

**SELF-ACTUALIZATION OF THE MAIN CHARACTER IN  
JACKSON'S *A GOOD GIRL'S GUIDE TO MURDER***

**THESIS**

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

**2025**

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**THESIS**

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IBRAHIM MALANG**

**2025**

## STATEMENT OF AUTHORSHIP

I state that the thesis entitled “Self-Actualization of the Main Character in Jackson’s *A Good Girl’s Guide to Murder*” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

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## **MOTTO**

إِنَّ مَعَ الْعُسْرِ يُسْرًا

“Surely, with difficulty comes ease”

**(Q.S. Al insyirah: 6)**

## **DEDICATION**

This thesis is gratefully dedicated to:

My beloved father and mother, Drs. Abd. Samad and Hermin Susianti. I am deeply grateful to be your child. Thank you for your unwavering prayers, encouragement, love, motivation, and patience throughout the process from the beginning of my studies to the completion of this thesis. All your support is my greatest strength.

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Lastly, the researcher acknowledge myself for the hard work and dedication, even though the journey is not easy. The researcher grateful to myself for not giving up and persevering, and for always appreciating every achievement, no matter how small. The researcher hope that the results of this research can provide benefits for the development of science and society. The researcher also hopes this paper serves as an inspiration and motivation for the readers.

Malang, 13 June 2025

A handwritten signature in black ink, appearing to read 'Bastuta' followed by a stylized flourish.

Moh. Bastuta Shomad Al-ilmi

## ABSTRACT

**Al-ilmi, Moh. Bastuta Shomad, (2025).** Self-Actualization of the Main Character in Jackson's *A Good Girl's Guide to Murder*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Whida Rositama, M.Hum.

*Key Word: Self-Actualization Need, Main Character, Novel*

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Self-actualization is the highest peak in fulfilling human needs, as explained by Abraham Maslow through his theory of the hierarchy of needs. This concept is reflected in the character of Pippa Fitz-Amobi in the novel *A Good Girl's Guide to Murder* by Holly Jackson, which narrates Pippa's struggle to reopen a murder case that has been closed for five years due to hidden irregularities behind the closure of the case. This research aims to examine how the main character achieves self-actualization and what obstacles main character faces in the process. The focus of this research is on the process of self-actualization experienced by the main character, employing a psychological approach based on Abraham Maslow's hierarchy of needs theory. This research identifies the stages of self-actualization fulfillment demonstrated by the main character, beginning with basic needs such as physiological needs for food, air, and rest experienced by Pippa. The need for safety needs emerges when Pippa begins investigate the murder cases of Andie Bell and Sal Singh. Furthermore, belonging and love needs is illustrated through Pippa's warm relationship with her family, friends like Cara, and her beloved dog. The need for esteem needs is reflected in Pippa's efforts to restore the reputation of those who have been wrongfully accused, particularly her pursuit of justice for Sal Singh, which enhances both her self-confidence and the self-esteem of others. Finally, self-actualization needs is reflected in Pippa aspiration to become an investigative journalist. This desire is revealed through her statement about wanting to embody the qualities of Louis Theroux, Heather Brooke, and Michelle Obama. Pippa aims to go beyond the identity of an ordinary student and grow into a journalist who is critical, inspiring, and empowering. The obstacles that Pippa faces in achieving self-actualization consist of external factors and negative influences. Moreover, this research provides suggestions for further research those interested in using Abraham Maslow's theory of motivation and hierarchy of needs or the novel *A Good Girl's Guide to Murder* by Holly Jackson either by applying other theories or exploring other elements in the novel.

## مستخلص البحث

العلمي، محمد بسطة صمد، (٢٠٢٥). تحقيق الذات للشخصية الرئيسية في رواية دليل الفتاة الجيدة ضد القتل لجاكسون. رسالة جامعية. قسم اللغة الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرقة ويدا روزيتاما، ماجستير.

الكلمات الأساسية : تحقيق الذات، الشخصية الرئيسية، رواية

تحقيق الذات هو أعلى ذروة في تلبية الاحتياجات البشرية كما أوضح أبراهام ماسلو من خلال نظرية التسلسل الهرمي للاحتياجات البشرية. ينعكس هذا المفهوم في شخصية بيبا فيتز أموبي في رواية هولي جاكسون دليل الفتاة الطيبة للقتل، والتي تحكي قصة نضال بيبا لإعادة فتح قضية قتل تم إغلاقها لمدة خمس سنوات بسبب وجود مخالفات خفية وراء إغلاق القضية. يهدف هذا البحث إلى معرفة كيفية تحقيق الشخصية الرئيسية لتحقيق الذات والعقبات التي تواجهها في هذه العملية. ينصب تركيز الدراسة على عملية تحقيق الذات التي تمر بها الشخصية الرئيسية ، باستخدام نهج يعتمد على نظرية التسلسل الهرمي للاحتياجات البشرية من أبراهام ماسلو. تحدد هذه الدراسة مراحل تحقيق الذات من قبل الشخصية الرئيسية ، بدءاً من الاحتياجات الأساسية مثل الاحتياجات الفسيولوجية في شكل طعام وهواء وراحة تختبرها بيبا. بعد ذلك ، تنشأ الحاجة إلى الشعور بالأمان عندما تحقق بيبا في قضية مقتل أندي بيل وسال سينغ. علاوة على ذلك ، تظهر الحاجة إلى الانتماء والحب في علاقة بيبا الدافئة مع عائلتها ، وأفضل أصدقائها مثل كارا ، وكذلك كلبها المحبوب. تنعكس الحاجة إلى الجوائز حيث تسعى بيبا إلى استعادة سمعة الأشخاص الذين تعرضوا للتشويه ، مثل النضال من أجل العدالة لسال سينغ ، والتي لا تعزز ثقتها بنفسها فحسب ، بل تعزز أيضاً احترام الآخرين لذاتها. أخيراً ، يمكن رؤية حاجة بيبا إلى تحقيق الذات من تطلعاتها في أن تصبح صحفية استقصائية ، وهو ما يتضح من خلال بيانها عن رغبتها في أن تصبح شخصية مشتركة من لويس ثيرو وهيدر بروك وميشيل أوباما. تريد بيبا أن تتجاوز مجرد كونها طالبة عادية وأن تنمو لتصبح صحفية ناقدة وملهمة وتمكينية. تتكون العقبات التي تواجهها بيبا في تحقيق الذات من عوامل خارجية وتأثيرات سلبية. بالإضافة إلى ذلك ، تقدم هذه الدراسة اقتراحات للبحث المستقبلي المهتم باستخدام نظرية الدافع والتسلسل الهرمي لاحتياجات أبراهام ماسلو أو رواية دليل الفتاة الجيدة للقتل من تأليف هولي جاكسون إما عن طريق تطبيق نظريات أخرى أو استكشاف عناصر أخرى في الرواية.

## ABSTRAK

**Al-ilmi, Moh. Bastuta Shomad, (2025).** Self-Actualization of the Main Character in Jackson's *A Good Girl's Guide to Murder*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Whida Rositama, M.Hum.

*Kata kunci: Kebutuhan Aktualisasi Diri, Karakter Utama, Novel*

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Aktualisasi diri merupakan puncak tertinggi dalam pemenuhan kebutuhan manusia sebagaimana dijelaskan oleh Abraham Maslow melalui teori hierarki kebutuhan manusia. Konsep ini tercermin dalam tokoh Pippa Fitz-Amobi dalam novel *A Good Girl's Guide to Murder* karya Holly Jackson, yang mengisahkan perjuangan Pippa untuk membuka kembali sebuah kasus pembunuhan yang telah ditutup selama lima tahun karena terdapat kejanggalan yang tersembunyi di balik penutupan kasus tersebut. Penelitian ini bertujuan untuk mengetahui bagaimana tokoh utama mencapai aktualisasi diri serta hambatan-hambatan yang dihadapinya dalam proses tersebut. Fokus kajian berada pada proses aktualisasi diri yang dialami tokoh utama, menggunakan pendekatan psikologis dengan landasan teori hierarki kebutuhan manusia dari Abraham Maslow. Studi ini mengidentifikasi tahapan pemenuhan aktualisasi diri oleh tokoh utama, dimulai dari kebutuhan dasar seperti kebutuhan fisiologis berupa makanan, udara, dan istirahat yang dialami Pippa. Lalu, kebutuhan akan rasa aman muncul ketika Pippa menyelidiki kasus pembunuhan Andie Bell dan Sal Singh. Selanjutnya, kebutuhan akan rasa memiliki dan cinta terlihat dalam hubungan hangat Pippa dengan keluarganya, sahabat seperti Cara, serta anjing kesayangannya. Kebutuhan akan penghargaan tercermin saat Pippa berupaya memulihkan reputasi orang-orang yang difitnah, seperti memperjuangkan keadilan bagi Sal Singh, yang tidak hanya meningkatkan rasa percaya dirinya tetapi juga harga diri orang lain. Terakhir, kebutuhan aktualisasi diri Pippa tampak dari aspirasinya menjadi jurnalis investigatif, yang digambarkan melalui pernyataan keinginannya menjadi sosok gabungan Louis Theroux, Heather Brooke, dan Michelle Obama. Pippa ingin melampaui sekadar menjadi pelajar biasa dan tumbuh menjadi wartawan yang kritis, inspiratif, serta mampu memberdayakan. Hambatan yang dialami oleh Pippa dalam mencapai aktualisasi diri tersebut terdiri faktor eksternal dan pengaruh negatif. Selain itu, penelitian ini memberikan saran bagi penelitian selanjutnya yang tertarik menggunakan teori motivasi dan hierarki kebutuhan Abraham Maslow atau novel *A Good Girl's Guide to Murder* karya Holly Jackson baik dengan menerapkan teori lain maupun mengeksplorasi unsur-unsur lain dalam novel tersebut.

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## **CHAPTER I**

### **INTRODUCTION**

This chapter explains the background of the study, including the research topic and related previous studies. Additionally, it discusses the problem of the study, significance of the study, scope and limitations. Lastly, the definition of key terms provides to help readers understand the essential concepts used in this research.

#### **A. Background of the Study**

Self-actualization is a need that every human being must recognize. It refers to a continuous process in which individuals utilize their potential and talents to achieve desired goals (Palupi et al., 2020). When individuals integrate self-actualization into their consciousness can reach the peak of success as expected. Therefore, this research important of striving for self-actualization, which represents the highest level of human needs as described by Maslow in his hierarchy of needs.

In this way, the researcher provides a definition of Self-actualization need which according to Maslow (1954) is needs that humans will fulfill once basic needs have been met. Based on the definition, Self-actualization holds critical important in life, because all individuals strive to fulfill this need to improve themselves. Maslow stated that a person must experience discomfort when individual fail to achieve growth beyond their previous state (Maslow, 1954). From

Maslow's statement, it follows that everyone has the capacity to change their life provided Self-actualization is effectively nurtured within the individual.

One of novel that portrayed the process to reach self-actualization is *A Good Girl's Guide to Murder* by Holly Jackson. There are 314 pages in this novel, which was published in the United Kingdom in 2019. *A Good Girl's Guide to Murder* became one of the best novels published by Barnes and Noble and won the British Book Award for Children's fiction in 2020. The novel was awarded as the best children's fiction because the storyline is very clear and easy to understand. Additionally, the balance between suspense and romance in the story is well executed, making readers eager to read this novel over and over again.

The researcher provides several previous studies that used Maslow's hierarchy of needs theory. One of these studies, by (Az-Zakiyah, 2022; Bungan et al., 2025; Dikariasty & Seruni, 2022; Haryanto & Sosrohadi, 2023; Irmaida et al., 2023; Jaya et al., 2022; Manugeren, 2024; Melinda et al., 2019; Musa, 2020; Ni'mah & Rizal, 2022; Pahlewi et al., 2020; Palupi et al., 2020; Rahayu et al., 2020; Syafitri & Nurizzati, 2021; Takamuntu et al., 2022). This research aims to provide a comprehensive definition of the self-actualization of each main character. It employs a literary psychology approach, focusing on Maslow's motivation theory and the concept of self-actualization within his hierarchy of needs. This research centers on the self-actualization of the main character, as observed through the selected literary works.

After the previous studies regarding the theory have been explained above, the researcher will provide previous studies that used the same object in novel *A*

*Good Girl's Guide to Murder* by Holly Jackson. One of these studies, by (Angela Aprilyani Putri, 2024) aims to identify the types of feminism found in the character Pippa Fitz-Amobi's. Using Rosemarie Tong's theory and descriptive qualitative method. The results obtained show that aspects of liberal and radical feminism are present in Pippa.

Based on the sixteen previous studies reviewed by the researcher, many utilized Maslow's to analyze the main character in various novel chosen by each researcher. However, in terms of object, only few studies have examined the novel *A Good Girl's Guide to Murder* by Holly Jackson. Therefore, the difference between this research and previous studies lies in the choice of the object. This identifies a gap in the existing research on the novel *A Good Girl's Guide to Murder* by Holly Jackson. In this research, the researcher analyzes the novel *A Good Girl's Guide to Murder* by Holly Jackson using Maslow's hierarchy of needs theory, focusing on the self-actualization of the main character named Pippa.

## **B. Problems of the Study**

The problems of the study that this research discusses are:

1. How does the main character reach self-actualization in Jackson's *A Good Girl's Guide to Murder*?
2. What are the main character's obstacles in reaching self-actualization in Jackson's *A Good Girl's Guide to Murder*?

### **C. Significance of the Study**

The contribution of this research to science lies in discussing the process of achieving self-actualization needs in literary works. It aims to help readers understand how the process of self-actualization needs and what obstacles the main character face in literary works. In this research, the process of self-actualization is analyzed in accordance with Maslow's framework as presented in *Motivation and Personality* (1954).

Meanwhile, the practical contribution of this research lies in the valuable life lessons derived from the process of self-actualization needs. One important lesson involves gaining insight into how the process of self-actualization needs and what obstacles are obtained to process self-actualization needs. Therefore, when individuals fulfill this need, individuals can continuously develop themselves and become better.

### **D. Scope and Limitation**

This research has a scope centered on analyzing the self-actualization needs process and obstacles behind the actions of the main character in uncovering Sal's death. The analyze is based on the novel *A Good Girl's Guide to Murder* by Holly Jackson, published in 2019. Pippa's was chosen because Pippa is the dominant figure as the main character and a lot of data in accordance with the theory. Therefore, this research applies Maslow's hierarchy of needs theory, focusing on the self-actualization of the main character named Pippa to analyze the data.

The weaknesses of this research include, first, that the object has been

studied very little so far. Additionally, difference between the novel and the movie adaptation could be explored, as this novel already has a film. Furthermore, there is much more that can be researched in this novel, as the plot is so clear but needs to be read repeatedly to gain a deeper understanding.

### **E. Definition of Key Terms**

In this research, there are two terms that often appear. To avoid misunderstanding, researcher explains the meaning of each term from Maslow theory (1954):

1. Hierarchy of Needs is the drive that originates within an individual to fulfill an unmet need, starting from the most basic need to the highest need. (Maslow, 1954).
2. Self-Actualization Needs are need that humans will fulfill once basic needs have been met, such as a musician must create other musicians, a poet must rhyme to define their art and more (Maslow, 1954).

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

This chapter explains the review of related literature, covering the psychological approach to literature, the theory of human motivation, the hierarchy of needs, self-actualization needs, and factors that obstacle self-actualization. These ideas and concepts helped to explain and understand the main topic of this research.

#### **A. Psychological Approach to Literature**

Psychology is a part of literary studies, focusing on human psychological problems (characters) contained in literary works (Ahmadi, 2015). This includes perspective from the work, the author, and also the reader. Therefore, if a research aims to examine human character to understand the characters in literary works, it must use a psychological approach. According to Ahmadi (2015), literary psychology enables people to learn about psychology without needing to use complex academic or technical language. Literary psychology supports this research by aiding in the analyze of characters in a literary work. Additionally, Ahmadi stated that psychology is part of philosophy, as both discuss the soul. Over time, psychology separates from philosophy as it develops the ability to stand on its own. This allows researcher to focus more on their research from a psychological perspective. Therefore, this research uses a psychological approach, as it is highly relevant to the researcher objectives.

After discussing psychology, this research shifts to literature, as the object

of this research is a literary work. According to Wellek & Warren (1948), literature is result of imagination. In literary work, the author's imagination is often expressed through their creation. Therefore, psychological theories can often be used to analyze these works. Based on the definition above, psychology and literature are seen as distinct fields. Psychology focuses on understanding human behavior and characteristics, which help interpret the characters in literary works. However, literature is an imagination creation written by an author and presented as a literary work. The differences between psychology and literature involve elements such as behavior, thoughts, motivations, conflicts, and more.

According to Wellek & Warren (1948), the psychological approach consists of four parts. The first section is the psychological study of the author as an individual. In this section explores the emotions and experiences that influence the author while making their work. The second section is literary psychology, concentrating on the study of the creative process. In this section explores the creative process, detailing how a literary work is developed until it becomes a complete and finished piece. The third section is literary psychology, which examines the types and principles of psychology used in studying literary works. In this section explores how psychological themes or cases are reflected in characters in literary works. The last section is literary psychology, which focuses on the study of the reader. In this section explores how a literary work influences its readers, including its impact on their thinking or way of life. This research uses the third of the four psychological approaches described by Wellek & Warren, namely literary psychology, which examines the types and principles of psychology when applied

to literary works.

This research examines a social phenomenon with psychology, as reflected in the characters of a literary work. The psychological approach is employed because it is highly relevant to literary work, which often depict human life issues through the author's characterization. Furthermore, the psychological approach provides insights into various aspects of human behavior, including work, education and treatment of mental health issues. This research investigates the main character's self-actualization needs, making a psychological approach the most effective methodology.

## **B. Theory of Human Motivation**

According to Maslow (1954), humans are creatures of desire and rarely achieve perfect satisfaction unless time is limited. A natural tendency to desire things that have never been owned or experienced. Once one desire is fulfilled, another arise to take its place, continuing this cycle. Through motivation, humans learn to strive for and satisfy their desires. Moreover, motivation helps individuals address their unmet needs. Therefore, motivation theory differs from behavior theory, as motivation is only one part of the factors that determine behavior.

Maslow (1943) stated that the theory of motivation is human motivation comes from the desire to fulfill needs. According to Maslow, motivation occurs when an individual's needs are fulfilled. Maslow's proposed five needs, organized in a hierarchy that drive human behavior. Therefore, Maslow emphasized that higher level needs cannot be fully experienced unless basic needs are satisfied.

These needs are structured in a hierarchy starting with physiological needs, safety needs, belongingness and love needs, esteem needs, and the highest is self-actualization needs.

### C. Hierarchy of Needs

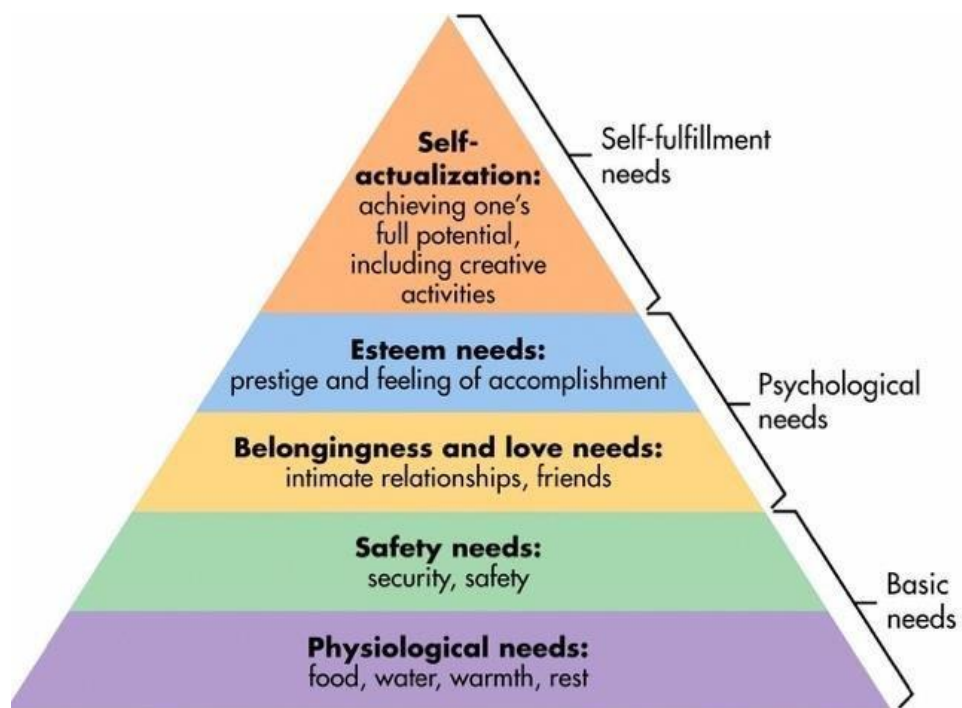


Diagram 1. *Maslow's Hierarchy of Needs* (Saul McLeod, 2024)

The diagram above shows the five levels of Maslow's hierarchy of needs theory. According to Maslow (1954) explains that human needs are structured in a hierarchical or pyramid form. Maslow (1943) stated hierarchy of needs is the drive that originates within an individual to fulfill an unmet need, starting from the most basic need to the highest need. In his theory, Maslow's identified five categories of needs: physiological needs, safety needs, belongingness and love needs, esteem

needs, and the highest level, self-actualization needs. This concept emphasizes that if basic level-needs are not fulfilled, higher-level needs cannot be achieved.

### 1. Physiological Needs

Physiological needs are the fundamental requirements at the base level of Maslow's hierarchy of needs theory. Basic needs are essential for every living being, such as the need to eat, drink, and fulfill other basic needs. According to Maslow (1954), physiological needs are the strongest motivations for humans, especially those who often feel like something is missing in their lives. If these needs are not met, individuals will prioritize finding ways to fulfill this need before moving on to address higher-level needs.

According to Maslow (1954), some individuals who constantly feel hungry believe that having a lifetime guarantee of food would bring individuals happiness. This mindset leads them to prioritize fulfilling individual physiological needs above all else, assuming that as long as individual hunger is satisfied, individuals survive. Consequently, other needs will be ignored, as the satisfaction of filling individuals stomach become more important and fulfilling than addressing other aspects of life.

### 2. Safety Needs

The next need after physiological needs, according to Maslow (1954) is the need to feel safe from threats. Everyone desires a peaceful life without interference from others. To achieve this, every country and region must ensure security to protect individuals. Consequently, the presence of order and law is essential in every country to maintain stability and safeguard the well-being each of its citizens.

According to Maslow (1954), safety needs can make a individual life more

meaningful when individuals take the form of religious or philosophical beliefs. It is not only adults who need safety; babies have safety needs will react when baby feels threatened such as loud noises, flashing lights, rough handling (Maslow, 1954). This example suggest that the safety needs is present from infancy, with babies seeking protection from their mothers.

### 3. Belongingness and Love Needs

The next need is the need for belongingness and love, which arises once physiological and safety needs are fulfilled. This includes the desire for friendship, companionship, and close relationships with others. According to Maslow (1954), love is a fundamental human relationship characterized with mutual respect and trust. Relationship are built on feelings of love and acceptance, it become a source of happiness and a sense of worth. Maslow (1954) also noted that if a person lacks friends, a partner, or a family, the person will never experience verbal or non-verbal forms of love and cannot give love.

This need highlights that to feel happy and valued, individuals must experience a sense of belongingness and love, whether through friendships, partnerships, and family bonds. In society, the failure of meet these needs is often at the core of severe cases of maladjustment and pathology. Love and affection, along with their potential expression through sexuality, are frequently regarded with ambivalence and surrounded by numerous restrictions and barriers. Almost all psychological theorists and pathologists view the failure to fulfill the need for love as fundamental factor contributing to the broader picture of injustice.

### 4. Esteem Needs

According to Maslow (1954), esteem needs are needs that include self-evaluation, self-respect, self-esteem, and mutual respect for others. These needs can be categorized into two types. First, the need for self-esteem, which includes the desire for strength, achievement, excellence, confidence, independence, and freedom. Second, the need for a good reputation, which includes prestige, status, fame, recognition, respect, attention, honor, or being valued. Maslow (1954) explains that when a person's need for self-esteem is not fulfilled, it can create feelings of inferiority, weakness, passiveness, discomfort, and low confidence in social interactions. Therefore, can be said that self-esteem can be elevated either through personal achievements or through the opinions of others.

Maslow (1954) stated that to fulfill the need for self-esteem involves developing feelings of confidence, worth, strength, ability, and adequacy, as well as sense of being useful and necessary in the world. Failure to meet this need can result in feelings of inferiority, weakness, and helplessness, which may lead to a sense of basic hopelessness. To foster the fulfillment of this need, recognition and appreciation are essential to build confidence and a fundamental sense of understanding.

## 5. Self-Actualization Needs

The highest level of human needs is self-actualization needs. Maslow stated that self-actualization needs is a need that humans will fulfill once basic needs have been met (Maslow, 1954). Everyone has a desire to express themselves as individuals capable of doing the things they want. This need can be defined as the desire to continually grow and achieve, striving to become everything one is capable

of being.

The specific form these needs take can vary significantly from person to person. According to Maslow (1954), self-actualization needs vary from person to person, as everyone has a unique desire to support themselves. For example, a musician must create other musicians, while others may wish to become authors. Additionally, there are others who express their self-actualization by pursuing new endeavors.

Self-actualization is a state of fulfillment in which an individual achieves their ideal self. Maslow stated that self-actualization occupies the highest position in the hierarchy of needs, namely when someone tries to actualize their full potential, abilities, and talents. Basically, humans by nature never feel completely satisfied with their lives. Once one need is met, the desire for satisfaction in other domain arises. The perception of self-actualization is subjective and varies for each individual, for example, a musician may feel fulfilled when they perform or create music, a singer when they achieve fame, a painter when they express themselves through art, and someone else when they successfully continue their family business.

Therefore, every individual needs to realize and develop their potential. Maslow (1954) emphasized that humans must live in according with their natural nature. Before they can pursue self-actualization, individuals must first fulfill the basic needs that are fundamental to survival, such as the need for food and shelter. Without fulfilling these needs, they cannot progress to higher level needs.

## **D. Factors that Obstacle Self-Actualization**

According to Maslow (1971), several obstacles can hinder the self-actualization process, which stem from internal factors, external factors, and negative influences. Therefore, individuals who actualize themselves that these obstacles shape their behavior and enable them to achieve their goals. The factors that obstacles self-actualization include:

### **1. Internal Factors**

Internal obstacles originate within the individual, such as lack of awareness of one's potential, self-doubt, and fear. At times, individuals feel reluctant or afraid to demonstrate their abilities, preventing their potential from developing fully. In fact, self-potential is crucial asset that must be recognized, explored, and developed. True change occurs only when individuals understand their potential and directs it into purposeful and well-founded actions.

### **2. External Factors**

Self-actualization becomes easier to achieve when individuals are supported by conducive environmental conditions. External obstacles originate from outside the individual, such as an unsupportive society or environment that inhibits the self-actualization process. The environment both physical and psychosocial plays a crucial role in shaping and developing individual behavior. When the environment does not permit, the self-actualization process is impeded.

### **3. Negative Influences**

Negative influences that arise alongside the pursuit of self-actualization, posing significant obstacles. For example, when individuals in express opinions, make decisions, or renounce unhelpful habits, they often experience fear or doubt. This fear can prompt withdrawal and prevent them from fulfilling their needs. Therefore, alongside a supportive environment, achieving self-actualization also requires individuals to be mentally prepared and open to new ideas and experiences.

### **CHAPTER III**

#### **RESEARCH METHOD**

This chapter explains the methodology uses in this research, detailing the steps and processes that are followed throughout the research. The research methodology includes the following elements: research design, data sources, data collection, and data analysis. Each of these elements is thoroughly described to ensure a clear understanding of how the research is conducted.

##### **A. Research Design**

The researcher uses the psychological approach to literature based on Wellek & Warren (1948), which emphasizes the connection between different types and principles of psychology and literary works. Additionally, the researcher uses Maslow's theory hierarchy of needs. The researcher examines applies Maslow's hierarchy of needs theory, focusing on the self-actualization of the main character in the novel *A Good Girl's Guide to Murder* by Holly Jackson.

##### **B. Data Source**

The source of this research was the novel *A Good Girl's Guide to Murder* by Holly Jackson. Published in 2019 as a fiction book, the novel consists of 314 pages and was published in Great Britain. All data for this research are taken from

excerpts of the novel *A Good Girl's Guide to Murder* by Holly Jackson and presented as words, phrases, or sentences.

### **C. Data Collection**

The researcher follows a series of steps to collect data from the novel *A Good Girl's Guide to Murder*. The first step, the researcher carefully reads the novel *A Good Girl's Guide to Murder*. The second step, the researcher highlights words, sentences, dialogues, and phrases that are relevant to the problems of the study. The third step, the researcher notes the data. After that, the researcher groups the selected words, sentences, dialogues, and phrases based on the problems of the study.

### **D. Data Analysis**

The researcher takes the data through multiple steps for analyze once it is collected. The first step, the researcher collects data that is pertinent to the research questions. The second step, the researcher categorizes the data. The third step, the researcher analyzes and interprets the data using Maslow's hierarchy of needs theory, focusing on the self-actualization and factors that obstacle self-actualization of the main character in the novel *A Good Girl's Guide to Murder* by Holly Jackson. The last step is drawing the conclusions.

## **CHAPTER IV**

### **FINDING AND DISCUSSION**

This chapter discusses the process of the main character's self-actualization through the fulfillment of five levels in Maslow's hierarchy of needs. Pippa's self-actualization begins with fulfilling her basic needs and builds upward through each successive. This chapter also describes the obstacles that Pippa experiences in reaching self-actualization.

#### **A. Pippa's Process for Reaching her Self-Actualization in *A Good Girl's Guide to Murder***

In this research, the researcher presents data on the process that the main character goes through in their efforts to reach self-actualization based on Maslow's hierarchy of needs theory. This process begins with the fulfillment of physiological needs, continues with the safety needs, continued with the belongingness and love needs, then the fulfillment of esteem needs, and finally reaches the highest stage, namely self-actualization needs. This research aims to examine whether the five needs are met sequentially and to what extent the main character succeeds in reaching self-actualization in the novel's narrative. The presentation of this data focuses on showing that the process of reaching self-actualization involves interrelated and supportive hierarchical stages, as described in Maslow's theory. Furthermore, the researcher presents data findings regarding each stage from physiological needs to self-actualization needs, illustrated through quotes and

analysis from the novel *A Good Girl's Guide to Murder*.

### 1. Pippa's Physiological Needs

The physiological needs refer to basic needs, such as hunger, thirst, sleep, and other essential bodily needs for human survival. In the novel, Pippa clearly shows the fulfillment of these needs, which then form the foundation for her to fulfill higher needs, eventually her to reaching self-actualization needs. Furthermore, in this section researcher explains the data that has been found by illustrating it in the sentences below:

*I need a break. (p. 52)*

Based on the previous explanation, it is clear that Pippa interviews Max Hastings and Naomi, both of whom are close friends of Sal. After completing the interviews, Pippa analyzes and compares their statements to assess whether Sal's two friends are lying. After drawing conclusions, Pippa then expresses her physiological needs through the phrase "*I need a break*", reflecting her need for rest as a basic human need. Therefore, this explanation shows how Pippa's character satisfies her physiological needs. Therefore, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs, in accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*'OK, so now we just need frozen peas, tomatoes and thread,' Pip's mum said, holding the shopping list out at arm's length so she could decipher Victor's scribbles.*

*'That says bread,' said Pip.*

*'Oh yes, you're right,' Leanne giggled, 'that could have made for some interesting*

*sandwiches this week.' (p. 53)*

Based on the data above, it is clear that Pippa and Leanne, who functions as a maternal figure to Pippa shop at the supermarket, searching for ingredients to prepare food. In this situation, Pippa tries to fulfill her physiological needs by preparing food before the ingredient stock at home runs out, as seen in the phrase *"That says bread," said Pip. 'Oh yes, you're right,' Leanne giggled, 'that could have made for some interesting sandwiches this week.'"*, this phrase shows the fulfillment of the need to eat, one of Maslow's physiological needs. Therefore, this explanation illustrates that Pippa satisfies her basic needs through eating, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*'Yep,' she said, 'while some people might work in their bedrooms, I sleep in my workstation. It's very different.' (p. 64)*

Based on the data above, it is clear that Pippa explains to Ravi that she is researching Sal's murder case, and that her workspace also functions as a place to sleep. In this context, Pippa fulfills her physiological needs, specifically the need for sleep, by sleeping at her workstation, as reflected in the phrase *"I sleep in my workstation."*, this phrase shows the fulfillment of the need for sleep, one of the basic human needs according to Maslow. Therefore, this explanation illustrates how Pippa fulfills her physiological needs through sleep, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the

highest level can only be reached once basic needs are met.

*'Admirable goals,' Pip said. 'Do you two want to go and grab the rest of the food from the car? I'll lay out our sleeping bags and put up the sides.'* (p. 79)

Based on the data above, it is clear that Pippa and her friends are camping in the Beech Forest with their respective goals, and Pippa supports all of those objectives. Afterwards, Pippa asks one friend to retrieve the rest of the food from the car so that they do not run out, as reflected in the phrase *"Do you two want to go and grab the rest of the food from the car?"*, this phrase shows Pippa's action to fulfill the need to eat, which is part Maslow's physiological needs. Therefore, this explanation illustrates how Pippa fulfills her physiological needs through eating, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*'Should we just go and get ice cream and give our brains a rest?' He turned to her with that smile of his. 'Yes, we probably should.'* (p. 107)

Based on the data above, it is clear that Pippa and Ravi meet Nat da Silva for an interview, then return to the car. They reflect on the information from Nat and Naomi, which leaves Pippa feeling confused. To help ease the confusion, Ravi offers a break and a drink in the form of ice cream, as reflected in the phrase *"Should we just go and get ice cream and give our brains a rest?" He turned to her with that smile of his. 'Yes, we probably should.'*, this phrase shows Pippa's actions supported by Ravi to fulfill physiological needs through drinking and resting,

specifically by enjoying ice cream as a form of refreshment. It reflects the fulfillment of two essential types of physiological needs: drink and rest. Therefore, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*'Hi, Jackie,' she said, smiling as she handed over the money.  
 'Hello, sweetheart. Big Amobi lunch plans?'  
 'We're assembling garden furniture and it's getting tense,' Pip said.  
 'Need sandwiches to placate the hangry troops.' (p. 116)*

Based on the data above, it is clear that Pippa and her brother, Josh, are shopping at a cafe to buy various types of sandwiches. They prepare food supplies to assemble furniture in the garden so they do not go hungry, as seen in the phrase *"Need sandwiches to placate the hangry troops."*, this phrase shows how Pippa attempts to fulfill her physiological need, the need to eat, by providing food for herself and others. It reflects that Pippa's fulfills basic physiological needs through the act of eating. Therefore, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*I also need sleep. (p. 139)*

Based on the data above, it is clear that Pippa succeeds in uncovering the identity and number of the drug dealer being sought, namely Howie Bowers, as part of the investigation into Sal's case. After catching Howie, Pippa realizes that she

really needs rest, as reflected in the phrase "*I also need sleep.*", this phrase shows that Pippa seeks to fulfill her physiological needs through sleep, a basic need. It shows that she satisfies her basic physiological needs for sleep, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*But I really need a) a proper night's sleep and b) to finish my Cambridge application. (p. 170)*

Based on the data above, it is clear that Pippa is trying to uncover Andie Bell's older secret boyfriend by using memory and deduction from incomplete numbers. She believes that knowing the identity will make it easier to reveal important details about Sal's death. Despite her best efforts, Pippa ultimately fails, and she realizes that she really needs rest, as reflected in the phrase "*But I really need a proper night's sleep.*", this phrase shows that Pippa seeks to fulfill her physiological needs through sleep, a basic human need according to Maslow. It shows that Pippa's fulfill her basic physiological needs for sleep, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*After lunch Pip returned to her locker to grab her Russia textbook for double history. (p. 213)*

Based on the data above, it is clear that after lunch Pippa returns to her locker to grab her Russian textbook for next double history lesson. This action is

reflected in the phrase *"After lunch Pip returned to her locker to grab her Russia textbook for double history."*, this phrase shows that Pippa fulfills her physiological needs, specifically the need to eat by eating lunch first so that she is not hungry before starting the lesson. It illustrates how Pippa fulfills the basic need to eat, which corresponds to Maslow's physiological needs. Therefore, fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle that the highest level can only be reached once basic needs are met.

*She needed air. Needed space. (p. 225)*

Based on the data above, it is clear that Pippa feels bored and stressed indoors while trying to work out the mystery of Sal's murder. To address this state, Pippa takes her pet dog, Barney, outside showing that she needs fresh air. This is reflected in the phrase *"She needed air."* The phrase shows that Pippa fulfilled her physiological needs, specifically the need for air, by going outside and breathing fresh air for a while. It illustrates how Pippa meets to fulfill one of the basic human needs, in line with Maslow's hierarchy of needs, which state that physiological needs like air are the foundation that must be fulfilled before individuals can progress toward higher-level needs, such as self-actualization needs.

*Pip sat there, coughing, waiting for the air to return to her chest. (p. 232)*

Based on the data above, it is clear that Pippa destroys all the tools used in the investigation of Sal's murder, following her beloved dog Barney's directions. After losing Barney, Pippa cries until she has difficulty breathing, which causes her

to desperately need air. This is reflected in the phrase "*Pip sat there, coughing, waiting for the air to return to her chest.*" The phrase shows that Pippa is striving to fulfill her physiological need specifically her need for air, by coughing and waiting for breath to return to her lungs so she can breathe normally. It shows that she fulfills basic human needs of breathing, which is part of Maslow's physiological needs. This aligns with Maslow's principle that physiological needs such as air and ventilation are the most basic foundations that must be fulfilled before an individual can pursue self-actualization needs.

*She'd had almost seven hours' sleep and she thought she'd done OK. (p. 264)*

Based on the data above, it is clear that Pippa takes an exam at her school when there are only forty-nine seconds left before the proctor ends the session. She realizes that sleeping for almost seven hours help her perform well on the exam, so she is optimistic that finishing quickly will give her more time to find important information about Sal's death. This is reflected in the phrase "*She'd had almost seven hours' sleep.*", this phrase shows that Pippa meets the basic physiological need of getting enough sleep with a duration seven hours of rest. Adequate sleep is essential for optimizing cognitive function and academic performance, as research shows that sleep duration and quality closely correlate with students test scores and memory abilities. Therefore, this explanation clearly shows that Pippa fulfills her most basic need for sleep as a foundation for reaching optimal performance and continuing her efforts to uncover the mystery of Sal's death. The fulfilling these physiological needs becomes the foundation for her to move to the next stage and ultimately reaching self-actualization needs. In accordance with Maslow's principle

that the highest level can only be reached once basic needs are met.

## 2. Pippa's Safety Needs

The safety needs include protection from threats, violence, and instability. There are basic human needs that arise after physiological needs have been fulfilled. In the novel, Pippa clearly shows fulfilling this need, which then form the foundation for her to fulfill higher needs, eventually her to reaching self-actualization needs. Furthermore, this section, researcher explains the data that has been found by illustrating it in the sentences below:

*'Guys,' she said quietly. A small kick to Ant's shin to shut him up. 'No one look now, but I think there's someone in the trees. Watching us.'*  
*'Where?' Connor mouthed, his eyes narrowing as they held Pip's. 'My ten o'clock,' she whispered. Fear like a blistering frost dripped into her stomach. Wide eyes spread like a contagion around the circle. (p. 82)*

Based on the data above, it is clear that Pippa and her friends are camping in the Beech Forest, when Pippa suddenly realizes that someone is watching them from a distance. Recognizing the potential danger, Pippa immediately tells her friends not to look back in order to maintain their safety. This occurs while Pippa is investigating Sal's murder case. The fear Pippa experiences is reflected in the phrase *"Fear like a blistering frost dripped into her stomach."*, this phrase shows how Pippa feels fear, which triggers need for security. Pippa fulfills her safety needs by remaining alert and taking prompt action to protect herself and her friends. In this way, fulfilling the safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached

once basic needs are met.

*'You're my back-up as we're going to speak to a potentially violent person of interest.'*  
*'Back-up?' he said, catching up to walk alongside her.*  
*'You know,' Pip said, 'so there's someone there to hear my screams of help if they're required.'* (p. 102)

Based on the data above, it is clear that Pippa does not face Sal's investigation alone because she fears the possibility of something unexpected happening. Therefore, Pippa works with Ravi so that she can receive help if problems arise, thus ensuring her safety. This is reflected in the phrase *"You're my back-up as we're going to speak to a potentially violent person of interest."*, the phrase shows that Pippa seeks protection by involving Ravi as a support when questioning a potentially dangerous individual. This action represents the fulfillment of safety needs through concrete actions, seeking protection and emotional support. In this way, fulfilling the safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*Pip made her way through the mayhem, protecting herself from the worst of the lurchers and staggerers with her elbows.* (p. 133)

Based on the data above, it is clear that Pippa attends a chaotic party where many people behave recklessly and rudely. To protect herself from those who come too close or act aggressively, she uses her elbows to maintain distance, as reflected in the phrase *"Pip made her way through the mayhem, protecting herself from the worst of the lurchers and staggerers with her elbows."*, this phrase shows how

Pippa actively fulfills safety needs by physically protecting her body from threats in her surroundings. In this way, fulfilling the safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*It was another of those Andie Bell secrets Pip had found herself trapped inside. As for giving up on Andie now, could she really do that? Could she walk away, knowing that Sal Singh wasn't guilty? Knowing a killer walked the same Kilton streets as her? She had to, didn't she? For the dog she'd loved for ten years, the dog who loved her back even harder. For her family's safety. (p. 233)*

Based on the data above, it is clear that after Barney death, Pippa feels devastated and decides to stop investigating Sal's murder to protect her family's safety. This is reflected in the phrase "*For her family's safety.*", this phrase shows that Pippa prioritizes protecting her family, a real form of fulfilling safety needs. This explanation illustrates that Pippa's character fulfills the need for safety by consciously sacrificing her investigation to protect her family from further threats. In this way, fulfilling the safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*'My name is Pippa Fitz-Amobi,' she said shakily, 'and I'm from Little Kilton. Please listen carefully. You need to send officers to forty-two Mill End Road in Wendover. Inside is a man named Elliot Ward. Five years ago, Elliot kidnapped a girl called Andie Bell from Kilton and he's been keeping her in this house. He murdered a boy called Sal Singh. You need to contact DI Richard Hawkins, who led the Andie Bell case, and let him know. I believe Andie is alive and she's being kept inside. I'm going in now to confront Elliot Ward and I might be in danger. Please send officers quickly.'* (p. 269)

Based on the data above, it is clear that Pippa continues her mission to uncover Sal's killer and decides to meet a man named Elliot Ward, despite the danger. To ensure safety in a risky situation, Pippa asks for police assistance beforehand. This is reflected in the phrase *"I'm going in now to confront Elliot Ward and I might be in danger. Please send officers quickly."*, this phrase shows that Pippa fulfills her need for protection, one of the main aspects of safety needs, by involving the authorities before facing a potential threat. This explanation illustrates that Pippa prioritizes her safety through preventive actions, such as asking for a police escort. In this way, fulfilling the safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

### **3. Pippa's Belongingness and Love Needs**

The belongingness and love needs include relationships with family, friendships, and emotional closeness to others. These needs arise after physiological and safety needs are met. In the novel, Pippa clearly shows fulfillment this need, which then form the foundation for her to fulfill higher needs, eventually her to reaching self-actualization needs. Furthermore, this section researcher explains the data that has been found by illustrating it in the sentences below:

*Pip had even allowed herself to get to the bottom of one beer, sitting with her navy star-crossed sleeping bag rolled up to her waist. Although she was much more interested in the crisps and sour cream dip. She didn't much like drinking, didn't like feeling that loss of control. (p. 80)*

Based on the data above, it is clear that Pippa and her friends camp in the Beech Forest and enjoying the atmosphere, including light alcoholic drinks. Even so, Pippa still maintains her health by refusing to lose control due to alcohol. This is reflected in the phrase *"She didn't much like drinking, didn't like feeling that loss of control."*, this phrase shows that Pippa prioritizes self-respect and self-protection by refusing situations that could harm her. This action fulfills her belongingness and love needs, specifically the self-love aspect. It illustrates that Pippa's fulfills the need for love and acceptance, not only from others, but also from herself. In this way, the fulfilling of belongingness and love needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*For the dog she'd loved for ten years, the dog who loved her back even harder.*  
(p. 233)

Based on the data above, it is clear that Pippa loves her beloved dog Barney her best friend for ten years. When Barney dies as a result of the Sal case investigation, Pippa feel a deep sense of loss. This is reflected in the phrase *"For the dog she'd loved for ten years, the dog who loved her back even harder."*, this phrase shows profound bond between Pippa and Barney, and shows the fulfillment of love and emotional closeness key aspects of belongingness and love needs through her relationship with her pet. This explanation illustrates that Pippa's fulfills her need for belonging and love, not only from others but also from herself. In this way, the fulfilling of belongingness and love needs becomes the foundation for

moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*She sleepwalked through lunch. And when it was over and Cara was heading off the other way, Pip limped up and hugged her. 'All right, clingy,' Cara said, trying to wriggle out. 'What's up with you?' 'Nothing,' said Pip. The sadness she felt for Cara was black and twisting and hungry. How was any of this fair? Pip didn't want to let her go, didn't think she could. But she had to. (p. 265)*

Based on the data above, it is clear that Pippa and her friends camp in the Beech Forest and share lunch, during which Pippa asks many questions about Cara's father, Elliot, one of the people she suspects. From Cara's story, Pippa realizes that Elliot has lied and he is the main cause behind Cara's disappearance. Because Pippa cares for deeply for Cara, her best friend who truly understands her struggle. She hugs Cara with love and care, as reflected in the phrase "*She sleepwalked through lunch. And when it was over and Cara was heading off the other way, Pip limped up and hugged her.*", this phrase shows how Pippa's acts to fulfill her need for belongingness and love needs through a heartfelt hug as physical support for her best friend. This explanation illustrates that Pippa's fulfills the need for belongingness and love not only from others but also by expressing compassion herself. In this way, the fulfilling of belongingness and love needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

#### 4. Pippa's Esteem Needs

The esteem needs involve strong self-esteem, respect, and appreciation from others. These needs arise after physiological, safety, and belongingness and love needs are met. In the novel, Pippa clearly shows fulfilling this need, which then becomes one of the foundations for her to fulfill higher needs and ultimately reach self-actualization needs. Furthermore, this section the researcher explains the data that has been found by illustrating it in the sentences below:

*As she and Ravi crossed over to the wardrobe, Pip silently promised the room that she would find the truth. Not just for Sal, but for Andie too. (p. 150)*

Based on the data above, it is clear that Pippa and Ravi trace the trail in Andie Bell's house to find evidence of Sal's murder, aiming to restore both Sal's and Andie's reputations. In Andie's room, Pippa silently promises the space that she will uncover the truth, not only for Sal, but also for Andie Bell as well, as reflected in the phrase "*As she and Ravi crossed over to the wardrobe, Pip silently promised the room that she would find the truth. Not just for Sal, but for Andie too.*", this phrase shows that Pippa commits to repairing Sal's and Andie's good names, thereby fulfilling esteem needs related to both self-esteem and respect for others. This explanation illustrates that Pippa fulfills esteem needs by showing care for others reputations. In this way, the fulfilling of safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*'Ravi.' His name fizzed on her lips and she broke into a smile. 'Sal couldn't possibly have done it. He's innocent; the photo proves it. (p. 194)*

Based on the data above, it is clear Pippa and Ravi set up a reconstruction scenario using all the evidence they had collect to prove that Sal is innocent of Andie Bell's death. Through the reenactment, Pippa emphasizes her belief that Sal is not responsible and believes that another person must be the perpetrator. This is reflected in the phrase *"Sal couldn't possibly have done it. He's innocent; the photo proves it."*, this phrase that Pippa is committed to repairing Sal's reputation, falsely labeled a murderer, by presenting strong, valid evidence, fulfilling her own esteem needs as well as showing respect for Sal. It illustrates that Pippa fulfills esteem needs by actively clearing the accusations and restoring Sal's reputation. In this way, the fulfilling of safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*Pip walked back towards her car on Romer Close, her tread much lighter on this, the return journey. Lighter because now she knew for sure. And she could say it in her head. Sal Singh did not kill Andie Bell. (p. 196)*

Based on the data above, it is clear that Pippa walks home believing in her heart that Sal Singh is innocent and did not kill Andie Bell. This is reflected in the phrase *"Sal Singh did not kill Andie Bell."*, this phrase shows how Pippa reaffirms her conviction and works to clear Sal's name, showing her concern for both her own self-esteem and Sal's reputation, a form of fulfilling esteem needs, as defined by Maslow's hierarchy of needs. This explanation illustrates that Pippa's fulfills the

need for respect and reputation by defending Sal and asserting the truth. In this way, the fulfilling of safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*'Sal was innocent. Someone killed Andie and then they killed Sal, after making sure he'd look guilty beyond reasonable doubt. Your best friend was innocent, and you've all known it for five years.'* (p. 203)

Based on the data above, it is clear that Pippa confronts Naomi and Max, Sal's best friends, and demands that they tell the truth. When the truth is revealed, Pippa asserts that Sal is innocent and that someone else killed Andie Bell and then killed Sal to frame him, as seen in the phrase *"Sal was innocent. Someone killed Andie and then they killed Sal, after making sure he'd look guilty beyond reasonable doubt."*, this phrase shows how Pippa actively seeks to restore Sal's reputation, which was wrongfully maligned. She reveals the true facts as a way to fulfill esteem needs, not only for herself but also for Sal and the integrity of the case. This explanation illustrates that how Pippa's fulfills esteem needs through defending Sal's reputation and affirming the truth. In this way, the fulfilling of safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*'You're asking me to cover for you and what you did. And I will. But I will not cover up the truth about Sal.'* She swallowed and it grated all the way down her tight and scratchy throat. *'I'm going to find who really did all this, the person who killed Andie and Sal. That's the only way to clear Sal's name and protect you at the same time.'* (p. 204)

Based on the data above, it is clear that Pippa meets with Naomi and Max as part of the ongoing investigation into Sal's death. Because Naomi cooperates and provides clear information, Pippa convinced that they can clear Sal's name, as seen in the phrase *"That's the only way to clear Sal's name and protect you at the same time."*, this phrase shows that Pippa cares about Sal's reputation and self-esteem, and considers protecting Naomi and Max. This reflects esteem needs, both in the form of respect for others and support for their reputations. This explanation illustrates that Pippa fulfills esteem needs by actively defending the truth and supporting Sal, Naomi, and Max. In this way, the fulfilling of safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

*'I'm not sure he did,' Pip said, widening her eyes in what she hoped was a meaningful way. 'I'm not so sure Sal did it. And I think I'm close to proving it.'*  
(p. 219)

Based on the data above, it is clear that Pippa meets with Becca, Andie Bell's sister, and convinces her that Sal did not kill Andie even though Becca remains hesitant because all the media has portrayed Sal as guilty. This is reflected in the phrase *"I'm not so sure Sal did it."*, this phrase shows that Pippa fulfills her esteem needs by advocating for Sal's reputation, even when Becca does not fully believe him. She subtly defends Sal to clear his name from false accusations. This explanation illustrates that Pippa's fulfills the esteem through actions that promote respect and recognition for others particularly Sal. In this way, the fulfilling of

safety needs becomes the foundation for moving to the next stage and ultimately reaching self-actualization needs. In accordance with the principle of Maslow's hierarchy of needs that the highest level can only be reached once basic needs are met.

### **5. Pippa's Self-Actualization Needs**

The self-actualization need is a human drive to reach what one desires, such as aspirations or life goals. This need can only be fulfilled after physiological needs, safety needs, belongingness and love needs, and esteem needs are satisfied. Therefore, Pippa as the main character in the novel, shows a need for self-actualization after fulfilling previous needs. Therefore, the researcher presents data on the forms of self-actualization found in Pippa. Furthermore, this section the researcher explains the data that has been found by illustrating it in the sentence below:

*Let it never be said that Pippa Fitz-Amobi is not an opportunistic interviewer. (p. 56)*

Based on the data above, it is clear that Pippa meets with Elliot, Andie Bell's teacher, and immediately takes the opportunity to interview Elliot using questions she prepared in advance. She realizes that, as an adult and a teacher, Elliot has insight she cannot get from her peers. During the interview, Pippa feel like an opportunistic interviewer, really taking advantage of the moment. It is an expression of Pippa's self-actualization needs. As reflected in the phrase "*Let it never be said that Pippa Fitz-Amobi is not an opportunistic interviewer.*", this phrase shows that

Pippa fulfills her self-actualization needs by embracing and taking pride in her role as an opportunistic interviewer. Through this spontaneous decision to take the initiative and interview Elliot, Pippa actualizes herself. Therefore, after all the basic needs, namely physiological needs, safety needs, belongingness and love needs, and esteem needs are met by Pippa, the self-actualization needs arise in her, namely to realize the goals she wants to reach. In accordance with the principle of Maslow's hierarchy of needs, the highest level of fulfillment can only be reached once the basic needs are met.

*'Of course,' she said. 'I want to be Louis Theroux and Heather Brooke and Michelle Obama all rolled into one.'* (p. 89)

Based on the data above, it is clear that Pippa talks to Cara about her college major, university, and future plans. Subsequently, Pippa expresses her ambition "*I want to be Louis Theroux and Heather Brooke and Michelle Obama all rolled into one.*", this phrase signifies her strong aspiration to blend the qualities of an investigative interviewer, a transparency journalist, and an influential inspirational figure. At that moment, Pippa shows that she is not just an ordinary teenager confused about selecting a major, she projects her ideals, striving to embody the characteristics of Louis Theroux, Heather Brooke, and Michelle Obama. This is a strategic and meaningful ambition. The moment illustrates Pippa's self-actualization aspiration, she not only wants to graduate and succeed, but also desires to balance curiosity, social awareness, and positive influence. Therefore, after all the basic needs, namely physiological needs, safety needs, belongingness and love needs, and esteem needs are met by Pippa, the self-actualization needs arise in her,

namely to realize the goals she wants to reach. In accordance with the principle of Maslow's hierarchy of needs, the highest level of fulfillment can only be reached once the basic needs are met.

*'Oh, cool,' Pip said. 'I actually want to be a journalist too. An investigative journalist.'* (p. 117)

Based on the data above, Pippa is shopping and accidentally meets Becca, Andie Bell's sister. At first, Pippa feels nervous and hesitant. However, once they start talking, Pippa takes the opportunity to interview Becca under the pretext of a school assignment, while emphasizing her aspirations *"I actually want to be a journalist too. An investigative journalist."* In that moment, Pippa is not just looking for information, she realizes that she is living the role she dreams of a young investigative journalist. This statement shows a deep aspiration, not just wanting to know, but striving to become someone who uncovers the truth through interviews and investigations. It shows that Pippa is actualizing herself by pursuing her personal goals to become investigative, critical, and professional. She applies her journalistic knowledge and skills in real-world situations, even while still learning process. Through this spontaneous interview, Pippa shows increasing maturity, she is brave, proactive, and living her dream of becoming an investigative journalist, something she has always longed for and projected in her identity. Therefore, after all the basic needs, namely physiological needs, safety needs, belongingness and love needs, and esteem needs are met by Pippa, the self-actualization needs arise in her, namely to realize the goals she wants to reach. In accordance with the principle of Maslow's hierarchy of needs, the highest level of fulfillment can only be reached

once the basic needs are met.

## **B. The Obstacle for Pippa's Self-Actualization**

As a teenager who succeeds in realizing her dreams, Pippa faces various obstacles that hinder her from fully reaching self-actualization needs. This research aims to identify the factors that become these obstacles. Especially those originating from unmet safety needs that Pippa strives to fulfill. In this process, only two types of obstacles are experienced by the main character, namely external factors and negative influences. The following is a description of these factors that obstacle Pippa from reaching her self-actualization needs.

### **1. External Factors**

External factor is one of the factors that obstacles the development of self-actualization needs. Humans need environmental support, because humans cannot be separated from social interaction. A lack of support can reduce self-confidence, make someone feel worthless, and obstacle the development of their potential. This also happens to Pippa Fitz-Amobi, the main character in *A Good Girl's Guide to Murder*. Who experiences fear during her investigation of the murder case of Andie Bell and Sal Singh. Pippa's fear arises due to threat made by the perpetrator in an attempt to stop her from reopening the case that has been closed by the police. This obstacle arises when Pippa tries to fulfill her safety needs. Furthermore, this section the researcher explains the data that has been found by illustrating it in the sentences below:

*Guys,' she said quietly. A small kick to Ant's shin to shut him up. 'No one look now, but I think there's someone in the trees. Watching us.'*  
*'Where?' Connor mouthed, his eyes narrowing as they held Pip's. 'My ten o'clock,' she whispered. Fear like a blistering frost dripped into her stomach. Wide eyes spread like a contagion around the circle. (p. 82)*

Based on the data above, Pippa and her friends are camping in the Beech Forest when suddenly Pippa realized that someone is watching them from a distance. Realizing the potential danger, Pippa immediately tell her friends not to look back in order to maintain their safety. This occurs while Pippa is investigating Sal's murder case. The fear that arises in this situation is reflected in the phrase *"Fear like frost blistering dripping into her stomach."*, the phrase above describes Pippa's obstacles in fulfilling self-actualization needs. These obstacles arise when Pippa tries to fulfill her safety needs. In this situation, Pippa feels intense fear due to being terrorized by the murderer. The terror comes from the person who kills Sal and Andie Bell and Sal Singh. Therefore, Pippa experiences fear, which falls into the category of external factors.

*She unfolded the paper, eyes skipping across it.*  
*In a large formal font printed across the page were the words: Stop digging, Pippa.*  
*She dropped it, eyes following as it fell open. Her breath time travelled back to running in the dark, snapshots of trees in the flashing torchlight. Disbelief staled to fear. Five seconds there and the feeling crisped at the edges, burning into anger. (p. 85)*

Based on the data above, Pippa and her friends were camping in the Beech Forest. Suddenly, while Pippa is getting her food, Pippa finds a piece of paper that contains a threat. The threat is reflected in the phrase *"Stop digging, Pippa."*, the phrase above describes the obstacles that Pippa experiences in fulfilling her self-

actualization needs. In this situation, Pippa receives threats, which indicates that she does not receive support to uncover the identity of Andie Bell killer in order to restore Sal's good name, even though Sal is no longer alive. Therefore, Pippa faces threats that fall into the category of external factors.

*It was another of those Andie Bell secrets Pip had found herself trapped inside. As for giving up on Andie now, could she really do that? Could she walk away, knowing that Sal Singh wasn't guilty? Knowing a killer walked the same Kilton streets as her? She had to, didn't she? For the dog she'd loved for ten years, the dog who loved her back even harder. For her family's safety. (p. 233)*

Based on the data above, Pippa feel devastated because her beloved dog, Barney, dies as a result of her investigation into Sal's murder case. In order to protect her family's safety, Pippa decides to stop pursuing the case. This is reflected in the phrase "*For her family's safety.*", the phrase above describes Pippa's obstacles in fulfilling self-actualization needs. These obstacles arise when Pippa tries to fulfill her safety needs. In this situation, Pippa receives a threat: if Pippa does not stop looking for the perpetrator of Andie Bell's death, Pippa risks not only losing her beloved dog but also her family. Therefore, Pippa experiences fear, which falls into the category of external factors.

## **2. Negative Influences**

The next obstacle comes from negative influences that arise alongside the fulfillment of the self-actualization needs. This obstacle arises, when Pippa tries to fulfill her safety need. Pippa needs support from her environment, as reaching self-actualization also requires individual readiness and openness to new ideas and experiences. Furthermore, this section the researcher explains the data that has been

found by illustrating it in the sentences below:

*'You're my back-up as we're going to speak to a potentially violent person of interest.'*  
*'Back-up?' he said, catching up to walk alongside her.*  
*'You know,' Pip said, 'so there's someone there to hear my screams of help if they're required.'* (p. 102)

Based on the data above, Pippa does not face Sal's investigation alone because she feels afraid that something unexpected might happen. Therefore, Pippa works together with Ravi so she can get help if problems arise, ensuring her safety is maintained. This is reflected in the phrase *"You're my back-up as we're going to speak to a potentially violent person of interest."*, this phrase describes Pippa's obstacles in fulfilling self-actualization needs. These obstacles arise when she tries to fulfill her safety needs. In this situation, Pippa seeks protection by involving Ravi as a supporter during her investigation into someone potentially dangerous. With Ravi's support, Pippa can fulfill self-actualization needs, which is included in the category of negative influences.

*'My name is Pippa Fitz-Amobi,' she said shakily, 'and I'm from Little Kilton. Please listen carefully. You need to send officers to forty-two Mill End Road in Wendover. Inside is a man named Elliot Ward. Five years ago, Elliot kidnapped a girl called Andie Bell from Kilton and he's been keeping her in this house. He murdered a boy called Sal Singh. You need to contact DI Richard Hawkins, who led the Andie Bell case, and let him know. I believe Andie is alive and she's being kept inside. I'm going in now to confront Elliot Ward and I might be in danger. Please send officers quickly.'* (p. 269)

Based on the data above, Pippa continues her mission to uncover Sal's killer and decides to meet a man named Elliot Ward, even though it endangers her. To ensure her safety in a risky situation, Pippa asks for help from the police first. This is reflected in the phrase *"I'm going in now to confront Elliot Ward and I might be*

*in danger. Please send officers quickly.*", this phrase describes Pippa's obstacles in fulfilling self-actualization needs. These obstacles arise when Pippa tries to fulfill her safety needs. In this situation, Pippa seeks protection by involving the authorities or more specifically the police, as supporters to help resolve the problems she faces. With the support of the police, Pippa is able to fulfill her self-actualization needs, which relates in the category of negative influences.

## **CHAPTER V**

### **CONCLUSION AND SUGGESTION**

This chapter explains the summary of research findings and suggestions, which include the conclusion drawn by the researcher from the answers obtained in this research. These questions are answered using the theory that has been chosen to address the problem of study in the initial chapter. In addition, this chapter provides suggestions related to the limitations of the research that can be further developed by readers and future research.

#### **A. Conclusion**

Based on the previous analysis, it is found that the main character's process of self-actualization in the novel *A Good Girl's Guide to Murder*. Includes the five levels of needs according to Maslow, each of which is fulfilled through Pippa's roles and actions throughout the story. The first, fulfillment of her physiological needs, Pippa's basic needs such as food, drink, and sleep are fulfilled, as she maintains her daily routine while undergoing a long investigation. The second, fulfillment of her safety needs, Pippa relies on close relationships with friends like Cara, Ravi, and with the police, as a safety net in investigating the Andie Bell case. The third, fulfillment of her belongingness and love needs, Pippa's warm relationship with her family, friends, especially Cara and her beloved dog, with shows her sense of belonging and love. The fourth, fulfillment of her esteem needs, Pippa helps restore the reputation of those wrongly slandered, such as Sal Singh, thereby upholding justice. The fifth, fulfillment of her self-actualization needs,

Pippa's aspiration to become an investigative journalist marks the pinnacle of her Maslow hierarchy of needs. She expresses a desire to emulate figure like Louis Theroux, Heather Brooke, Michelle Obama, not just to remain a student, but to become a critical, empowering, and inspiring journalist.

In addition, this research also identifies two factors that obstacles main character's self-actualization, including the first, external factors, Pippa faces direct threats from parties implicated in the deaths of Andie Bell and Sal Singh. These stakeholders actively oppose her investigation and refuse to support her efforts. The second, negative influence, the support Pippa receives from Ravi and the Police, although intended to help, sometime intensifies the conflict, adding complexity and obstructing the revelation of the truth.

## **B. Suggestion**

In this research, the researcher only focuses on the self-actualization and factors that obstacle self-actualization as described Pippa's in the novel *A Good Girl's Guide to Murder* by Holly Jackson. The researcher hopes that this research can help readers to have an understanding of the theory of motivation, hierarchy of needs, the process for reaching self-actualization, and the obstacle for self-actualization described through Pippa, by reading both the thesis and the novel. Furthermore, the researcher provides suggestions for further research those interested in using Maslow's theory of motivation and hierarchy of needs or the novel *A Good Girl's Guide to Murder* by Holly Jackson either by applying other theories or exploring other elements in the novel.

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## CURRICULUM VITAE



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