

**MEANING RECONSTRUCTION OF THE MAIN CHARACTER
IN *THE MIDNIGHT LIBRARY* BY MATT HAIG**

THESIS

By:

Amilatun Munthosa'ah

NIM 220302110204



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2026**

**MEANING RECONSTRUCTION OF THE MAIN CHARACTER
IN *THE MIDNIGHT LIBRARY* BY MATT HAIG**

THESIS

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang

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

By:

Amilatun Munthosa'ah

NIM 220302110204

Advisor:

Miftahul Huda, M.Pd., Ph.D.

NIP 198403292011011009



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2026**

STATEMENT OF AUTHORSHIP

I state that the thesis entitled *Meaning Reconstruction of the Main Character in The Midnight Library by Matt Haig* 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.

Malang, May 13th, 2026

The researcher



Amilatun Munthosa'ah

NIM 220302110204

APPROVAL SHEET

This is to certify that Amilaton Munthosa'ah's thesis entitled *Meaning Reconstruction of the Main Character in The Midnight Library by Matt Haig* has been approved for thesis examination at the Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

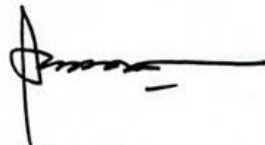
Malang, May 13th, 2026

Approved by

Head of the Department of English

Advisor,

Literature,



Miftahul Huda, M.Pd., Ph.D.

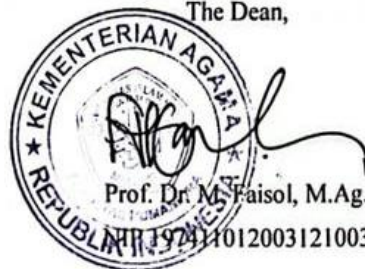
Dr. Agwin Degaf, M.A.

NIP 198403292011011009

NIP 198805232015031004

Acknowledged by

The Dean,



Prof. Dr. M. Faisol, M.Ag.

NIP 197811012003121003

LEGITIMATION SHEET

This is to certify that Amilatun Munthosa'ah's thesis entitled *Meaning Reconstruction of the Main Character in The Midnight Library by Matt Haig* has been approved by the Board of Examiners as one of the requirements for the degree of *Sarjana Sastra* (S.S.) in the Department of English Literature.

Malang, June 19th, 2026

Board of Examiners

Sri Muniroch, M.Hum.
NIP 196905032003122003

Hafidhun Annas, M.Hum.
NIP 198807292019031009

Miftahul Huda, M.Pd., Ph.D.
NIP 198403292011011009

Signatures



Approved by

Dean of the Faculty of Humanities



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

MOTTO

“Allah does not require of any soul more than what it can afford.”

(Al-Baqarah: 286)

“O believers! Seek comfort in patience and prayer.

Allah is truly with those who are patient.”

(Al-Baqarah: 153)

DEDICATION

I dedicate this thesis to my parents, who always provide me with endless prayers and support and are always there for me. I also dedicate this thesis to my siblings, who always encourage me and pray for me. Finally, I dedicate this thesis to all my friends and those who always pray for, support, and encourage me.

ACKNOWLEDGEMENTS

Alhamdulillah rabbil 'alamin. All praise and gratitude are due to Allah SWT, whose mercy and blessings have enabled me to complete this undergraduate thesis entitled *Meaning Reconstruction of the Main Character in The Midnight Library by Matt Haig*. May peace and blessings be upon the Prophet Muhammad SAW, who, by Allah's permission, guided humanity from darkness to light.

I would like to express my sincere gratitude to the many people who have supported and prayed for me. Therefore, I would like to take this opportunity to express my appreciation to the following:

1. The Rector of Maulana Malik Ibrahim State Islamic University Malang, Prof. Dr. Ilfi Nur Diana, M.Si.
2. The Dean of the Faculty of Humanities, Maulana Malik Ibrahim State Islamic University Malang, Prof. Dr. M. Faisol, M.Ag.
3. Head of the English Literature Department, Dr. Agwin Degaf, M.A.
4. My Advisor, Miftahul Huda, M.Pd, Ph.D., for his guidance, support, and valuable advice throughout this thesis. His encouragement and dedication have been a great source of motivation during my academic journey.
5. First and foremost, I would like to express my deepest gratitude to my beloved parents, Abi and Umi, for their unwavering prayers, unconditional love, and support. Their drive and sacrifice have been my biggest motivation in completing this thesis. I am also grateful to my family for their continued support throughout this journey.

6. I also express my heartfelt gratitude to all the lecturers in the Department of English Literature for their knowledge, guidance, kindness, and endless support throughout my academic journey. Their dedication and sincere encouragement have provided me with valuable lessons, inspiration, and motivation in pursuing studies and completing this thesis.
7. I would like to thank Matt Haig for his novel, *The Midnight Library*, which serves as a primary source of this research.
8. I would also like to thank my friends who have always been by my side throughout the process of completing this thesis. Their encouragement and support have truly helped me through many difficult moments.
9. Lastly, I would like to appreciate myself for always being strong and not giving up even when things get difficult or sick. I worked on this thesis, which wasn't always easy, but with patience, hard work, and strong determination, I was finally able to finish it.

I realized that this thesis was far from perfect. Therefore, I sincerely welcome suggestions and criticisms for improvement. I also hope that this research will be useful to future readers and researchers.

Malang, May 13th, 2026

The researcher



Amilatun Munthosa'ah

NIM 220302110204

ABSTRACT

Munthosa'ah, Amilatun (2026). *Meaning Reconstruction of the Main Character in The Midnight Library by Matt Haig.* Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Miftahul Huda, M.Pd., Ph.D.

Keywords: Logotherapy, meaning, meaning reconstruction

This study examines the process of meaning reconstruction experienced by the main character, Nora Seed, in Matt Haig's *The Midnight Library* through the perspective of Viktor Frankl's logotherapy. The purpose of this study is to analyze how Nora reconstructs the meaning of her life through the preliminary condition of existential vacuum and the subsequent process of meaning reconstruction. This study employs psychological literary criticism and uses Frankl's concepts of existential vacuum, experiential values, attitudinal values, and creative values as the main theoretical framework. The data source is the English edition of *The Midnight Library* published in 2020, while the data consist of words, phrases, sentences, dialogues, and narrative descriptions related to the main character's psychological state. Data were collected through careful reading and analyzed using textual interpretation based on the principles of logotherapy. The findings show that Nora's meaning reconstruction is presented through two analytical parts. The first part is a preliminary condition characterized by existential vacuum, which reflects a loss of meaning, purpose, and direction in life. The second part is the process of meaning reconstruction, which develops through three interrelated stages: reflection, reinterpretation, and reorientation. The reflection stage is characterized by Nora's examination of her past experiences and relationships. The stage of reinterpretation is reflected in her changing perspective on failure, regret, and the possibilities of life. The stage of reorientation is indicated through her acceptance of life and her involvement in meaningful actions. The study concludes that meaning reconstruction is a gradual psychological process in which Nora changes her understanding of herself and develops a new sense of purpose and meaning in life.

مستخلص البحث

منطاساعة، عاملة (2026). إعادة بناء الشخصية الرئيسية في مكتبة منتصف الليل لمات هيغ. بحث جامعي. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: مفتاح الهدى، الماجستير.

الكلمة الرئيسية: العلاج بالكلمة، المعنى، إعادة بناء المعنى

تفحص هذه الدراسة عملية إعادة بناء المعنى التي عاشتها الشخصية الرئيسية، نورا سيد، في كتاب مات هيغ "مكتبة منتصف الليل" من منظور العلاج بالشعارات ليفكتور فرانكل. الغرض من هذه الدراسة هو تحليل كيفية إعادة بناء نورا لمعنى حياتها من خلال الشرط الأولي للفراغ الوجودي وعملية إعادة بناء المعنى اللاحقة. تستخدم هذه الدراسة النقد الأدبي النفسي وتستخدم مفاهيم فرانكل حول الفراغ الوجودي، والقيم التجريبية، والقيم الوجدانية، والقيم الإبداعية كإطار نظري رئيسي. مصدر البيانات هو النسخة الإنجليزية من مكتبة منتصف الليل التي نشرت في عام 2020، بينما تتكون البيانات من كلمات وعبارات وجمل وحوارات ووصف سردي يتعلق بالحالة النفسية للشخصية الرئيسية. تم جمع البيانات من خلال قراءة دقيقة وتحليلها باستخدام تفسير نصي بناء على مبادئ العلاج بالشعارات. تظهر النتائج أن إعادة بناء معنى نورا تعرض من خلال جزأين تحليليين. الجزء الأول هو حالة أولية تتميز بالفراغ الوجودي، الذي يعكس فقدان المعنى والهدف والاتجاه في الحياة. الجزء الثاني هو عملية إعادة بناء المعنى، التي تتطور عبر ثلاث مراحل مترابطة: التأمل، إعادة التفسير، وإعادة التوجيه. تتميز مرحلة التأمل بفحص نورا لتجاربها وعلاقاتها السابقة. تنعكس مرحلة إعادة التفسير في نظرتها المتغيرة للفشل والندم وإمكانيات الحياة. تظهر مرحلة إعادة التوجيه من خلال قبولها للحياة وانخراطها في أفعال ذات معنى. تستنتج الدراسة أن إعادة بناء المعنى هي عملية نفسية تدريجية تغير فيها نورا فهمها لنفسها وتطور إحساسا جديدا بالهدف والمعنى في الحياة.

ABSTRAK

Munthosa'ah, Amilatun (2026). *Rekonstruksi Makna yang Dialami oleh Tokoh Utama dalam Novel The Midnight Library Karya Matt Haig*. Skripsi. Program Studi Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Miftahul Huda, M.Pd. Ph.D.

Kata kunci: Logoterapi, makna, rekonstruksi makna

Penelitian ini mengkaji proses rekonstruksi makna yang dialami oleh tokoh utama, Nora Seed, dalam *The Midnight Library* karya Matt Haig melalui perspektif logoterapi Viktor Frankl. Tujuan dari penelitian ini adalah untuk menganalisis bagaimana Nora merekonstruksi makna hidupnya melalui kondisi awal kekosongan eksistensial dan proses rekonstruksi makna selanjutnya. Studi ini menggunakan kritik sastra psikologis dan menggunakan konsep Frankl tentang kekosongan eksistensial, nilai pengalaman, nilai sikap, dan nilai kreatif sebagai kerangka teoritis utama. Sumber datanya adalah *The Midnight Library* edisi bahasa Inggris yang diterbitkan pada tahun 2020, sedangkan datanya terdiri dari kata-kata, frasa, kalimat, dialog, dan deskripsi naratif yang terkait dengan keadaan psikologis tokoh utama. Data dikumpulkan melalui pembacaan yang cermat dan dianalisis menggunakan interpretasi tekstual berdasarkan prinsip logoterapi. Temuan menunjukkan bahwa rekonstruksi makna Nora disajikan melalui dua bagian analisis. Bagian pertama adalah kondisi awal yang ditandai dengan kekosongan eksistensial, yang mencerminkan hilangnya makna, tujuan, dan arah dalam hidup. Bagian kedua adalah proses rekonstruksi makna, yang berkembang melalui tiga tahap yang saling terkait: refleksi, reinterpretasi, dan reorientasi. Tahap refleksi ditandai dengan pemeriksaan Nora terhadap pengalaman dan hubungan masa lalunya. Tahap reinterpretasi tercermin dalam perspektifnya yang berubah tentang kegagalan, penyesalan, dan kemungkinan hidup. Tahap reorientasi ditunjukkan melalui penerimaannya terhadap kehidupan dan keterlibatannya dalam tindakan yang bermakna. Studi ini menyimpulkan bahwa rekonstruksi makna adalah proses psikologis bertahap di mana Nora mengubah pemahamannya tentang dirinya sendiri dan mengembangkan rasa tujuan dan makna hidup yang baru.

TABLE OF CONTENTS

THESIS COVER	i
STATEMENT OF AUTHORSHIP	Error! Bookmark not defined.
APPROVAL SHEET	Error! Bookmark not defined.
LEGITIMATION SHEET	Error! Bookmark not defined.
MOTTO	vi
DEDICATION	vii
ACKNOWLEDGEMENTS	viii
ABSTRACT.....	x
مستخلص البحث	xi
ABSTRAK.....	xii
TABLE OF CONTENTS.....	xiii
CHAPTER I: INTRODUCTION	1
A. Background of the Study	1
B. Problem of the Study	5
C. Significance of the Study	5
D. Scope and Limitation.....	6
E. Definition of Key Terms	7
CHAPTER II: REVIEW OF RELATED LITERATURE	9
A. Psychology of Literature.....	9
B. Viktor Frankl's Logotherapy	11

C. Meaning Reconstruction	14
1. Preliminary Condition: Existential Vacuum as the Starting Point of Meaning Reconstruction	15
2. The Process of Meaning Reconstruction	17
a. Reflection on Experience	17
b. Reinterpretation.....	18
c. Reorientation	19
CHAPTER III: RESEARCH METHOD	21
A. Research Design.....	21
B. Data Source	22
C. Data Collection.....	23
D. Data Analysis	24
CHAPTER IV: FINDINGS AND DISCUSSION	25
A. Preliminary Condition: Existential Vacuum	25
B. The Process of Meaning Reconstruction	31
1. Reflection on Experience	32
2. Reinterpretation	38
3. Reorientation	43
CHAPTER V: CONCLUSION AND SUGGESTION	50
A. Conclusion	50

B. Suggestion.....	52
BIBLIOGRAPHY	53
CURRICULUM VITAE	55
APPENDIX	
SYNOPSIS	

CHAPTER I

INTRODUCTION

This chapter provides a general overview of the research and its objectives. It consists of the background of the study, research problem, significance of the study, and scope and limitations of the study. The definition of key terms is provided in the final part of the chapter to clarify important concepts that are frequently mentioned and used in this study.

A. Background of the Study

Literature is not only a form of entertainment but also a reflection of human life and inner experiences. In literary works, inner conflicts such as identity crises, emotional struggles, and psychological distress are often depicted through characters and narratives. Wellek and Warren (1949) argue that literature and life are inseparable, as literary works represent human experience, including social, psychological, and cultural aspects. In contemporary times, literature plays an increasingly important role as a medium for exploring complex existential questions, particularly human efforts to find the meaning of life.

In modern life, individuals often experience psychological struggles such as feelings of emptiness, regret, and a lack of meaning. These struggles are not merely emotional reactions but also deeper existential concerns related to human existence. Due to the complexity of life, individuals are often confronted with questions about their purpose and direction in life. Yalom (1980) explains that death, freedom, isolation, and meaninglessness are fundamental concerns faced by human beings.

When people begin to realize these existential realities, they may start questioning the value and meaning of their lives, which consequently affects their perception and judgment of their own existence.

Furthermore, the concept of meaning in life plays a crucial role in understanding human mental health. When individuals lose meaning in their lives, they may experience emptiness and hopelessness because they no longer see a clear purpose in life. Conversely, the ability to construct and reconstruct meaning enables individuals to interpret their life experiences in a more positive and meaningful way. According to Peterson and Park (2014), Meaning is an important aspect of a positive life and is closely related to life satisfaction and well-being. Therefore, the search for meaning has become an important topic in psychology as well as in the study of literature that uses psychological approaches. Thus, the search for meaning has been one of the commonly discussed topics in psychology and in other fields, including literary criticism, that employ a psychological approach.

The object of this study is Matt Haig's novel *The Midnight Library*, published in 2020. This novel portrays the life of a young woman named Nora Seed, who feels dissatisfied with her life. After losing her job, experiencing the death of her cat, and feeling disconnected from the people around her, Nora Seed reaches a point where she no longer wants to continue her life. She then finds herself in *The Midnight Library*, a place between life and death, where Mrs. Elm, her former school librarian, guides her through books that contain different versions of her life. Nora first reads the *Book of Regrets*, which records the regrets she has carried throughout her life. She is then allowed to enter several alternative lives, including

a life in which she becomes an Olympic swimmer, a famous musician, a glaciologist, a pub owner, a wife, and a mother. In each life, Nora encounters different situations, relationships, and consequences that result from the choices she could have made. As she moves from one life to another, she compares these possibilities with the life she originally rejected and gradually faces the memories, decisions, and relationships that have shaped her understanding of herself.

The Midnight Library can be interpreted through the perspective of Viktor Frankl's logotherapy. Frankl (2006) states that the will to meaning is the primary motivation in human life, as people seek to find a sense of purpose regardless of the circumstances they face. There are three values that help explain how individuals respond to certain events and assign meaning to their experiences: creative values, experiential values, and attitudinal values. Therefore, logotherapy is an appropriate framework for understanding the character's experience and the process of meaning reconstruction throughout the novel.

Several previous studies revealed that Matt Haig's *The Midnight Library* has been widely examined from various analytical perspectives, particularly literary psychology. In general, many studies on this novel discuss Nora Seed's psychological condition, especially in relation to mental disorders and inner conflicts. Among these studies are those conducted by Kusumaningrum (2021) and Salsabilla (2023), which discuss Nora's depression and anxiety using a psychoanalytic approach. The findings of these studies indicate that the main character's psychological condition is an important starting point for understanding the overall plot, particularly in depicting her existential crisis.

Other studies focus on the process of personality development and the main character's search for identity. Saputri (2024) examines Nora's individuation process, from despair to self-integrity, while Putri et al.(2023) support this discussion through the notion of self-acceptance. Meanwhile, Al-Fauzi (2024) discusses how the character's self-esteem is formed. In addition, Fatimatuzzahroh and Koiri (2025) and Pokharel and Sharma (2025) explore the character's transformation and self-discovery through different theoretical frameworks. These studies suggest that existing research on the novel tends to focus on the character's psychological transformation from negative states to more positive development.

Moreover, Viktor Frankl's logotherapy has been applied to literary analysis by various researchers, including Mousavi et al. (2024), Sahi (2022), and Puspitasari et al. (2024). Their studies generally show that reconstruction of life meaning is a crucial factor in helping characters cope with suffering, survive difficult situations, and achieve personal growth. This indicates that meaning is considered one of the most important forces in the process of recovery and character development.

Previous studies of *The Midnight Library* and other literary works that use Viktor Frankl's logotherapy have generally focused on psychological conditions, character development, and the meaning of life. These studies have made important contributions to understanding Nora Seed's psychological transformation and the concept of meaning in life, but most studies still treat meaning as a general outcome rather than a structured and gradual process. As a result, the formation of meaning is often described descriptively without a clear explanation of how one stage of

psychological experience relates and develops to the next stage in the process of character transformation. In particular, there is still limited attention to how meaning reconstruction develops from existential vacuum and progresses through interconnected stages of reflection on experience, reinterpretation, and reorientation as a dynamic psychological process in the character's life.

Therefore, this study aims to analyze the process of reconstructing the meaning of Nora Seed through the framework of Viktor Frankl's logotherapy. The novelty of this research lies in its focus on meaning reconstruction as a gradual psychological process, beginning with a preliminary condition characterized by an existential vacuum and continuing through the stages of reflection, reinterpretation, and reorientation. Thus, this research not only discusses meaning as the result but also explains how it is reconstructed throughout the character's psychological journey.

B. Problem of the Study

Based on the research background discussed previously, this study aims to answer the following question: "How is the Main Character Nora Seed's depicted in her process of meaning reconstruction in Matt Haig's *The Midnight Library*?"

C. Significance of the Study

This study is expected to contribute to the field of literary psychology, especially studies that apply Viktor Frankl's logotherapy in literary analysis. By examining Nora Seed's process of meaning reconstruction in Matt Haig's *The Midnight Library*, this study provides a deeper understanding of how meaning is

reconstructed through stages of reflection, reinterpretation, and reorientation after existential vacuum. Furthermore, this study enriches the application of Frankl's concepts of experiential values, attitudinal values, and creative values to the analysis of literary characters. It also contributes to existing studies by viewing meaning not merely as an outcome but as a gradual psychological process of transformation

Practically, this study is expected to help readers gain a better understanding of how individuals respond to existential crises, regrets, and meaninglessness in life. These findings can encourage readers to look at hardship and suffering from a different perspective and to realize the possibility of finding meaning through personal experiences, attitudes, and actions. In addition, this study can serve as a reference for future researchers interested in literary psychology, logotherapy, existential psychology, and the reconstruction of meaning in literary works.

D. Scope and Limitation

The study focuses on Nora Seed as the main character in Matt Haig's novel *The Midnight Library*. It examines her process of meaning reconstruction through Viktor Frankl's logotherapy. This analysis explores Nora's preliminary condition of existential vacuum and subsequent process of meaning reconstruction through three stages: reflection, reinterpretation, and reorientation. Furthermore, the study analyzes how experiential values, attitudinal values, and creative values contribute to Nora's reconstruction of meaning. The data are taken from selected dialogues, narrations, and quotations that represent Nora's psychological journey throughout the novel.

This study is limited to the analysis of Nora Seed's meaning reconstruction through Viktor Frankl's logotherapy. Specifically, this study focuses on existential vacuum as the preliminary condition of meaning reconstruction and on the three stages of meaning reconstruction: reflection, reinterpretation, and reorientation. This analysis is based on four concepts of logotherapy, namely existential vacuum, experiential values, attitudinal values, and creative values. Other concepts of logotherapy that are not directly related to the analysis of meaning reconstruction are beyond the scope of this study. In addition, this study does not examine the psychological development of other characters.

E. Definition of Key Terms

To avoid misunderstandings and to clarify the key concepts related to Nora Seed's search for meaning, the researcher provides the following definitions of key terms used in this study:

1. Meaning reconstruction refers to the process of individuals reconstructing and reinterpreting the meaning of life after experiencing an existential crisis, loss, regret, or psychological distress (Neimeyer, 2016). In this study, the reconstruction of meaning is understood as a gradual process that includes reflection, reinterpretation, and reorientation, which is preceded by the condition of *existential vacuum* as the initial trigger for the search for meaning (Frankl, 2006). This concept is used to explain Nora Seed's journey in reconstructing the meaning of her life throughout the story.
2. Meaning refers to the sense of purpose, significance, or value that individuals place on their lives. It is not a fixed or universal concept, but rather, it is a

subjective construct that each person discovers through personal experience, choices, and attitudes toward life events. In logotherapy, meaning is considered the main motivation for human existence. Frankl explained that individuals are driven by "*will to meaning*" and remain able to find purpose even in difficult circumstances, including suffering (Frankl, 2006; Yalom, 1980).

3. Logotherapy is derived from the Greek word *logos*, which means "*meaning*." Logotherapy emphasizes that the primary motivation of human beings is the desire to find purpose and meaning in life, even during suffering (Frankl, 2006). In this study, logotherapy is used as the main theoretical framework to analyze how the main character responds to crisis and searches for meaning in her life.

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter presents the theoretical foundations of the study. It discusses the psychology of literature, existentialism, Viktor Frankl's logotherapy, and the concept of meaning reconstruction. Viktor Frankl's logotherapy serves as the main theoretical framework for analyzing Nora Seed's process of meaning reconstruction. In this study, the process is examined through three stages: reflection on experience, reinterpretation, and reorientation, which are preceded by a preliminary condition of existential vacuum as the initial trigger for the search for meaning.

A. Psychology of Literature

Literary Psychology is a multidisciplinary field that analyzes literary texts as representations of human psychological experiences, particularly those related to internal struggles, crises, and transformation. Instead of viewing literary texts merely as reflections of mental states, this approach understands them as constructions through which human psychological conditions are represented. These conditions may include complex states of mind such as fear, loneliness, regret, despair, and other forms of human struggle. In this sense, literature serves as a symbolic medium through which human psychological realities are explored.

According to Wellek and Warren (1949), literature has a close relationship with reality because it is influenced by various social, cultural, and psychological factors. Although the characters in literature are fictional, they may symbolize

universal patterns of human life. The conflicts and emotions experienced by the characters are often rooted in real psychological phenomena, which enable readers or researchers to understand the formation of self-awareness and behavior in particular life situations.

The relationship between literature and psychology became more established in the twentieth century through the development of psychological criticism. This approach emphasizes the study of characters' psychological conditions, such as motivations, conflicts, and emotions. According to Tyson (2023), psychological criticism enables researchers to examine literary texts more deeply by exploring how a character's psychological world is constructed in literature. Therefore, literary analysis helps explain not only what a character does but also why they think, feel, and act in certain ways.

The influence of psychoanalysis, especially its focus on internal struggles and unconscious drives, has significantly shaped psychological criticism. However, psychoanalysis may not always be sufficient when analyzing characters who actively interpret reality to make sense of their lives. For this reason, humanistic and existential approaches to psychology become more relevant, as they emphasize self-actualization, freedom, responsibility, and meaningful responses to life situations (Tyson, 2023; Yalom, 1980).

In this context, existential psychology plays an important role because it is concerned with human issues related to meaning, suffering, and personal responsibility. These concerns are closely related to the ideas of logotherapy, which focus on the human capacity to discover meaning through life experiences.

Thus, this study examines the process of meaning reconstruction experienced by the main character Nora Seed, in *The Midnight Library*, using psychological literary criticism, particularly from an existential perspective. This approach is relevant because Nora's condition reflects an existential crisis characterized by regret, self-doubt, and feelings of failure.

B. Viktor Frankl's Logotherapy

Logotherapy is an existential approach to psychology developed by Viktor Frankl, whose ideas are elaborated in his work *Man's Search for Meaning* (2006). The term *logos*, meaning "*meaning*," reflects the central idea that individuals are driven by a fundamental desire to find purpose in their lives. Frankl (2006) refers to this as the *will to meaning*, which suggests that human beings are not primarily motivated by pleasure, as proposed by Sigmund Freud, or by power, as proposed by Alfred Adler, but by the need to find meaning in their existence.

Logotherapy is rooted in existential philosophy, which emphasizes human freedom, responsibility, and the search for meaning in life. According to Sartre (as cited in Webber, 2009), existence precedes essence, meaning that individuals first exist and then define themselves through the choices they make. Human beings are not completely determined by their past circumstances or innate characteristics, but continuously shape themselves through their decisions and responsibilities. Similarly, Yalom (1980) explains that human beings inevitably confront existential concerns such as death, freedom, isolation, and meaninglessness. These concerns may lead to existential crises, particularly during periods of suffering, loss, or major life transitions. Although such experiences are often accompanied by feelings of

emptiness, confusion, and hopelessness, they may also encourage self-reflection and personal growth. These existential ideas provide an important philosophical foundation for Frankl's logotherapy, which emphasizes that individuals remain free to choose their attitudes and discover meaning even in difficult circumstances.

Meaning refers to the purpose or significance that individuals give to their lives and experiences. In logotherapy, meaning is not something universal or fixed, but rather is uniquely discovered through personal experiences, choices, and attitudes toward life events (Frankl, 2006; Yalom, 1980).

Freedom of will is one of the essential principles of logotherapy. It refers to the human ability to choose their attitude towards any event that occurs in their lives. Although individuals may not be able to control their circumstances, they still have the freedom to determine how they respond to those circumstances (Frankl, 2006). Based on this principle, meaning is not created randomly. Instead, individuals may discover meaning through their responses to various life events. Therefore, meaning is connected to the individual as an active subject in the process of discovering meaning.

Moreover, Frankl (2006) explains that individuals can discover meanings of their lives through three main pathways: creative values, experiential values, and attitudinal values. These pathways imply that the meanings of life are found not only in one form. Meanings can emerge from what individuals contribute to life, what they receive from life, and how they respond to what happens in their lives. In other words, human beings can discover meanings not only through achievement or success but also through experiences and attitudes toward suffering.

1. Creative values refer to the discovery of meaning through what individuals create, produce, or contribute to the world. This pathway emphasizes human activity, work, and contribution. A person may find meaning by doing something valuable, completing a task, creating a work, or helping others. For Frankl (2006), creative values show that life is meaningful when individuals are able to give something to the world through their efforts and abilities.
2. Experiential values refer to the discovery of meaning through what individuals experience in life. This pathway includes meaningful relationships, encounters with nature, art, culture, and emotional experiences. Experiential values emphasize receiving something meaningful from the world. Through love, for example, individuals may realize that life still has value. According to Frankl (2006), love is one of the most significant forms of experiential value because it enables individuals to recognize the uniqueness of another person.
3. Attitudinal values refer to the discovery of meaning through the attitude that individuals take toward unavoidable suffering. This pathway is important when a person faces a situation that cannot be changed, avoided, or controlled. In such circumstances, meaning can still be found through the way individuals respond to their suffering. Frankl (2006) argues that even when people are limited by external freedom, they still have the inner freedom to choose their attitude. Therefore, attitudinal values show that meaning may emerge not from changing the situation, but from responding to it with dignity and responsibility.

Another important aspect in logotherapy is existential vacuum. It refers to a condition of inner emptiness and the absence of meaning in life (Frankl, 2006).

Individuals who experience existential vacuum often lose their connection with the things that once gave them purpose and may also lose their sense of future direction. However, existential vacuum is not always negative because it may lead individuals to reflect on their lives.

Several studies support Frankl's approach by highlighting the importance of meaning in relation to psychological well-being and resilience. Individuals who are able to interpret their experiences meaningfully are better able to cope with stressful situations and various life challenges (Waters et al., 2022; Shaygan et al., 2023). Thus, this perspective emphasizes the relevance of logotherapy in understanding how individuals respond to existential crises.

Logotherapy is significant for this study because it provides a framework for understanding how individuals respond to existential crises and attempt to discover meaning in their lives. The search for meaning is a complex issue, and it may develop into meaning reconstruction, through which individuals reinterpret their experiences, reassess their values, and define new goals in life.

C. Meaning Reconstruction

In this study, meaning reconstruction is examined through two analytical parts. The first part is the preliminary condition, which is characterized by an existential vacuum that functions as a trigger for the search for meaning. The second part focuses on the process of meaning reconstruction, which develops through three interrelated stages: reflection, reinterpretation, and reorientation. As Frankl (2006) explains, meaning can be discovered through an individual's response to life circumstances. Längle (2015) explains that existential analysis, which developed

from Frankl's logotherapy, focuses on the individual's search for personal meaning and authentic existence. In this process, individuals try to make sense of what happened to them. According to Neimeyer (2016), meaning reconstruction involves interpreting life events and creating new narratives to restore a sense of life purpose. This indicates that individuals are not simply passive recipients of life events, but active subjects who continuously construct meaning from their experiences.

Previous research has shown that the ability to reconstruct meanings is essential in enhancing psychological well-being and resilience. Individuals who can make sense of their experiences are generally better at coping with stress and life difficulties (Shaygan et al., 2023; Waters et al., 2022). The findings support Frankl's view on the importance of meaning in the process of adaptation and recovery.

Therefore, meaning reconstruction in the present study is regarded as a dynamic process of interpretation, during which people reinterpret their crises as opportunities to grow and learn. Ultimately, a new perspective on reality is formed, in which meaning is not only something to be discovered but also something that is continuously reconstructed through lived experiences.

1. Preliminary Condition: Existential Vacuum as the Starting Point of Meaning Reconstruction

The preliminary condition refers to the main character's psychological state before entering the process of meaning reconstruction. This condition is closely related to Viktor Frankl's concept of *existential vacuum*, which describes a state of mental emptiness, lack of meaning, and the absence of purpose in life (Frankl,

2006). Individuals who experience this condition often feel disconnected from their values, goals, and direction in life.

The process of meaningful reconstruction usually begins after a person has experiences an existential crisis, which refers to a person's inability to maintain a stable sense of purpose and direction in life. This condition can occur as a consequence of a variety of experiences, including failure, loss, regret, and dissatisfaction, all of which can prompt individuals to question the meaning of their existence (Waters et al., 2022).

Frankl (2006) further explained that *existential vacuum* is characterized by a sense of inner emptiness and meaninglessness, in which individuals lose their purpose in life and have difficulty setting meaningful life goals. This condition can also lead to boredom, depression, and anxiety as individuals are no longer sure about the direction of their lives (Bull, 2024). However, the loss of meaning should not be understood only as a negative condition. Studies in logotherapy and positive psychology show that such experiences can serve as a turning point, encouraging individuals to reflect on their lives and seek new meaning (Shaygan et al., 2023; Waters et al., 2022).

In *The Midnight Library*, this condition is reflected in Nora Seed's psychological experience, in which she experiences emotional distress, regret, despair, and a deep sense of meaninglessness. These experiences show that she has lost her existential orientation and cannot rely on her previous beliefs and expectations.

Therefore, this preliminary condition constitutes the first part of the analysis and serves as the trigger for meaning reconstruction. Characterized by an existential vacuum, this condition precedes the process of meaning reconstruction. The second part of the analysis focuses on the process itself, which consists of three stages: reflection on experience, reinterpretation, and reorientation.

2. The Process of Meaning Reconstruction

Meaning reconstruction refers to the process through which individuals recreate their sense of meaning after experiencing an existential crisis. Although Frankl (2006) does not offer a rigid stage-based model for this process, his theory provides a framework for understanding how human beings discover meaning based on their responses to life circumstances (Frankl, 2006).

In this study, the analysis is divided into two parts. The first part is the preliminary condition, which is characterized by an existential vacuum or loss of meaning. The second part examines the process of reconstructing meaning, which consists of three stages: reflection on experience, reinterpretation, and reorientation. This framework is not intended to propose new theories, but to help researchers examine the experiences of figures in a more structured way.

a. Reflection on Experience

Reflection on experience is the first stage, which refers to the moment when individuals start to reflect on their personal life situation after experiencing a lack of meaning. They are no longer completely confused; instead, they gradually understand their condition and question the beliefs and expectations that previously

guided them. This stage is an important movement from suffering to a meaningful process of thinking about what has happened. As a result, individuals do not simply recall past events but also try to understand their meaning.

When individuals review their past lives, they start to recognize the gap between their previous expectations and their present realities (Waters et al., 2022). In accordance with Frankl's logotherapy, this stage can be explained through the human capacity for self-awareness and self-detachment. Self-awareness allows individuals to examine their thoughts and life situations, while self-detachment enables them to distance themselves from their immediate suffering (Frankl, 2006). This stage is related to experiential values in which meaning is discovered through life experiences and meaningful interactions with others. Therefore, reflection on experience can be considered an intermediary stage that connects the loss of meaning with its redefinition.

b. Reinterpretation

Reinterpretation is the second stage in which individuals start to change their perceptions and attitudes toward their life experiences. After reflecting on their experiences, they no longer experience those experiences in the same way as before. Instead, they begin to construct new meanings from what they have experienced, allowing them to understand their lives more clearly.

These three stages of meaning reconstruction show that the search for meaning evolves from a state of crisis to a renewed sense of life orientation (Waters et al., 2022). They become aware that meaning is not inherent in an event itself but is shaped by personal perception and response. According to Frankl (2006),

individuals have the freedom to choose their attitude, even when they do not have the freedom to avoid suffering.

Therefore, experiences such as failure, regret, or loss may no longer be viewed only negatively but also as parts of one's life journey that can lead to personal growth and understanding (Bull, 2024). At this stage, meaning is formed through attitudinal values, in which meaning develops from the way individuals respond to difficult or unavoidable situations (Shaygan et al., 2023). In other words, reinterpretation plays an important role in helping individuals make sense of life.

c. Reorientation

The final stage reorientation, marks the point at which individuals begin to apply their new insights in action. At this stage, individuals do not merely engage with meaning through reflection or interpretation; rather, they express it through decisions, intentions, and behavior. After reflection and reinterpretation, individuals begin to find a way forward and reorganize their lives according to the newly discovered meaning. This shows that meaning is not only understood internally but also needs to be practiced in life.

From Frankl's logotherapy perspective, this stage is closely related to creative values, which emphasize the realization of meaning through action, work, and contribution (Frankl, 2006). Individuals begin to make decisions, pursue meaningful goals, and engage in activities that reflect their new outlook on life. As supported by previous studies, the ability to act on newly constructed meaning plays a crucial role in strengthening psychological resilience and sustaining personal growth (Shaygan et al., 2023; Waters et al., 2022). Therefore, reorientation marks

the culmination of the meaning reconstruction process, in which internal transformation is realized through purposeful and meaningful engagement with life.

The process of meaning reconstruction develops through three stages that gradually lead the individual towards a new sense of purpose and direction of life. Before entering these stages, individuals may experience preliminary conditions, i.e., existential vacuum or loss of meaning, which makes them feel emptiness and uncertainty. This condition then leads to experiential reflection, in which past events and relationships are re-evaluated through experiential values. After that, reinterpretation allows individuals to reshape their understanding of suffering through attitudinal values by changing the way they interpret life experiences. Finally, reorientation brings reconstructed meaning into concrete actions and future directions, which are closely linked to creative values.

CHAPTER III

RESEARCH METHOD

This chapter explains the method used in conducting the study. It consists of research design, data source, data collection, and data analysis.

A. Research Design

This study is a work of literary criticism. Literary criticism is used because the object of the study is a literary text, and the main purpose of the study is to interpret how literary characters experience meaning reconstruction throughout the storyline (Tyson, 2023). This study applies psychological literary criticism because it examines the psychological condition, existential crisis, and transformation of the main character, Nora Seed. Psychological literary criticism enables the researcher to analyze how a literary text represents human emotions, thoughts, and responses to life situations. This approach is relevant to the study because Nora Seed's journey is closely related to regret, despair, meaninglessness, and the search for meaning.

Viktor Frankl's logotherapy is used as the main theoretical framework in this study. Logotherapy emphasizes that the primary motivation of human beings is the *will to meaning*, and that meaning can be discovered through one's response to life circumstances (Frankl, 2006). In this study, Frankl's three pathways to meaning are used to interpret Nora's process of meaning reconstruction. *Experiential values* are used to understand how Nora discovers meaning through experiences and relationships. *Attitudinal values* are used to explain how Nora changes her attitude

toward regret, failure, and suffering. *Creative values* are used to examine how Nora begins to express meaning through action and purposeful engagement with life.

To support a more structured analysis, the study employs an analytical framework consisting of two interrelated parts. The first part is the preliminary condition, which is the existential vacuum or loss of meaning. The second part is the process of meaning reconstruction, which develops through three interrelated stages: reflection on experience, reinterpretation, and reorientation. This analytical framework is derived from Frankl's logotherapy and the concept of meaning reconstruction and is used to examine Nora Seed's gradual reconstruction of meaning throughout the novel.

B. Data Source

The data source of this study is Matt Haig's novel *The Midnight Library*. The novel was first published in 2020. The edition used in this study is the English-language edition published by Canongate Books. The novel consists of short-titled chapters and narrates the life of Nora Seed, a woman who experiences despair and is brought into *The Midnight Library*, i.e., a space between life and death, where she encounters different possible versions of her life. The novel is selected because it presents issues related to regret, existential crisis, life choices, and the search for meaning. These issues are closely related to Frankl's logotherapy, particularly the concepts of existential vacuum, will to meaning, and the three pathways to meaning, which provide a framework for understanding Nora's process of meaning reconstruction.

The data of this study consist of words, phrases, sentences, dialogues, and narrative descriptions that show Nora Seed's process of meaning reconstruction. The data were taken from moments in the novel, especially those reflecting Nora's despair before entering *The Midnight Library*, her meeting with *The Book of Regrets*, her experiences in various alternative lives, her changing perspective on success and failure, and her final decision to return to her original life. These data are relevant because they show the gradual process of Nora's emotional transformation for meaning reconstruction.

C. Data Collection

The data in this study were collected mainly through close reading strategies. The researcher carefully read Matt Haig's *The Midnight Library* to identify textual evidence related to Nora Seed's process of meaning reconstruction. In detail, the data collection was conducted through the following steps:

1. Reading the novel thoroughly to understand the plot, characters, conflicts, and Nora Seed's psychological development.
2. Rereading the novel by focusing on textual parts that show Nora's existential crisis, regret, reflection, changing perspective, and new orientation toward life.
3. Marking important words, phrases, sentences, dialogues, and descriptions related to Nora's meaning reconstruction.
4. Selecting relevant quotes that represent the preliminary conditions of existential vacuum or loss of meaning, followed by the process of meaning reconstruction, which consists of reflection on experience, reinterpretation, and reorientation.

5. Classifying the selected data based on the three stages of the process of meaning reconstruction, namely reflection, reinterpretation, and reorientation, and relating them to Frankl's experiential, attitudinal, and creative values. This analysis also considers existential vacuum as the preliminary condition that initiates the process of meaning reconstruction.

D. Data Analysis

The data were analyzed by using psychological literary criticism through Viktor Frankl's logotherapy. The analysis focused on interpreting the selected textual evidence to answer the research question. The data analysis was conducted through the following steps:

1. Identifying the context of each selected quotation in relation to Nora Seed's experiences and psychological condition.
2. Interpreting the data based on two analytical parts: the preliminary conditions, characterized by an existential vacuum or loss of meaning, and the process of meaning reconstruction, which consists of three stages: reflection, reinterpretation, and reorientation.
3. Relating the findings to Frankl's concepts of existential vacuum, experiential values, attitudinal values, and creative values.
4. Explaining how each stage shows Nora's gradual movement from meaninglessness to a renewed understanding of life.

CHAPTER IV

FINDINGS AND DISCUSSION

This chapter presents the answer to the research question concerning Nora Seed's reconstruction of meaning in Matt Haig's *The Midnight Library* through the perspective of Viktor Frankl's logotherapy. The analysis is based on selected textual evidence and is divided into two analytical parts: the preliminary condition and the process of meaning reconstruction. The preliminary condition refers to an existential vacuum or loss of meaning, while the process of meaning reconstruction consists of three stages: reflection on experience, reinterpretation, and reorientation. These stages are used to examine Nora's psychological transformation and to explain how experiential, attitudinal, and creative values contribute to the meaning reconstruction.

A. Preliminary Condition: Existential Vacuum

The preliminary condition in Nora Seed's case was characterized by existential vacuum, which refers to a psychological state in which the individual experiences a loss of existential meaning, direction, and purpose. In this state, life is no longer considered meaningful or full of possibilities, but rather as a series of failures, regrets, and disappointments. This condition is closely related to Viktor Frankl's concept of existential vacuum, which describes feelings of inner emptiness and lack of meaning in life (Frankl, 2006).

In *The Midnight Library*, Nora Seed's condition reflects this existential crisis. She is portrayed as a character who is no longer able to understand her life

experiences and tends to interpret her past as a complete failure. Her mind is dominated by regret, self-blame, and despair, which suggests that she has not yet entered the process of meaning reconstruction.

Nora's psychological condition becomes increasingly severe as she reaches a state of despair that leads her to attempt suicide. This moment reflects her emotional pain and loss of purpose. Nora feels lonely and is haunted by memories of the mistakes that she believes she has made throughout her life. She sits in her room and thinks about the decisions that, in her view, have led her life in the wrong direction. Her despair becomes stronger as she sees no possibility for a meaningful future. It is at this point that she decides to commit suicide; however, instead of dying, she wakes up in a liminal space known as *The Midnight Library*. This can be seen in the following quotation:

"So why am I not dead? Why has death not come to me? I gave it an open invitation. I'd wanted to die. But here I am, still existing. I am still aware of things" (p. 36).

The quotation shows Nora Seed's condition after experiencing a deep existential crisis that leads her to the decision to end her life. The question, *"So why am I not dead? Why has death not come to me?"* reveals her despair and loss of meaning, as Nora no longer sees any reason to continue living. The statement, *"I gave it an open invitation. I'd wanted to die,"* further shows her desire to escape from life. However, the fact that she remains conscious makes her suffering more complex because she is still forced to confront her own existence. This moment shows that Nora is no longer able to understand her life experience in a meaningful way. She is trapped in hopelessness, and her awareness of being alive does not yet lead her to a sense of life purpose.

From the perspective of logotherapy, Nora's condition can be understood as an expression of the existential vacuum, a state in which an individual begins to experience a loss of meaning in life. Frankl (2006) explains that when a person is unable to find meaning in life experiences or suffering, life may feel empty and without a clear purpose. In Nora Seed's case, this condition reflects the early stages of her existential vacuum, which is related to her feelings of regret and dissatisfaction with her life. At this stage, Nora has not yet reconstructed her understanding of life, as she still experiences the feeling of emptiness and a lack of life direction.

Nora's psychological condition is increasingly reflected in her perception of herself as a meaningless person. It is narrated in the story that Nora is alone in her apartment after experiencing several difficulties, such as unemployment, relationship problems, and loneliness. The atmosphere of the apartment is described as silent and empty. While being alone, Nora starts to realize her surroundings, including the silence of the room and the leftover food in the bowl of her cat, Voltaire. This moment strengthens the depiction of Nora's emotional isolation before the next event occurs. This can be seen in the following quotation:

That was it. No one needed her. She was superfluous to the universe. Once inside her flat, the silence was louder than noise. The smell of cat food. A bowl still out, Voltaire, half eaten (p. 29).

The quotation highlights Nora's sense of invisibility and emotional abandonment. The statements such as "*No one needed her*" and "*She was superfluous to the universe*" show that Nora feels as if she does not have a convenient place in the world to live in and that her existence has lost significance. These thoughts indicate not only loneliness and abandonment but also a growing

sense that her life no longer matters to anyone. This suggests that Nora has lost her inner motivation to live and begins to perceive herself as insignificant to life.

Furthermore, Nora's emotional condition is reinforced through the description of the room. The phrase "*the silence was louder than noise*" emphasizes the emptiness she experiences when she is alone. The image of Voltaire's half-eaten bowl also creates an atmosphere of abandonment and emotional isolation. The physical setting of the room seems to strengthen Nora's inner condition. The silent room, the absence of interaction, and the abandoned cat bowl intensify the impression that Nora is emotionally detached from herself and her surroundings.

Nora's condition, again, reflects the existential vacuum described by Frankl, a state in which a person is unable to find a life purpose. According to Frankl (2006), individuals who are unable to find meaning may experience feelings of hopelessness, loneliness, and emotional disconnection. This condition is seen in Nora when she feels that "*No one needed her*" and that "*She was superfluous to the universe.*" These thoughts show Nora's negative thoughts, and the silent atmosphere in her apartment strengthens the emotional alienation she experiences.

Nora's psychological condition is further shown when she begins to reflect on the events that occur in her life. At this moment, Nora takes some time to reflect on her past, seeing it not as a series of meaningful experiences but as a collection of mistakes and failures. This can be seen in the following quotation:

Every move had been a mistake, every decision a disaster, every day a retreat from who she'd imagined she'd be (p. 30).

The quotation shows Nora's regret and disappointment with the life she is living. The repetitive use of the word *every* in phrases such as "*every move,*" "*every*

decision,” and “*every day*” emphasizes that Nora evaluates almost all parts of her life negatively. She no longer sees her experiences as opportunities for growth but as mistakes that have taken her further away from the person she wanted to be. Her reflection shows that she strongly blames herself for her present condition. As a result, her thoughts are dominated by failure and disappointment.

Nora’s feeling of failure and disappointment is connected to the gap between her actual self and the imagined version of herself. The phrase “*a retreat from who she'd imagined she'd be*” suggests that Nora feels she has moved backward from her ideal self. The future identity she dreamed of achieving now seems out of reach. This creates a sense of disappointment because Nora sees her life as a loss.

The above condition reflects the concept of existential vacuum, a state in which a person who is unable to find meaning in life tends to feel lost and alienated from their own life (Frankl, 2006). This condition is evident in Nora’s perspective when she views “*every move*” and “*every decision*” as a loss. At this moment, Nora does not interpret her life experiences as part of development. Instead, she sees them as evidence that she has failed to meet her own expectations. Her sense of disappointment and frustration continues to dominate her thoughts, and it gets harder for her to recognize any positive value in her life. Thus, Nora is increasingly trapped in despair and slowly distances herself from her sense of true self.

In the next part, it is narrated that Nora spends most of her time alone at home. She drinks wine and realizes that the pills she has been taking are no longer working. She calls her brother, Joe, but only reaches his voicemail because Joe is

unavailable. In the voicemail, she expresses her love for him and says goodbye. Outside, the rain continues to fall, and Nora sits with the curtains open, watching the raindrops on the windowpane. The clock strikes twenty-two minutes past eleven before the following statement appears:

She knew only the thing with absolute certainty: she didn't want to reach tomorrow. She stood up. She found a pen a piece of paper. It was, she decided, a very good time to die (p. 30).

This quotation demonstrates how Nora is overwhelmed by hopelessness and no longer has the motivation to continue living. The expression “*She didn't want to reach tomorrow*” shows that Nora has lost hope for the future. Meanwhile, the statement “*It was, she decided, a very good time to die*” indicates that she begins to see death as a way to escape the suffering caused by her disappointments. At this stage, Nora loses her belief in the value of her life. Instead, she becomes absorbed in negative thoughts about her existence and past experiences. Her feelings of guilt, failure, and regret shape her attitude toward her life, which leads her to believe that her life does not offer any meaningful future.

Again, Nora's condition represents an existential vacuum (Frankl, 2006). Her words illustrate hopelessness because, at the point when she “*didn't want to reach tomorrow,*” she no longer sees any purpose in her future. Similarly, the statement “*It was, she decided, a very good time to die*” shows that despair has dominated her mind as she sees death as the only possible relief from her pain. Instead of finding meaning in her life, Nora becomes trapped in disappointment and self-blame.

In conclusion, Nora's condition reflects a profound loss of meaning in which she feels that her life has no purpose or significance. She was overwhelmed with

regret, disappointment, and despair, which eventually led her to lose the will to continue living. From the perspective of logotherapy, this condition can be understood as existential vacuum, a state in which individuals experience a loss of meaning, direction, and purpose in life (Frankl, 2006).

However, this condition does not represent the process of meaning reconstruction itself. Instead, it serves as the preliminary condition that begins the search for meaning. As a result, Nora's existential vacuum becomes the starting point of her journey towards meaning reconstruction, leading her to the first stage of the meaning reconstruction process, namely reflection on experience.

B. The Process of Meaning Reconstruction

The process of meaning reconstruction experienced by the main character, Nora Seed, is analyzed through three stages: reflection on experience, reinterpretation, and reorientation. Although these stages were not explicitly formulated by Viktor Frankl, conceptually they are grounded in logotherapy, which emphasizes that meaning is not something given but is found through an individual's response to living circumstances, including suffering.

In this study, these stages are used as an analytical framework to examine the process of transformation and reconstruction of Nora Seed's life meaning. In addition, the analysis of these stages is associated with Frankl's three paths to meaning: experience values, attitudinal values, and creative values, which provide a theoretical foundation for understanding how meaning is discovered and redefined throughout the reconstruction process.

1. Reflection on Experience

In the first stage of meaning reconstruction, Nora begins to reflect on her life more deeply after experiencing an existential vacuum. Through the various lives she lives at *The Midnight Library*, she not only observes an alternate version of herself but also revisits the choices, relationships, and regrets that have shaped her identity. This stage can be understood through Frankl's logotherapy, specifically the idea that individuals can find meaning through greater awareness of their experiences and circumstances (Frankl, 2006). It is closely related to the experiential values, where meaning is found through experiences and relationships that help individuals better understand themselves and their lives.

Nora's reflection begins when she is inside *The Midnight Library* and reads *The Book of Regrets*. Through this book, she is brought back to memories from her past, including her relationship with Dan, his proposal to her, and her mother's death. This can be seen in the following quotation:

And suddenly she was back feeling all this contrition, all that pain of letting people down and letting herself down, the pain she had tried to escape less than an hour ago. The regrets began to swarm together. In fact, while staring at the open pages of the book, the pain was actually worse than it had been wandering around Bedford. The power of all the regrets simultaneously emanating from the book was becoming agony. The weight of guilt and remorse and sorrow too strong. She leaned back on her elbows, dropped the heavy book and squeezed her eyes shut. She could hardly breathe, as if invisible hands were around her neck (p. 44).

The quotation shows that Nora begins to feel the emotional pain caused by her regrets. The statement "*The regrets began to swarm together*" indicates that Nora starts to remember her past mistakes, disappointments, and losses. She is not simply remembering these sad moments; rather, she is experiencing the guilt and sadness attached to them. The description of "*the weight of guilt and remorse and sorrow*" emphasizes that her regret becomes emotionally unbearable. Furthermore,

the statement “*She could hardly breathe, as if invisible hands were around her neck*” suggests that her emotional suffering becomes intense so that it produces a physical reaction. This description implies that Nora’s regrets are not abstract thoughts but painful experiences that affect her body and mind.

This moment is crucial in the development of Nora’s character because she gradually stops avoiding her memories and starts to deal with them. In the earlier part of the story, Nora tends to escape from the disappointment caused by her past decisions. However, when she reads *The Book of Regrets*, she is forced to face the emotional consequences of those decisions. As a result, Nora begins the process of self-examination. She starts to understand that her suffering is closely related to the way she views her own experiences. Her regret has shaped the way she views herself and her life. This moment marks the beginning of reflection, as Nora starts to look back on her past more consciously rather than simply rejecting it.

Based on Frankl’s logotherapy, Nora’s situation represents the reflective stage that follows existential crisis. After experiencing meaninglessness, the individual begins to reflect upon the significance of past experiences (Frankl, 2006). This process can be seen when Nora is confronted with memories and regrets that she has previously tried to avoid. Nora’s guilt leads her to recall the choices she has made and the emotional consequences of those choices. However, instead of continuing to run away from these feelings, Nora slowly begins to face them. Thus, reflection becomes the first step toward meaning reconstruction because it allows Nora to recognize how her past experiences have influenced her life choices.

Nora's reflection is also shown when she enters an alternative life in which she lives with Dan. In this life, Nora and Dan discuss their relationship and the life they have built together. During their conversation, Dan reminds Nora of what she wanted and how her attitude toward that life has changed.

"Some people are. You used to be. You used to light up when you talked about this. You know, the pub. Before you had it. This is the life you dreamed of. You wanted me and you wanted this and yet you've been unfaithful and you drink like a fish and I think you only appreciate me when you don't have me, which is not a great trait to have. What about my dreams?" (p. 60)

The quotation presents Nora's reflection on her experiences with Dan in an alternative life. The statements *"You used to light up when you talked about this"* and *"This is the life you dreamed of"* demonstrate the contrast between Nora's past expectations and the reality she is living in this version of life. Life with Dan appeared to be one of Nora's desired possibilities. However, when she experiences it, she realizes that the fulfillment of a past dream does not automatically bring happiness or satisfaction.

Dan's statement also drives Nora to reflect on the relational consequences of her choice. The question *"What about my dreams?"* shifts Nora's attention from her own regret to the feelings and expectations of another person. Nora's reflection is no longer centered only on what she has failed to gain. Instead, she begins to see that her decisions also affect other people. Nora becomes more aware of the complexity of the gap between the imagined happiness and the present reality.

This moment is related to experiential values (Frankl, 2006), in which meaning is discovered in experiences and relationships with others. Nora's interaction with Dan allows her to reconsider the meaning of a life that she previously imagined as ideal. The experience shows her that life based on a past

dream may still contain dissatisfaction and conflict. At the same time, her conversation with Dan leads her to think beyond her own disappointment and to consider the experience of another person.

Next, Nora's reflection is shown when she finds herself in a life where she becomes a swimmer. As she swims, she begins to think about her parents and the family. She recalls several memories with her father and mother and keeps swimming until the statement below appears:

But as she swam her mood changed. She thought of those years her dad had gained and her mother had lost, and as she thought she became angrier and angrier at her father, which fuelled her to swim even faster. She had always imagined her parents were too proud to get divorced, so instead let their resentments fester inside, projecting them onto their children, and Nora in particular. And swimming had been her only ticket to approval (p. 93).

The quotation shows that Nora begins to recognize the influence of her family on her emotions and personal identity. While swimming, Nora is brought back to the memories related to her parents' relationship. She realizes that the conflict between her father and mother affected her childhood and shaped the way she understood herself. Her anger toward her father shows that she no longer accepts her past passively; instead, she starts to examine the emotional pain caused by her family situation.

From the perspective of logotherapy, this moment reflects Nora's engagement with experiential values, in which meaning is discovered through lived experiences and personal relationships. Frankl (2006) explains that individuals may find meaning by revisiting the experiences and relationships that have shaped their lives. In Nora's case, this process is shown through her awareness of how her parents' relationship influenced her emotional growth and self-perception. Her

realization that swimming functions as a way to gain recognition reveals that her actions are partly shaped by her need for acceptance. Through this reflection, Nora begins to understand that her past struggles were not isolated events but were connected to family experiences.

Nora's reflection also appears when she recalls her youth with Joe, especially memories regarding their hometown, Bedford. She remembers how they used to talk about the town when they were teenagers and how they viewed it as a place they wanted to escape from. This reflection occurs as Nora continues her journey and approaches the station. At this point, she keeps herself engaged with the memories of the past.

Growing up, she and Joe had always joked about their hometown, the way teenagers do, and used to say that HMP Bedford was the inner prison and the rest of the town was just the outer prison, and any chance you had to escape you should take it. But the sun was out now, as she neared the station, and it seemed that she had been looking at the place wrong all these years (p. 228).

The quotation shows Nora's reflection on her past experiences and her changing view of the place where she grew up. The statement "*HMP Bedford was the inner prison, and the rest of the town was just the outer prison*" represents Nora's earlier perception of Bedford as an unpleasant place. In her memory, Bedford was associated with limitation and the desire to escape. However, the statement "*it seemed that she had been looking at the wrong place all these years*" shows that Nora begins to question this old perception. She starts to realize that her view of Bedford may have been shaped by past disappointment and emotional pain rather than by the town itself. By reconsidering Bedford, Nora also questions the way she has interpreted her earlier life. She starts realizing that her previous

judgments may have been limited and distorted by regret and dissatisfaction. Thus, this reflection becomes part of her meaning reconstruction.

When viewed from Frankl's logotherapy, Nora's shift of awareness can be understood as part of a reflective process in which individuals revisit their life experiences and discover new meanings from them. Frankl (2006) emphasizes that meaning can emerge when individuals are willing to view their experiences differently rather than remaining trapped in negativity and pain. This can be seen in Nora's recognition that she may have misunderstood Bedford for many years. Previously, Bedford was seen as a source of restrictions and dissatisfaction, but through reflection, she starts to understand that her perception of the town was influenced by her internal pain. As a result, Nora starts to question her earlier perception and opens the possibility of finding a different meaning of Bedford as well as of her past experiences.

In conclusion, Nora's reflection develops through a growing awareness of her past experiences and relationships. In this stage, Nora begins to examine the sources and meanings of her feelings of loss and disappointment. Through her memories of family, relationships, and place, Nora starts to understand how her past has shaped her self-perception. In relation to logotherapy, this reflective stage shows the role of experiential values in meaning reconstruction as Nora starts to discover meaning through the collection of her past experiences.

2. Reinterpretation

In the reinterpretation stage, Nora begins to see her life from a new perspective. Through her experience in different versions of life, she realized that no life is free of difficulties and that each choice has advantages and disadvantages. This awareness challenges previous assumptions about success, happiness, and failure. This stage can be understood through Frankl's concept of attitudinal values, which emphasizes that meaning can be found through the attitude that individuals take towards situations that they cannot change (Frankl, 2006). As a result, Nora gradually views her past not only as a source of regret but also as an opportunity for growth and self-understanding.

Nora experiences one of the alternative lives provided by *The Midnight Library*. Through the many lives she enters, she observes different forms of achievement and the consequences that come with each possibility. These experiences led her to reconsider the meaning of success. Her reinterpretation of success is captured in the following quotation:

“When really success isn't something you measure, and life isn't a race you can win. It's all... bollocks, actually” (p. 105).

The quotation shows a change in Nora's understanding of success and life. In the past, Nora tended to evaluate her life through comparison, achievement, and expectation. This made her think about herself as unsuccessful when she failed to reach certain goals or to fulfill particular expectations. However, after experiencing various lives, Nora starts to realize that success cannot always be measured through external achievements or comparison with others. The phrase *“life isn't a race you can win”* illustrates Nora's growing awareness that life should not be understood

as a competition with a particular standard of victory. This awareness becomes a turning point because Nora starts to reinterpret her previous belief about success and begins to understand her life beyond the principle of “achievement vs failure.”

The above moment reflects the function of attitudinal values, which refer to the ability to find meaning through the attitude that one takes toward life experiences (Frankl, 2006). Nora’s realization that *“life isn’t a race you can win”* shows that she no longer interprets success and self-worth through comparison with others. Instead, she starts to see life from a more reflective angle.

Nora’s reinterpretation also appears in the way she begins to appreciate life and its possibilities. After experiencing various alternative lives, she gradually understands that every decision carries both positive and negative consequences. As a result, Nora stops seeing other lives as automatically better than her original life. She begins to understand that every life contains both happiness and difficulty, as shown in the following quotation.

“I think it is easy to imagine there are easier paths,” she said, realising something for the first time. “But maybe there are no easy paths. There are just paths. In one life, I might be married. In another, I might be working in a shop. I might have said yes to this cute guy who asked me out for a coffee. In another I might be researching glaciers in the Arctic Circle. In another, I might be an Olympic swimming champion. Who knows? Every second of every day we are entering a new universe. And we spend so much time wishing our lives were different, comparing ourselves to other people and to other versions of ourselves. when really most lives contain degrees of good and degrees of bad” (p. 161).

The evidence shows the process of reinterpretation within the framework of Frankl’s logotherapy. Nora begins to change her perspective on life in a broader way. The statement *“But maybe there are no easy paths. There are just paths”* shows a change in her understanding about life. She no longer sees life as a simple choice between easier and more difficult lives, or between better or worse paths.

Instead, she begins to recognize that each life path has its own possibilities and consequences.

The statement *“Every second of every day we are entering a new universe”* also reflects Nora’s new awareness that life is shaped by continuous choices and experiences. Life is not fixed, and each moment may open different possibilities. Furthermore, Nora’s reflection on the habit of comparing her life with others and with alternative versions of herself shows a significant change in her mindset. She begins to realize that comparison has contributed to her dissatisfaction and regret. By acknowledging that *“most lives contain degrees of good and degrees of bad,”* Nora starts to accept the complexity of life.

This insight represents a crucial transformation in Nora’s perception of reality. She is no longer trapped in the illusion that one particular version of life is always superior or inferior to another. Nora starts to understand that every life contains difficulties, limitations, and possibilities. Through this awareness, she can forget her idealized alternative lives and begin to accept reality more openly. From the perspective of logotherapy, this moment reflects meaning reconstruction because Nora starts to reinterpret her experiences through a new understanding that emerges after her existential crisis (Frankl, 2006). In Nora’s case, the reinterpretation stage is shown in her acknowledgment that *“most lives contain degrees of good and degrees of bad.”* She does not view life through false comparison or regretful imagination anymore, but through a more balanced understanding of her experiences.

Nora finds various versions of her life in the books available in *The Midnight Library*. Each book in the library offers a different scenario, which allows Nora to experience different forms of existence. Through these experiences, she reconsiders the meaning of identity and possibility in lives.

We only need to be one person. We only need to feel one existence. We don't have to do everything in order to be everything, because we are already infinite. While we are alive we always contain a future of multifarious possibilities (p. 246).

The quotation shows Nora's reinterpretation of herself and the meaning of life. The statement "*We only need to be one person*" and "*We don't have to do everything in order to be everything*" indicate a significant change in Nora's way of thinking. Previously, Nora believed that a meaningful life required her to become different versions of herself and to fulfill every possible opportunity. However, after experiencing many alternative lives, she understands that the value of a person is not determined by the number of achievements or possibilities that they can realize. Instead, meaning can be found in accepting one's own existence.

The phrases "*we are already infinite*" and "*we always contain a future of multifarious possibilities*" further emphasize Nora's new understanding that human life contains value and possibility even when not all alternatives are fulfilled. At this point, Nora starts to accept herself without feeling obligated to achieve every version of life that she had ever imagined before. This self-acceptance is important in the process of meaning reconstruction because she no longer defines herself only through past failures but begins to see herself as someone who still has the capacity to live, choose, and give meaning to her experiences.

From the perspective of logotherapy, the above stage is related to attitudinal values, in which meaning is discovered through the individual's attitude toward life

situations and toward the self. Frankl (2006) emphasizes that meaning is not found by becoming every possible self or by realizing every possible life, but through the attitude that one takes toward one's own existence. This can be seen in Nora's realization that she does not need to become "*everything*" to have value. By accepting her own existence, Nora begins to reinterpret her life not as a failure of unrealized possibilities, but as a life that still contains meaning.

The reinterpretation is also shown when Nora compares her previous despair with her new awareness of life. After moving through different versions of life in *The Midnight Library*, she begins to see her original life differently. This change appears in the following quotation.

Yesterday I knew I had no future, and that it was impossible for me to accept my life as it is now And yet today, that same messy life seems full of hope. Potential. The impossible, I suppose, happens via living (p. 246).

The quotation shows an important stage of reinterpretation in Nora's meaning reconstruction. The statement "*Yesterday I knew I had no future*" illustrates Nora's earlier despair and rejection of life. At that moment, she believed that her life has reached a dead end. However, the following statement, "*And yet today, that same messy life seems full of hope. Potential,*" shows a significant change in meaning: from a life that is considered to have no hope to a life full of possibilities.

Then, the statement "*The impossible, I suppose, happens via living*" emphasizes Nora's realization that meaning can change through the act of continuing to live. Suffering is no longer understood as the endpoint of her existence, but as part of a broader life process in which new meanings may emerge. This shows that Nora has begun to reinterpret her life from a state of hopelessness

into a life that still contains hope and potential. Her life remains “*messy*,” but it is no longer seen as meaningless.

The above moments reflect attitudinal values because Nora finds meaning through a transformation of her attitude toward her life situation. Frankl (2006) argues that human beings are not fully determined by suffering; rather, they are shaped by the attitudes they take toward it. In Nora’s case, suffering is no longer perceived as a fixed destiny that defines her entire existence; rather, it becomes part of her personal experience that contributes to her understanding of herself. As her attitude changes, she gradually realizes that the pain she experiences is not her entire identity, but only one part of her rich experiences.

In conclusion, Nora’s reinterpretation reflects a significant shift from a negative and regretful view of life to a more open and accepting point of view. She no longer sees her life as a series of failures, but as a life that still contains a series of possibilities shaped by her attitude. This stage shows how meaning can be reconstructed through attitudinal values, as Nora changes the way she interprets her past, her suffering, and her own existence. This reinterpretation then prepares her for the next stage, namely reorientation, in which her new interpretation begins to influence the direction and actions of her future life.

3. Reorientation

Reorientation is the final stage of meaning reconstruction, where individuals begin to direct their lives based on the new meanings they have discovered. At this stage, meaning is no longer limited to reflection or reinterpretation, but is expressed through future decisions, actions, and goals. From the perspective of logotherapy,

this stage is closely related to creative values, which emphasize the realization of meaning through action, contribution, and engagement aimed at life (Frankl, 2006). However, attitudinal values may also remain present when individuals demonstrate new ways of responding to life situations based on their reconstructed understanding. As a result, individuals begin to apply their new understanding in the way they live and respond to the future.

This stage is shown when Nora finds herself inside *The Midnight Library* after experiencing several alternative versions of her life. At this point, Nora has a conversation with Mrs. Elm, who asks her how she feels after going through several life experiences. Nora answers the question as follows.

"I don't know. A bit strange. But I don't want to die any more" (p. 244).

The quotation shows the beginning of Nora's reorientation in the process of meaning reconstruction. Her statement, *"I don't know. A bit strange. But I don't want to die anymore"* indicates a significant change in her attitude toward life. Previously, Nora saw death as an escape from suffering, regret, and disappointment. However, at this point, she no longer desires death. This change reflects an existential decision to continue living despite uncertainty. Nora may not yet fully understand the meaning of her life, as shown in her words *"I don't know. It's a bit strange. But I don't want to die any more,"* but she began to move away from hopelessness and despair. Her decision not to die marks the early recovery of her will to live and becomes an important step toward rebuilding meaning in her life.

From the perspective of logotherapy, this moment reflects attitudinal values, which refer to the individual's ability to gain meaning through how they respond to

life's circumstances, including suffering. Frankl (2006) describes this as a period in which individuals realize that meaning does not depend on the absence of suffering, but on how they choose to relate to their suffering and to life. That Nora does not want to die anymore shows that she has begun to choose life even though her situation remains uncertain. This shift also prepares the emergence of creative values, as Nora's new willingness to live becomes the basis for her later actions.

The reorientation stage is further strengthened when Nora begins to express her newly discovered meaning through concrete action. After returning from *The Midnight Library* and experiencing several alternative lives, Nora reaches a more stable condition. Nora starts to reconnect with activities that make her feel alive and engaged with reality. Nora, for example, sits by the piano and plays music in a way that feels new to her. This can be seen in the following quotation:

And the moment Nora came off the phone she sat at the piano and played a tune that had never been played before. She liked what she was playing, and vowed to remember it and put some words to it. Maybe she could turn it into a proper song and put it out there online (p. 253)

The quotation shows Nora's reorientation through creative action. The statement that she "*played a tune that had never been played before*" indicates that Nora is no longer trapped in her past: memories, regrets, and alternative versions of life. She begins to create something in her present life. Her decision to remember the tune, add words to it, and share it online shows a clearer direction in her life. This moment suggests that Nora is not only accepting her present life but also beginning to participate in it through creative actions.

This action demonstrates that Nora is beginning to express her inner transformation through creativity. It demonstrates that meaning can be created not

only through knowledge but also through engaging in meaningful work. She demonstrates a sense of empowerment and self-expression in her relationship with music. Her engagement with music demonstrates that her inner transformation is expressed through creativity. She no longer sees herself as someone who has failed in the past, but as someone who can still create and contribute to life. Through music, Nora begins to experience self-expression and a sense of meaningful life.

According to logotherapy, this moment reflects creative values, which refer to an individual's ability to realize meaning through work, action, and meaningful contribution in life. Frankl (2006) explains that meaning is not only discovered through attitude, but also through what a person creates and does in the world. In this case, Nora's action of playing the piano and develop the melody into a song illustrates the process of meaning reconstruction through creativity. Through this action, Nora transforms her inner experience into something productive and expressive. This moment marks an important step in her reorientation because she begins to live according to the meaning she has reconstructed.

Reorientation also becomes particularly clear when Nora extends the new meaning she has discovered beyond herself through her involvement in activities that reflect social responsibility. At this stage, Nora is already completing the process of rebuilding her life through various experiences in *The Midnight Library*. She starts to demonstrate active participation in social life. With a new perspective, Nora becomes more receptive to tasks and responsibilities that give structure to her life, as shown in the following quotation.

"I teach piano lessons. And, I help out at the homeless shelter every other Tuesday"
(p. 255).

The quotation shows that the reorientation stage is reflected in Nora's process of meaning reconstruction. For Nora, meaning is no longer formed only through participation in everyday activities. The participation is reflected in the statements "*I teach piano lessons*" and "*I help out at the homeless shelter.*" These activities indicate that Nora has begun to direct her life toward meaningful action. She does not seek meaning for herself but also contributes to the lives of others. Therefore, her orientation involves both personal growth and social engagement.

From the perspective of logotherapy, this point marks the realization of creative values, through which meaning is achieved by contributing to life and engaging in purposeful action (Frankl, 2006). Individuals may discover meaning by committing themselves to actions and responsibilities that move beyond self-centeredness. In Nora's case, her decision to teach piano and help at a homeless shelter demonstrates this process.

Furthermore, the reorientation stage reaches its peak when Nora shows acceptance and readiness to move forward. Compared to her earlier condition, Nora appears much more relaxed and emotionally stable. At the beginning of her journey, she was overwhelmed by hopelessness, regret, and disappointment. However, after undergoing the process of meaning reconstruction, she becomes more open to the possibilities of her present life, as shown in the following quotation.

And Nora smiled as she stared at all the pieces she still had left in play, thinking about her next move (p. 256).

The quotation above represents the final stage of reorientation in Nora's meaning reconstruction. The phrase "*Nora smiled*" suggests an emotional transformation from despair into acceptance and emotional stability. Meanwhile,

the phrase “*thinking about her next move*” indicates that Nora has begun to orient herself toward the future. She no longer defines her life through regret. Instead, she focuses on the possible actions she can take in the present and future. This shows that Nora has started to integrate her previous experiences into a more stable and purposeful understanding of her existence.

This condition is closely related to Frankl’s concept of attitudinal values, which refer to an individual’s ability to find meaning through their responses to a situation, especially when the situation itself cannot be fully changed (Frankl, 2006). Frankl emphasizes that meaning can still be found in the attitude a person chooses toward life difficulties. In Nora’s case, her circumstances do not change completely, but her way of responding to life changes significantly. She is no longer controlled by the feeling of hopelessness and failure; instead, she chooses to continue living with a renewed perspective. This shift indicates that Nora has developed the ability to face her life with acceptance and hope. Thus, the reorientation phase shows Nora’s complete transformation in meaning reconstruction of her life.

Overall, the process of meaning reconstruction of Nora Seed develops through three interrelated stages: reflection, reinterpretation, and reorientation. The reflection stage allows Nora to examine her past experiences, regrets, and relationships more consciously through the experiential values. Through reinterpretation, she gradually changed her perspective on failure, success, and the possibilities of life, reflecting the role of attitudinal values in meaning reconstruction. Finally, at the reorientation stage, Nora begins to apply her new

understanding through meaningful actions, commitments, and future goals, which reflect the realization of creative values. These demonstrate that meaning reconstruction is not an instant process but a gradual transformation in which Nora moves from a state of existential vacuum to a renewed sense of purpose and meaning in life. Therefore, Viktor Frankl's logotherapy provides a useful framework for understanding how individuals can rediscover meaning even after experiencing existential crises and despair.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter presents the summary of the findings in relation to the research question concerning Nora Seed's process of meaning reconstruction in *The Midnight Library*. It also provides recommendations for future researchers and readers who are interested in examining meaning reconstruction and psychological transformation in literary works.

A. Conclusion

This study examines Nora Seed's process of meaning reconstruction in Matt Haig's *The Midnight Library* through Viktor Frankl's logotherapy. Based on the analysis, Nora Seed's meaning reconstruction process is presented through three interrelated stages: reflection, reinterpretation, and reorientation. These stages describe how Nora gradually moves from a meaningless state to a new understanding of life.

The first part is the preliminary condition. In this part, Nora experiences emotional emptiness, deep dissatisfaction, depressive thoughts, and a loss of life purpose. She perceives her life as a series of failures and believes that her existence no longer holds value. From the perspective of logotherapy, this condition reflects an **existential vacuum**, in which an individual loses a sense of meaning and direction in life (Frankl, 2006). This condition functions as a trigger that leads Nora into the process of meaning reconstruction.

The first stage is **reflection**. After entering *The Midnight Library* and experiencing different versions of her life, Nora begins to review her past choices, relationships, and expectations. Through this process, she becomes more aware of how her previous understanding of life has been shaped by regret and disappointment. This stage is associated with *experiential values* because Nora begins to discover meaning through her experiences and encounters with others.

The third stage is **reinterpretation**. In this stage, Nora starts to change the way she understands failure, success, and regret. She realizes that no life is completely free from difficulty and that meaning does not depend on having a perfect life. This stage reflects *attitudinal values* because Nora begins to find meaning by changing her attitude toward her life circumstances.

The final stage is **reorientation**. In this stage, Nora directs her life based on the new meaning she has discovered. She no longer wishes to die and starts to engage with life through concrete actions, including reconnecting with music and other meaningful activities. This stage reflects *creative values* because meaning is expressed through action, involvement, and creative engagement with life.

In conclusion, Nora Seed's process of meaning reconstruction is portrayed as a gradual psychological transformation. The analysis begins with the preliminary condition, followed by three stages of reflection, reinterpretation, and reorientation. Through these stages, Nora develops a new understanding of her life and learns to respond to her experiences with new meaning.

B. Suggestion

Based on the findings of this study, further research may examine how meaning reconstruction is represented in other literary works by using different theories or approaches. While this study applies logotherapy, future researchers may explore similar issues through psychoanalysis, humanistic psychology, existentialism, and other relevant perspectives. Such studies may enrich the discussion of existential crisis and the search for meaning in literature. Future researchers may also analyze other characters to see if similar stages of meaning reconstruction appear in different literary contexts. This may help broaden the understanding of how literature represents human struggles in dealing with regret, suffering, and failure.

For readers, this study may offer insight into the importance of reflecting on life experiences and reconsidering one's attitude toward difficulties. Nora Seed's journey shows that meaning can be rebuilt through reflection, reinterpretation, and conscious decisions about one's life direction. Therefore, this study may encourage readers to view personal challenges not only as a source of suffering but also as opportunities to develop a more meaningful understanding of life.

BIBLIOGRAPHY

- Al-Fauzi, M. I. M. (2024). *The esteem need of Nora Seed in Matt Haig's The Midnight Library*. Undergraduate Thesis. Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Bull, D. A. (2024). *Suffering, mental health, and the role of logotherapy*. Zenodo. <https://doi.org/10.5281/zenodo.14012884>
- Fatimatuzzahroh & Koiri, M. (2025). Nora Seed's literacy as self-discovery in Matt Haig's *The Midnight Library*. *PESHUM: Jurnal Pendidikan, Sosial, dan Humaniora*, 5(3), 5418–5426. <https://doi.org/10.56799/peshum.v5i3.16354>
- Frankl, V. (2006). *Man's search for meaning*. Beacon Press.
- Haig, M. (2020). *The midnight library*. Canongate Books.
- Kusumaningrum, U. D. (2021). *The depression of Nora Seed as reflected in Matt Haig's The Midnight Library*. Undergraduate Thesis. Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Längle, A. (2015). From Viktor Frankl's logotherapy to existential analytic psychotherapy. *European Psychotherapy*, 12, 67–83. <https://www.existenzanalyse.org/wp-content/uploads/EA-Sulz-2014-12-European-Psychoth.pdf>
- Mousavi, F. Y., Sirjani, S. M., & Azimi, A. L. (2024). Analyzing the elements of a well-defined character in Savushun based on Viktor Frankl's logotherapy theory. *Journal of Research in Narrative Literature*, 13(2), 303–326. <https://doi.org/10.22126/rp.2022.7868.1593>
- Neimeyer, R.A. (2016). Meaning reconstruction in the wake of loss: Evolution of a research program. *Behaviour Change*, 33(2), 65–79. <https://doi.org/10.1017/bec.2016.4>
- Peterson, C., & Park, N. (2014). Meaning and positive psychology. *International Journal of Existential Psychology & Psychotherapy*, 5(1), 2–8. <http://journal.existentialpsychology.org/index.php/ExPsy/article/download/196/161>
- Pokharel, B. P., & Sharma, B. (2025). Library as a source for transformation: A study of Matt Haig's *The Midnight Library*. *International Journal of Multidisciplinary Studies and Innovative Research*, 13(1), 16–23. <https://scholarindexing.com/uploads/files/ewlbpjzku5mag1.pdf>

- Puspitasari, I., Supratno, H., Suyatno, S., & Suhartono, S. (2024). Character education in the will to meaning of two novels: *Surga Yang Tak Dirindukan* and *Air Mata Tuhan*: Feminist logotherapy study. In *Proceedings of the International Joint Conference on Arts and Humanities*, 785, 159–166. Springer Nature. https://doi.org/10.2991/978-2-38476-152-4_15
- Putri, M., Widisanti, N. M., & Ratih P., S. D. (2023). Self-acceptance of the main character in Matt Haig's *The Midnight Library*. *Journal Albion: Journal of English Literature, Language, and Culture*, 5(1), 42–45. <https://doi.org/10.33751/albion.v5i1.8146>
- Sahi, N. (2022). Death, disease, and disillusionment: Logotherapy and survival motivation in Somerset Maugham's *The Painted Veil*. *MEJO*, 6, 90–99. <https://doi.org/10.21659/mejo22.v8n3>
- Salsabilla, S. (2023). *The main character's anxiety and defense mechanism in Matt Haig's The Midnight Library*. Undergraduate Thesis. Universitas Islam Negeri Maulana Malik Ibrahim Malang.
- Saputri, N. I. W. (2024). The individuation process depicted in Matt Haig's *The Midnight Library*. *Litera Kultura: Journal of Literary and Cultural Studies*, 12(3), 31–40. <https://ejournal.unesa.ac.id/index.php/litera-kultura/article/view/62719>
- Shaygan, M., Hosseini, F. A., Shemiran, M., & Hedayati, A. (2023). The effect of mobile-based logotherapy on depression, suicidal ideation, and hopelessness in patients with major depressive disorder: A mixed-methods study. *Scientific Reports*, 13(1), 15828. <https://doi.org/10.1038/s41598-023-41241-z>
- Tyson, L. (2023). *Critical theory today: A user-friendly guide*. Routledge.
- Waters, L., Algae, S. B., Dutton, J., Emmons, R., Fredrickson, B. L., Heaphy, E., & Steger, M. (2022). Positive psychology in a pandemic: Buffering, bolstering, and building mental health. *The Journal of Positive Psychology*, 17(3), 303–323. <https://doi.org/10.1080/17439760.2021.1871945>
- Webber, J. (2009). *The existentialism of Jean-Paul Sartre* (1st ed.). Routledge. <https://doi.org/10.4324/9780203883174>
- Wellek, R., & Warren, A. (1949). *Theory of literature*. Harcourt, Brace and Company.
- Yalom, I. D. (1980). *Existential psychotherapy*. Basic Books.

CURRICULUM VITAE



Amilatun Munthosa'ah was born in Lamongan on February 14, 2003. She graduated from MA Pembangunan Lamongan in 2021, continued her studies in English Literature at UIN Maulana Malik Ibrahim Malang in 2022, and graduated in 2026.

During her academic journey, she gained experience in English tutoring and translation, including running private English classes and completing an internship at Licolize Communications in Malang as a translator. Through these experiences, she learned how to communicate effectively, work responsibly, improve her teamwork skills, and improve her English skills.

APPENDIX

SYNOPSIS OF *THE MIDNIGHT LIBRARY*

Matt Haig's novel *The Midnight Library* tells the story of Nora Seed, a woman who feels disappointed with her life and regrets many of the choices she has made in the past. Nora experiences loneliness, depression, and hopelessness because she thinks that her life has failed in many aspects of her life. She loses her job, faces problems in her relationship, and feels that her life no longer has a clear purpose. This condition makes Nora lose motivation to continue living.

One night, because of her inability to cope with her problems, Nora tries to end her life. However, instead of dying, she finds herself in a mysterious place called *The Midnight Library*. The library appears to be somewhere between life and death and contains many books representing different versions of Nora's life. Each book shows how her life could have gone if she had made different life choices in the past.

With the help of Mrs. Elm, the librarian who has been guiding her during her childhood, Nora begins to experience many alternative lives. In those lives, she became a successful swimmer, a famous musician, a scientist, and even someone who lives happily with the people she once loved. At first, Nora believes that one of those lives will finally give her true happiness. However, after experiencing many different live, she realizes that every life still contains struggles, sufferings, and disappointments.

Through her journey in *The Midnight Library*, Nora gradually understands that perfection does not exist. She also begins to realize that the regrets in her past have held her back from appreciating her real life. Her experience in the library helped Nora discover new perspectives on life, self-acceptance, hope, and the importance of finding meaning in one's existence.

In the end, Nora chooses to return to her original life and tries to rebuild it with a new understanding and a more positive perspective. She learned that life doesn't have to be perfect to have meaning. Overall, the novel delivers important messages about mental health, hope, self-acceptance, and the process of finding meaning in life through the experiences of its main characters.