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## INDIVIDUAL PSYCHOLOGY OF NOAH CALHOUM IN *THE NOTEBOOK* A NOVEL WRITTEN BY NICHOLAS SPARKS (ANALYSIS OF THE MAIN CHARACTER)

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### Abstrak

*Penelitian ini menganalisis komponen psikologi pada karakter utama dalam Novel The Notebook. Penelitian ini berfokus untuk mengkaji Noah Colhum sebagai tokoh utama dalam novel The Notebook karya Nicholas Sparks. Teori utama dari penelitian ini adalah Psikologi individu oleh Alfred Adler. Novel ini ditulis oleh Nicholas Sparks. Studi ini memberikan enam komponen psikologi individu, seperti Inferioritas, superioritas, gaya hidup, minat sosial, diri kreatif dan tujuan akhir fiksi. Penelitian ini menggunakan analisis deskriptif kualitatif. Akibatnya, Noah sebagai tokoh utama memiliki semua komponen Psikologi Individu yang menekankan perjuangan orang untuk menjadi diri yang lebih baik.*

**Kata kunci:** *Individual Psychology, Alfred Adler, Nicholas Sparks*

Received: .....

Accepted: .....

Published: Juni 2022

doi:



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### *Abstract*

*This study analyzes the main character components of individual psychology in The Notebook. This research focuses on examine Noah Colhum as a main character in novel The Notebook by Nicholas Sparks. The main theory of this study is Individual psychology by Alfred Adler. The novel was written by Nicholas Sparks. This study provides six component of individual psychology, such as Inferiority, superiority, style of life, social interest, creative self and fictional final goal .This study use descriptive qualitative analysis. As a result, Noah as a main character has all components of Individual Psychology which emphasizes people struggles to be a better self.*

*Keywords: Individual Psychology, Alfred Adler, Nicholas Sparks*

## INTRODUCTION

The common issue in society if man tends to interest with women has a same level with him. But what about a woodcutter man who love to a women who has high level than him. Otherwise, how the beautiful women from a wealthy and respected family who falling in love to a poor man who works as a woodcutter.

To get some answers of what the ideas from, it is possible to provide some questions regarding to the phenomenon. Is it just a love desire, or are other psychological factors involved? Does the condition have certain particular human characteristics? Is it possible to influence culture or rules in society? Or does the background of someone play an important role in this problem?

To answer all the questions, this research uses psychology approach to understand the human condition purpose and reason why human do something. According to Dobie (2011, p. 53) human are unique creatures to understand them it may use a psychological approach. It seems that people never stop guessing the motives, relationships, and conversations of one other. The point clearly showed that to analyze characterization.

Psychology approach used by the researcher is individual psychology. Individual psychology is design by Alfred Adler. This individual theory refers to attitudes, behavior, the way of living and personal views about himself, others and the world. A person looks at his early life experiences, investigates the behavioral patterns that repeat themselves in life, the methods that uses for healing, growth and solving life problems

After learning about psychology theory above, *The Notebook* is a novel written by Nicholas Sparks published in October 1995. *The Notebook* shows about first love also present how the person effort. The novel teaches that true love is ageless and endless. Noah and Allie fall in love at the first sight on summer their love was forbidden because they come from different social status.

This research will answer the question “ What the individual psychology components are as reflected on Noah in novel *The Notebook*?” Based on research question

above this research is requirement to find component of Individual psychology of Noah as the main character in the novel *The Notebook*. This research focuses on examine individual psychology components of Noah in novel *The Notebook* by Nicholas Sparks.

This research significances are Theoretically, the end result is useful and literature may examine characteristics applying individual psychology. Novel as a medium for character analysis is an interesting method to appeal to students' impressions and enthusiasm in literary study. I t will help students learn the psychological approach concerning the psychological components of a person. Moreover, it will help student to know the relationship between psychological and literature. As well as, the study contributes knowledge to those who intend to conduct research with similar topic.

Practically, for novel lovers, t will encourage them to understand fully the meaning of the character-showing in literature. In real life, this research will provides about human condition, particularly the psyche of human, if we understand well about that issue it will help us to build good relation in society. Because, this research will be elaborated characters of human based on Adler principle such us the reasons and causes for everything that human does and influencing childhood in shaping human mind and behavior in adulthood.

## **LITERATURE REVIEW**

### **THE CONCEPT OF PSYCHOLOGY IN LITERATURE**

Literature is a study of human life because of the content of literature; particularly novels can be a description of human experience expressed through language. Literary works examine and describe the inner world with all characteristics of humans. Psychology is it to research in soul mind through character in a literary works and learn more about human action. A literary work benefits from psychology In terms of portraying characters, expressing their mood, and involving the reader in the psychological component of human existence

## **THE INDIVIDUAL PSYCHOLOGY THE THEORY OF ALFRED ADLER**

Alfred Adler's theory focuses on individual characters because of social environments. According to Adler (1997, p. XII) every individual is a social being who has a full function in his role in living in society units cope with living together on society. In this theory Adler explained that human can control their personalities by their own self. Adler emphasize that People can control all the decisions and risks that they takes depending on themselves. According to Adler (1997, p.1) Individual psychology aims to perceive human lives as a whole, and each reaction, action, and impulse is viewed as an indication of that individual's attitude toward life. Individual psychology has six key concept of personality can reveal the reason and affect why people do things. There are inferiority, superiority, style of life, creative power, social interest and fictional final goal.

### **INFERIORITY**

The first theory of Adler's components of personalities is Inferiority. All people in the world will feel inferiority. Feeling inferior is acceptable because it motivates people to strive for higher levels of growth. According to Adler (1997, p.xiv) People shift from a negative to a positive state of mind, from a sense of not being good enough to be good enough. This sense of inferiority is a natural human emotion that must be changed for the better life. Hence, when people feel inferiority they should not worry about that feeling because it will make them develop and it is the sign that people will move to the high level of life.

### **SUPERIORITY**

After feeling inferior each individual will strive to be superior, strong and powerful. According to Adler (1997, p.33) the struggle to be superior will never end, that feeling have an important role in the human mind and soul. The only reason behind that entire people

strives for is the struggle for success or superiority. Humans will force themselves to try harder and push themselves to be perfect. Striving to be superior will lead people to work hard and become useful in social life.

## **STYLE OF LIFE**

Style of life is referred to as a life plan or guiding image to achieve their personal goals Adler (1997, p.47). Style of life is the term Adler uses to refer to the tastes of human life. Not only about the ultimate goal, it also includes the concept of human life how a person connects with others, and how to deals with the world. The ultimate goal of humans is to be perfect or superior, but to achieve that goal humans use several patterns or approaches. Some people use certain approaches and it “works” in certain community or family contexts, but for some it doesn't work For example, one person may seek to become superior in intellectual achievement such as scientist or philosopher, and another may strive for physical achievement such as athlete or football player.

## **CREATIVE POWER**

Creative power gives meaning to life; it creates goals and means toward the goal. According to Adler (1997, p.2) creative power is the desire for a person to develop, strive and achieve. If someone does not have the ability in one thing then he has other abilities in other areas. Everyone is responsible for every thought and behavior. This creative power has a role in controlling their own lives, being responsible for the ultimate goal, determining methods to achieve goals and participating in social interests. This creative power makes every human being a free individual.

## **SOCIAL INTEREST**

Basically, humans are social creatures. He recognizes his position as a free individual with social ties in society. Therefore, in an effort to develop human beings, it is also worth considering the existence and importance of society. Social interest starts from the ability to empathize with fellow humans, and leads to the striving for an ideal community based on co-operation and personal equality Adler (1997, p.163). As a result, people must work together and contribute to society in order to achieve personal and community goals and to express their social interests.. For example; Volunteering (with no recognition or monetary compensation), teaching or sharing ideas.

## **FICTIONAL FINAL GOAL**

Human is motivated more by his future fiction expectations. The most common of fiction created by people has the goal of being superior. According to Adler (1997, p. 14) All of the short, medium, and long-term goals that people make in their life are fictional final goals. An example of a 'fictional final goal is: if we believe that we shall receive heaven in the afterlife when we do something good based on belief, we will try to act according to belief. The belief that a hereafter exists is not founded on objective fact, although it is real to the person.

## **METHOD**

### **RESEARCH METHOD**

This research uses qualitative content analysis. Qualitative content analysis is a widely used qualitative research technique and interpreted meaning from the content of text. This research uses qualitative content analysis. Qualitative content analysis is a widely used qualitative research technique and interpreted meaning from the content of text. According to Altheide and Morgan in Sandelwoski (2000, p.338), qualitative content

analysis is a dynamic from analysis of verbal and visual data is oriented toward summarizing the informational of that data.

There are two data sources, which are needed to conduct this research. They are primary data sources and secondary data sources. The primary data are the main data obtained from all the words, dialogues, phrases, and sentences in the novel. The source of primary data is The Notebaook novel. It is published by Nicholas Sparks. The secondary data are the supporting data taken from library books, criticism, and some articles related to the novel. The sources of secondary data are taken from other sources related to the study, such as: website, dictionary, and some books which support the research.

This research uses psychological approach. This approach is used because this research analyzes the characterization of Noah such as motive, relationship, human mind and behavior to analyze them cannot be understood without relating it with the psychology condition of a person. In addition Alfred Adler theory of individual psychology approach is the main theory of this research. In this case, this research used Adler theory which cited in some experts which one line with Adlerian principle.

The procedure of this research is qualitative procedures. Thus, the steps have used in collecting the data:

1. Reading and note-taking

The first step was reading the whole of novel and concern to observe Noah and Allie character. While reading, identify and mark some sentences and conversation which reflected psychology components. In addition, collect all sentences which determine inferiority, superiority, style of life, creative self, fictional finalism and social interest of Noah and Allie.

2. Categorizing and classifying

In this step, the data are categorizing and classifying into 6 components of psychology design by Alfred Adler. Then, after categorizing and classifying, the data analyzed by using Alfred Adler and other experts which has one line with Adlerian principles.



After the data have been classified, it analyzed based on six major components of psychology. Alfred Adler's theory about individual psychology is a foundation in analyzing the data. Thus, the results of the analyzing have been provided in the next chapter as well as the conclusion and facts which has found during analyzing.

## **FINDINGS AND ANALYSIS**

### **INFERIORITY**

Feeling inferior will appear when a person feels unacceptable. Noah's inferiority shows when he aware that Allie's family did not like him because they thought Noah did not deserve to Allie. This text is the proof of it

*You told me about it the next day. It hurt my feelings, too. I liked your parents, and I had no idea they didn't like me." It wasn't that they didn't like you. They didn't think you deserved me. There's not much difference. There was sadness in his voice when he responded, and she knew he was right to feel that way (Sparks, p.58).*

The above text explain that Noah feeling inferior when Allie's family did not like him and it was make him feeling sad, when Noah said "*here's not much difference*" it indicate that without Allie explaining he already feels unacceptable to Allie's family. This feeling of being unacceptable is a type of social inferiority. Social inferiority will appear when people feel alone, exclude and uninvited. Usually people who feel social inferiority need social acceptance and adaptation. In this Novel Noah wants to be accepted by Allie's family but Allie's family did not accept him.

### **SUPERIORITY**

According to Adler people who striving for superiority involves movement toward perfection or completion. Adler believed that all individuals were continually striving to improve themselves as they progressed toward perfection.

*“His years in the lumberyard had toughened him to this type of labor, and he worked hard. Not only did it help him to keep his mind off Allie during the day, but it was something he felt he had to do”.* (Sparks, p.26)

Generally the feeling of superiority will make people feel more motivated. It happens because of people desire to have a better life and feeling accepted in social life. From the words *worked hard* clearly explain how he tries to make his life better. He tries hard because he feels that he has a responsibility to improve his self because he thought he had to. Noah desire to be superior is not without reason, he wants to change his life because he was previously rejected by Allie’s family because he is considered incapable of accompany Allie. From the rejection he was received make him feeling inferior, but the feeling of inferiority actually made Noah more motivated to get a better life. This happens because the feeling of superiority will appear when someone feeling inferiority because that feeling drive this person will strive will become superior.

## **STYLE OF LIFE**

Generally people when they live together as a part of society they will follow the role but sometimes everyone chooses to live what they want since they think that kind of style of life was suited for their lives.

In novel *The Notebook* Noah Colum has many ways to prove about his different way to face a task of life, he believe what he did could work to his life and it was proved. It can be seen in the text below.

*“I realize the odds, and science, are against me. But science is not total answer. This I know, I have learned in my lifetime. And that leaves me with the belief the miracle, no matter how inexplicable or unbelievable, is a real and can occur without regards to the natural order of the things. So once again, just as I do every day, I begin to read the notebook aloud, so that can she hear it, in the hope that the miracle that has come to dominate my life will once again prevail. And maybe, just maybe, it will.”* (Sparks, p.5)

From text above Noah as a man who never lost hope decided to not give up to Allie's Lazier, he is never run out of ways; he decided to ignore what doctor told. By his own way Noah tried to cure Allie's Alzheimer by reading a book about their love story. Since the beginning, Noah has his own style of life which he believes about faith. This makes Noah behavior are unique, he solved problem by his way.

### **FICTIONAL FINALISM**

From the first time Noah met with Allie he really liked and admired and have fell in love at first sight. He immediately decided to make Allie his life goal. It can be seen in the text below!

*“But as she shook her hand and met those striking emerald eyes, he knew before he'd taken his next breath that she was the one he could spend the rest his life looking for but never find again.”* (Sparks, p.13)

When Noah saw Allie at the first time he realized that Allie will complete his life. Along the time he tried to approaches and made her impress at him. His love story faced many restriction particularly the difference of their status social, Noah keep struggling and never give up for his love to Allie till the end of his life. Fictional final goal are said to be fictional because basically it is subjective goal towards everyone. Each person has a fictional final goal, for example when someone says “I want to be a rich person” being rich is a wish that person really wants, and it is fictional because that desire is not necessarily achieved. The sentence *she was the one he could spend the rest his life* represents the wishes and hopes that he really wants, and it is fictional because it is not certain that he will be with Allie as forever as he wants this was evident when they were separated for 14 years.

### **SOCIAL INTEREST**

Social interest is an innate possibility for individuals to interact with others in achieving personal and social goals. Adler believes that The first task we encounter in life is to get

along with people. Human beings need to interact with others because they are more socially affected than biologically. The behavior will change depending on where they live and where they have stayed.

Noah when he was separated with Allie he not interacted with many people, because his life to busy become a hard work to reach his dream. Through that time he only has some friend who very closes with him one of which his friend is Gus the old man who lives next door with him. This text is the proof of it.

*His best friend these days was Gus, a seventy year-old black man who lived down the road. They had met a couple of weeks after Noah bought the house, when Gus had shown up with some homemade liquor and Brunswick stew, and the two had spent their first evening together getting drunk and telling stories. (Sparks, p.11)*

As human Noah also interact with others people, as a part of society he must interact with other people who live near with him. The nearest person who lived with him was Gus, it can be seen from the sentence *His best friend these days was Gus, a seventy year-old black man who lived down the road*. By being friends with Gus, Noah proves that he also has a social interest.

## **CREATIVE SELF**

Responsible for the live goal of the person and contributes to social interest development. The fundamental principle of human life is the creative power of the self. Noah used his creative power to pursue his dream. To get Allie in his life he promised that one day he will have and repair the ancient house and they will live together in that house. It can be seen in the text below!

*Later in the summer he brought her to this house, looked past decay, and told her that one day he was going to own it and fix it up. (Sparks, p.14)*

Based on the text above it explained that Noah used his creative power to get Allie in his life through promises. From the sentence *he was going to own it and fix it up* shows

Noah want to buy and repair the house for him to share with Allie. Creative self is planning goal by a person and the response he makes to the planning. Noah's character in this novel shows that when he has a plan for the future, the plan is not just wishful thinking but he actually makes it happen. Buying and repairing the house he promised before was a response to the planning goal he did. Creative self gives meaning to life; it creates goals and means toward the goal.

## CONCLUSION

After analyzing the whole novel and analyzing all the facts dealing with Noah effort and his personality, the researcher comes to the conclusion that *The Notebook* is the reflection of the human trying to get his desire. The author wants to describe how human beings have many ways making his dream come true

When Noah felt inferior he felt low self esteem, pessimistic and useless. The inferiority feeling did not make him give up it made him strive to be superior. Noah has unique characteristic because he has his own style of life that no one could, Noah also has a good relationship with other people around his life as a manifestation of his social interest. Furthermore, Noah has a goal that he dream of Allie as his fictional final goal, through reach that goal he suffered a lot of struggle. In the end because his creative self to make the house famous it can make Allie come to him and reach his goal.

Noah character seems to give a description that life will not be wonderful without love. Because of love, people can change and do anything. It means that without love people will feel sad and lovely. But love also can make people become confused when one of their wish of love is not fulfilled. In *The Notebook* Noah reflects the main character's effort on struggling for his love. Here, Noah Colhum in the story tells about he become Army in World War I, he works hard and builds a luxury house. He does like that because he wants to get his love back.

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