution of each psychosocial stage influences the development of self-concept. For instance, trust established in infancy, autonomy developed in early childhood, and initiative fostered in later childhood all contribute to a strong foundation for a positive self-concept in adolescence. Supportive relationships and a nurturing environment are essential for fostering a healthy self-concept. Adolescents who receive encouragement and

affirmation from significant others are more likely to develop a positive and coherent self-image (Widick et al., 1978a).

Thus, the development of self-concept in Erikson's theory is a dynamic process particularly critical during adolescence. It involves integrating various aspects of one's identity and forming a coherent and stable sense of self. A positive self-concept is essential for self-esteem and overall psychological well-being, providing the foundation for successfully navigating life's challenges and transitions.

4. Identity Crisis and Resolution

The identity crisis and its resolution are central to the Identity vs. Role Confusion stage, typically during adolescence. An identity crisis is a period of significant uncertainty and confusion where adolescents question their sense of self and their place in the world. This stage involves exploring different roles, beliefs, and values, which can lead to emotional turbulence and a struggle for consistency (Kasinath, 2013). Adolescents experiment with various lifestyles, career paths, and social roles, critically evaluating and difficulting the beliefs and values they were raised with.

Successfully resolving the identity crisis results in identity commitment, where adolescents make deliberate choices about their future roles, values, and goals. This leads to the development of fidelity, the ability to live by one's commitments and values despite challenges. A clear and stable sense of self emerges, providing a strong foundation for adulthood. In contrast, failure to resolve

the crisis can lead to role confusion, a lack of direction, an inconsistent self-concept, and low self-esteem (Erikson, 1994).

Supportive relationships with peers and family and a conducive cultural and societal environment play crucial roles in helping adolescents navigate and resolve their identity crisis. Positive peer interactions, open family communication, and opportunities for exploration in a diverse society facilitate the development of a coherent and stable identity. Overall, resolving an identity crisis is essential for healthy psychological development and forming a strong, confident sense of self (Tatlilioglu, 2018).

5. Influence of Relationships

The influence of relationships also has an important aspect that influences the process of identity development, it is particularly during the Identity vs. Role Confusion stage in adolescence. Relationships with peers, family, and romantic partners significantly impact identity formation. Peer relationships give adolescents a sense of belonging and validation, as they often look to friends for support and acceptance during their identity exploration. Positive peer influences can encourage healthy identity development, while negative peer pressure can complicate the process (Ragelienė, 2016).

Family relationships also play a critical role. Even as adolescents seek independence, they rely on their families for emotional support and guidance. Open communication, understanding, and encouragement from family members help adolescents navigate their identity crises, allowing them to explore different roles

and values in a safe environment (Chung, 2018). Supportive family dynamics can facilitate a smoother transition through the stages of identity formation.

Romantic relationships offer another layer of influence, providing opportunities for emotional intimacy and self-discovery. Adolescents learn about themselves, their values, and their capacity for connection and commitment through these relationships. These interactions help shape their understanding of who they are in the context of close, personal bonds (Upreti, 2017).

Thus, the quality and nature of these relationships are crucial in supporting adolescents as they work towards resolving their identity crises and developing a coherent and stable sense of self. Positive, supportive relationships contribute to a stronger, more resilient identity, while strained or negative relationships can hinder this development.

6. Cultural and Societal Context

This stage is crucial for the formation of a coherent identity, and the cultural and societal environment profoundly influences this process. Adolescents must navigate society's expectations and norms, including gender roles, career paths, and behaviors considered acceptable or desirable within their culture.

Cultural identity involves integrating one's cultural heritage and societal values into a personal sense of self. Adolescents explore their cultural backgrounds, including ethnic, religious, and national identities, and seek to understand how these aspects fit into their broader identity (Kasinath, 2013). This exploration helps them develop a sense of belonging and pride in their cultural heritage, contributing to a stable and positive self-concept.

Societal roles and expectations also impact identity formation. Adolescents often face societal pressures regarding educational and career choices, behavior, and lifestyle. They must reconcile these external expectations with their own aspirations and values. Balancing personal desires with societal demands is crucial for developing a coherent and resilient identity. Societies that provide diverse opportunities and support for individual expression can facilitate healthy identity development, allowing adolescents to explore various roles and values without excessive pressure to conform (Adams & Berzonsky, 2008).

Furthermore, societal attitudes towards adolescence, including the level of support and recognition given to this developmental stage, can influence the ease with which adolescents navigate their identity crises. Societies that value and support the exploration of identity, offering resources such as education, mentorship, and counseling, create a more favorable environment for adolescents to achieve identity commitment and fidelity. A supportive cultural and societal environment can significantly enhance the likelihood of successful identity formation, leading to healthier and more confident individuals (Schwartz, 2001).

Based on some processes of identity versus role confusion by Erik Erikson. This paper will examine the identity crisis experienced by Aza Holmes based on the novel *Turtles All the Way Down*. Moreover, this paper also identifies the solution to how Aza Holmes solved their identity crisis.

D. The Type of Identity Crisis Experienced by Aza Holmes

Erik Erikson described three forms of identity crisis, each of which has different characteristics and implications for individual development. Erik Erikson

described three specific types: severe, prolonged, and aggravated. Each form represents different challenges and complexities in the process of identity formation (McLeod, 2023). The following is a more detailed explanation of the three forms of identity crisis according to Erikson:

a. Severe Identity Crisis

A severe identity crisis occurs when identity confusion is so dominant that it completely overwhelms one's personal identity. In this state, individuals feel very confused about who they are and their role in life. The characteristic of a severe identity crisis is feeling overwhelming confusion. The individuals experience deep and pervasive confusion about their identity, including personal values, beliefs, life goals, and future direction. Also, people may have difficulty or be unable to make decisions, and they may experience significant difficulty in making decisions due to a lack of a clear and firm sense of self. In addition, people who experience severe identity have high levels of anxiety and stress, as individuals feel adrift without a clear sense of direction (Adams & Berzonsky, 2008).

b. Prolonged Identity Crisis

A prolonged identity crisis is a state in which individuals experience protracted difficulty aligning their childhood identity with their developing identity. This process takes longer than usual and can last for years. A characteristic of a prolonged identity crisis is extended exploration. The individuals may constantly try out different roles, values, and identities without reaching a definitive commitment. Typically, the prolonged identity crisis has delayed commitment. Commitment to a particular value or role is delayed because the individual feels

they have not yet found the right identity. Reevaluation of childhood identifications is also one of the characteristics of a prolonged identity crisis. The individuals often need to re-evaluate their childhood identifications, which can involve rejecting or accepting values and roles that differ from those taught by family or society (Erikson, 1968).

c. Aggravated Identity Crisis

Aggravated identity crisis occurs when individuals make several attempts to resolve their identity crisis but continually fail. This inability to resolve the crisis worsens their condition, causing greater frustration and confusion. The characteristic of an aggravated identity crisis is repeated failures. Individuals experience repeated failures in their attempts to form a cohesive identity, which can lead to feelings of hopelessness. They might increase the level of frustration, and constant failure leads to high levels of frustration as individuals feel unable to find or maintain a stable identity. In an aggravated identity crisis, the inability to resolve an identity crisis can lead to maladaptive behaviors, such as social withdrawal, substance abuse, or other risky behaviors (Kroger, 2007).

E. Erik Erikson's Theory of Identity Crisis Resolution in Adolescents

Erik Erikson, a prominent developmental psychologist, proposed that identity is shaped through a sequence of psychosocial developmental phases that individuals undergo over the course of their lives. An essential developmental stage is the "Identity vs. Role Confusion" stage, often seen throughout adolescence between the ages of 12 and 18. During this phase, teenagers encounter the task of cultivating a robust and unified sense of identity. Erikson posits that the successful

resolution of this identity crisis is crucial for attaining healthy and adaptive psychological development (Erikson, 1994). The stages and resolution of an identity crisis might be summarized as follows:

a. Exploration and Commitment

Adolescents require adequate room and chances to actively explore many identities, values, and roles. One could explore many hobbies, engage in different activities, and join diverse social groups. This exploration enables individuals to gain self-awareness and uncover personal preferences and values. Following a phase of inquiry, adolescents must establish a firm commitment to a certain identity, values, and life purpose. This dedication assists individuals in experiencing greater assurance and purpose in their lives (Kroger, 2017).

4. Supportive of Relationships and Environment

An influential form of support comes from a family that is both supportive and empathetic since it can offer a sense of security for adolescents to freely explore their identity. Parents and other family members should provide support and appreciate this process of exploration. In addition to family, cultivating healthy and happy friendships significantly contributes to developing one's identity. Teenagers can have a sense of acceptance and understanding when their peers provide support. Creating inclusive and supportive school and community contexts is crucial for enabling adolescents to engage in various activities that enhance their identity formation (Berdibayeva et al., 2016).

5. Mentorship and Guidance

Adolescents experiencing challenges resolving their identity crises might greatly benefit from professional guidance, counseling, and therapy. Professional counseling offers techniques and methods to comprehend and overcome internal issues. Curricula that promote personal growth, particularly the cultivation of moral values and character education, can assist teenagers in their journey of self-discovery and identity formation (Kroger, 2017).

6. Self-Reflection and Personal Growth

Adolescents must acquire the ability to embrace and acknowledge their own selves, encompassing both their inherent capabilities and limitations. Self-acceptance is crucial for cultivating a constructive and robust sense of identity. Motivating adolescents to consistently enhance themselves through education and novel encounters enables them to fortify their sense of self and discover a purposeful existence (Crocetti, 2017).

The novel *Turtles All the Way Down* by John Green portrays the character Aza Holmes struggling with the challenge of resolving her identity dilemma. Aza endeavors to conquer her OCD and cultivate a more robust sense of self with the assistance of her therapist, Dr. Singh, and the support of her friends. Dr. Singh aids Aza in cultivating self-acceptance and imparts techniques to effectively manage her thoughts while her friends provide crucial social support.

Erik Erikson's perspective on resolving teenage identity crises highlights the significance of engaging in investigation, making commitments, seeking social support, finding mentors, and embracing self-acceptance. Adolescents can effectively overcome their identity crisis and cultivate a robust and cohesive sense of identity by comprehending and implementing these ideas. Within the realm of literature, exemplified by works like *Turtles All the Way Down*, we observe how fictional characters can embody this phenomenon and provide valuable perspectives on resolving real-world identity crises, including the associated obstacles and strategies.

CHAPTER III

RESEARCH METHOD

This chapter contains the research method, which includes the study's research design, data and data source, data collective, and data analysis. The researcher will elaborate on the data analysis processes in this chapter.

A. Research Design

The researcher analyzes and discusses this novel using literary criticism. To achieve its objectives, the study uses a psychological approach to discuss the identity vs role confusion of Aza Holmes in John Green's novel *Turtles All The Way Down*. Psychology is a study that outlines how to understand human behavior, reasons and ways of doing things, and how these creatures think and feel (Warsah & Daher, 2021).

Using a psychological approach as an umbrella for character analysis in the novel *Turtles All The Way Down*, this study uses the psychosocial development theory proposed by Erik Erikson. Refers to our impression of ourselves, including the values, goals, roles, and self-image that develop over time.

Erikson believed that identity is formed through a complex interaction between internal factors (such as emotions, thoughts, and personal experiences) and external factors (such as the social and cultural environment). According to his theory, this self-identification process goes through a series of psychosocial stages

throughout an individual's life (Munley, 1975). Using this theory, the researcher can identify Aza Holmes's identity crisis.

In the novel *Turtles All The Way Down*, it is explicitly told that Aza Holmes experienced an identity crisis as a teenager, and her psychological condition also causes it. Thus, this research applies Erik Erikson's psychological approach and theory of identity to identify Aza Holmes' identity crisis and how Aza solves it.

B. Data Sources

The researchers' primary data is a literary work in the form of a first edition novel printed, *Turtles All The Way Down*. This novel was written by an American writer, John Green, and published by Dutton Books Publisher on October 10th, 2017. This novel was published in the United States, where the language used in this novel is the original English. This novel has 286 pages published in hardcover printed form and can be accessed as an e-book.

C. Data Collection

There are some steps to collect the data:

1. The researcher read (close-reading) John Green's novel *Turtles All The Way Down* carefully to understand its intrinsic elements.
2. Highlighting the words or sentences that relate and are relevant to the research problem
3. Take notes, understand the novel's intrinsic elements, and collect some related quotations, including dialogue and prologue, according to the problem statement.

4. Classify the data into several categories that relate to research problems.

D. Data Analysis

There are several steps in analyzing the data after collecting based on the object of study:

1. The researcher will identify the data that reflected Aza's identity crisis and the solution to her Aza's identity crisis.
2. Identify the evidence quotation to support the data with a psychological approach.
3. Interpret the data conscientiously by arranging the researcher's arguments relevant to the theory and the data.
4. Draw a conclusion based on the result of the discussion to answer the research problems.

CHAPTER IV

FINDING AND DISCUSSION

This fourth chapter contains the data findings analyzed from the data source *Turtles All The Way Down*. In this case, the data will be sentences and dialogues specified within the novel. Moreover, the researcher discusses the results of the analysis, which answer the study's problems. The researcher explained the adolescent crisis Aza experienced and accompanied his efforts in dealing with the crises contained in *Turtles All The Way Down* by Joh Green.

According to the results of research conducted in the novel *Turtles All The Way Down*, The researcher obtains research results based on those that are appropriate to the research problem: (1) What is Aza Holmes's identity crisis reflected in *Turtles All The Way Down* by John Green?; (2) How does Aza Holmes solve her identity crisis in *Turtles All The Way Down* by John Green?. The study's data findings will be presented in the following sub-chapters.

A. Aza Holmes's Identity Crisis Reflected in *Turtles All The Way Down*

In *Turtles All the Way Down* by John Green, the protagonist, Aza Holmes, grapples with a profound identity crisis, which aligns closely with Erik Erikson's theory of psychosocial development. Aza is a teenager who suffers from severe obsessive-compulsive disorder (OCD). This disorder affects his mind with an obsession with germs and infections and leads him to certain compulsive behaviors. Through analysis of dialogues in the novel, it becomes evident that Aza experiences

significant challenges in navigating her sense of self and establishing a coherent identity.

In the case of Aza Holmes, Erik Erikson proposed several stages of identity vs role confusion in psychosocial development. These several sub-processes of the stages can identify the identity crisis experienced by Aza Holmes:

1. Exploration and Experimentation

Aza's ongoing battle with obsessive-compulsive disorder (OCD) profoundly impacts her self-identity. Her intrusive thoughts and compulsive behaviors create a constant inner conflict, making it difficult for her to see herself as "normal" or to integrate these experiences into a coherent sense of self.

Aza frequently questions her own reality and sense of self. She often feels trapped in her mind, which is evident when she says,

"I am not a fiction. I am not a problem to be solved. But I am a person who faces this problem" p.85 (Green, 2017a).

"No one ever says goodbye unless they want to see you again" p.73 (Green, 2017a).

This illustrates her struggle to define her identity amidst her mental health issues. She often reflects on the nature of her condition and her ongoing internal dialogue as she navigates the boundaries of her mental illness and seeks to understand herself better.

Additionally, Aza's relationships with her best friend Daisy and romantic interest Davis provide opportunities for exploration and experimentation. In a conversation with Daisy, Aza expresses her fears and insecurities, saying:

"I'm afraid I'll never be able to function without you" p. 109 (Green, 2017a).

This dialogue showcases Aza's vulnerability and her efforts to navigate the complexities of friendship and intimacy. Furthermore, Aza's investigative efforts to solve the mystery of Davis's father's disappearance represent her external exploration. As she delves deeper into the case, she grapples with questions of truth, trust, and human connection. A pivotal moment occurs when Aza confronts Davis about his father, stating:

"I need to know the truth" p. 221 (Green, 2017a).

This demonstrates Aza's determination to uncover the truth and her willingness to confront uncomfortable realities in her pursuit of understanding. Through her struggles with OCD, relationships, and existential questions, Aza engages in a process of self-discovery and growth. The evidence from the novel's dialogue highlights Aza's internal dialogue, vulnerability in relationships, and determination to uncover truth, all of which contribute to her exploration of identity and the world around her.

2. Identity Commitment

Aza's relationships, particularly with her best friend Daisy and her romantic interest named Davis, play crucial roles in her identity formation. These relationships challenge her to confront her insecurities and the impact of her OCD on her ability to connect with others.

Aza's conversations with Davis about her mental health reveal her inner turmoil and the impact it has on her relationships. At one point, she confides:

"I want to be like you, but it feels like I'm pretending. Like there's something wrong with me" p. 120 (Green, 2017a).

This reflects her struggle to commit to an identity that encompasses both her mental health and her desire for normalcy.

Aza's identity commitment is her unwavering loyalty to her best friend Daisy. Despite the challenges of her mental illness, Aza remains fiercely protective of Daisy and values their friendship deeply. In a moment of vulnerability, Aza reflects on their bond, stating:

"You're my favorite thought" p. 109 (Green, 2017a).

This sentiment underscores Aza's commitment to her friendship with Daisy and the importance of their relationship in shaping her identity.

Furthermore, Aza's commitment to understanding herself and her illness is evident throughout the novel. Despite her fears and insecurities, she actively seeks to confront her OCD and gain a deeper understanding of her condition. In a moment of introspection, Aza reflects on her struggles, stating:

"Maybe you could never quite erase the past. Maybe you could only learn to live with it" p. 218 (Green, 2017a).

This realization highlights Aza's acceptance of her identity, including her struggles with mental illness, and her determination to move forward despite the challenges.

Aza's commitment to seeking truth and understanding in her relationships is a recurring theme in the novel. As she investigates Davis's father's disappearance,

Aza grapples with questions of trust, honesty, and human connection. In a pivotal moment, Aza confronts Davis about his father's whereabouts, stating:

"I need to know the truth" p. 221 (Green, 2017a).

This dialogue illustrates Aza's commitment to seeking clarity and honesty in her relationships, even when confronting uncomfortable truths is required.

Aza Holmes's journey in *Turtles All the Way Down* showcases moments of identity commitment amidst the challenges of adolescence and mental illness. Through her unwavering loyalty to her friends, her determination to understand herself, and her commitment to seeking truth in her relationships, Aza demonstrates resilience, strength, and a steadfast sense of identity. The evidence from the novel's dialogue highlights Aza's ongoing commitment to her values and personal growth, underscoring her journey toward self-discovery and acceptance.

3. Development of Self-Concept

In *Turtles All The Way Down*, Aza's self-concept is heavily influenced by her OCD. Her internal dialogue often revolves around her compulsions and the fear of losing control, which undermines her self-esteem and complicates her identity formation. Aza's intrusive thoughts are a constant presence in her life. She describes her experience:

"You are me. The disease is me. It is in my head. It is my thoughts. My thoughts are me" p. 159 (Green, 2017a).

This quote highlights the difficulty she faces in separating her identity from her mental illness. She always feels that she is not only the one who controls herself, her mind, or her actions.

The significant aspect of Aza's development of self-concept is her introspective nature, as evidenced by her internal dialogue and philosophical musings. For example, Aza reflects on her struggle with intrusive thoughts, stating:

"My thoughts are a galaxy of shit, and I am a void" p. 105 (Green, 2017a).

This introspection reveals Aza's struggle to reconcile her thoughts and feelings with her sense of self, highlighting the complexity of her self-concept.

Additionally, Aza's relationships with her best friend Daisy and romantic interest Davis serve as mirrors through which she explores and defines herself. In moments of vulnerability, Aza grapples with her fears and insecurities, expressing her reliance on Daisy by stating:

"You're my favorite thought" p. 109 (Green, 2017a).

This dialogue illustrates the importance of relationships in shaping Aza's self-concept, as she seeks validation and connection through her interactions with others.

Furthermore, Aza's journey of self-discovery is intertwined with her efforts to understand and come to terms with her OCD. She confronts her intrusive thoughts and compulsive behaviors, reflecting on their impact on her sense of self and identity. In a poignant moment, Aza muses:

"Maybe you could never quite erase the past. Maybe you could only learn to live with it" p. 218 (Green, 2017a).

This realization reflects Aza's acceptance of her struggles and her journey towards self-acceptance and understanding.

Aza Holmes's development of self-concept in *Turtles All the Way Down* is a multifaceted journey characterized by introspection, vulnerability, and growth. Through her internal dialogue, relationships, and struggles with OCD, Aza grapples with questions of identity and self-understanding, ultimately moving towards greater acceptance and self-awareness. The evidence from the novel's dialogue highlights Aza's ongoing exploration of her sense of self, underscoring the complexity and depth of her journey of self-discovery.

4. Identity Crisis and Resolution

Aza's identity crisis is marked by her efforts to understand herself beyond her OCD. She grapples with existential questions and the fear that her mental illness defines her, leading to significant anxiety and self-doubt. Aza expresses her fear of being consumed by her illness:

"The thing about a spiral is, if you follow it inward, it never actually ends. It just keeps tightening, infinitely" p. 50 (Green, 2017a).

This metaphor for her mental state captures her sense of being trapped in an endless identity crisis.

Her obsessive-compulsive disorder (OCD) complicated this process, as the obsessions and compulsions she faced continually hindered her ability to explore and understand her identity. The following are the statement that show Aza's identity crisis:

"...and meanwhile I was thinking that if half the cells inside of you are not you, doesn't that challenge the whole notion of me as a singular pronoun, let alone the author of my fate.." p. 34 (Green, 2017b)

Also, Aza's identity crisis is her struggle to reconcile her thoughts and feelings with her sense of self, as evidenced by her internal dialogue and philosophical musings. For example, Aza reflects on her intrusive thoughts, stating:

"My thoughts are a galaxy of shit, and I am a void" p. 105 (Green, 2017a).

This dialogue illustrates Aza's internal turmoil and the depth of her identity crisis as she questions her worth and existence.

Furthermore, Aza's relationships with her best friend Daisy, and romantic interest Davis serve as catalysts for her identity crisis, as she grapples with questions of belonging and self-worth. In moments of vulnerability, Aza expresses her fears and insecurities, revealing her struggle to maintain a sense of self amidst the complexities of her relationships. For example, she confides in Daisy, stating:

"You're my favorite thought" p. 109 (Green, 2017a).

This dialogue also highlights the importance of their friendship in shaping her identity.

However, Aza's journey also demonstrates moments of resolution as she confronts her OCD and seeks to understand herself better. Through her introspection and self-awareness, Aza begins to accept her struggles and embrace her identity, moving towards greater self-acceptance and understanding. In a poignant moment, she reflects on her journey, stating:

"Maybe you could never quite erase the past. Maybe you could only learn to live with it" p. 218 (Green, 2017a).

This realization reflects Aza's growing acceptance of herself and her willingness to confront her past and move forward. Aza Holmes's identity crisis and

resolution in *Turtles All the Way Down* is a complex and multifaceted journey characterized by introspection, vulnerability, and growth. Through her struggles with OCD and relationships, Aza confronts questions of identity and self-worth, ultimately moving towards greater self-acceptance and understanding. The evidence from the novel's dialogue highlights Aza's internal turmoil and her journey toward resolution, underscoring the depth and complexity of her identity crisis.

5. Influence of Relationships

Aza's relationships with Daisy and Davis and her mother provide both support and conflict, influencing her identity development. These relationships force her to confront her condition and its impact on her life. Daisy's frustration with Aza's behavior highlights the strain in their relationship:

"It's not your fault you have this... thing, but it is your fault if you don't try to fight it" p. 192 (Green, 2017a).

This pushes Aza to consider how her illness affects those around her and her responsibility in managing it.

Aza Holmes's journey is profoundly shaped by the influence of her relationships with others, serving as a central theme throughout the novel. Aza's interactions with her best friend Daisy, romantic interest Davis, and her family members significantly impact her sense of self and her understanding of the world around her.

One notable aspect of Aza's relationships is her reliance on her best friend Daisy for support and validation. Despite the challenges of her obsessive-

compulsive disorder (OCD), Aza finds solace in Daisy's friendship. In a moment of vulnerability, Aza expresses her dependence on Daisy, stating:

"You're my favorite thought" p. 109 (Green, 2017a).

This dialogue underscores the importance of friendship in Aza's life and highlights the positive influence of supportive relationships on her well-being.

Furthermore, Aza's romantic relationship with Davis serves as a catalyst for self-discovery and growth. As she navigates her feelings for Davis and grapples with the complexities of intimacy, Aza gains insight into her own desires and vulnerabilities. In a pivotal moment, Aza confronts Davis about his father's disappearance, stating:

"I need to know the truth" p. 221 (Green, 2017a).

This dialogue demonstrates Aza's willingness to seek honesty and clarity in her relationships, even when it requires confronting uncomfortable truths.

Additionally, Aza's relationships with her family members, particularly her mother, play a significant role in shaping her identity and worldview. Despite their differences, Aza relies on her mother for guidance and support, finding comfort in their shared experiences. In moments of distress, Aza seeks solace in her mother's presence, demonstrating the enduring influence of familial bonds on her sense of self.

Thus, Aza Holmes's journey in *Turtles All the Way Down* underscores the profound impact of relationships on identity formation and personal growth. Through her interactions with friends, romantic partners, and family members, Aza navigates the complexities of adolescence and mental illness, gaining insight into

herself and the world around her. The evidence from the novel's dialogue highlights Aza's reliance on her relationships for support and validation, underscoring the importance of connection and intimacy in her journey toward self-discovery.

6. Cultural and Societal Context

Aza's experiences reflect societal attitudes toward mental illness. The stigma and lack of understanding she encounters add to her identity confusion, making it harder for her to accept herself fully. The societal misunderstanding of mental illness is evident when Aza reflects on how others perceive her:

*"To feel yourself disappearing is the opposite of a call for attention" p. 204
(Green, 2017a).*

This illustrates her struggle against societal expectations and the misunderstanding of her condition.

Aza Holmes's experience is deeply intertwined with the cultural and societal context in which she exists, contributing to her identity crisis and influencing her sense of self. Aza's struggles with obsessive-compulsive disorder (OCD) and her journey of self-discovery occur within the framework of societal expectations, cultural norms, and personal beliefs.

One aspect of Aza's cultural and societal context is the stigma surrounding mental illness, which exacerbates her identity crisis. Throughout the novel, Aza grapples with feelings of shame and inadequacy due to her OCD, reflecting broader societal attitudes towards mental health. In a moment of introspection, Aza reflects on the stigma she faces, stating:

"You can't both belong to the world and be safe from it" p. 181 (Green, 2017a).

This dialogue illustrates Aza's internalized sense of otherness and her struggle to reconcile her identity with societal expectations.

Furthermore, Aza's relationship with her mother reflects the cultural and societal pressures placed on adolescents, particularly regarding academic achievement and success. Aza's mother, driven by societal expectations, pushes her to excel academically, adding to her stress and exacerbating her OCD symptoms. In a moment of frustration, Aza expresses her mother's expectations, stating:

"You think that if you don't earn money, you don't exist" p. 140 (Green, 2017a).

This dialogue highlights the pressure Aza feels to conform to societal standards of success, further complicating her identity crisis.

Additionally, Aza's interactions with her romantic interest Davis highlight the influence of socioeconomic status on identity formation. As Aza navigates her feelings for Davis, she grapples with questions of privilege and belonging, recognizing the disparities between their lives. In a moment of reflection, Aza acknowledges Davis's privilege, stating:

"He lived in a palace" p. 131 (Green, 2017a).

This dialogue underscores the influence of socioeconomic factors on identity development and highlights the complexities of navigating relationships across social divides.

Overall, Aza Holmes's identity crisis in *Turtles All the Way Down* is profoundly influenced by the cultural and societal context in which she exists. Through her struggles with mental illness, societal expectations, and socioeconomic disparities, Aza grapples with questions of identity, belonging, and self-worth. The evidence

from the novel's dialogue highlights Aza's internalized sense of otherness and her struggle to reconcile her identity with societal norms, underscoring the complexity of her journey toward self-discovery.

Aza Holmes's journey in *Turtles All the Way Down* vividly illustrates the Identity vs. Role Confusion stage of Erik Erikson's theory. Her struggles with OCD, relationships, and self-perception highlight the complexity of identity formation during adolescence. The evidence from the novel underscores Aza's ongoing battle to integrate her mental health challenges into a coherent sense of self, ultimately striving for a stable and accepted identity.

B. The Type of Identity Crisis Experienced by Aza Holmes

Erik Erikson, a renowned developmental psychologist, detailed various forms of identity crises that individuals might encounter during their developmental stages. He described three specific types: severe, prolonged, and aggravated. Each form represents different challenges and complexities in the process of identity formation. With several sub-processes that Aza went through in stage five, namely Identity vs. role confusion. Erik Erikson also categorised three forms of identity crisis experienced by a person. The three forms of identity crisis are:

1. Severe Identity Crisis

Aza Holmes experiences severe identity confusion due to her mental condition, particularly Obsessive-Compulsive Disorder (OCD). This confusion greatly dominates her personal identity, making her feel trapped in an endless spiral of thoughts. Aza's symptoms of Obsessive-Compulsive Disorder (OCD) are extremely overpowering, to the point where they interfere with her capacity to

establish a cohesive and unified identity, resulting in considerable psychological disorder. It state by Aza:

"I desired to inform her of my improving condition, yet I was uncertain of my actual progress." (Green, 2017b)

This sentence shows how much OCD has taken hold of Aza's identity, such that she feels unable to imagine herself without the disorder. This is a sign of severe identity crisis, where identity confusion is overwhelming.

Despite diligently adhering to my medication regimen, attending therapy sessions, and making efforts to be a supportive friend and daughter, distressing ideas continued to intrude into my mind, causing significant emotional pain. This chapter emphasizes Aza's challenge in managing her sense of self as both a friend and daughter, while also being swamped by her intrusive thoughts, thereby demonstrating her profound identity uncertainty.

2. Prolonged Identity Crisis

Aza undergoes a protracted period of uncertainty about her sense of self as she consistently reassesses her previous encounters and ongoing challenges with OCD over a lengthy duration. Aza muses:

"I cannot fathom a life devoid of this incessantly constricting spiral." My identity is uncertain without it (Green, 2017b).

This comment exemplifies Aza's enduring battle with her identity, highlighting how her disease has consistently influenced her life, making it challenging for her to assimilate her experiences and establish a stable sense of self.

Aza's prolonged identity crisis is seen in her constant attempts to align her identity with the influence of OCD. This process is protracted, with no clear resolution, and lasts throughout adolescence into young adulthood.

Dialogue with Dr Singh:

Dr Singh: "Your thoughts are not you. They are just thoughts. You can't control them, but you can control how you respond to them."

Aza: "But what if I can't?"

Dr Singh: "Then you keep trying. Because that's all you can do. And eventually, you will get better at it." (Green, 2017b)

This dialogue shows the ongoing process of dealing with her obsessive thoughts. Aza constantly tries to manage her OCD, reflecting a prolonged identity crisis, where childhood identity needs to be re-evaluated over a long period of time.

Aza Holmes in *Turtles All the Way Down* experiences a prolonged identity crisis, where she is constantly trying to align her identity with the influence of OCD. With the support of therapy and strong social relationships, Aza is in a prolonged process of discovering and integrating her identity.

3. Aggravated Identity Crisis

Aza's persistent efforts to address her identity concerns and manage her OCD frequently result in unsuccessful outcomes, which in turn intensify her irritation and exacerbate her confusion about her sense of self. Aza also shows signs of aggravated identity crisis due to her repeated but unsuccessful attempts to overcome her identity confusion. This constant failure worsens her condition and causes deep frustration. Aza stated:

"You believe yourself to be the artist, but in reality, you are merely the surface upon which the art is created." (Green, 2017b).

This statement exemplifies Aza's exasperation with her limited authority over her own identity and existence, underscoring her constant and fruitless endeavors to establish a consistent sense of self.

"I kept thinking about whether I was me or just the disease. How could I know? How could anyone know? And if I was just a product of my thoughts, what did that make me?" (Green, 2017b)

This statement reflects Aza's inability to resolve her identity crisis. The constant questioning of who she is worsens her condition and increases frustration, corresponding to aggravated identity crisis.

The passages clearly demonstrate the alignment between Aza Holmes's experiences in *Turtles All the Way Down* and Erik Erikson's descriptions of severe, extended, and compounded identity crises. The tale effectively captures the complex emotions, prolonged introspection, and persistent challenges that Erikson's theory describes, offering a detailed and multifaceted analysis of a character that is deeply rooted in psychological authenticity.

By reviewing some of the forms of identity crisis experienced by Aza Holmes, Aza Holmes experienced role confusion with the prolonged identity crisis type. Prolonged identity crisis in Aza Holmes is characterised by ongoing difficulties in finding and integrating her identity due to the influence of OCD. Aza's journey in managing OCD with the help of therapy and the support of her friends reflects the slow and complex process of resolving her identity crisis. In the

context of Erik Erikson's theory, this journey shows how internal factors (such as mental state) and external supports (such as therapy and social relationships) work together in the process of resolving a prolonged identity crisis.

C. The Solution of Aza Holmes's Identity Crisis

According to Erik Erikson's theory, in *Turtles All the Way Down* by John Green, Aza Holmes goes through a long journey to find a solution to her identity crisis. This solution is not something simple or straightforward but rather a complex and gradual process. Here are some ways in which Aza found a solution to her identity crisis:

1. Exploration and Commitment

Erikson's theory emphasizes the importance of exploration (trying out different roles and ideas) and commitment (choosing and sticking to particular roles and values). Throughout the novel, Aza explores her identity through her relationships, therapy, and introspection. She tries to balance being a good friend and daughter and managing her OCD. Aza stated:

"I wanted to tell her that I was getting better, but I didn't know if I was. I was taking my meds, going to therapy, trying to be a good friend, a good daughter, but the thoughts still came, and they still hurt." (Green, 2017b).

This passage shows Aza's ongoing exploration of different aspects of her life and her struggle to commit to a stable sense of self.

Aza's engagement with personal interests and goals, such as her academic pursuits and her detective work, helps her build a sense of purpose and direction.

Aza's determination to solve the mystery of Davis's father's disappearance gives her a sense of agency and purpose:

"Maybe you don't choose what's in the picture, but you decide on the frame" p. 288 (Green, 2017a).

This illustrates her growing sense of control over her life and decisions.

Aza demonstrates determination and resilience in pursuing her personal goals, despite the challenges she faces. Aza's pursuit of personal goals is her quest for understanding and acceptance of her OCD. Despite the intrusive thoughts and compulsive behaviors that threaten to consume her, Aza remains determined to confront her condition and gain a deeper understanding of herself. In moments of introspection, Aza reflects on her struggles with OCD, stating:

"You can't both belong to the world and be safe from it" p. 181 (Green, 2017a).

This dialogue illustrates Aza's determination to confront her fears and insecurities head-on, as she pursues acceptance and self-awareness.

Furthermore, Aza's investigative efforts to solve the mystery of Davis's father's disappearance reflect her pursuit of truth and understanding. As she delves deeper into the case, Aza grapples with questions of honesty, trust, and human connection. In a pivotal moment, Aza confronts Davis about his father's whereabouts, stating:

"I need to know the truth" p. 221 (Green, 2017a).

This dialogue demonstrates Aza's determination to seek clarity and honesty in her relationships and her relentless pursuit of understanding, even in the face of uncertainty.

Additionally, Aza's pursuit of personal goals is intertwined with her desire for connection and intimacy. As she navigates her feelings for Davis and grapples with the complexities of intimacy, Aza gains insight into herself and her desires. In moments of introspection, Aza reflects on her relationship with Davis, stating,

"He was a person, too, and he deserved to be looked in the eye" p. 192 (Green, 2017a).

This crucial dialogue illustrates Aza's recognition of Davis as an individual with his own struggles and vulnerabilities, as she pursues a deeper connection with him.

In summary, Aza Holmes's experience of exploration and commitment in *Turtles All the Way Down* is characterized by determination, resilience, and a relentless pursuit of understanding and acceptance. Through her struggles with OCD and her relationships with others, Aza demonstrates her commitment to confronting her fears and insecurities, ultimately moving towards greater self-awareness and fulfillment. The evidence from the novel's dialogue highlights Aza's ongoing pursuit of personal goals and her willingness to confront challenges head-on, underscoring the depth and complexity of her journey toward resolution.

2. Supportive of Relationships and Environment

Aza's relationships with her best friend Daisy and her romantic interest Davis help her understand and navigate her identity crisis. Erikson also underscores the role of social support in resolving identity crises. Family, friends, and mentors are crucial in providing guidance and support during this process. These relationships provide support, challenge her perceptions, and help her grow. After

a significant conflict with Daisy, Aza realizes the importance of their friendship and reconciles, showing growth and understanding:

"I wanted to say sorry. For everything. I just... I love you, Daisy. And I'm sorry"
p. 205 (Green, 2017a).

This demonstrates her ability to maintain and strengthen her relationships, integrating them into her sense of self.

Aza's integration of relationships is her deep bond with her best friend Daisy. Despite the challenges of her mental illness, Aza finds solace in Daisy's friendship and relies on her for support and understanding. In a moment of vulnerability, Aza expresses her dependence on Daisy, stating:

"You are my favorite thought" p. 109 (Green, 2017a).

This dialogue illustrates the depth of their connection and highlights the importance of friendship in Aza's journey towards resolution.

Furthermore, Aza's romantic relationship with Davis serves as a catalyst for growth and self-discovery. As she navigates her feelings for Davis and grapples with the complexities of intimacy, Aza gains insight into herself and her desires. In moments of introspection, Aza reflects on her relationship with Davis, stating:

"He was a person, too, and he deserved to be looked in the eye" p. 192 (Green, 2017a).

This dialogue illustrates Aza's recognition of Davis as an individual with his own struggles and vulnerabilities, fostering empathy and understanding in their relationship.

Daisy also said:

"You're not your disease, Aza. You're just you." (Green, 2017b)

Daisy's words help Aza separate her identity from her OCD, which is crucial for her self-acceptance and identity formation.

Additionally, Aza's relationship with her mother plays a significant role in her journey towards resolution. Despite their differences, Aza relies on her mother for guidance and support, finding comfort in their shared experiences. In moments of distress, Aza seeks solace in her mother's presence, demonstrating the enduring influence of familial bonds on her sense of self. This integration of relationships provides Aza with a support system and a sense of belonging, helping her navigate her identity crisis and move towards greater self-awareness and acceptance.

3. Mentorship and Guidance

Professional guidance through therapy can help individuals navigate their identity crises by providing strategies for managing internal conflicts and fostering self-understanding. Aza's sessions with Dr. Singh are vital for her psychological well-being and identity development. Dr. Singh helps her understand that her thoughts are not who she is and provides tools for managing her OCD.

Dr. Karen Singh is Aza's therapist and plays a crucial role in providing professional guidance and support. Her mentorship is essential for Aza's attempts to manage her Obsessive-Compulsive Disorder (OCD) and understand her own identity beyond her mental illness. Dr. Singh uses cognitive-behavioral therapy (CBT) to help Aza manage her obsessive thoughts and compulsive behaviors. This therapeutic approach is vital in helping Aza recognize that her thoughts do not define her. Dr. Singh also offers a non-judgmental and supportive space where Aza

can express her fears and struggles. This is critical for Aza's emotional well-being and for developing coping strategies.

The evidence are:

Dr. Singh: "Your thoughts are not you. They are just thoughts. You can't control them, but you can control how you respond to them." (Green, 2017b)

Dr. Singh: "Then you keep trying. Because that's all you can do. And eventually, you will get better at it." (Green, 2017b)

This therapeutic advice is pivotal in helping Aza manage her OCD and work towards a coherent sense of self. This quote emphasizes the separation between Aza's identity and her OCD, encouraging her to take control over her reactions to obsessive thoughts and this dialogue highlights the persistence needed in therapy and the ongoing effort required for managing mental health conditions.

Aza's mother provides parental guidance and unconditional love, which are essential for Aza's stability and sense of security. Aza's mother is deeply concerned about Aza's well-being, often going to great lengths to ensure she is safe and supported. She also serves as an emotional anchor, offering love and understanding that helps Aza feel grounded even during her worst episodes. She said:

Aza's Mother: "I'm here for you, Aza, no matter what. We'll get through this together." (Green, 2017b)

This reassures Aza of her mother's unwavering support, which is crucial for her emotional resilience.

The mentorship and guidance Aza receives from Dr. Singh, Daisy, and her mother are vital components of her journey in "Turtles All the Way Down." Dr.

Singh provides professional and therapeutic support, helping Aza manage her OCD and separate her identity from her illness. Daisy offers peer support and challenges Aza in ways that promote growth and self-discovery. Aza's mother provides a foundation of love and security, essential for Aza's emotional stability.

Through these relationships, Aza navigates her identity crisis and mental health struggles, illustrating the importance of a supportive network in overcoming personal challenges.

4. Self-Reflection and Personal Growth

Aza engages in deep self-reflection, which is crucial for resolving her identity crisis. Through her introspection, she begins to understand herself better and make peace with her internal conflicts. In her moments of introspection, Aza contemplates her existence and her relationship with herself:

"I, a singular proper noun, would go on, if always in a conditional tense" p. 286 (Green, 2017a).

This reflects her ongoing self-reflection and her gradual acceptance of her multifaceted identity.

Through moments of introspection and self-awareness, Aza learns to confront her fears and insecurities, ultimately moving towards greater self-acceptance and understanding.

One example of Aza's self-reflection is her constant introspection regarding her struggles with intrusive thoughts and compulsive behaviors. Throughout the novel, Aza engages in internal dialogue, questioning her thoughts and feelings and seeking to understand herself better. In a moment of reflection, Aza muses:

"My thoughts are a galaxy of shit, and I am a void" p. 105 (Green, 2017a).

This dialogue illustrates Aza's awareness of her internal struggles and her willingness to confront them head-on.

Furthermore, Aza's journey of self-discovery is intertwined with her efforts to understand and come to terms with her OCD. As she grapples with intrusive thoughts and compulsive behaviors, Aza learns to accept her condition and recognize the validity of her experiences. In a moment of acceptance, Aza reflects,

"You can't both belong to the world and be safe from it" p. 181 (Green, 2017a).

This dialogue highlights Aza's growing acceptance of her identity and her willingness to confront her fears and insecurities.

Additionally, Aza's relationship with Davis serves as a catalyst for personal growth and empathy. As she navigates her feelings for Davis and grapples with the complexities of intimacy, Aza gains insight into herself and her desires. In moments of introspection, Aza reflects on her relationship with Davis, stating:

"He was a person, too, and he deserved to be looked in the eye" p. 192 (Green, 2017a).

This dialogue illustrates Aza's recognition of Davis as an individual with his own struggles and vulnerabilities, fostering empathy and understanding in their relationship.

Aza Holmes's journey of self-reflection and personal growth in *Turtles All the Way Down* is characterized by moments of introspection, self-awareness, and acceptance. Through her struggles with OCD and her relationships with others, Aza learns to confront her fears and insecurities, ultimately moving towards greater self-acceptance and understanding. The evidence from the novel's dialogue highlights

Aza's ongoing journey of self-discovery and her willingness to confront her internal struggles, underscoring the depth and complexity of her personal growth.

Aza Holmes's journey in *Turtles All the Way Down* aligns with Erik Erikson's Identity vs. Role Confusion stage. Through her acceptance of her OCD, the integration of important relationships, deep self-reflection, pursuit of personal goals, and the development of a coherent sense of self, Aza navigates and begins to resolve her identity crisis. The evidence from the novel highlights her struggles and growth, ultimately leading to a more integrated and stable identity.

In *Turtles All the Way Down* by John Green, Aza Holmes undergoes a profound journey of self-discovery and growth, navigating the complexities of adolescence and obsessive-compulsive disorder (OCD) while grappling with her identity crisis. Drawing upon Erik Erikson's psychosocial development theory, Aza's journey can be analyzed through the lens of the Identity vs. Role Confusion stage. Initially, Aza experiences uncertainty and confusion about her sense of self, exacerbated by her struggles with OCD and the challenges of adolescence.

However, as the novel progresses, Aza demonstrates remarkable resilience and determination in confronting her fears and insecurities. Through moments of introspection, self-awareness, and acceptance, Aza gains insight into herself and her desires, ultimately moving towards greater self-acceptance and understanding. Her relationships with friends, family, and romantic interests serve as sources of support and validation, contributing to her journey toward resolution. By embracing her experiences and confronting her fears head-on, Aza emerges from her identity crisis with a stronger sense of self and a clearer direction for the future.

In conclusion, Aza's journey in *Turtles All the Way Down* reflects the principles of Erikson's theory, highlighting the importance of self-discovery, acceptance, and resilience in navigating the challenges of adolescence and identity formation.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter contains the conclusion related to the analysis from the previous chapter and suggestions for this study for future researchers who use the same theory or subject.

A. Conclusion

In *Turtles All the Way Down* by John Green, Aza Holmes experiences a profound identity crisis during her adolescence, which can be analyzed using Erik Erikson's theory of psychosocial development. According to Erikson, adolescence is marked by the conflict between identity and role confusion, where individuals strive to develop a coherent and stable sense of self. Aza's struggle with Obsessive-Compulsive Disorder (OCD) exacerbates this crisis, as her obsessive thoughts and compulsive behaviors dominate her sense of identity, leading to severe identity confusion. This is evident in her constant questioning of who she is beyond her mental illness and her difficulty in envisioning a future where she is not defined by her OCD.

Aza Holmes exemplifies the three forms of identity crisis outlined by Erik Erikson: severe, prolonged, and aggravated. Her severe identity crisis is evident in how her OCD dominates her sense of self, leaving her unable to imagine life without the disorder. A prolonged identity crisis manifests through her continual struggle to align her identity with the pervasive influence of OCD, a process marked by ongoing therapy and reflection. Aggravated identity crisis is seen in her repeated, unsuccessful attempts to resolve her identity confusion, leading to deep frustration

and further entrenchment in her disorder. These crises, illustrated through poignant dialogues and narrations, highlight the complex and challenging journey Aza faces in forming a coherent identity amidst significant mental health struggles. John Green effectively portrays the intricate and often painful process of self-discovery and acceptance in the face of mental illness, underscoring the importance of support and perseverance.

Applying a psychological approach, specifically Erikson's theory of identity crisis, to John Green's "Turtles All the Way Down" provides a comprehensive framework for analyzing Aza Holmes's identity development. Throughout the novel, Aza's severe, prolonged, and aggravated identity crises, exacerbated by her OCD, reflect the challenges inherent in Erikson's stage of "Identity vs. Role Confusion." through exploration, commitment, and the crucial support from her therapist, mother, and best friend, Aza navigates her internal conflicts and works towards integrating her experiences into a coherent sense of self. This analysis not only deepens the understanding of Aza's character but also underscores the broader psychological processes involved in adolescent identity formation, illustrating the importance of support systems and therapeutic intervention in resolving identity crises.

B. Suggestion

Based on the analysis of Aza Holmes's identity crisis using Erik Erikson's psychosocial development theory, several suggestions can be made for further research and for individuals facing similar challenges

Further research on mental health and identity formation, future studies could explore the intersection of mental health conditions like OCD and identity formation in greater depth. Understanding how specific mental health challenges impact the psychosocial development stages can provide valuable insights for therapeutic approaches and support systems.

Enhanced support systems for individuals experiencing identity crises, particularly those with mental health issues, robust support systems are crucial. Friends, family, and mental health professionals can play a vital role in providing the empathy, understanding, and encouragement needed to navigate these turbulent times. Thus this research can encourage individuals to articulate their stories, as Aza does through her reflections, and can be a powerful tool in resolving identity crises.

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