

**THE MAIN CHARACTER HIERARCHY OF NEEDS IN
FREDRIK BACKMAN'S *A MAN CALLED OVE***

THESIS

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FACULTY OF HUMANITIES

UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG

2024

**THE MAIN CHARACTER HIERARCHY OF NEEDS IN
FREDRIK BACKMAN'S *A MAN CALLED OVE***

THESIS

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang
in Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra (S.S.)

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2024

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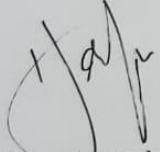
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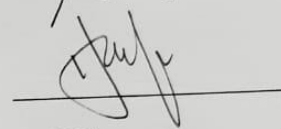
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MOTTO

إِنْ أَحْسَنْتُمْ أَحْسَنْتُمْ لِأَنْفُسِكُمْ

“if you do good, you do good for yourself.”

(Q.S Al-Isra: 7)

DEDICATION

I proudly dedicate this thesis to;

My parents, Mrs. Sri Wasiani and Mr. Anis Assidiqi, for their never-ending prayers and support given to me so that I can complete this thesis.

Maulidi Thariq, thank you for all the help, support, and motivation to complete this thesis.

And myself, who keep fighting and never gave up while working on this thesis until finish.

ACKNOWLEDGEMENT

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Alhamdulillah rabbil 'alamin, first of all, praise and gratitude I say to Allah SWT for giving his mercy, grace, and his blessing so that I can complete this thesis entitled *The Main Character Hierarchy of Needs in Fredrik Backman's A Man Called Ove*. The preparation of this thesis in partial fulfillment the academic requirements to complete education in the Department of English Literature and for the Degree of Sarjana Satra (S.S.). *Shalawat and salam* may always be conveyed to the prophet Muhammad SAW who has become *uswatun hasanah* and guided humanity from the age of ignorance to the true teachings, namely the religion of Islam *rahmatan lil 'alamin*.

Secondly, I would like to thank my supervisor Hafidhun Annas, M. Hum., I am very grateful for the great contribution he made to my research. His support and dedication to me and the other students meant a lot. I would like to thank his for the time he spent helping us. Besides his time, he also shared a lot of valuable knowledge that we will always remember. Lastly, I really appreciate the criticism and suggestions he gave to make this research easier for others to understand.

Third, I would like to thank all my friends, whose names cannot be mentioned one by one. Thank you for all your support and encouragement to me to complete this thesis.

ABSTRACT

Maghfiro, Lailatul (2024). The Main Character Hierarchy of Needs in Fredrik Backman's *A Man Called Ove*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Hafidhun Annas, M.Hum.

Keywords: Maslow's hierarchy of needs, character

Humans as social creatures have various needs that are the basis of their existence. Abraham Maslow (1943) suggested five levels in the hierarchy of needs, namely physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs. This study utilizes the hierarchy of needs theory to examine how the main character in the novel *A Man Called Ove* by Fredrik Backman fulfills these various levels of needs. Using a literary psychology approach, this study highlights the psychological aspects of the main character in the story. The data analyzed include sentences, paragraphs, and dialogues related to the hierarchy of needs. The results of this study show that Ove fulfills the hierarchy of needs in Fredrik Backman's *A Man Called Ove* through Maslow's 5 levels of needs. Physiological needs, the main character Ove fulfills his physiological needs in the form of eating, drinking and sleeping. Safety Needs, Ove can fulfill the need for security by feeling physically and financially safe. Love and Belonging Need is fulfilled by Ove through the presence of Sonja in his life, and the arrival of his new neighbor, Parvaneh who cares about Ove. The need for esteem, Ove manages to fulfill his need for self-esteem through getting a sense of appreciation from himself and also from others. Finally, Ove manages to meet his self-actualization needs through his desire to become a figure like his father.

مستخلص البحث

مغفرو ، لايلاتول (2024). التسلسل الهرمي للاحتياجات الشخصية الرئيسية في رواية رجل يدعى أوف لفريدريك باكمان. أطروحة البكالوريوس. قسم الأدب الإنجليزي ، كلية العلوم الإنسانية ، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.

الكلمات الدالة: تسلسل ماسلو الهرمي للاحتياجات ، الشخصية

البشر ككائنات اجتماعية لديهم احتياجات مختلفة هي أساس وجودهم. اقترح أبراهام ماسلو (1943) خمسة مستويات في التسلسل الهرمي للاحتياجات ، وهي الاحتياجات الفسيولوجية ، والاحتياجات الأمنية ، واحتياجات الحب والشعور بالانتماء ، واحتياجات التقدير ، واحتياجات تحقيق الذات. يستخدم هذا البحث التسلسل الهرمي لنظرية الاحتياجات لدراسة كيفية تلبية الشخصية الرئيسية في رواية فريدريك باكمان رجل يدعى أوف لهذه المستويات المختلفة من الاحتياجات. باستخدام نهج علم النفس الأدبي ، تسلط هذه الدراسة الضوء على الجوانب النفسية للشخصيات الرئيسية في القصة. تتضمن البيانات التي تم تحليلها الجمل والفقرات والحوارات المتعلقة بالتسلسل الهرمي للاحتياجات. تظهر نتائج هذه الدراسة أن Ove يفي بالتسلسل الهرمي للاحتياجات في فريدريك باكمان رجل يدعى Ove من خلال 5 مستويات من احتياجات ماسلو. الاحتياجات الفسيولوجية ، الشخصية الرئيسية Ove تلي احتياجاته الفسيولوجية في شكل الأكل والشرب والنوم. احتياجات السلامة ، يمكن ل Ove تلبية الحاجة إلى الشعور بالأمان من خلال الشعور بالأمان الجسدي والمالي. يتم تلبية الحاجة إلى الحب من قبل Ove من خلال وجود Sonja في حياته ، ووصول جاره الجديد ، Parvaneh الذي يهتم ب Ove. الحاجة إلى الجوائز ، تمكن Ove من تلبية احتياجاته فخزه من خلال الحصول على شعور بالتقدير من نفسه وأيضاً من الآخرين. أخيراً ، تمكن Ove من تلبية احتياجاته الفعلية من خلال رغبته في أن يصبح شخصية مثل والده.

ABSTRAK

Maghfiro, Lailatul (2024). Hirarki Kebutuhan Karakter Utama dalam Novel *A Man Called Ove* karya Fredrik Backman. Tesis Sarjana. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Hafidhun Annas, M.Hum.

Kata Kunci: hirarki kebutuhan Maslow, karakter

Manusia sebagai makhluk sosial memiliki berbagai kebutuhan yang menjadi dasar keberadaannya. Abraham Maslow (1943) mengemukakan lima tingkatan dalam hierarki kebutuhan, yaitu kebutuhan fisiologis, kebutuhan rasa aman, kebutuhan cinta dan rasa memiliki, kebutuhan penghargaan, serta kebutuhan aktualisasi diri. Penelitian ini memanfaatkan teori hierarki kebutuhan untuk mengkaji bagaimana tokoh utama dalam novel *A Man Called Ove* karya Fredrik Backman memenuhi berbagai tingkat kebutuhan tersebut. Dengan menggunakan pendekatan psikologi sastra, penelitian ini menyoroti aspek psikologis dari tokoh utama dalam cerita. Data yang dianalisis meliputi kalimat, paragraf, dan dialog yang berkaitan dengan hierarki kebutuhan tersebut. Hasil dari penelitian ini menunjukkan bahwa Ove memenuhi hierarki kebutuhan dalam *A Man Called Ove* karya Fredrik Backman melalui 5 level kebutuhan Maslow. Kebutuhan fisiologis, tokoh utama Ove memenuhi kebutuhan fisiologisnya berupa makan, minum dan tidur. Safety Needs, Ove dapat memenuhi kebutuhan akan rasa aman dengan merasa fisik dan finansialnya aman. Kebutuhan akan cinta dipenuhi oleh Ove melalui kehadiran Sonja dalam hidupnya, dan kedatangan tetangga barunya, Parvaneh yang peduli terhadap Ove. Kebutuhan penghargaan, Ove berhasil memenuhi kebutuhan harga dirinya dengan melalui mendapatkan rasa penghargaan dari dirinya sendiri dan juga dari orang lain. Terakhir, Ove berhasil memenuhi kebutuhan aktualisasi dirinya melalui keinginannya menjadi sosok seperti ayahnya.

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CHAPTER I

INTRODUCTION

This chapter provides background of the study, problems of the study, significance of the study, scope and limitation, and definition of the key terms.

A. Background of the Study

In the colorful journey of human life, not a few are faced with challenges and obstacles that will test the strength of the self. The age where the world is changing rapidly today, many humans feel the burden that comes unexpectedly, both personal and global burdens. Therefore, in the midst of adversity, humans need the power to rise up, namely motivation. Motivation is not just about overcoming adversity, but also about finding the strength within ourselves to pursue our dreams, achieve our goals, and realize our limitless potential.

Motivation is often reflected in literary works. Literary works originate from creative expressions that reflect the human need for beauty and meaning in the order of life (Widyahening, 2016). The subjects and objects in literary works have always been an interesting focal point for research because they reflect the reality of human life. One form of literary work that has great appeal is the novel. As a literary work in the form of prose, novels depict the side of human life through the conflicts and dynamics experienced by the characters. Thus, novels not only convey stories, but also allow readers to understand the psychological development of characters and the issues raised in the narrative.

One novel that is relevant for examining the relationship between motivation and need fulfillment is Fredrik Backman's *A Man Called Ove*. The novel offers deep insights into how human needs described in Abraham Maslow's Hierarchy of Needs theory can be fulfilled. Ove's conflicts and life journey illustrate how motivation and fulfillment of needs at various levels affect an individual's psychological and social well-being. Therefore, this study uses Maslow's theoretical approach to explore the development of the characters in the novel, while reflecting the dynamics of human needs in the real world.

According to Maslow (1943), motivation greatly influences human behavior. Maslow also assumes that human behavior is determined by a person's tendency to achieve their goals, such as increasing their happiness and life satisfaction (Minderop, 2010, p. 49). To achieve satisfaction in life, an important role as a reflection of a person's personality is their behavior. Abraham Maslow's Hierarchy of Needs Theory or better known as Maslow's Theory, has a huge impact on human life to fulfill their needs. The theory of motivation was developed by Maslow to encourage human behavior to achieve its goals. To illustrate his ideas regarding the hierarchy of needs theory, Maslow used a pyramid as a symbol. In his hierarchy of needs theory, Maslow (1943) states that, there are several levels of needs that must be met in order for a person's satisfaction to be achieved. Starting from physiological needs such as food, shelter, and security to psychological needs such as love, self-esteem, and self-actualization.

A Man Called Ove was chosen by the researcher to be the object of this study, using the hierarchy of needs theory because it tells the life journey of the main

character. Ove, in achieving happiness and fulfilling his life needs. This novel was chosen because it is a very inspiring story, the main character who never gives up despite the many obstacles in his life, this novel also highlights the relationship between people, namely friendship and love, which is a support in the journey of life. Therefore, *A Man Called Ove* can be analyzed using Abraham Maslow's hierarchy of needs theory. Based on Maslow (1943), the hierarchy of needs theory defines that a person has basic needs to higher needs that must be met one by one. *A Man Called Ove* by Fredrik Backman published in Swedish by Forum in 2012, and this novel was published in English in 2013.

The researcher chose to use Maslow's Hierarchy of Needs theory because this theory is very relevant in describing the development of the main character, Ove in *A Man Called Ove*, in fulfilling various complex human needs. This theory helps illustrate how Ove gradually meets his basic needs from physiological needs to self-actualization needs. Through the fulfillment of each level of need, readers can see significant changes in Ove's behavior and attitude. From being alienated and negative at first, to becoming more open and accepting of the life around him. By understanding Ove's journey through this hierarchy of needs, we can explore how the process of fulfilling these needs affects Ove's character from someone who is full of isolation and emotional wounds to someone who is more open and accepting of life with peace.

A Man Called Ove tells the story of a man named Ove, who spends his old age alone after retiring from a steel company and being left behind by his wife who recently passed away. Ove also repeatedly tries to end his life, because he cannot

face the reality that has happened, especially since his wife died. The story also discusses the main character relationship with other people, which can affect his personal development. *A Man Called Ove* also tells the story of the main character changing his perspective on life, which has been shrouded in trauma and bitterness from the past. Many aspects are discussed in this story including the needs and development of the main character.

Based on the explanation above, there are several previous studies chosen by researcher to serve as references in this study. First, a study entitled *Charlie's Hierarchy of Needs in the Novel the Perks of Being a Wallflower by Stephen Chbosky* by Azmi (2023), this study aims to understand how Charlie fulfills his needs through his character's journey in the novel. The results showed that Charlie fulfills the hierarchy of needs through several elements. Second, by Wardani (2020) entitled *Sang's Hierarchy of Needs Described in Camron Wright's The Rent Collector*, this study analyzes the fulfillment of Maslow's hierarchy of needs on Sang's character in *The Rent Collector*. As a result, after basic needs to self-actualization are met, Sang experiences increased well-being, happiness, and appreciation in his life.

Third, a study entitled *Miranda's Hierarchy of Needs Illustrated in Life as We Knew It by Susan Beth* by Annas H, Fredia B, Furaida A, and Dzozeff B (2023), The results of this study show that Miranda is able to meet all levels of needs, ranging from physiological needs such as eating, drinking, and safety, to the needs for affection, self-esteem, and self-actualization. In addition, this study shows the positive effects that arise after Miranda fulfills these needs. Connotatively, Miranda

felt a sense of belonging and acceptance from others, while cognitively, she gained knowledge and integration that strengthened her ability to cope with life's challenges. In the face of adversity, Miranda showed a calmer demeanor and was able to accept the situation well. And the study entitled *Hierarchy of Needs Analysis of The Main Character of A Novel Entitled Flawed By Cecelia Ahern* by Ronie and Hellystia (2019), this study aims to identify the hierarchy of needs that have been fulfilled by the main character in the novel *Flawed by Cecelia Ahern*, as well as how the character fulfills them. Using qualitative and descriptive methods, the research found 10 data of physiological needs, 34 data of security needs, 52 data of love and belonging needs, 44 data of self-esteem needs, and 24 data of self-actualization. Based on Maslow's theory, the main character successfully fulfills all five levels of the hierarchy of needs.

Here are some previous studies that use the same theory as this research. Such as, *The Hierarchy of Needs Analysis of Ian Lightfoot as The Main Character in Onward (2020) Movie* by Novilia (2022), using descriptive qualitative methods. The results showed two main things. First, Ian Lightfoot has met all the needs in Maslow's hierarchy of needs, including physiological needs, security, love and belonging, self-esteem, and self-actualization. Second, Ian Lightfoot has six characteristics of a self-actualizing person. Furthermore, "*Analysis of the Hierarchy of Needs in the Main Character of the Movie Soul 2020*" by Oktavia (2022), this research uses qualitative methodology. The results showed that Joe Gardner had succeeded in fulfilling various basic needs in Maslow's hierarchy of needs. And then, *The Hierarchy of Needs Described by the Main Character in the Film 500*

Days of Summer by Pangastuti and Murtiningrum (2021), This research uses a qualitative approach to analyze how the hierarchy of needs fulfilled by the main character. And furthermore, research by Hakim (2022) entitled *Hierarchy Of Needs on Main Character in C. S. Lewis' The Lion, The Witch, And The Wardrobe*, this study analyzes how Peter fulfills Maslow's hierarchy of needs in *The Lion, the Witch, and the Wardrobe*. Peter fulfills physiological needs by eating, security by protecting his brother, love through affection, esteem by reputation and self-worth, and self-actualization by making important decisions in the war.

Furthermore, there are also previous studies with the same research objects. Such as, *Traumatic Experiences in Fredrik Backman's A Man Called Ove* by Hormati, Mogeaa, & Olii (2024). This research shows that Ove experienced various forms of trauma due to loss and tragic events in his life, which ultimately contributed to his death. The approach used in this research is qualitative using Sigmund Freud's theory of psychological criticism. The primary data source is the novel *A Man Called Ove*. Then, research by Aathira and Poongodi (2021) with the title *The Portraiture of Aging: A Psycho-Analytic Study of A Man Called Ove by Fredrik Backman (2021)*, this research uses a psychological approach to delve deeper into Ove's inner world and the effects of the complexities of aging on his social and mental well-being. This analysis provides a deeper understanding of how Ove, as the protagonist, deals with various aspects of aging life, from social to mental aspects.

This study examines the hierarchy of needs of the main character in the novel *A Man Called Ove* and highlights the differences with other similar studies.

Previous studies have not examined the hierarchy of needs of the main character in Fredrik Backman's *A Man Called Ove*, and there are still few who use this object for research material. Thus, this research is appropriate because researcher analyze *A Man Called Ove* through the lens of Abraham Maslow's hierarchy of needs theory, focusing on the psychological aspects of the main character, Ove. The purpose of this research is to find out how Ove as the main character fulfills his hierarchy of needs.

B. Problems of the Study

Related to the topic chosen about main characters hierarchy of needs in *A Man Called Ove* by Fredrik Backman, the researcher decided to have two issues that should be answered this study.

1. What are Ove's hierarchies of needs based on Maslow's hierarchy of human needs theory?
2. What are the positive effects of fulfilling the Hierarchy of Needs on Ove's life?

C. Significance of the Study

This research has two benefits, namely theoretical and practical benefits. Theoretically, this research is expected to contribute to the field of literature, especially as a reference and additional insight in analyzing the hierarchy of needs of the main character in a story. In addition, this study can be a relevant reference for other studies that discuss similar themes using a psychological approach. This study also enriches the discussion of the novel *A Man Called Ove* by highlighting

the unique side that makes this novel special. Practically, this study is expected to support further research related to the novel *A Man Called Ove* and become an interesting source of inspiration for researchers who want to explore this novel more deeply.

D. Scope and Limitation

This research focuses on the hierarchy of needs that occur in the main character in the story. In this research, a psychological approach is applied to analyze the object. Focusing only on what motivates Ove to fulfill his needs and how Ove fulfills the hierarchy of needs is the limitation of this research.

E. Definition of Key Terms

Associated with the background of this study, there are several key terms that are explained beneath.

1. Character

Characters in a dramatic or narrative work are the individuals represented in the story. They possess moral, intellectual, and emotional qualities that can be understood by the reader or audience through what they say in their dialogue and how they say it, as well as through their actions in the story. The character's traits are reflected in their words and action (Abrams, 1999).

2. Psychology Approach

A field of study that explores the mind and behavior, involving the analysis of biological influences, social pressures, and environmental factors that affect the way individuals think, act, and feel (Wiyatmi, 2011).

3. Hierarchy of Needs

Hierarchy of Needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid. The pioneer of humanistic psychology was put forward by Abraham Maslow. There are five categories of levels in Abraham Maslow's psychological theory, including psychological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs (Maslow, 1943).

CHAPTER II

REVIEW OF THE RELATED LITEARURE

The researcher discusses the psychological approach as a literary approach, theory of hierarchy of needs and also character.

A. Psychological Approach

In literary psychology, literary works are seen as products of the mental and emotional activities of their authors. In this context, literary psychology research focuses on understanding how authors' thoughts and feelings are reflected in their literary works. Psychological analysis is conducted to uncover psychological aspects that may influence the formation of stories, characters or themes in a literary work. Thus, literary psychology tries to explain the relationship between the author's psychological state and his/her work. According to Endraswara (2004, p. 96), literary psychology is a field of literary research that views literary works as the result of thought and emotional processes.

Walgito (2004) states that, psychology is a science that focuses on the study of human psychology and behavior. By analyzing psychological aspects, psychology tries to understand, explain, and predict the various manifestations of behavior that arise from a person's inner life. Meanwhile, Wiyatmi (2011) states that, psychology talks about the behavior and psychology of humans who were created by God and experience life in the real world. Psychology is the study of human behavior, mental processes, and psychology. This includes understanding how individuals think, feel,

and act in various life situations. The goal of psychology is to explain, understand, and predict human behavior and improve their psychological well-being.

In literary research, the use of a psychological approach is considered important, because literature and psychology can be connected in their role in life (Endraswara, 2008, p. 15). Research using a literary psychology approach can significantly support the analysis of literary works that reflect various psychological aspects. Literary psychology research has a significant role in understanding literary works, as it has a number of advantages. One of them is the importance of literary psychology in analyzing more deeply the characterization aspects.

By using this approach, researcher can gain valuable input related to characterization issues expressed in literary works. Literary psychology research has a strong foundation; both literature and psychology study human life. The difference is that literature studies humans as imaginative creations of the author, while psychology studies humans as real creations of God (Endraswara, 2003, p. 97).

There are three ways to understand literary psychology. The first is to understand psychological theories which are then analyzed against a literary work. The second is to prioritize finding a literary study to be used as a research object, then determining psychological theories that are considered relevant by the author. The third is simultaneously finding theories from the object of research (Endraswara, 2008, p. 89).

B. Character

Characters in a story are important elements that shape the plot and influence the development of the story. These character traits or characteristics are reflected in the words they speak and the actions they take. In other words, characters can be recognized and understood by the audience or reader through their interactions with the story world, both through their conversations with other characters and through the actions they take.

According to Abrams (1999, p. 32-33), Characters in a dramatic or narrative work are the individuals represented in the story. They have moral, intellectual, and emotional qualities that the reader or audience can understand through what they say in their dialog and how they say it, as well as through their actions in the story. Character traits are reflected in their words and actions.

Characters in a story are representations of the complexity of human actions and traits. Character development and their use in the story greatly affects the overall narrative. Characters in a story are closely related to setting, plot, and point of view, so understanding how these elements interact with each other is key in creating a strong and compelling story. Based on Chatman (1993), Character is defined as the understanding of human behavior, as well as the way these parts of the story are used. Character is one of the core elements in a story, and has a close relationship with setting, plot, and point of view.

C. Hierarchy of Needs

The pioneer of humanistic psychology was put forward by Abraham Maslow, known as Abraham Maslow Psychology. Maslow believed that humans are driven to understand and accept themselves in the best way possible. Maslow's hierarchy of needs is a theory that is very widely recognized today, and is a psychological theory proposed in his work published in 1943 under the title "A Theory of Human Motivation". The theory states that before humans fulfill their basic needs, they strive to fulfill successively higher needs that occupy a certain hierarchy. According to Maslow, everyone has instinctive needs from birth. Universal needs that encourage us to develop and become ourselves. Maslow also concluded that humans are always dissatisfied. For humans, satisfaction is only temporary, because there are other needs that need to be met after the previous needs are met (Koswara, 1986, p. 118). According to Maslow, human needs are divided into five levels.

1. Physiological Needs
2. Safety Needs
3. Love and Belonging Needs
4. Esteem Needs
5. Self-actualization Needs

Abraham Maslow's Hierarchy of Needs Theory has five levels. Four (lower level needs) are considered physiological needs, while the top level of the pyramid is considered growth needs. Lower-level needs must be satisfied first before upper-level needs can influence human behavior. Many references describe this theory as the Pyramid, such as:

Maslow's Hierarchy of Needs



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Abraham Maslow developed the hierarchy of needs into a multilevel theory of needs. According to Feist (2009, p. 286), Maslow revealed the concept of a hierarchy of needs where lower-level needs must be met first, or at least adequately met, before higher-level needs become more motivating. As explained by Maslow in Gawel (1997), when a person has reached a level of need and satisfaction, then the person will pursue the next higher need in the hierarchy. Maslow also revealed that humans have had needs instinctively since they were born, and have been arranged in a hierarchy based on their potential fulfillment. Therefore, as humans

who need each other, each individual must strive to fulfill these needs, either through self-motivation or encouragement from others.

At first, Maslow (1943) said that people must satisfy low-level deficit needs before they can fulfill higher growth needs. However, he later explained that the satisfaction of a need is not an "all or nothing" phenomenon, and acknowledged that his earlier statement may have given "the false impression that a need must be satisfied 100 percent before the next need arises" (Maslow, 1987, p. 69).

Higher needs usually emerge further on in people's lives. Children need security and physical needs, adolescents need love and self-esteem, and adults need self-actualization. Maslow argued that the first need, or physiological need, is more important than other needs. For example, the physiological needs must be met before the need for security, and the need for security must be met before the need for love and belonging.

We will not be forced to fulfill all needs simultaneously. At any given time or circumstance, only one need is important; which one, depends on the other needs that have been met. If we are hungry, we will not pay attention to our needs for security, love, belonging, self-esteem, and self-actualization. This is because the need for food is the most important and must be met first than any other need (Schultz in Minderop, 2010, p. 280). This means that we cannot skip and fulfill other needs before physiological needs as the most basic needs are met.

1. Physiological Needs

In the hierarchy of needs, based on Maslow (1943), these physiological needs are the most basic in human life, such as water, food, shelter, sleep, and other biological needs. This need is the most basic and important among all human needs. They can override all other needs until physiological needs, such as eating, are met.

A person who lacks food, love, and appreciation will prioritize eating first, perhaps even neglecting other needs. Until basic needs such as food are met, a person will not have the energy or motivation to do anything else, such as work or complete tasks (Maslow, 1987, p. 18).

2. Safety Needs

Maslow said that after physiological needs are fully met, then the need for security arises, which describes this hierarchy of needs as covering protection and security, including environmental security, job security and stability. In this condition, the need for security is the most important need that must be met compared to other needs after physiological needs are met. The need for security itself is the human need for security, stability, freedom, protection, dependence, no fear, anxiety, chaos, law, order, strength in protectors and so on (Maslow, 1987, p. 19).

Maslow argues that the need for security is influenced by the innate experience and understanding of each human perception processor. For example, an infant may feel fear when seeing a blinding light or hearing a high-pitched sound for the first time. As a result, when they grow up, the infant will learn that blinding light or

high-pitched sounds are harmless. For adults, the importance of safety in offices and other workplaces can be recognized when people want to keep their jobs, reputation, money and everything they love.

3. Love and Belonging Needs

This hierarchy of needs relates to social interactions, including friendship, family relationships, love, and affection (Maslow, 1954). The need for love and belonging encourages a person to establish deep and meaningful relationships with other individuals, both within the family environment and social groups. For humans, being part of a community or social group is important, as the absence of close people such as family, partners, or friends can lead to feelings of loneliness, isolation, and helplessness.

These needs will ultimately drive individuals to make various efforts to love and possess what they consider valuable in any way possible. Maslow states that in addition to loving, humans also have the desire to have what they love, and there is always a motivational drive underlying this (Maslow, 1987, p. 20).

4. Esteem Needs

On this hierarchy of needs according to Maslow (1954), include self-esteem, achievement, self-confidence, and respect. According to Maslow, all humans naturally have a need to be respected by the other and also respect the other. People need to engage themselves in order to gain recognition and have an activity or some activities that give the personal sense of contribution.

These needs can be grouped into several categories. First, they include the desire to have power, to achieve something, to be well-versed in skills, to be independent, to be free, to be able to face the challenges of the world, to be competent, and to be confident. The second involves the need to gain esteem from others, such as status, reputation, popularity, honor, dignity, influence, relevance, and recognition (Maslow, 1987, p. 21).

5. Self-actualization Needs

Based on Maslow (1954), this is the highest level in the hierarchy of needs, which includes creativity, morality, problem solving, self-understanding, and the achievement of personal goals. Need for self-actualization is the highest need of human being. This need will be fulfilled if the other needs below it has been satisfied or fulfilled. Self-actualization is a top performance of human, inherent need, capacity and potential development (Maslow, 1987, p. 22).

Self-actualization, according to Maslow, is not only a creative ability based on unique human abilities. Everyone can actualize himself in any job (Koswara, 1986: 125). To achieve self-actualization, a person must be able to pass through difficult times and challenges that come from within and from outside himself. Internal barriers such as anxiety, fear, and shame. External barriers such as lost opportunities, discrimination, and repressive behavior from the environment.

D. The Effects of Fulfilling Hierarchy of Needs

People who have fulfilled all their needs will feel the impact of satisfaction that affects their lives. According to Kurt Goldstein (in Maslow, 2013, p. 96), need fulfillment can strengthen, enhance, and encourage healthy development for each individual. Basically, the satisfaction of every need helps a person become healthier and away from being neurotic.

Based on Maslow (2013, p. 102), if basic needs are not met, people will experience neurotic disorders, such as often depending on others, not being independent, and not being able to determine their own destiny. A person tends not to follow the original character in himself because it is governed by the nature of his environment. So the effects of individuals who successfully fulfill their needs are not only able to satisfy their basic needs but also improve their psychological health.

Positive effects will come from the fulfillment of needs such as physical prosperity or physical satisfaction, feeling safe and secure, feeling loved and loved, getting affection from people around, happiness, peace of mind and soul, self-confidence, respect, and self-esteem. In addition, psychological conditions will also improve, feeling affection, and gaining abundance and prosperity. In short, the more likely a person is to experience happiness, the more productive and positive their emotional life will be (Maslow, 2013, p. 109).

These are list of phenomena determined by the positive effects of satisfying the hierarchy of human needs based on conative-affective, cognitive, character traits, and interpersonal:

a. Conative-Affective

1. Feeling of fullness and physical properties.
2. Feeling safe, peaceful and protected.
3. Feeling of belonging, being accepted, and exploring the love.
4. Feeling confident, competent, achieving success, honored.
5. Self-satisfaction, mature, healthy, feeling integrate and perfection.
6. Have more abundant and more positive emotional life.
7. Conversion in the level of aspiration and frustration.

b. Cognitive

1. All types of deeper understanding, more efficient, and more realistic.
2. The power of intuition is getting stronger.
3. More focused on reality, objects, and problems. Then do not put the ego first.
4. More knowledgeable and more integrated.
5. Higher creativity, art, music, wisdom, and science.

c. Nature and Character

1. Calmer
2. Kind, sympathetic, and not selfish
3. Generous
4. Great soul
5. Friendly
6. More able to accept a sense of disappointment
7. Honest and responsible

d. Interpersonal

1. Better citizen, neighbors, parents, friend and partner.
2. Mature and open in term of politics, economics, social, religion, and education.
3. Respect for the younger and older.

CHAPTER III

RESEARCH METHOD

This part discusses the research design, data source, data collection, and data analysis.

A. Research Design

By using a literary psychology approach as a research design, this approach serves as a tool to analyze the hierarchy of needs possessed by the main character named Ove in the novel. In using this method, this research uses data from the novel *A Man Called Ove* by Fredrik Backman. The researcher used Abraham Maslow's (1943) hierarchy of needs theory to analyze. In his theory, Maslow proposed five hierarchies of needs, namely physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs.

B. Data Source

The data source of this research is taken from the novel *A Man Called Ove* by Fredrik Backman published in Swedish by Forum in 2012, and this novel was published in English in 2013. The data in this study are sentences, paragraphs, and dialog between characters in the novel. The author focuses on examining all levels of the hierarchy of needs experienced by the main character in accordance with the research objectives.

C. Data Collection

To collect data, the researcher took several steps. First, reading the novel to identify the conflicts that occur in the story. Second, highlighting and underlining important parts related to the topic hierarchy of needs found. Then, identifying the main character's hierarchy of needs and their fulfillment according to Abraham Maslow's theory. And finally, categorizing the data based on the analysis criteria, and entering the data into research.

D. Data Analysis

After collecting the data, the author applied the literary psychology approach in this study. The researcher tries to understand the story and obtain data through analyzing the novel. This research analysis collects some data by reading the novel, then reading previous research as a reference, then identifying Ove's hierarchy of needs and their fulfillment using Abraham Maslow's theory. This research uses these data to analyze and draw conclusions and determine whether these conclusions are appropriate to answer the research.

CHAPTER IV

FINDING AND DISCUSSION

This chapter presents the results of data analysis that aims to answer the research question of how the main character fulfills the needs in the hierarchy described in the novel. The research was conducted by analyzing the novel *A Man Called Ove* by Fredrik Backman (2012) using Abraham Maslow's hierarchy of needs theory as the main reference.

A. Ove's Hierarchy of Needs in Fredrik Backman's *A Man Called Ove*

A Man Called Ove tells the story of an old man named Ove who looks hard and stiff. Since losing his wife, Ove feels his life has lost meaning and is stuck in a monotonous routine. But after the arrival of a new neighbor, Parvaneh and her children, Ove begins to face his loneliness and rediscover purpose and happiness in his life.

The types of needs of Ove in the novel *A Man Called Ove* by Fredrik Backman in this study are categorized based on Maslow's Hierarchy of Human Needs, namely physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs.

1. Physiological Needs

According to Maslow, the needs that are often used as the main basis for understanding the fulfillment of human needs are referred to as physiological drives. These physiological needs are basic needs, such as the need for oxygen, food, water, sleep, and a stable body temperature. Physiological needs are the most

urgent needs, because if all human needs are ignored, then physiological needs will be the top priority to be met. If these needs are not met in extreme situations, a person can lose control of their behavior, for example, become aggressive, have no shame, and pay less attention to others.

Ove is a 59-year-old man who lives a rigid and rule-filled life, and he has a daily routine that he never misses. As the story begins, since retiring from his job as an engineer, Ove spends his days taking care of his neighborhood and making sure everything goes according to the rules he believes in. But before leaving the house, he brews a cup of coffee to support his activities, as quoted below:

(Datum 1)

“Every morning for the almost four decades they had lived in this house, Ove had put on the coffe percolator, using exactly the same ammount of coffe as on any other morning, and then drank a cup with his wife.” (Page 4)

In the sentence above, it can be related to physiological needs by detailing how this coffee drinking activity can provide satisfaction to the physiological needs of the main character, Ove. In the context of Maslow's hierarchy of needs, physiological needs are basic needs such as food, drink. Ove's habit of brewing the same amount of coffee every morning for almost forty years shows that coffee has become an important part of his routine, a way to fulfill these basic needs.

By drinking coffee, Ove fulfills his physiological needs, as coffee is part of his fluid intake that helps maintain the body's hydration. Although coffee contains caffeine, which has a stimulant effect, the water content in coffee still contributes to the fulfillment of fluid needs that are important for the body's physiological functions, such as maintaining fluid balance and supporting metabolic processes.

(Datum 2)

“Then he ate two sausages and seven potatoes, which he prepared in the little kitchenette in his room.” (Page 104)

Physiological needs are shown in the quote above. Food is a major part of physiological needs in Maslow's hierarchy of needs. According to Maslow, physiological needs include food, water, air, and shelter. In the sentence above, the act of eating two sausages and seven potatoes fulfills Ove's physiological needs, which directly refers to fulfilling the body's need for energy and nutrients. Without food, the human body cannot function optimally, so food is very important in ensuring the body's physical balance and health.

By eating sausages and potatoes, Ove fulfills his physiological needs, as these foods provide essential nutrients such as protein and carbohydrates that the body needs for energy and maintenance. Physiological needs such as food are the most basic needs and must be met before fulfilling higher needs. Sausages and potatoes help Ove get essential nutrients to support his daily activities and maintain good health.

(Datum 3)

“Ove has put on his best trousers and his going-out shirt.” (Page 43)

The sentence above explains that Ove is wearing his best clothes, namely long pants and a shirt, in preparation for going out. This shows that Ove feels it is important to dress neatly and properly for his own comfort. The sentence illustrates the fulfillment of Ove's physiological needs. In Maslow's hierarchy of needs, physiological needs include things that are necessary for survival, such as food, drink and clothing. When Ove wears his best trousers and a shirt, it shows that he

is trying to fulfill the basic need to dress properly, which serves to protect his body and provide comfort. Through this action, one of the basic needs in his life, clothing, which is part of the physiological needs in Maslow's hierarchy, is fulfilled.

(Datum 4)

“He stands in the living room of the two-story row house with the half size attic at the back and stares out the window.” (Page 8)

The sentence above shows that Ove is standing in the living room of his house. A home is a place to live, which is one of the essential elements of physiological needs. A house serves as a shelter from outside elements such as weather, as well as a private space for rest and gathering. The sentence states that Ove has fulfilled his physiological needs, by having a house as a place to live, shelter and protection.

By having a place to live, Ove fulfills his physiological needs, as the house provides physical protection from the weather, extreme temperatures and environmental hazards. According to Maslow's theory, physiological needs such as shelter are a basic part that must be met in order for a person to survive and feel safe. Shelter helps Ove maintain his health and ensures he has a safe and stable environment to support physical well-being.

(Datum 5)

“Then, after three hours of sleep, he used what time remained to dart up and down the scaffolding, listening to the men in hard hats talking about construction techniques.” (Page 69)

The sentence above shows that Ove slept for 3 hours before doing his work. Ove is a person who doesn't really need much sleep, he prefers to do something more useful. This is included in the fulfillment of Ove's physiological needs.

Physiological needs according to Maslow include eating, drinking, sleeping, shelter and clothing, Ove's action of sleeping for 3 hours means that his body rests at least temporarily in order to be slightly energized before continuing strenuous physical activities, such as going up and down the scaffolding.

By sleeping, Ove fulfills his physiological needs, as sleep gives the body time to rest and recover energy. In Maslow's hierarchy of needs, sleep is one of the basic needs essential for maintaining physical and mental health. Sleep helps Ove repair body cells, maintain optimal brain function, and ensure his body is ready for daily activities.

(Datum 6)

“And so the days went by. Ove went to work and came home and had sausages and spuds.” (Page 71)

The sentence above shows that Ove eats sausages and potatoes every day after work. Sausage and potatoes, as sources of protein and carbohydrates, provide Ove with essential nutrients to support his daily activities. Eating is part of Maslow's physiological needs. By eating sausages and potatoes after work, Ove's physiological needs have been met, food is one of the most basic needs that must be met to maintain health and physical strength.

2. Safety Needs

The second need that arises after physiological needs are met is the need for security. Once a person feels physically comfortable, the need for safety, such as protection, stability, reliability, and freedom from fear and anxiety, begins to increase. This need is mainly related to the psychological aspect. When a person

has reached a certain level of physical comfort, they will seek stability and certainty in an uncertain environment.

(Datum 7)

“The pain in his chest has gone. His heart is beating normally again.” (Page 126)

The sentence above shows that Ove no longer feels pain in his chest, and his heart is back to normal. According to Maslow, security and safety needs include personal security, financial security, health and well-being, safety from accidents/diseases and their negative effects. These security needs include physical and psychological security. Ove has fulfilled his health security which shows that he is safe from anything harmful to his body and no longer feels pain in his chest, and the statement that his heart is back to normal indicates that Ove feels healthy.

(Datum 8)

“He took examination after six months. Then another. And another. Then he got a job at the housing office and stayed there for more than a third of century. Worked hard, was never ill, paid his mortgage, paid taxes, did his duty.” (Page 108)

The paragraph above explains that Ove got a job after taking the exam for 6 months, during which he gained financial security so that he could pay the mortgage regularly. In addition, Ove is described as someone who has never been sick, which shows that he also feels secure in terms of his physical health. Ove lives an established life that provides a sense of security in various aspects of his life, both in terms of finances, and health.

From the statement of never being sick, Ove fulfills his health security needs, where he does not feel physically safe and does not feel physical pain. then, Ove also fulfills his financial security needs by getting a job so that he can pay a mortgage, pay taxes. This is in accordance with Maslow's need for security, which includes financial security, physical security, and health security.

(Datum 9)

“He walked across the parking area and strolled back and forth along all the garages to make sure none of them had been burgled in the night or set on fire by gangs of vandals. Such things had never happened around here, but then Ove had never skipped one of his inspections either.” (Page 5)

The above sentence shows that Ove's actions of walking across the parking lot and checking all the garages shows that he is very concerned about the physical safety of his surroundings. Even though Ove realizes that crimes such as theft or arson have never occurred in the area, he still checks to make sure that everything is safe. This reflects a desire to maintain the safety and security of where he lives.

Ove's habit of not missing a single inspection shows that he feels calmer and safer when taking precautions. This shows that he has a need to control the situation and ensure that his surroundings remain safe. Ove's actions reflect the fulfillment of safety needs, which include protection from physical threats and a sense of security in his living environment.

3. Love and Belonging Needs

The third need is love and belonging needs. Once physiological and security needs are met, the need for love, affection, and belonging begins to emerge. At this

point, the cycle of needs repeats with a new focus on emotional connection. A person begins to feel more deeply the lack of a friend, partner, or family. They will crave loving relationships with others, whether in families or social groups, and strive earnestly to achieve them. This need becomes very urgent, outweighing the desire for other things in the world, although previously they may have downplayed the importance of love when their basic needs were not met. Now, they will be keenly aware of the discomfort of loneliness, isolation, rejection, friendlessness, and feelings of helplessness.

(Datum 10)

“But if anyone had asked, he would have told them that he never lived before he met her. And not after either.” (Page 108)

The above passage describes Ove's relationship with Sonja, his wife. Using Abraham Maslow's hierarchy of needs framework, the elements of need and belonging appear in Ove's interaction with Sonja. Ove states that he had never lived before he met Sonja. This illustrates that Sonja's presence has an impact on Ove's life, creating a sense of affection that can fulfill Ove's need for love and acceptance.

Sonja gives a deep meaning to Ove's life, Ove's need for love is fulfilled through Sonja's presence. Thus, this paragraph provides an overview of the need for love and belonging in Maslow's hierarchy of needs, reflected in Ove and Sonja's relationship.

(Datum 11)

“And she crept into his arms and said that she loved him. And he nodded.” (Page 120)

The quote above shows the need for love and belonging in Abraham Maslow's hierarchy of needs, focusing on the main character, Ove. In this moment, Ove experiences the need for love through interactions with his wife, Sonja. Sonja states that she loves Ove, this shows her affection for her husband, and also she hugs Ove this action makes Ove feel loved and needed.

In the context of Maslow's hierarchy of needs, this moment fulfills Ove's need for love and belonging, making him feel love and affection from Sonja. The moment also shows where Ove is accepted, and feels loved and loving by others.

(Datum 12)

“On the bus on the way home from Spain she put Ove’s hand on her belly and he felt the child kicking-faintly, as if someone had prodded the palm of his hand through a very thick oven mitt.” (Page 150)

The sentence above describes the moment when Ove feels his son kick from inside his wife Sonja's stomach. Ove feels a deep need for love and affection, which is fulfilled through his interaction with Sonja. With great tenderness, Ove shows his affection by rubbing his wife's belly, feeling the movement of their unborn baby, a powerful symbol of the deep emotional bond between them.

In this case, Ove fulfills this needs through his close relationship with Sonja. According to Maslow's theory, the need for love and belonging includes feeling loved, accepted, and connected to others, especially family. The moment reflects that Ove not only receives love from Sonja, but also gives it, creating an affectionate relationship between them. This relationship is one of the ways Ove fulfills the need for love and belonging.

(Datum 13)

“Of all the imaginable things he most misses about her, the thing he really wishes he could do again is hold her hand in his. She had a way of folding her index finger into his palm, hiding it inside. And he always felt that nothing in the world was impossible when she did that. Of all the things he could miss, that’s what he misses most.” (Page 54)

The sentence above illustrates Ove's deep longing for Sonja, especially when he remembers the little things that have great significance in their relationship, such as the unique way Sonja folds her index finger when they hold hands. For Ove, this simple act symbolized a strong emotional bond and gave him the feeling that nothing in the world was impossible when they were together. Through this seemingly simple physical touch, Ove feels strengthened, supported and loved, Sonja provides more than just romantic love, she also provides Ove with a deep sense of comfort, calmness and warmth.

Love and belonging needs include not only romantic relationships but also deep emotional connections and feelings of being loved and accepted according to Maslow. Sonja's presence provided a sense of security and belonging, which made Ove feel that he was not alone in facing life. Losing Sonja meant that Ove lost an important part of himself that had been fulfilling his basic needs for love and connectedness. This shows that for Ove, love from Sonja was not just about physical presence, but also a very strong emotional connection that made him feel fully appreciated and loved.

(Datum 14)

*“Mum said you looked hungry. So we have to give you dinner,” the seven-years-old girl clarifies with some irritation. -
-Ove keeps an eye on them as they skulk off. He sees the pregnant woman standing in her doorway, smiling at him before the girls run into her house. The three-year-old turns and waves cheerfully at him. Her mother also waves. Ove closes the door. (Page 17)*

The sentence above shows Parvaneh's care and concern for Ove. Parvaneh thought that Ove looked hungry, so she gave him food and asked her son to deliver it to Ove. This action shows Parvaneh's concern for Ove, as her neighbor. According to Maslow, love and belonging needs include social relationships that provide affection, care, and connectedness with others.

This interaction reflects that he is not alone and that there are people around him who care about him. This fulfills Ove's need for love and belonging, as he is engaged in social relationships that contain affection and care from his neighbors. Parvaneh and her family are very attentive and caring towards Ove, despite Ove's initial unfriendliness.

(Datum 15)

*“Everything else on the paper is drawn in black, but the figure in the middle is a veritable explosion of color. A riot of yellow and red and blue and green and orange and purple.
“You’re the funniest thing she knows. That’s why she always draws you in color,” says Parvaneh.” (Page 167)*

The sentence above explains that Nasanin, Parvaneh's daughter seems to like Ove, through the drawings she makes, showing that Ove has a special place in her life. Parvaneh explains that her daughter always draws Ove in bright colors because

Ove is a figure that Nasanin finds funny and important. This shows the close emotional connection between Ove and Parvaneh's family, especially her daughter.

This reflects the fulfillment of Ove's needs for love, care and belonging from the community and people around him. According to Maslow, love and belongingness needs include feeling loved, accepted and having a close relationship with others. In this context, Ove becomes an important and valued figure in the child's life, as seen in the way the child expresses his affection through drawings.

(Datum 16)

“They can call me whatever they like. No need for you to stick your bloody nose in.”

And then he puts up the drawings one by one on the fridge. The one that says “To Granddad” gets the top spot. (Page 262)

The above sentence shows that Parvaneh's children like Ove and think of him as a grandfather, they feel comfortable around him. Ove begins to open up about his relationship with Parvaneh's children, saying “They can call me whatever they like. No need for you to stick your bloody nose in.” The presence of Parvaneh and her children acted as a bridge that helped fill the emotional void in his life.

This action reflects that Ove fulfills his love and belonging needs, which are the needs to be loved, to feel belonging, and to be part of a group. The children gave Ove pictures, and one of the pictures read “To Granddad”, indicating that they considered Ove to be an important figure in their lives, similar to a grandfather who is respected and loved. This is an expression of love and care from the children, showing their affection for Ove.

(Datum 17)

"It was nice that you came over yesterday," she adds.

"The girls are happy when you come over. They like you!" (Page 243)

From the statement above, it shows a positive response from Parvaneh who was happy with his arrival yesterday, because her children liked Ove. This is a form of emotional and social acceptance. Ove feels accepted and valued by the children and Parvaneh. According to Maslow, the need for love and belonging includes feeling valued and accepted by those around us, whether in family, friendship or community.

Parvaneh's remark that the children are happy when Ove comes shows that they feel an emotional bond with Ove. This gives Ove a sense that he is not only recognized, but also has an important place in their lives. The sentence reflects that Ove fulfills love and belonging needs because he not only gives attention to others, but also feels that he is accepted and liked.

(Datum 18)

"You're listed here as the 'next of kin,'" he says, glancing briefly at this emphatically Iranian thirty-year-old woman on the chair; and this emphatically un-Iranian Swede in the bed.

When neither of them makes the slightest effort to explain how this can be, other than Parvaneh giving Ove a little shove and sniggering. (Page 260)

The sentence above shows that Ove, who was initially cold and introverted, begins to engage in this new social situation, which creates a space for emotional attachment with Parvaneh. The presence of Parvaneh and her children gives Ove the opportunity to experience social bonds and affection again, which may have

been missing in his life. Ove began to open up and rediscover his purpose in life, as the relationship between him and Parvaneh's family grew stronger. The change in Ove, who was initially disturbed by the presence of his neighbor Parvaneh, has now changed and considers Parvaneh to be his relative. This interaction shows that Ove has become part of Parvaneh's family or group, fulfilling Maslow's need for belonging and love.

4. Esteem Needs

Maslow's fourth need is esteem needs, which falls into two categories: (i) esteem of self and (ii) esteem of others. Self-esteem includes the need to achieve, feel competent, gain approval, and recognition. It also includes the desire to feel superior to others. Meanwhile, esteem from others includes the need for reputation, status, social success, and fame. These needs arise in individuals who are already comfortable with the fulfillment of their basic needs. For example, a professional who already has a high reputation and does not have to worry about work, may become more selective in choosing a job. This need for esteem aims to achieve a higher position in the group and foster a sense of pride in one's work and self. These include self-esteem, respect, accomplishment, confidence, recognition, and achievement.

(Datum 19)

"I said if you have any more problems with those bloody radiators, you can come and ring my doorbell. The cat and me are at home." (Page 175)

The sentence above shows Ove indirectly offering help to his neighbor Anita to fix the radiator. This fulfills Maslow's need for esteem, both in terms of self-

esteem because Ove feels capable of helping, and recognition because his actions can be appreciated by others. By offering to help, Ove shows that he feels competent and skilled.

By offering to help Anita fix the radiator, Ove fulfills his esteem needs because he is confident that he has the ability to fix the radiator. Feeling capable and skilled at something is an important part of the need for self-esteem. In addition, this offer also shows that Ove wants to be valued and recognized as someone who is useful and reliable by his neighbors.

In addition to being able to fix the radiator, Ove also knows a lot about cars, so he has the confidence to fix the car himself. As in the sentence below:

(Datum 20)

*“The first thing he did was to take it to pieces. To see if he could manage it.
And he could.” (Page 92)*

The sentence above shows that Ove feels confident because he has the ability to dismantle and repair cars, an activity that demonstrates his skill. This reflects the need for self-esteem in Maslow's hierarchy, as Ove's action of dismantling the car shows initiative and ability. By doing the repairs himself, Ove expresses confidence in his skills. The ability to fix something creates a sense of accomplishment that can increase self-esteem. When Ove successfully repairs the car, this provides a significant sense of accomplishment. This success can boost self-esteem and provide personal satisfaction.

Ove's act of self-confidence fulfills his esteem needs, Self-confidence is part of self-esteem, where a person feels capable, competent and confident in their abilities. When a person has self-confidence, he feels able to face challenges and achieve his goals, which is the fulfillment of his esteem needs. Self-confidence is an important part of esteem needs, as it reflects a sense of self-worth and personal competence necessary for psychological balance according to Maslow's theory.

(Datum 21)

“Can someone tell me what we’re doing here?” calls Parvaneh.

“This kid here has a bicycle that needs repairing,” explains Ove as he pours water into the carafe. (Page 198)

This sentence reflects Ove's self-confidence in the context of his ability to fix things, which relates to the need for self-esteem. The young man asks Ove for help to fix his bicycle, and Ove agrees to the request, which gives Ove a sense of self-worth, as he feels useful in helping others. When a person feels confident, he feels in control of his abilities, which is an important element in fulfilling esteem needs.

Ove fulfills his self-esteem needs by being confident when the young man asks for his bike to be repaired by Ove. By saying that the bike needs to be fixed, Ove shows that he is confident in his ability to fix the bike. Self-confidence is part of self-esteem, where a person feels capable and sure of themselves.

(Datum 22)

“I need your help, Ove,” she says suddenly.

Ove doesn’t seem spontaneously or enormously enthusiastic.

“I thought you could help me pass my driving test,” she continues. (Page 166)

The sentence above shows when Parvaneh asks Ove for help to teach her to drive. Parvaneh recognizes that Ove has abilities that should be recognized. This request shows that Parvaneh appreciates and respects Ove as a knowledgeable and expert in his field. Although Ove initially objected to doing so, on the other hand, Ove felt useful and competent because he could demonstrate his ability to drive.

Ove fulfills his esteem needs because Parvaneh recognizes that Ove has the ability to drive. This fulfills Maslow's esteem needs aspect, where a person wants to be recognized for their abilities by others. By teaching Parvaneh to drive, and Parvaneh listening and following his instructions, Ove feels valued and recognized for his ability, thus increasing his confidence.

(Datum 23)

“Ove learned to fish. In the two autumns that followed their first visit, the roof of the house for the first time ever did not leak. And the truck started every time the key was turned without as much as a splutter. Of course Sonja’s father was not openly grateful about this. But on other hand he never again brought up his reservations about Ove “being from town.” And this, from Sonja’s father, was a good a proof affection as any.” (Page 133)

The sentence above explains that Ove repairing the roof of Sonja's father's house and truck, even without receiving direct thanks, still contributes to the fulfillment of Ove's esteem needs. According to Maslow, all humans naturally have a need to be valued by others and also to value others. People need to involve themselves to gain recognition and have an activity or several activities that provide a sense of personal contribution. Sonja's father, who initially doubted Ove because of his origins from the city, shows acceptance by no longer criticizing Ove. This

gives Ove a sense of social esteem that strengthens his position in the relationship. In addition, Ove's ability to fix various problems provides personal satisfaction and increases his confidence as a capable individual, fulfilling the need for self-esteem and a sense of being valued by others.

(Datum 24)

“The director would like to express his thanks for doing such a good job over the past fortnight,” the man said, short and to the point.

“Thanks,” said Ove as he started walking away. (Page 57)

The sentence shows that Ove has been doing a good job for 2 weeks, thus earning praise and recognition from the director through the thanks that the director wants to convey to Ove. One important aspect of esteem needs is a person's need for recognition or appreciation from others. This fulfills Ove's esteem needs because he feels appreciated and recognized for his efforts. Ove receives recognition for his abilities and achievements.

By getting recognition and being praised for his good work, it fulfills the esteem aspect of others, because awards or praise provide a sense of being valued and recognized by the environment. This praise can boost self-esteem, providing feelings of competence, worth and respect, all of which are important parts of fulfilling esteem needs.

5. Self-Actualization Needs

The need to self-actualize according to Maslow is the highest need in the pyramid hierarchy of needs. This need can be achieved if an individual successfully fulfills the needs of the previous needs. Self-actualization means becoming the best

version of oneself, according to personal expectations and desires. According to Abraham Maslow, self-actualization is the stage where a person is free to determine what they want in life and strive to make it happen.

In Fredrik Backman's *A Man Called Ove*, the main character Ove struggles with a variety of emotional issues, including loneliness, emptiness and past trauma. As the story progresses, Ove goes through a journey of self-discovery and eventually achieves self-actualization.

One of the ways Ove achieved self-actualization was that he wanted to be like his father, who worked hard and lived honestly without expecting praise or recognition from others and did not complain about what others did. Ove got a job at the railroad company where his father worked.

(Datum 25)

“If Ove had pointed out Tom, it would have been one word against another. But now it was Tom’s words against Ove’s silence. The next morning he was told by the foreman to empty his locker and present himself outside the director’s office.” (Page 60)

The sentence above explains that Ove chose not to complain about Tom's actions, even though it affected his job. This decision is based on Ove's life principle of not being a “snitch”. Although this decision ultimately costs Ove his job, it is more of an adherence to his moral principles, which are part of his integrity. As with Maslow, this self-actualization is a need for individuals to decide what they want.

By being a non-complainer, Ove has fulfilled his need for self-actualization. He decided to stick to his principles, because he wanted to be like his father, and he

tried to achieve this, by not complaining about Tom's actions, even though he had to lose his job. In self-actualization, one finds the meaning of life that is meaningful to them.

(Datum 26)

“Ove, conscientious and dutiful, completed his two-week stint on the railways. And to his own surprise he found that he liked it. There was a certain liberation in doing a job.” (Page 56)

The sentence above explains that Ove likes his work on the railroad, he feels a certain freedom in doing the job. According to Maslow, self-actualization is where a person feels they have the space to express themselves, enjoy their work, and experience freedom in their work. This freedom allows Ove to work in a way that suits his personality, which is part of the process of achieving self-actualization.

The statement that Ove “he found that he liked it” indicates a moment of self-discovery. This means that Ove began to understand more about himself and found interest and satisfaction in his work. This process reflects the achievement of self-actualization, where individuals realize their potential and desires. The data above reflects the process in which Ove fulfills his self-actualization needs. He not only lives life and works, but also finds meaning and satisfaction in what he does, which is the essence of self-actualization in Maslow's hierarchy of needs.

B. The Positive Effects of Fulfilling the Hierarchy of Needs on Ove's Life

After all the hierarchy of human needs are met, they will feel some positive impacts that can certainly affect their lives, such as getting a better life, happiness, abundance, and prosperity.

Ove has managed to fulfill the entire hierarchy of human needs well. Although the loss of his much-loved wife was a major obstacle in his life, he was able to go through the process of fulfilling his needs with resilience. After all these needs were met, his life became more meaningful. He found happiness, peace, and a deep connection with the people around him, despite having to continue living life without his wife. This can be seen in the following sentence:

(Datum 27)

“The neighbors are saying he’s been “like a different person” these last days, that they’ve never seen him so “engaged” before. But as Ove irritably explains to them, that’s only because Ove has never bloody engaged himself in their particular business before. He’s always been a bloody “engaged” person.”
(Page 236)

The sentence above shows that the love and belonging needs of the main character, Ove, are met. This can be seen from his deepening involvement with his neighbors. The neighbors mention that they have never seen Ove so “engaged” before, which shows a significant change in his relationship with his social environment. This engagement was not just an activity, but reflected the acceptance and sense of belonging he felt in his community.

The fulfilling effect of this love and belonging can be further seen in Ove's daily life. While he was previously known as a tough and withdrawn man, he now

shows greater warmth and concern for others. This fulfillment of love makes Ove feel accepted, recognized and purposeful in his life. The result is a more stable and positive emotional life, as evidenced by the neighbors who consider him “like a different person”. The acceptance of love and the social relationships he built made Ove a better and happier person.

(Datum 28)

But when he's by himself by Sonja's grave he does mumble on one occasion, "Sometimes it can be quite nice having something to get on with in the daytime." (Page 264)

From the quote above, Ove's muttering near Sonja's grave, “Sometimes it's quite nice to have something to do during the day,” shows that he has found a new sense of peace and purpose in his life. This statement reflects that Ove began to feel emotional stability and found the little things that made his life more meaningful.

The positive effect of fulfilling this need is the sense of security and peace that Ove feels, especially since he no longer has the desire to end his life. It also illustrates that Ove is beginning to accept his existence in the world, even though the loss of his wife remains a deep wound. This acceptance is an important part of his emotional recovery, which brings a new sense of calm and awareness to his daily life.

(Datum 29)

"Ove looks like he's sleeping very deeply. She has never seen his face looking so peaceful." (Page 265)

The sentence above reflects that Ove has found the inner peace that he had previously found difficult. After undergoing various emotional struggles, especially

the loss of his wife, Ove has finally reached a stage of deep serenity. The positive effect of fulfilling this need is that Ove feels calmer and free from feelings of anxiety or deep sadness. He is able to accept the reality of his life gracefully, although the loss of Sonja remains a difficult part.

(Datum 30)

The next day, another neighbor showed up. Then another. In the space of a few months, Ove had gone everywhere, fixing this and that in almost every house within a four-street radius. (Page 264)

Having previously lived a life of loneliness and isolation, Ove began to build closer relationships with his neighbors. He showed greater care and involvement by helping his neighbors improve things in their neighborhood. The positive effect of this need fulfillment is that Ove no longer feels isolated, but rather a part of his surroundings. His actions benefit not only those around him, but also give him a new sense of purpose and meaning in life. This illustrates significant emotional and social development within Ove, helping him to not only feel needed but also to positively impact others around him.

(Datum 31)

*The girl looked around to make sure no one could see, then she smiled and hugged Ove.
“Thank you, Grandpa,” she whispered, and then she ran into the room. (Page 420)*

The hug from the little girl is a sincere expression of love and appreciation for Ove. The words “Thank you, Grandpa” reinforce the emotional connection and sense of belonging between them. This quote reflects that Ove has fulfilled the need for love and belonging, which is at the third level in Maslow's hierarchy of needs.

The positive effect of this need fulfillment is seen in the feeling of being accepted and appreciated by others, which provides Ove with a sense of happiness and emotional warmth. This moment shows that Ove is not only considered a part of the little girl's life but has also become an important figure in her life. This helps Ove feel that his presence matters and has a positive impact on those around him.

(Datum 32)

So finally that night the seven-year-old girl got an iPad from Ove. And a cable from Jimmy. (Page 429)

By giving the little girl an iPad, Ove not only shows his care and affection, but also his action in creating happiness for others. This action strengthens the emotional connection between Ove and the little girl, and shows that Ove is beginning to engage in the lives of those around him in a meaningful way.

The positive effect of fulfilling this need is a sense of acceptance, respect and appreciation by his community. The act of giving the iPad also reflects that Ove feels that he has the ability to give something of value, which can increase his confidence and satisfaction as an individual who is able to help others. This moment is a clear example of how social engagement and appreciation from others helped Ove find new meaning in his life.

(Datum 33)

Ove went to bed and lay still, while the cat on Sonja's side of the bed took more than an hour to fall asleep. (Page 361)

Although Ove seems reluctant at first, he eventually shows affection to the stray cats that frequent his neighborhood. This becomes an important step in Ove's character change, as he begins to show his softer side and develop an emotional connection with another creature. The cat even faithfully accompanies Ove at various moments in the story.

The positive effect of this moment is that it creates a sense of community and emotional comfort for Ove. After losing his wife Sonja, Ove feels lonely. The presence of the stray cat lying on the side of the bed, where Sonja previously belonged, provides comfort to Ove. It helps to alleviate his deep sense of loss and fills the emotional void he feels. In addition, this moment reflects that Ove is beginning to open himself up to feeling affection and connection, albeit with a creature different from humans. Overall, this shows that Ove is beginning to find a sense of peace and connectedness in his life, which is part of fulfilling his need for affection and acceptance.

After Ove managed to fulfill the entire hierarchy of human needs, he felt various positive effects that impacted his life. His physical, emotional and social needs were well met, which made his life much better than before. Increased love, compassion, self-esteem and self-confidence propelled Ove towards deeper life satisfaction. This can be seen in how Ove began to accept the community around him, felt valued, and was able to live his life in peace.

CHAPTER V

CONCLUSION AND SUGGESTION

After analyzing and interpreting Ove's character in the novel *A Man Called Ove*, in this chapter the author presents conclusions and suggestions from the research on the Hierarchy of Needs of the main character in the novel by Fredrik Backman. Conclusions are drawn based on the problems of this study, and suggestions aim to convey information to future researcher who have the same interest.

A. Conclusion

Based on the problem of the study and discussion of data presentation and analysis, conclusions can be drawn regarding the types of human needs based on Maslow's Hierarchy of Needs, along with the ways in which they are fulfilled as living beings, which are reflected in the main character of the novel *A Man Called Ove*.

Ove fulfills his physiological needs through eating sausages and potatoes, then every morning before his routine activities he brews coffee. Ove also has a house as a place to live for shelter, and also Ove has clothes which are included in physiological needs, and Ove also sleeps for rest. After that, Ove fulfills the need for security by feeling secure in his health, and feeling secure financially. Ove fulfills the need for love and belonging when he meets Sonja, who changes Ove's previously black and white life, and his new neighbor Parvaneh and her family, who make Ove's life meaningful again after Sonja dies. In self-esteem, Ove has

confidence, a sense of worth, and recognition, such as fixing his neighbor's bicycle and radiator, and also Parvaneh asking him to teach her to drive. Finally, he fulfills self-actualization when he wants to be a figure like his father, who benefits others, works hard and lives honestly without expecting praise or recognition from others.

After Ove managed to fulfill his entire hierarchy of needs, he felt many positive effects that made a big impact on his life. As expected, his life became much better, happier, more peaceful and more meaningful. In addition, Ove also began to share his experiences and help those around him, which made him feel more connected to the community and find a new purpose in his life.

B. Suggestion

In studying the Novel *A Man Called Ove*, the researcher focuses on Maslow's Hierarchy of Human Needs and the ways of fulfilling the needs of the main character in the novel *A Man Called Ove*. the main character named Ove, has lost the spirit of life since the death of his wife, Sonja. And Ove tries to rise from his sense of adversity. However, when analyzing this novel, the researcher found some interesting topics. Therefore, the researcher suggests to future researchers who will examine the novel *A Man Called Ove* to continue their research by using other literary theories. The researcher hopes that the results of this study can be a useful reference and guide for future researchers, especially for those who have an interest in similar topics.

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