

**INFERIORITY COMPLEX OF THE MAIN CHARACTER IN
NOVEL *BUBBLE* BY STEWART FOSTER**

THESIS

By:

Audita Hanifah Cahyani

NIM 210302110034



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG
2025**

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NOVEL *BUBBLE* BY STEWART FOSTER**

THESIS

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

By:

Audita Hanifah Cahyani

NIM 210302110034

Advisor:

Agung Wiranata Kusuma, M.A.

NIP 198402072015031004



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG
2025**

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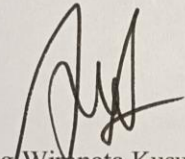
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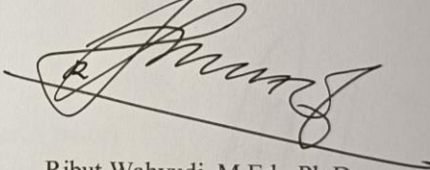
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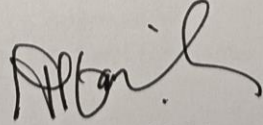
Approved by
Advisor,


Agung Wiranata Kusuma, M.A.
NIP 198402072015031004

Head Department of English
Literature,


Ribut Wahyudi, M.Ed., Ph.D.
NIP 198112052011011007

Acknowledged by
The Dean,


Dr. M. Faisol, M.Ag.
NIP 197411012003121003

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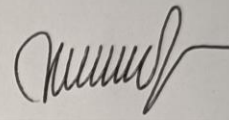
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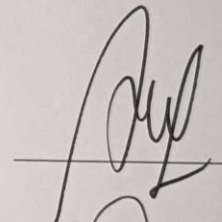
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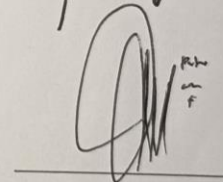
1. Prof. Dr. Mundi Rahayu, M.Hum. (Main Examiner)
NIP 196802262006042001



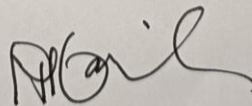
2. Agung Wiranata Kusuma, M.A. (First Examiner/Advisor)
NIP 198402072015031004



3. Asni Furaida, M.A. (Second Examiner)
NIP 198807112023212027



Approved by
Dean Faculty of Humanities



Dr. M. Faisol, M.Ag.
NIP 197411012003121003

MOTTO

“Allah does not charge a soul except [with that within] it’s capacity.” (Q.S Al-Baqarah [2] : 286)

“Don’t be so hard on yourself, it’s your first time living too.” – Cheers to Youth
by SEVENTEEN

DEDICATION

I present this thesis to:

My number one supporter,

My beautiful and lovely mother, Dyah Anggarani, my lovely step-father, Arief Rachman, my big brother, Revanto, and my soon to be psychologist sister, Fivika.

My humble advisor, Agung Wiranata Kusma, M.A.

All of my friends who support me,

And lastly for myself, Audita Hanifah Cahyani.

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This research could not have been completed without support from all people around me. Therefore, I am very grateful to thank my advisor Agung Wiranata Kusuma, M.A. who sacrifice his time to correct, guide, and provide suggestion and criticism to this thesis. I would also like to express my deepest gratitude to:

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3. The head of the department of English Literature Ribut Wahyudi, M.Ed, Ph.D.
4. My family, my mother, who always gives support and endlessly love toward me, my sister, who share her knowledge about psychology so that I can

understand about psychology aspects, my brother, who endlessly tell me to do my thesis, my step-father, my father, and my cats.

5. My closest friends, Cut Ayu Putri Ari Farantika, Shevira Damayanti, Jihan Al Humairoh, Nuril Azizah, and Anggraeni Juwita Wati who always accompany and support me during my thesis process.
6. One of my source of happiness, Choi Seungcheol, Yoon Jeonghan, Hong Jisoo, Wen Junhui, Kwon Soonyoung, Jeon Wonwoo, Lee Jihoon, Xu Minghao, Kim Mingyu, Lee Seokmin, Boo Seungkwan, Chwe Hansol, and Lee Chan.

This thesis is far from perfection. Therefore, I expected suggestion for future improvements. Finally, I hope this thesis can be helpful for readers and further researchers.

Malang, 24 June 2025
The researcher

Audita Hanifah Cahyani
NIM 210302110034

ABSTRACT

Cahyani, Audita Hanifah (2025) *Inferiority Complex of the Main Character in Novel Bubble by Stewart Foster*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Agung Wiranata Kusuma, M.A.

Keyword : inferiority complex, lifestyle, striving for a goal

Inferiority complex is a strong feeling of inferior. It usually appears in human being who are born with deficiency. The issue of inferiority complex can be found in novel by Stewart Foster entitled *Bubble* which experienced by the main character, Joe. Joe is patient with Severe Combined Immuno Deficiency which force him to stay inside of his hospital for almost his whole life. This study aims to find out how inferiority complex affects the main character's lifestyle, as well as how the main character's inferiority complex drives him toward his goal. This study uses literary criticism as its method with novel as the subject of this study and uses psychological approach with Alfred Adler's individual psychology theory. The result of this study revealed that Joe's inferiority complex affects him to have regular lifestyle, and lifestyle full of wishing and dreaming. Then, Joe overcome his inferiority complex by refers himself as superhero and look up to them. Moreover, the lifestyle and limitation that he has because of his condition leads him to courage himself to reach his goal which going outside of his hospital room. To achieve his goal, Joe practicing breathing methode that can make him calm and Joe trusting Amir as person to help Joe rech his goal. In addition, the researcher suggest for further researcher to explore this novel using loneliness theory, character development, or using other approaches and criticism to make more different perspective.

مستخلص البحث

كاهياني ، أوديتا حنيقة ٢٠٢٥ عقدة النقص للشخصية الرئيسية في رواية الفقاعة بقلم ستيوارت فوستر : دراسة في علم النفس الفردي لألفريد أدلر. أطروحة البكالوريوس. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة الإسلام نيجيري مولانا مالك إبراهيم مالانج. المستشار: أجونج ويراناتا كوسوما، ماجستير

الكلمات المفتاحية: عقدة النقص، أسلوب الحياة، السعي لتحقيق هدف

عقدة النقص هي شعور قوي بالنقص. وعادةً ما تظهر لدى الإنسان الذي يولد مصاباً بالنقص. يمكن العثور على مسألة عقدة النقص في رواية ستيوارت فوستر بعنوان "فقاعة" التي عانى منها الشخصية الرئيسية "جو". جو مريض مصاب بنقص المناعة المركب الحاد الذي يجبره على البقاء داخل المستشفى طوال حياته تقريباً. تهدف هذه الدراسة إلى معرفة كيف تؤثر عقدة النقص على نمط حياة الشخصية الرئيسية، وكيف تدفعه عقدة النقص لدى الشخصية الرئيسية نحو هدفه. وتتخذ هذه الدراسة من النقد الأدبي منهجاً لها مع اتخاذ الرواية موضوعاً لهذه الدراسة، وتستخدم المنهج النفسي مع نظرية ألفريد أدلر في علم النفس الفردي. وقد كشفت نتيجة هذه الدراسة أن عقدة النقص لدى جو تؤثر عليه في أن يكون نمط حياته عادي، ونمط حياته مليء بالتمني والحلم. ثم، يتغلب جو على عقدة النقص لديه من خلال الإشارة إلى نفسه كبطل خارق والتطلع إلى الأعلى. وعلاوة على ذلك، فإن نمط الحياة والقيود التي يعاني منها بسبب حالته تدفعه إلى التشجيع للوصول إلى هدفه الذي يخرج من غرفته في المستشفى. ولتحقيق هدفه، يمارس جو طريقة التنفس التي تجعله هادئاً، ويثق جو بأمير كشخص يساعده على تحقيق هدفه. بالإضافة إلى ذلك، تقترح الباحثة أن يقوم الباحث بدراسة هذه الرواية باستخدام نظرية الوحدة، أو تطوير الشخصية، أو استخدام مناهج ونقد أخرى لتكوين منظور مختلف.

ABSTRAK

Cahyani, Audita Hanifah (2025) Inferioritas Kompleks Tokoh Utama dalam Novel *Bubble* karya Stewart Foster. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Agung Wiranata Kusuma, M.A.

Keyword : inferioritas kompleks, gaya hidup, perjuangan menuju tujuan

Kompleks inferioritas adalah perasaan rendah diri yang kuat. Hal ini biasanya muncul pada manusia yang terlahir dengan kekurangan. Kompleks inferioritas dapat ditemukan dalam novel karya Stewart Foster berjudul *Bubble* yang dialami oleh tokoh utamanya, Joe. Joe adalah seorang pasien dengan Severe Combined Immuno Deficiency yang memaksanya untuk tinggal di dalam rumah sakit hampir sepanjang hidupnya. Penelitian ini bertujuan untuk mengetahui bagaimana rasa rendah diri mempengaruhi gaya hidup tokoh utamanya, serta bagaimana rasa rendah diri tokoh utamanya mendorongnya untuk mencapai tujuannya. Penelitian ini menggunakan metode kritik sastra dengan novel sebagai subjek penelitian dan menggunakan pendekatan psikologi dengan teori psikologi individual Alfred Adler. Hasil penelitian ini mengungkapkan bahwa rasa rendah diri yang dimiliki Joe mempengaruhinya untuk memiliki gaya hidup yang teratur, dan gaya hidup yang penuh dengan harapan dan mimpi. Kemudian, Joe mengatasi rasa rendah dirinya dengan menyebut dirinya sebagai pahlawan super dan mengidolakannya. Selain itu, gaya hidup dan keterbatasan yang dimilikinya karena kondisinya tersebut membuatnya memberanikan diri untuk mencapai tujuannya yaitu keluar dari kamar rumah sakitnya. Untuk mencapai tujuannya, Joe berlatih metode pernafasan yang dapat membuatnya tenang dan Joe mempercayai Amir sebagai orang yang dapat membantu Joe mencapai tujuannya. Selain itu, peneliti menyarankan bagi peneliti selanjutnya untuk mengkaji lebih jauh mengenai novel ini dengan menggunakan teori kesepian, pengembangan karakter, atau menggunakan pendekatan dan kritik yang lain agar menghasilkan perspektif yang lebih berbeda.

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CHAPTER I

INTRODUCTION

The components of this chapter are an overview of background of the study, problems of the study, significance of the study, scope and limitations, and definition of key terms.

A. Background of the Study

Feeling of inferior is common for human. At first, this condition is not a sign of weakness or abnormality. Adler (1939) stated that “to be a human being means to feel oneself inferior” (Schultz and Schultz 2017). Human build a house to protect themselves from elements that is dangerous for them. These things and countless others are greater than them, and therefore human are inferior, in positive tense (Adler 1997). Human cannot avoid inferiority feelings, but the most important is inferior feeling can lead them to strive and grow (Schultz and Schultz 2017).

However, what will happen when human unable to overcome their inferiority feelings? Adler (1997) called it inferiority complex. This happens when human have a strong feeling of inferiority and unable to overcome it. In Schultz & Schultz (2017) said that inferiority complex is a condition when a person is unable to compensate for normal inferiority feelings (p. 111). When inferiority complex happens it means human face abnormal expression feeling of inferiority (Adler 1997 p. 30).

One of the factor of inferiority complex is organ inferiority. According to Adler (1997) organ inferiority is a physical defect or weakness that often gives rise

to compensatory behavior (p. 163). Start (2001) stated that human with disabilities are often called the 'other' because they are considered different from ordinary people (Mardhiyah and Kusuma 2023). Jess Feist, Gregory J. Feist, and Roberts (2021) said that physical deficiencies ignite feelings of inferior because by nature human possess an innate tendency toward completion or wholeness (p. 79). Human with organ inferiority experiencing inferior where commonly indicate a perception of weakness and helplessness (Liu et al. 2024). Thus, to grow, they tend to compensate the feeling of inferiority or weakness that they have.

Feeling of a "minus" position or inferior is not necessarily negative. Adler (1956) said that the sense of inferiority can contributed to the motivation for normal development (Peluso et al. 2006). According to Adler (1997) as a social actors, human do not want the other to see the inferior feeling inside them. In order to do that human try to cover this up by developing and displaying some form of superiority. Thus, inferiority can be the motivation for human to strive better life.

Human with organ inferiority strive for superiority or success as a means of compensation for the inferiority or weakness (Feist, Robert, and Feist 2021). According to Adler (1997) they make an effort to overcome the deficiency by developing another organ to take over the functions of defective one (p. 3). Despite of their disabilities, they still reach their dream using their other organ. One of the examples is people with visual disabilities becoming a singer. They develop other organ which their vocals to sing. Therefore, this is one of the compensations that people with disabilities do to overcome their inferiority.

This topic is necessary to be discussed because every human have potential to be better in their life. The process of striving for superior is interesting. Human have their own way to grow and strive their success. Just like Adler describe of how a children strive to be better. Adler (2013) said that children in inferior position because they are born in incapability of independent existence (p. 70). However, slowly after they got education or find out how to live in this world, they would be able to striving superior, or feeling to be better. Thus, what make this topic is important to be discussed.

Moreover, theory of individual psychology is suitable for this study. It is because individual psychology saw how human express themselves to develop, to strive for success, and to compensate for defeats in one area by striving for success in another area. All human's actions and impulses are directed by human goal in their lives (Adler 1997 p. 2). This theory also has two aspects that will appear in this study. Those two aspects are inferiority complex and striving towards goals or superiority. Thus, this study uses individual psychology to examines how inferiority complex helps human strive for their goals which suitable with novel that researcher choose for this study's object.

Inferiority complex can be seen in literary work. Literary work usually close with the life of human. Literature is the art form that reflect and represent the reality (Davidsen 2018). One of them is in the novel *Bubble* by Stewart Foster. This novel depicted hope from 11-year-old boy who is dreaming to get out of his bubble. Bubble here refers to his condition called Severe Combined Immuno deficiency, which force him to stay inside of the hospital room. This is a rare disease that cause

a child to be born with very little or no immune system. So, it forces Joe to stay inside and breath hygiene oxygen in order to survive because germs can kill him. Thus, with the main character that is born with disabilities or deficiency, this novel is also suitable to be discussed using theory of inferiority complex by Alfred Adler. This study will see how the inferiority complex of the main character that is born with deficiency affecting his lifestyle and his goals.

There are several previous studies that use the inferiority complex theory by Alfred Adler. Qonita (2020) examine about personality and trait of the main character using Alfred Adler theory in *Tyrant* TV series. This study aims to analyze the personality of Jamal. Qualitative is used as a method in this study. It shows that the main character experiences inferiority complex. He shows his abnormally jealous, envy, and accusing other people. He became sexual harasser and tendency to act like tyrant as compensation to gain his personal superiority (Qonita 2020).

The next is a study written by Jumino (2023) talks about inferiority complex of the main character in movie called *Tall Girl* by Nzingha Stewart. This study aims also to analyze the cause and effect of the inferiority complex in the main character's life and how to overcome it. This study uses contextual method as their method. The result of this study said that the factors of the main character's inferiority complex are physical differences, youngest child position, and pampered physical parenting style. Then, the effect of the inferiority complex experienced by the main character are lack of social interest, timid, and selfish. She overcomes her inferiority complex by fixing her family problem, improving communication with

friends, being confident, and staying away from toxic people (Jumino and Khoiriah 2023).

The third is a study by Suari & Hapsari (2022) that talks about the impact of inferiority complex toward the main character's social life in novel by R. J. Palacio called *Wonder*. The article focuses on what are the impact of inferiority complex toward the main character's social life. The researcher mentioned that this study uses library research as their method. The result of this study shows that the main character's physical deficiency makes him to withdraw himself from society, faced social life imitation such as have a hard time when communicate with bunch of people (Suari and Hapsari 2022)

The fourth study is written by Wardah (2023) that talks about inferiority complex and striving for superiority by the main character in novel called *Convenience Store Woman* by Sayaka Murata. The aims of this study are to find out the causes of the inferiority complex experienced by the main character and the main character's struggle towards his superiority. This study uses literary criticism as her method. The result of this study shows that the main character's inferiority complex caused by other people at her school and workspace and by her personality. Then, to overcome her inferiority by being herself and continuing to work as a convenience store worker (Wardah 2023).

The fifth study by Smarandreetha (2023) talks about representation of inferiority complex in short story called *The Duchess and the Jeweller* by Virginia Woolf. This study's purpose is to examine inferiority complex depicted in the short

story. This study uses qualitative as its method. It shows that the main character in this study yearns to rise to a better class in order to realize his ambition. Low self-esteem can be fueled by the desire to improve; nevertheless, if this motivation persists, it poses problems, one of which is overcompensation. Inferiority complex in the short story is happen due to economic factors and it makes someone become a social climber (Smarandreetha et al. 2023).

Moreover, there is study by Izzah (2024) talks about individual inferiority feeling in film called *Encanto*. This study aims to analyze the causes of inferior feeling experienced by the main character. The researcher uses descriptive qualitative as the method. It shows that the causes of the main character's inferiority feeling are physical deficiency, social and economic status, the sex, family situation, and children's education (Izzah et al. 2024).

The next one is study talk about inferiority feeling along with striving for superiority, one of them is by Mustaqimah (2021) talks about inferiority and superiority experienced by the main character in selected novel by Andrea Hirata. The study discusses about inferiority and superiority experienced by the main characters in selected novel by Andrea Hirata. This study uses qualitative descriptive as their method. It shows that there are seven forms of inferiority such as pessimist, hopeless, disappointed, worthless, loss of spirit, restless, and bitterness. Then, there are six form of superiority such as optimistic or confident, high of spirit, proud, success at work, motivate us to have goals, and lots of ideas (Mustaqimah and Yuniawan 2021).

The next study by Dharma (2022) that talks about inferiority along with superiority in movie called *Charlie and the Chocolate Factory* by Tim Barton. This study aims is to find out how Willy Wonka's character in the movie strived his inferiority state to achieve superiority. This study uses qualitative research as their method. It shows that the cause of the main character's inferiority feeling is because his unpleasant childhood compared to his friends who had a pleasant childhood. He achieved success by becoming a famous chocolate maker and making his own chocolate factory (Putri Wira Dharma, Pratiwi Zamruddin, and Eka Sanhadi Rahayu 2022).

There is also a study by Normaningtyas (2020) talks about inferiority feeling of the main character in movie *Miracles from Heaven*. The aims of this study is to analyze the main character's feeling of inferiority in the movie. The researchers mentioned they use descriptive qualitative as their method. The result of this study is the main character experiences feelings of inferiority because of physical weakness, anxiety, and pessimistic (Normaningtyas and Fitri Wulandari 2020).

Moreover, inferiority and superiority can connect with character development. For example, a study by Adkhiyah (2022) talks about inferiority and striving for superiority in novel called *Wonder* by R. J. Palacio. The aims of this study are to analyze the personality development using Alfred Adler's theory and it can be seen through the main character's inferiority and superiority. This study uses descriptive qualitative as its method. The result shows that August's personality development in the line with individual psychology by Adler. The main character inferiority due to his facial deformity and tries to overcome his inferior.

Other concept of individual psychology by Adler that depicted in this novel also depicted in this novel (Putri Adkhiyah 2022).

From those ten previous studies above shows that Alfred Adler's theory can be used in analyze a literary works. There are five studies that talks about inferiority complex experienced by the character in literary work. There are two studies that discuss about inferiority along with superiority experienced by character in the literary work. The rest talks about the causes of inferiority feelings and negative effect of inferiority towards the main character. While the other study talks about development character and Adler theory is in line. Thus, those previous studies show that a lot of researchers have done a study using Alfred Adler's theory,

This study wants to fill the gap in those ten previous studies. The gap between those ten previous studies is in the object. No one have done research using novel *Bubble* by Stewart Foster. With the help of previous studies that already done a study by using Alfred Adler's theory which is inferiority complex, this study will try to analyze other novel that until now no one have done research on it. Most of previous studies always connected inferiority and superiority. Other than superiority, this study will also connect inferiority and the lifestyle of the main character in the novel in order to fill the gap between those previous studies.

B. Problem of the Study

Related to the background above, this research is designed to answer the following questions:

1. How does the inferiority complex affect the main character's lifestyle in novel *Bubble* by Stewart Foster?
2. How does inferiority complex drive the main character to achieve goal in his life?

C. Significance of the Study

Hopefully this result of this study can help other students, researchers, and readers understand the psychological growth of literary characters. This study is expected to be able to give more information, better understanding, and knowledge for future researcher about inferiority complex theory by Alfred Adler, especially in how connected this theory to literary work.

D. Scope and Limitation

This research or study will be limited in analyzing the main character's individual psychology using Alfred Adler's theory focusing on inferiority complex, the style of life, and striving for goal in novel *Bubble* by Stewart Foster.

E. Definition of Key Terms

Inferiority Complex : Feelings of inferiority or inadequacy that produce stress, psychological evasions and a compensatory drive towards an illusory sense of superiority (Adler 1997).

Goals : The things human want and believe in their heart that it is the best for them. (Adler 1997).

Life style : Representation of an individual's own creative response to early experiences, which in turn influences all their perceptions of themselves and the world, and thus their emotions, motives and actions (Adler 1997).

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter covers the explanation of theories that is used for this study. First, the explanation about psychology and literature. Second, the explanation about Inferiority Complex, Lifestyle and Striving for Goals by Alfred Adler. Thus, in order to have a deep understanding, theoretical framework is discussed in this chapter.

A. Psychology and Literature

Literature and psychology are two different fields that intertwines together. They are a discipline where language as a medium of expression to interpret man, personality and individual differences which have always studied by psychologist. Literature and psychology both deal with human beings' reaction, perception of the world, miseries, wishes, desires, fears, conflicts and reconciliations, individual and social concerns which makes them have a very strong correlation (Aras 2015). Thus, with very strong correlation between them makes literature and psychology as two disciplines that inseparable.

Depicted of human life can be in form of literature. According to Lodge (2002) literature is a record of human consciousness, the richest and most comprehensive we have. Novel is arguably man's most successful effort to describe the experience of individual human beings moving through space and time (Aras 2015). In literature, the life of human and personal experience is always unique because each of human has a slightly or very different personal history. Personal

history is actually one of the major elements that readers learn through literature (Aras 2015). Literature can depicted human's life and personal experience in unique way.

Moreover, according to Kagan and Haveman (1968) psychology can be described as the science that attempts to explain observable behavior and its relationship to the unseen mental process that go on inside the organism and to external events in the environment (Aras 2015). According to Wellek and Wellek (1948) psychology of literature may mean the psychological study of the writer, the creative process, types and laws present within works of literature, or the effects of literature upon its reader. Psychology is simply preparation for creation; and in the work itself, psychological truths have artistic value only to the extent that they enhance coherence and complexity (Wellek and Warren 1948).

Therefore, this study uses psychological approach to examine novels because this study is related to psychological aspects. It is because literature teaches a diversity themes and notions about feelings, reactions, tensions, anxieties, motives, desires, and many more, related to human existence (Aras 2015). The use of this approach helps this study to connect literature and psychological aspect. The researcher will analyze how inferiority complex of the main character affecting his lifestyle and his goals in novel *Bubble* by Stewart Foster using Alfred Adler's individual psychology.

B. Inferiority Complex

Feelings of inferior and inferiority complex are two things that correlate with each other. As the researcher mentions before inferiority complex is happened because human cannot overcome their inferiority feeling. A great feeling of inferiority that human cannot bear will turns to be inferiority complex. Adler (2014) stated that inferiority complex appears before a problem for which an individual is not properly adapted or equipped (p. 45). Adler (1997) give an example when children have a strong feeling of inferiority, they want to play with the younger or weaker ones whom they can dominate instead of bigger children. Adler saw this situation as an abnormal expression of the feeling of inferiority (p.30).

According to Adler (2014) an individual with strong feeling of inferiority can express themselves in thousand ways (p. 44). Human with an inferiority complex feel helpless, have a poor opinion of themselves, and unable to cope with the demands of life (Schultz and Schultz 2017). However, it does not always appear to be submissive, quiet, restrains, and inoffensive. For instance, sometimes human do not notice someone feels inferior at work because they feel sure about their ability, but they may not be sure of themselves in the company of others, particularly their relations with the other sex. Adler (1997) said that there is human who say “I would do that in such-and-such a way” or “I would take that job” all statement like this indicates a strong feeling of inferiority, and the interpretation of this statement into certain emotions is doubting (p. 31).

Heidbreder (1927) classified twelve conditions when people experienced inferiority complex. These conditions generated by Adler's description about inferiority complex (Heidbreder 1927 p. 248). They are:

1. Self-preoccupation or self-consciousness; expressed by blushing, embarrassment, delusion of reference, a tendency to be concerned with their own feelings, thoughts, plans, motives.
2. Self-criticism and self-dissatisfaction; tendency to feel that they are not enough to present a good self-image, critical and worried about what they are doing or have done, to reflect on their possible mistakes and blunders.
3. The "guiding principle"; people's ambition or a strong desire to assert and distinguish themselves from the others, expressing itself in daydreams, high ideals, a tendency to live in the future.
4. Touchiness and over sensitiveness; tendency to make exaggerated response to praise, blame, defeat, and disappointment, care intensely about what other people think about them.
5. General emotion and nervous instability; unresolved emotional complexities and conflicts between their drives and feeling, outbursts of despair, depression, apathy.
6. Persecutory trends of a more or less definite sort; they felt unappreciated, unjustly treated, the world in general fails to appreciate and reward merit, and recognize wrongdoing.
7. Failure of nerve; an unwillingness to put themselves to the test because of fear of an unfavorable outcome, which would be intolerable.

8. Lack of ability in certain lines of overt behavior which demand a fair degree of self-assurance; lack of social poise, inability to carry on enterprises such as selling and executive work.
9. Perfectionist tendencies; an attempt to compensate for felt inferiorities by exaggerated in cautious and responsibility, extreme thoroughness, and overly fussy or very hard to be satisfied with details.
10. Envy and malice; they feel annoyed at other people's good fortune and happy at other's bad luck, because it affects their feelings whether they felt inferiority or superiority toward others.
11. Attitudes induced by the "masculine-feminine antithesis"; the feeling that one sex is greatly at a disadvantage in comparison with other, the "masculine protest".
12. Possible causative factors; slight or serious physical defects; disadvantage due to race, family, economic condition; lack of social, professional, or educational opportunities; particular experiences, such as shock, disappointments, humiliations; defects, real or imagined in intelligence, general appearance.

Schultz & Schultz (2017) classified causes of inferiority complex in childhood based on Adler's theory (p. 111). They are:

1. Organic Inferiority: According to Adler (2013) people who are born with physical defective or organ inferiority are always self-conscious. They usually preoccupied with themselves, and with the impression which they make on others (p. 69). They compensate their organ inferiority by

developing another organ to take over the function of the defective one (Adler 1997 p. 3).

2. Spoiling: Pampering or spoiling child can also bring inferiority complex. Their parents always fulfill what they want and need, they tend to feel being rejected at home. Spoiling child develops the idea that they are the most important in any situation and the others should “obey” them. They have little social feeling and impatient with others. It is because they never learned to overcome difficulties or adjust to others’ needs. Spoiled children develop inferiority complex because they assume that they must have a personal deficiency that is preventing them from achieving their goals when facing obstacles to pleasure.
3. Neglecting: People who experienced being unwanted and rejected in their childhood can develop inferiority complex. They experienced lack of love and security because of their parents. As a result, people with neglected childhood develop feelings of worthlessness, anger, and hard to trust other people.

C. Lifestyle

People with physical deficiencies tend to suffer from feeling of inferiority because they face difficulties and feel insecure. The inferiority feeling stimulate them to action and this results in the formulation of goal (Adler 2014 p. 46). Individual psychology called this process as the consistent movement toward this

goal plan of life at first then change it to life style because sometimes the name led to misunderstanding (p. 47).

Lifestyle is shaped in early age. Adler (2014) stated that the style of life of an individual is built up at very early age. It found in the age of four or five (p.154). Croake (1975) stated that to Adler lifestyle may be defined as one's characteristic pattern of movement. It includes a unique method of perceiving, behaving, conceptualizing, and striving toward a subjectively determined goal of power (p. 513-514). Human are small and helpless when they were born. Infant are completely dependent upon others for their survival. As infant grow up, the lifestyle is built up according to the feeling of inferior that they have. It is because lifestyle is the way of individual creative response to early experiences.

There is one of the examples of the life style of people who experienced inferiority feeling. Adler (1997) said that people who undervalued themselves is experiencing a great feeling of inferiority (p. 50). They have life style where they want to go forward but at the same time they are blocked because they fear defeat. They manage to go forward but unconditionally. They also prefer to stay at home rather than outside and dealing with other people. They also will become cautious, hesitant, and seek a way to escape. Thus, this is the example of lifestyle of people who undervalued themselves.

Adler (1964) believed that human was an active participant in the creation of lifestyle. According to Peluso (2006) the style of life flows from the human's perceptions and experiences of the world and is manifest in their behavior or

movement (p. 191). For example, the experiences of children that have disability in hearing. Because of their inferiority they will start striving for superiority by using their other senses such as their visual ability. They will develop their visual by painting for example. Their lifestyle will turn into life plan to be better in their present state.

Moreover, style of life originally called *guiding image or life plan*. It refers to the unique way to pursue human goals. In order to success, they develop any kind of behavior. Such as, a student tries to become superior by studying, reading, and solving test intensively. Their lifestyle became a way of compensation their inferiority feeling. The unique life style is shaped during first five years of life. Later experience interpreted based on early patterns of behaving. These styles emerge as reactions to their real or imagined inferiorities (Ryckman 2008).

D. Striving for Goals

Each people have their own unique and personal goal of superiority. It depends on the meaning that they give to their life; and meaning is not matter of words. It is built up in their style of life and runs through it like a strange melody of his creation. The meaning of life is found by dark gropings, feelings not wholly understood, catching at hints, and fumbings for explanations. So does with the goal of superiority, it is life-striving, or a dynamic tendency (Adler 2014 p. 49).

Human makes a goal in their life because they want to something more than what they have in the present. According to Adler (1997) a concept of a goal or ideal is to get beyond the present state and to overcome deficiencies or difficulties

by planning aims for the future. Without a sense of goal, human activity would be meaningless (Adler 1997). Human can think they are superior to present difficulties because they have future success in their mind. Thus, a goal made by human is a way of them want to get beyond their deficiency.

According to Adler (2014) when a goal is concrete, people's potentialities must be temporary and limited to fit the goal; but the complete goal, the prototype, will always push and pull at these limits and find a way to express the meaning given to life and the final ideal striving for superiority under any conditions (p. 50). For instance, a person was bullied when they were a kid because of their body. They set complete goal such as "I must never be weak or unattractive like I felt when bullied as a kid". They try to strive their superiority by control over their self-image. Their way of striving it not only go to the gym but they will not judge others body because they know how it felt to be judged by their own body.

A goal is fixed in childhood state. A model or prototype of a mature personality begin to develop at this time. According to Adler (1997) children usually feel inferior or weak and find themselves in situations they cannot bear. Then they start to strive to develop, and doing it in a direction where goal have formulated. Adler (1997) said that it is difficult to say how the goals is fixed, but a goal exist can be seen in child's action. Steps to a goal will be taken only when children have fixed their goals.

When children conceive such a goal they attempt to behave, feel and dress like the person they have perceived to be powerful and take on all the characteristics

consistent with their goal. It is because they look for the strongest person around them to make their model of their goal (Adler 1997). It may be the father, mother, siblings, or any other person around them. Therefore, this goal is realized through service or society.

Moreover, in cases where there are physical defects, to compensate for it human develops another organ to take over the function of the defective one (Adler 1997). For instance, Adler (1997) take an example for children that is left-handed. There are children who may never know that they are left-handed because they have been trained in the use of the right hands. They are clumsy with their right hand at first, and they are scolded and criticized. As they grow up, they may feel burdened by their weakness, and to overcome it they often develop a greater interest in drawing, writing, and so on with their left hand. This is an example that striving towards a goal for children that have deficiency by overcoming it with develop something that they have.

However, some people compensate or overcome it by avoiding their problem. Compensatory movement towards a feeling of superiority will be no longer directed to solve the problem, but to shelve or to avoid the problem. People will restrict their action and will be more occupied avoiding defeat than walk forward to their success. They will give the picture of hesitating, standstill, and retreating before they faced their problem (Adler 2014 p. 45).

Striving for superiority is flexible. The act of striving does not always to be the best from others, but striving to overcome people's inferiority feeling. Some

people may avoid their problem that can make them inferior. However, some people overcome their inferiority feelings by setting a goal, or in children case, some of them following someone who stronger than them. Therefore, striving for superiority started when people who can find new openings for their striving when they are blocked in one particular direction (Adler 2014 p. 50).

CHAPTER III

RESEARCH METHOD

This chapter covers the research method used in this study. There are research design, data source, data collection, and data analysis.

A. Research Design

This study uses literary criticism because the researcher analyzes and interprets novel *Bubble* by Stewart Foster. Literary criticism is the discipline of interpreting, analyzing, and evaluating works of literature (Afifuddin and Jwalita 2023 p. 193). Therefore, in this study literary criticism is suitable method because this study will analyze the literary work, which is novel called *Bubble* by Stewart Foster. Psychological approach is also used in this study, specifically individual psychology proposed by Alfred Adler. The researcher then try to analyze one concept of individual psychology, inferiority complex of the main character. Thus, this study will combined literary criticism and psychological approach to answer the research question.

B. Data Source

The novel title *Bubble* by Stewart Foster is the main source of the data in this study. The novel was originally published first in 2016 as *The Bubble Boy* by Simon & Schuster Books for Young Readers, Great Britain. Then, this novel published in United State version with title *Bubble* in 2017. It has 27 chapters and 352 pages, where the content of this novel is related to this study. The researcher has the novel in form of offline book.

C. Data Collection

To collect the data, this study uses several steps. First, the researcher reads the whole novel attentively to understand the story in the novel as the object of this study. Second, the inferiority complex that is associated in the novel are selected and sorted out. Third, the researcher wrote down the data, dialogue, and narratives in the novel that shows the effect of inferiority in the main character's life style and inferiority as motivation to reach the main character's goals.

D. Data Analysis

The researcher analyzes the data using three steps. First, identify the inferiority complex of the main character using Alfred Adler's individual psychology theory. Then, identify the effect of inferiority complex in the main character's lifestyle. Second, identify how inferiority motivate the main character to reach his goals. Third, the researcher makes statement and conclusion from the result of the discussions.

CHAPTER IV

FINDING AND DISCUSSION

This chapter presents the research findings and discussion based on Alfred Adler's theory called individual psychology. It examines how inferiority complex affects the main character's lifestyle and how inferiority complex drives the main character to strive for superiority in the main character's life.

The main character's name is Joe. He is 11 years old. He suffers from a disease called Severe Combined Immuno Deficiency (SCID). People who are born with SCID have no immune system to fight off disease. As a result, people who suffer this disease have to stay in their hospital room with an air filter so that they breathe pure or hygienic air. This novel discovers how Joe's life as a patient SCID that have to stay inside of his hospital room, how he copes with his loneliness and frustrations and looks to a future without limits (Foster 2017).

A. Analysis of the Main Character's Inferiority Complex Based on Alfred Adler's Theory.

1. Self-preoccupation or self-consciousness

Many people have problems that are manifested in their psychological issues (Satriawan and Rahayu 2020). According to Adler, the core of inferiority complex condition is a disorder in the self-regarding attitudes -a fear that the self does not measure up to standard, and an intense desire that it should do so

(Heidbreder 1927 p. 248). Heirdbreder (1927) then classified it, one of them is self-preoccupation or self-consciousness.

And it's even harder to talk to people who wear a mask because I can't tell what they're thinking as easily. Some of the new people wear them when they first start. They say it's to stop me catching things, but when they leave after a few days I think it's because they are more scared of catching thing off of me. (p. 15)

Due to the main character's disease that makes him not have an immune system, people who visit him have to be hygienic and have disinfectant and sometimes they wear a mask. The main character in *Bubble* experienced inferiority complex when he thinks about people who wear mask is not actually protect him from themselves, but they protect themselves from him who have disease. According to Heidbreder (1927), the main character experienced delusion of reference. Delusion reference is the false belief that others' actions and events occurring in the external world have significance or special meaning (usually negative) in relation to oneself (American Psychological Association, n.d.).

I watch the doctors leave the room. I'm glad I don't have to have a transfusion. I hate the dizzy feeling I get as they take out the old blood out and put the new blood in. It makes my white blood cells increase, helps me fight infection, makes me stronger, but I have to lie down for the whole day afterward. The documentary people would definitely have left by then. But what about anemia? That's when I don't have enough iron in my blood. Is it really serious? Maybe they're letting me do the documentary because it could be the last thing I do. I think about dying a lot. (p. 58-59)

This data shows the main character inferiority complex. The sentence "*Maybe they are letting me do the documentary because it could be the last thing I do*" indicates Joe's delusion reference. He thinks the doctor intention to allow Joe do the documentary is because he is about to die. In the beginning of the novel, Joe always thinks whenever people around him being nice or give him permission to do

something it means that people wants to be nice because he is about to die. This action also appears in the next data.

Amir turns away from the window. The room is so quite it's like all I can hear is the sound of us breathing and the men drilling outside. I wonder if he knew about the anemia. Maybe he did and that's why he's trying to get me Sky. Maybe it's his plan to help me watch all the programs and films in the whole world before I die (p.59)

Moreover, in this data the main character also indicates delusion reference.

Amir, the main character's nurse, promises Joe to get him Sky TV. Since Joe cannot go anywhere and has to stay in his hospital room, Amir wants to entertain Joe by getting him Sky TV that has 607 channels from around the world. Here, Joe believes that Amir gets him Sky TV because he knows that Joe is going to die and gets him to watch all the programs on TV. Joe experienced an inferiority complex which delusion references where his belief is false, because Amir gets him Sky TV is not because he is going to die, but it is because Amir wants Joe to have more than he already has.

2. Self-criticism and self-dissatisfaction

The next classification is self-criticism and self-dissatisfaction. There are 4 data that indicate the main character's self-criticism and self-dissatisfaction.

I nod and they leave me alone with the fly on the wall. I'm not sure what to do. I can't just stay still. People will want me to do something. It'll be boring if all they see me is lying on my bed. I look at my laptop, my TV, but that isn't actually doing anything; it's me just staying still, looking at screen. But what else I can do? I don't do anything else all day.." (p. 77)

In *Bubble*, the main character films his documentary with the BBC every year. *“It’ll be boring if all they see me is lying on my bed”*, this sentence indicates that the main character experiences an inferiority complex. According to Heidbreder (1927) one of the traits that people experienced inferiority complex is when they feel that they are not showing enough of their good self-image (p. 248). Joe feels like he cannot do something else rather than look at his laptop and TV. He feels inferior because his activity is actually not interesting for people to watch.

The air conditioner clicks again. I don’t want to go. I might be like a polar bear that I saw on TV. He’s been in his cage for so long that when he came out he just walked around in a circle on the spot.” (p. 215)

In this data the main character is about to sneak out from his hospital room with Amir. *“I might be like a polar bear that I saw on TV”* indicates he experienced an inferiority complex by criticizing himself. He compares himself with animals who do not have intelligence so that once they are out of the cage, they will spin around and do not know what to do.

*My head begins to clear. I look around the room.
“Sorry about the mess”
He smiles. “It’s okay, mate, just tilt your head forward. (p. 6)*

The main character “crashed” last night. His nose was bleeding and he fainted. The expression of *“Sorry about the mess”* here indicates he worries about what has happened to him. Then, the next dialogue *“It’s okay, mate, ...”* indicates Greg, his nurse, tells him that he does not need to worry about what just happened. This is in line with Heidbreder (1927) that people with inferiority complexes tend to worry about what they have done (p. 248).

I open my mouth to speak, but the secret has been inside of me for so long that it won't come out. I try again. There's a lump in my throat and my eyes start to ache. I swallow hard and look at Beth.
"I am sorry"
She stands up and wraps her arms around me "Hey, don't cry," she says. "Don't cry. It's okay" She rocks me gently.
My chest cracks and the worms are turning in my stomach. "I wanted to tell you," I say. "I didn't want to lie" (p. 294)

This data shows the main character's inferiority complex. The expression can be seen in the narration "*There's a lump in my throat and my eyes start to ache. I swallow hard and look at Beth*". The main character worried about keeping secrets from his sister, doctors, and Greg. He has gone outside with the help of Amir. Joe worried about keeping a secret about what he has done with Amir. This is in line with Heidbreder (1927) that people with inferiority complexes tend to worry about what they have done.

3. Failure of nerve

The next classification is failure of nerve, there are five data that indicates inferiority complex in failure of nerve

My finger hover over the key pad. I want to tell her that Amir is taking me out too, but she'd tell me not to go. She might even tell the nurses. But she'd want what I wanted, wouldn't she? I press the keys
I've got something to tell you. Don't worry about me, but I'm going outside too.
(Joe)
My thumb is over the send key
Got to go (Beth)
I shake my head. I don't want her to worry. I take a deep breath and press delete
(p. 162-163)

In this data the main character hesitates whether he should tell his sister or not about Amir's idea to get him out of his hospital room for three hours. He hesitates because he is afraid with the outcome which his sister will not allow him

to go outside. This data is in line with Heidbreder (1927) classification of inferiority complex, failure of nerves, when people are afraid of the outcome.

My chest cramps again. I'm not sure I want to go. What if I die? Deep breaths. (p. 185)

Before sneaking out with Amir, Joe experiences a lot of nerves. As the researcher mentioned before, Joe is afraid of the outcome. Due to it is the first time he gets out of his hospital room without any preparation like his friend, Henry. Henry is his friend from Philadelphia. He also suffers from SCID. Henry is able to get out of his hospital room with the help of NASA and scientists. It is a contrast with Joe. He prepares nothing but trust in Amir. The hesitation appears several times. Such as

I sit down on my bed. I can't breathe and my heart is beating so hard it's like it's trying to burst its way through my ribs. I pick up my phone.

Amir. I don't think we should do this. (Joe) (p. 215),

I try to smile but my jaw is still like ice. "Amir, I don't think I can do it." (p. 218), and

"Ready?"

"I am not sure.." (p. 220)

Some sentences such as, *"Amir. I don't think we should do it"*, *"Amir, I don't think I can do it"*, and *"I am not sure"* are indicates the unwillingness to try because afraid of the outcome that may be intolerable (Heidbreder 1927 p. 248). The outcome of Joe and Amir's action may be the death of Joe.

4. Possible causative factors (Slight or Serious Physical Defect)

Heidbreder (1927) classified inferiority complexes to possible causative factors, one of them is slight or serious defect.

I wish she were with me, but most of all I wish I could be with her in her apartment. We could eat potato chips, drink Coke, and watch superhero films on TV. But I can't go there. I can't even walk outside onto the street, because if I step outside of my room I could catch any disease in the world and die." (p. 8)

The main character's possible factor of their inferiority complex is his disease. As the researcher mentioned before, he suffers from SCID. It makes Joe, the main character, trapped in his hospital room. Joe got super SCID. He has to stay longer than everyone else. He feels inferior because he cannot spend his time with his sister outside of his hospital room. He feels inferior because germs on the outside can easily kill him.

I wait for him to talk more, but all he does is screw up his face like he's in pain, then turns away and starts to hum again. I lie back on my back. Amir is right, the drugs don't always work, but there's nothing else I can do. I have to trust the doctors because they've kept me alive for eleven years. (p. 46)

This data shows inferior feelings that the main character has experienced. "Amir is right, the drugs don't always work, but there's nothing I can do" this sentence indicates an inferiority complex caused by his deficiency. One of the factors of inferiority complex in childhood is organ inferiority or physical deficiency (Schultz and Schultz 2017 p. 111). He feels inferior because he cannot do anything to cure himself. He only trusts his doctors that kept him alive for eleven years.

Henry's mum rests her head against her husband's shoulder. I wait for Henry or Matt to say something, but they all just sit there looking at me. I look down at the floor. I didn't get to go to Beth's house before she moved. It was only two miles away. I've seen pictures of it when she's there with her friends, but that's just picture of people sitting on the sofa watching TV or drinking in the kitchen. If I visited her I wouldn't want anyone else there. I'd just like to sit on the sofa by her side, eat dinner, and watch TV. But I can't do that. It's so silly to think I could. (p. 161)

Joe, the main character, experienced an inferiority complex. “*But I can’t do that. It’s so silly to think I could*” these two sentences indicate inferiority complexes because of his disease. According to Adler (2013) people who are born with physical defective or organ inferiority are always self-conscious. Here, Joe felt ashamed and thought it was so silly to imagine he could do impossible things such as going outside of his hospital room and spending his time with his sister.

B. The Main Character’s Inferiority Complex Affects His Lifestyle

Inferiority complex affects the main character’s lifestyle. The researcher divides it into two. They are:

1. The Regular Lifestyle

In the novel *Bubble*, Joe, the main character has a regular lifestyle that he always does every day. He watches TV with his sister, plays video games, reads books or magazines, learns some subjects, and texts and video chats with his friend.

I lie down, Beth squeezes onto my bed, and we watch TV while the monitors beep and the sensors in the corners of the room flash every second, my heart rate and body temperature transmitted from sensors on my body by Bluetooth. (p.4)
I press play and we play Tomb Raider for the rest of the morning. I get to the amulet in a record thirty-five seconds, but Beth is trapped in a cave and every time Lara falls off a ledge onto spines Beth lets out a little scream and we laugh. (p. 120)

These data picture the main character’s regular lifestyle. Whenever his sister visits him, they will spend their time watching TV or playing games together.

Me and Beth get tired of watching TV, so I flick through my iPad for books and magazines I can't have printed copies of... (p. 4)

Joe also reads books and magazines on his iPad. His SCID makes him unable to have printed books or magazines because books and magazines are made of paper and it is hard to disinfect them because every stuff from outside should be sterilized to keep Joe from catching disease.

I look up at the clock. It's nearly 11 a.m. I flip up the lid of my laptop (I've got science lesson this morning, ... (p. 16)

I'm trying to catch up on my algebra when Beth comes back in, I thought telling Vic, my math teacher, about my crash, but I think the only thing he wants to talk about is math. (p.118)

I go over to my bed and turn on my laptop. Sarah smiles at me. It's another video, so she must still be on vacation.

"Hi, Dew. Today we're going to learn Archimedes' Principle." She points at a picture of a watering can... (p.125)

These three data shows Joe's regular lifestyle. Even though Joe cannot go outside, it does not stop him from learning subjects just like other kids. Joe has his science lesson for two hours every week. He doesn't get holidays the same as other kids because he misses school whenever he has a "crash".

I go to click on the boat but the Skype icon at the bottom of my screen start flashing. I click on it

Hi Joe – Henry

11:10 AM

Hi Henry. What are you doing? – Joe

11:10AM (p. 17)

Although his condition does not allow him to go outside, he still has a friend. They are often texting and talking about what was and is going on in their life. Joe's friend named Henry. He is from Philadelphia. What makes them in common is because Henry also has the same condition as Joe. Apart from texting, they also do video chatting, as it seems in the next data.

We switch to video. Henry's smiling face fills the screen and we wave. I take my laptop over the window and tilt it so the camera is pointing down the road. I show Henry the roadworks, the yellow diggers, and the traffic lights, and then I pan it across the street, show him the people walking in the rain past the shop fronts, then buildings up above, the big tall windows, one stacked upon another, and then I show him the gutters and the roofs (p.18)

All these activities in his regular lifestyle are the result of his inferiority complex. Joe's fears to try going outside leads him to have a regular lifestyle. He is blocked and cannot go forward because of the fear of the outcome. This is in line with Adler theory. Adler stated that people who undervalued themselves have lifestyles where they want to go forward but at the same time they are blocked because of their fear of the outcome (Adler 1997 p. 50). Joe's inferiority complex name fear of nerves, where he is scare of the future or the out comings, leads Joe to have regular lifestyle where it has pattern. The pattern is the same, where he goes do school at his room, watching TV, reading books or magazine, and texting or video chatting with his friend. Joe keeps doing this lifestyle. He never put himself on trying to go outside. It is because he is afraid to do it and he cannot do it alone.

2. The Wishing and Dreaming Lifestyle

This lifestyle is the result of the main character's inferiority complex because of his SCID (Severe Combined Immuno Deficiency).

... I wish she were with me, but most of all I wish I could be with her in her apartment. We could eat potato chips, drink Coke, and watch superhero films on TV. (p. 8)

The main character's inferiority complex because of his deficiency leads him wishing he is beyond his present state. SCID makes Joe unable to go outside of his hospital room. As a result, he only spends time together with his sister in his

room. SCID also makes him unable to eat food or drink from outside. Thus, Joe's present state leads him to wishing he could have more of what he already has.

... I turn and walk toward the bathroom, past my poster of Thor holding up a bridge with one hand. I wish I was as strong as him today ... (p. 10)

The feeling of inferiority complex that Joe has led him to wish he can be stronger. In *Bubble*, although his room is saving him from any germs that might kill him, his body and drugs that the doctors put in him can also make him weak. He just had his nose bleeding and fainted. The inferiority complex that Joe experienced makes him wish that he is not weak and stronger as a superhero.

It sounds like they've still got some technical problems, but I think Henry will be going outside soon. I wish I was too. I wish I could go outside and walk with the people down the street in the sun or in the rain and I'd talk to them without worrying that I might die every time I take a breath. (p.21)

This data shows Joe's inferiority complex affecting his lifestyle. Besides wishing to be strong as superhero, Joe also wish to do something. In the novel, Joe wish he could go outside and walking down the street with people that he can see through his window. He lives in his hospital room almost his whole life. It makes him to wish experienced getting wet because of rain or sweating a lot because of the sun.

They think he's getting better now, that he'll be able to go home and see his family soon, and I wonder what he will feel like packing his bags up here and then unpacking them when he reaches his bedroom. I wonder if he will be able to sleep after all those weeks listening to the beeps. (p.31)

This data shows Joe's inferiority complex affecting his lifestyle. Besides wishing for something that is impossible, Joe also wonders about an experience that he never has. In *Bubble*, the doctors still have not found a method or medicine to

cure Joe's SCID. It makes him never have an experience such as packing bags to go home. Inferiority complex because of Joe's SCID affects his lifestyle to a wonder event that he never experienced before.

I wait for Henry to write more but all I can see is the pencil still, on the screen like he doesn't know what to say next and I don't know what to write either. I sigh. After waiting for so long to go out, all he got to see was asphalt and walls. And I guess nothing much is different out there, really. Just more dangerous. But I wish I could breathe some dangerous fresh air. Just one time. (p. 89)

Joe's inferiority complex because of his SCID affects Joe's lifestyle. As we can see in this data, Joe wishes he could breathe some dangerous fresh air. SCID makes him unable to breathe the air that normal people have. It is because regular air has a lot of germs which can affect Joe's body who do not have an immune system. For normal people, their immune system can fight germs in their air, but for Joe, his body will not take it and perhaps the air can make him die.

I hope they find something soon. I know I'm safer in my bubble, but one day I'd love to go to school and learn my lessons from a real teacher and not a cartoon or a satellite feed. (p. 116)

This data also appears to be a proof of inferiority complex affects the main character's lifestyle. As the researcher mentioned before, the doctors who handle Joe have not found something to cure him yet. Joe's feeling of inferiority because he cannot go anywhere leads him to have a lifestyle where he dreams that one day if the doctors found something to cure him, he would love to go to real school. He would love to meet friends and learn from real teachers instead of learning from cartoon or satellite feed.

The limitation that Joe has inside his room leads him to have a lifestyle where he imagining, wishing, and dreaming a lot. The feeling of weakness and not being able to go outside indicates his great feeling of inferiority or inferiority complex. Joe's experience of SCID is manifest to Joe's lifestyle. Super SCID that makes Joe feel so weak and not be able to go outside makes him wish he can be stronger and able to spend his time together with his sister outside of his hospital room. Joe is also wondering what it feels like to pack a bag and go back to home. Beside wishing and wondering, Joe also dreams of going to real school with real people. This is in line with Peluso (2006) that stated the style of life flows from the human's perceptions and experiences of the world and is manifest in their behavior or movement (p. 191). The inferiority complex because of his serious deficiency leads him to have imagining, wishing, hoping and dreaming lifestyle. This lifestyle as a response of human experiences and is manifest to their behavior. The limitation that Joe experience because of his condition manifests to Joe's behavior where he use his imagination a lot because he knows it is impossible to get what he dreamt, wished, and hoped for. Thus, the inferiority complex affects the main character's lifestyle to be more drowning with the main character's mind.

C. Inferiority Complex Drive the Main Character's to Achieve his Goal

In this part the researcher examines how inferiority complex drives the main character's to achieve his goal. The inferiority complex has led Joe to refer to himself and imagine himself as a strong creature, then it leads Joe to be brave to go outside of his room.

Before examines about how inferiority complex drives Joe to reach his goal, the researcher wants to show what goal that the main character have. Adler (1997) stated that goal is the things human want and believe in their heart that it is the best for them. In this novel, Joe has a goal where he wants to go outside.

I turn off the screens off and lie back on my bed. I really am going outside. I really am. I really, really am!... I want to go outside, even though it might be dangerous. No one can understand how much. Only Henry knows what it feels likes to be stuck in a bubble. (p. 183)

Spending all his time inside of his hospital room in his entire life makes Joe have a goal which going outside. Joe said “I want to go outside” indicates what he wants. He wants to know the world outside of his hospital room. In the sentence “no one can understand how much” indicates how Joe really wants to go outside and see the world outside of his hospital room. This data in line with Adler statement that said goal is the things human want and that is the best for them. Joe thinks going outside is the best for him instead stuck in his hospital room even though going outside might be dangerous for him. It is the best for him to try going outside instead of wondering, wishing, and hoping around.

Adler (1997) mentioned about the way of children to strive towards their goal by attempting to behave, feel, and dress like a powerful person. In this case, Joe refers to himself as a superhero.

*“And what about you? What would you like to do for work?”
I look down at my hands. He always asks me that but he knows that kids with SCID die before they’re old enough to get a job, if they don’t get fixed.
Graham leand forward.
“Joe?”
“You always ask me that”
“I know. It’s just this year the answer might be different. People change their minds as they get older.”*

"I won't."

"Still want to be a superhero?"

"I am superhero. That's what everyone says." (p. 75)

In this data, the inferiority complex that the main character has can drive him toward his goal. For this part, inferiority complex as the part of a way for the main character to reach his goal. Here, Joe refers to himself as a superhero since he is weak. He chose superheroes in *Avengers* as his powerful people that he looks up to. It shows in how he watches their movies all week and wore T-shirt with his favorite superhero, as it shows in the next two data

"I've been watching the screens all week. First I watched all my favorite films one after another. I watched Thor beat up Loki and throw him off a cliff; I watched Captain America, the Falcon, and Black Widow take down Hydra, ..." (p. 150)

And

"So how are you, Joe?"

My head begins to throb. I tilt my head down and hope that it will clear. Graham gently squeezes my shoulder.

"Hey," he says. "Where's the lively lad I met last year, eh?"

"Refueling his jets and webs." I point at my Spider-Man T-shirt. (p. 67-68)

The feelings that he has towards superheroes somehow ignites Joe's courage to be like them. It shows in the next data when Henry, Joe's bestfriend, convinces Joe to go outside by referring Joe to a superhero. The expression of giggling and accepting that Henry's right indicates Joe's agreed with Henry who said that he is a superhero.

You've got to go! A superhero can't save anyone if he stays inside all of his life!

12:17 PM

I giggle. Henry's right. I have to go. (p.207)

Moreover, Joe's attempt to feel and dress like a powerful person leads him to behave like one. He got courage to achieve his goal, what he wanted in his life, by going outside of his hospital room. Amir who has the idea to take Joe out from

his hospital room. Joe hesitates at first about Amir's idea. However, because of his consistent lifestyle, Joe ended up having the courage to accept and try Amir's idea.

I giggle. Henry's right. I have to go. I can't just sit in here my whole life, dreaming. Imagining, and worrying. (p. 207)

In this data, Joe realizes that he cannot stay inside and stay in his bubble for his whole life. He has to go. The sentence *"I can't just sit in here my whole life, dreaming, and worrying"* indicates Joe's way to overcome his inferiority complex by striving for his goal. Lifestyles that Joe has before accepting Amir's idea to go outside is the result of his inferiority complex. Then, these lifestyles lead Joe to realize that he cannot stay in his bubble, he has to accept the challenge and reach his goal to go outside. This is in line with Adler's theory. Adler (1997) stated that a concept of a goal or ideal is to get beyond the present state and to overcome deficiency by planning aims for the future. Joe, in the novel wants to get beyond his present state. With the help of Amir, Joe plans to try Amir's idea by encouraging himself in order to get beyond which is stuck in his bubble.

*"What's seven-eleven?"
Amir let's his breath go.
"Increase lung capacity," he says, "and it keep you calm, too. Breathe in for seven seconds and out for eleven. Try it. Like this"
I watch him and breathe in for as long as he does, then let my breathe out.
"Good," he says. "And again. Does it make you feel good?"
"No, it makes me feel sick."
Amir laughs a lot. "Me too, but it goes after a while. Practice tonight"
I tell him I will, ... (p. 181)*

In process of striving for his goal, Amir ask Joe to practice breathing methode that will make Joe calm. As a person who help Joe to achieve his goal, Amir has to tell Joe what he should do once when they go outside. One of them is

practicing how to breathe so that Joe remains calm. Joe agreed to do that. It shows in sentence *“I tell him I will”*. This data shows Joe’s action to achieve his goal.

*“Take me back. Please take me back!” ...
 “You okay. Just be calm.”
 I try to take a deep breathe. A man and a woman walk toward us holding hands. Amir points at them.
 “You see,” he says. “You think they walk if there giant rats around?”
 I let a breathe out. (p. 231-232)*

In this data, Joe suddenly become so afraid and wants to go back to his hospital room. After a very long time Joe never go outside of his hospital room makes Joe feel small. In the novel, Joe hallucinate about giant rats that will come to him. He starts to hallucinate after he saw garbage that people did not pick up. He thoughts that garbage is full of germs and full of rats. However, Joe is able to make himself calmdown by breathing methode that Amir tells him to practice. In the end, Joe calm down and continue their journey to a place that Amir choose.

*I follow Amir out into the corridor. (p.223)
 “Here,” he says. “You put this on now.” He pulls out a helmet
 “It’s okay,” he says. “You just hold your breathe. I swap it over faster than Ferrari change a wheel.”
 “I count to three,” says Amir, “Okay? One... two... three...”
 I take a deep breathe. Amir slides the hoop up my neck and disconnects the air supply. I put the helmet over my head. Amir clicks the air line in, attaches a new tube to the oxygen bottle, and clicks the other end into my helmet, then he runs his fingers along the rubber seal and smoothes it right to my neck. I hear a hiss as he turns a valve and the air rushes in. (p. 226)*

These two datas shows Joe’s trust to Amir. The next thing that Joe does to achieve his goal is to trust Amir. The way Joe follows Amir out from his room into corridor shows that Joe trust him. Moreover, Joe also trust what Amir’s says that he will swap vortex fan with helmet quickly. It is such a big trust, because Joe have to hold his breathe because he cannot breathe normal air. His SCID makes Joe have to breathe hygiene air. Amir also proofs his statement by changing it really fast.

Joe have to practice his breathe to remain calm and trust Amir in order to achieve his goal. His inferiority complex because of his serious deficiency that makes him never have experienced going outside leads him do not know the world outside. Joe turns out having panick attack and hallucination. For Joe, garbage that people did not pick up is dangerous because it has germs and even rats. However, Joe is able to calmdown by breathing and breathe out just like how Amir teaches him. Moreover, Joe's lack of experienced about the world outside leads him to trust Amir who have more experience. Joe has to trust Amir in order to achieve his goal since Amir is the one who initiate and help him to go outside of his hospital room. Amir never once disappoints Joe and always serious with what he says.

CHAPTER V

CONCLUSION & SUGGESTION

This chapter presents conclusions of this study and suggestions for further research. The analysis of how the main character's inferiority complex influences his lifestyle and his strivings for a goal as reflected in the novel *Bubble* leads to the conclusion. Suggestion for further research also involve in this chapter.

A. Conclusion

Based on findings in the previous chapter, the researcher identifies inferiority complex of the main character based on classification of inferiority complex by Heidebreder arise from Alfred theory. The researcher found four inferiority complexes namely self-preoccupation or self-consciousness, self-criticism and self-dissatisfaction, failure of nerve, and inferiority complex because of serious physical defect. Those are the inferiority complex that the main character have experienced.

Moreover, these inferiority complex affects Joe's lifestyle. Based on the findings, Joe have regular lifestyle, and wishing and dreaming lifestyle. The fear of failure or outcome leads the main character to have regular lifestyle. The rest of inferiority complexes leads the main character to have imagining, wondering, wishing, and dreaming lifestyle.

Joe's inferiority complex also affects his strive towards his goal. The weakness that Joe felt leads him to refers himself as superhero and imagine to be strong as superhero. With the help of Amir, his nurse, and Henry, his best friend,

that refers him as a superhero leads Joe to be brave and have courage to go outside. The regular lifestyle which contains imagining and worrying for his whole life makes him realized and braves to go out side.

B. Suggestion

There are a lot of information that the research found while reading and analyzing the novel *Bubble* by Stewart Foster. Due to narrow the focus of study, the researcher only focuses on analyzing the affects of inferiority complex in his lifestyle and striving to his goal. The researcher suggests for further researcher to explore this novel using other approaches and criticism, such as loneliness theory, character development, or other different perspective. The research hoped that further researcher make this study as starting point to enrich their understanding about Alfred Adler theory and the novel *Bubble* by Stewart Foster.

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CURRICULUM VITAE



Audita Hanifah Cahyani was born in Probolinggo on March 6th 2003. She graduated from MAN 2 kota Probolinggo in 2021. She continued her higher education in 2021 at the Department of English Literature at Universitas Maulana Malik Ibrahim Malang and finished in 2025. During her study in university, she joined internship in Translation Linker.