

PSYCHOLOGICAL CONFLICTS EXPERIENCED BY THE CHARACTERS IN THE NOVEL "THE LONELIEST GIRL IN THE UNIVERSE"

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Abstract

This study discussed the psychological conflict experienced by the main character in the novel "The Loneliest Girl in the Universe" by Lauren James. In this study, the researchers examine the forms and the factors of psychological conflict of the main character in the novel, namely Romy Silvers and J Shoreditch. In researching the forms of psychological conflict, the researchers use the theory of Kurt Lewin (1935) and for the factors; the researchers use the theory of needs by Abraham Maslow (1943). Descriptive qualitative methods were used in this research, in which the researchers read the novel, observed, and analyzed the data. The researchers found that the main character experiences psychological conflict with the types of approach-approach conflict, approach-avoidance conflict, avoidance-avoidance conflict, and multiple approach-avoidance conflicts. Besides that, most of the psychological conflicts experienced by the two main characters in this novel are caused by basic needs.

Keywords: Psychological conflict, novel, character.

INTRODUCTION

A literary work is the embodiment of the soul and mind of the author as outlined in the form of a work. This is in accordance with the opinion of Wellek and Warren (1995), that *"literature presents life and life, which mostly consists of social reality, although literary works also imitate nature and the subjective world of humans."* Therefore, in literary works, there are various experiences of life, behavior, and various types of human character. Literary works also present the possibilities that exist and can be encountered by humans in life, providing human experiences without having to experience the risks that can burden them.

Literary work is a form of psychology and thought or imagination of the author, which is then poured into the work. In the process of working, the author uses creativity, taste, and work as initial capital for the formation of the character's psychological activity. The psychological activities of characters are included in the study of literary psychology.

Literary psychology is a literary study that views work as a psychological activity. Literary psychology recognizes literary works as a reflection of the soul. The author will capture the symptoms of the soul, then process them into a text and be equipped with a soul. This is also in line with Endraswara's opinion (in Mila Arizah 2020), that *"literary and psychological works do have close, indirect, and functional rules."* Both literature and psychology have an indirect link because both literature and psychology have the same object, namely human life. Psychology and literature have a functional relationship because they are both useful for studying the state of a person's soul. The difference is that psychological symptoms in literary works are imaginary humans, while psychological symptoms in psychology are real psychological symptoms. Both can complement each other in order to gain a deeper understanding of the human psyche because what the author observes may not be observed by psychologists or vice versa.

In the development of types of literature, the resulting literary works are becoming increasingly varied. One type of literary work is the novel. A novel often illustrates the situation of the social condition at a certain time. That is why a novel increases empathy and tolerance in society. It can make the readers know themselves through the figures of the characters in the story. In this study, the authors use the main character from the novel "The Loneliest Girl in the Universe" by Lauren James. "The Loneliest Girl in the Universe," tells

about the struggle of living alone in space. The story in this novel is told from the first-person point of view so that the readers can understand the feelings and personal thoughts along with the main events.

Similar studies related to the problem of psychological conflict in literary works have been previously carried out by Eka Rahmawati (2012) with the title "Psychological Conflict Reflected in the Main Character of Jodi Picoult's Novel: My Sister's Keeper". The author of this study uses the psychoanalytic theory of Sigmund Freudian to analyze the psychological conflict of the main character named Anna. The writer finds that the psychological conflict experienced by Anna is caused by a conflict between the id, ego, and superego within her. The ego is always in the id's desire for instant gratification and the superego's desire for moral behavior. The author discovered that the psychological conflict experienced by the main character, Anna, stems from thirteen years of suffering. This painful experience led her to depression which affected her psychological condition.

Another previous study that also analyzes psychological conflict is a study conducted by Kicki Herdayanti (2021) with the title "Psychological Conflict of the Main Character Reflected in Lady Bird Movie". This study analyzes the psychological conflict between ego, id, and superego through the attitude and utterances of the main character based on the psychoanalytic theory by Sigmund Freudian. This study's author identified 6 characteristics of the id, 2 aspects of the ego, and 2 features of the superego that are closely connected to the main character. As a result, the author of this study draws the conclusion that the main character in this movie was more under the influence of her id since she was a personality type that was present at birth. The Id on Ladybird demonstrated how she obtained a desire she deserves and unknowingly felt that it increased her enjoyment of it.

The similarity of this research with the two previous studies is that they both focus on the psychological conflict experienced by the main character. The difference is in the theory and the object of research. The research conducted by Eka Rachmawati (2021) and Kicki Herdayanti (2021) both use the theory of Freudian, while in this study the authors used the theory of Kurt Lewin. In addition, the research conducted by Kicki Herdayanti (2021) uses film as the object of her research, while in this study the object used is a novel.

This research was conducted by analyzing it based on the theory of literary psychology, which includes personality psychology and psychological conflict. This research is interesting and important to researchers because most of the readers of this novel only focus on the plot and setting of the interesting story. Only a few people want to know more about the psychological conditions experienced by the main character. On this basis, the authors conducted research entitled "The Psychological Conflict Portrayed by the Main Character in the Novel "The Loneliest Girl in the Universe " by Lauren James.

1. What are the forms of psychological conflict experienced by the main character in the novel "The Loneliest Girl in the Universe" by Lauren James?
2. What factors can cause the psychological conflict experienced by the main characters in the novel "The Loneliest Girl in the Universe" by Lauren James?

Review of Literature

Psychology of Literature

The study of literature that treats work as psychological activity is known as literary psychology. The psychology of literature considers literary works as a reflection of the soul. The author will see or capture the symptoms of the soul, then process them into a text. Literary work is the work of an author that represents the result of a psychological activity such as obsession, contemplation, sublimation, or neurosis. Whereas psychology is the study of mental activity, which describes the thoughts, feelings, and desires that each of us experiences

individually through direct observation of actions. Understanding the psychological aspects that occur in literary works toward the characterization of characters in the story can be interpreted as literature psychology.

Psychological Conflict

Conflict is often associated with fights or feuds that occur between two people or groups. In fact, conflict can not only occur between two people, groups, or even countries but conflict can also occur in a person. Psychological conflict is experienced by everyone, both consciously and unconsciously. This psychological conflict can occur because of unfulfilled human needs which can lead to the formation of an unhealthy personality. Psychological conflicts are involved between thoughts, emotions, and rational thinking. In this condition, there is a restraint on feelings for self-actualization and a process of intentional withdrawal from environmental activities occurs.

Forms of Psychological Conflict

Individuals frequently face situations in which multiple motives or desires emerge concurrently. These desires or motives cannot conflict with one another, but the person that experienced them must choose between these multiple motives. As a result, this situation could lead to internal conflict in a person.

Kurt Lewin (in Rahim 2012: 67–68) divided conflicts into four categories based on his motivations: approach–approach, approach–avoidance, avoidance–avoidance, and multiple approach–avoidance.

1. Approach-Approach Conflict

Approach-Approach Conflict is a psychological conflict that an individual experiences when he or she is faced with two or more positive motives and is unsure which one to choose. Choosing one motive necessarily involves the sacrifice or disappointment of others. For example, if a person simultaneously receives two invitations, he or she is hesitant to accept both because attending both invitations at the same time is impossible.

2. Approach-Avoidance Conflict

Approach-Avoidance Conflict is one of the psychological conflicts that individuals experience because they are constantly put in circumstances that have both powerfully positive and negative reasons. As a result, it's difficult to decide whether to approach or avoid the object. For instance, a person may desire to ride a bike because it would be enjoyable (a good motive), yet they are terrified of crashing (a negative motive).

3. Avoidance-Avoidance Conflict

Avoidance-avoidance conflict can happen to people when they are presented with two equally powerful negative motives. When this happens, doubts start to creep in since avoiding one reason would require pursuing another negative (unpleasant) motive. For example, a child makes a mistake at home. He was punished by his mother for cleaning the warehouse, otherwise he was not given pocket money for a month. This creates a conflict in the child's mind because he is too lazy to clean the warehouse but he is also afraid not to get pocket money.

4. Multiple Approach-Avoidance Conflict

Multiple Approach-Avoidance conflicts are psychological conflicts that people go through when they are faced with two circumstances that have strong positive and negative motives in each. For example, a boy who has just graduated from school has to choose between wanting to work or following his father's wishes to continue his studies in a major he doesn't like. His desire to comply with his father's request is a positive thing, but continuing his studies in a major he doesn't like is a negative thing and wanting to find a job is a good thing but studying in a major he doesn't like is a negative thing.

Factors of Psychological Conflict

Conflict can occur due to unmet human needs. Unmet needs can result in the formation of an unhealthy personality. In this condition, there is a restraint on feelings for self-actualization and a process of intentional withdrawal from environmental activities occurs. Abraham Maslow's hierarchical needs theory (in Simons, J. A 1987: 1) is often used to predict the behavior of people in groups or organizations, and how to manipulate or shape that behavior by meeting their needs, although Maslow himself never intended to predict behavior.

Abraham Maslow's theory is included in the trait paradigm because the theory emphasizes the importance of the role of needs in personality formation. Maslow's Hierarchy of Needs Theory contains the level of needs that must be met by each individual. Individuals referred to in this theory are humans. This theory contains five levels of needs that must be met at each level. The level of needs begins with basic needs such as human physiological needs, safety needs, needs to feel love, needs to get achievement, and the top level is the need for self-actualization. This hierarchy of needs is formed in the form of a triangle with the base having wider aspect coverage than the cone part.

1. Basic Needs

a. Physiological Needs

This need is the first level of need that has a relationship with the needs of each individual's body such as biological and physical needs. Physiological needs in question are the needs to survive physically, such as eating, drinking, sleeping, and so on. This very basic need must be met first so that an individual can survive and continue to meet other needs.

b. Safety Needs

The need for security is the need to survive danger or disturbance. This need for security also includes physical and emotional security, which levels vary from person to person. The need for security has been manifested in the form of cries and screams of fear caused by harsh treatment or treatment that is considered a source of danger.

c. The need for love and belonging

This need has a relationship with social aspects that exist in a society such as the need to feel love, affection, or the need to gain ownership of something. This need can be felt based on loneliness, solitude, depression, stress, and excessive anxiety.

d. The Need for Self-Esteem

The next need is the need for appreciation. In this case, the award in question is not always an award in the form of trophies or prizes. The award referred to in this case is self-esteem which is certainly owned by each individual.

2. Self-Actualization Needs

Self-actualization is the desire to find fulfillment, and the potential, to be creative and free to reach the pinnacle of achieving one's potential. Maslow defined self-actualization as one's need to do and become what one was "born to do". This need for actualization is not an easy thing. Because in meeting this need, an individual must get sufficient support from various parties. Humans who can reach this level of self-actualization will feel fully human. They will feel that they get satisfaction from a need that others are not even aware of.

Novel

The novel is a prose genre literary work that has a long and complex plot, in which the contents are a series of life stories of the characters. Novels are usually written by writers based on experiences they have experienced or witnessed. Based on this, the experience can be used as a lesson to overcome one's daily problems. (Aldifianto, 2015)

Characterization in Novels

The element of characterization is one of the most important elements because with characterizations, the plot of a story can be more interesting. Characterization can be defined

as the act of observing speech acts, environment, and external appearance. (Rimmon and Kennan, 2005). This is in accordance with the opinion expressed by Hooker (2002) that characterization is an action taken by the author to describe his character, either directly, indirectly, or to describe it with the help of other characters.

METHOD

Research Design

The analysis in this study used a descriptive qualitative method. The descriptive qualitative method is research whose main focus is on the description. A descriptive study tries to systematically describe a situation, problem, phenomenon, or service, provide information about the living conditions of a community, or describe attitudes towards a problem (Kumar, 2011). Descriptive research can be used to increase understanding and knowledge of people's behavior and thought processes. In line with that, the authors conduct this research using descriptive qualitative methods to analyze the psychological conflicts experienced by the main character in the novel "The Loneliest Girl in the Universe" by Lauren James.

Instruments

The primary data of this research are taken from the novel "The Loneliest Girl in the Universe" by Lauren James. This novel tells the story of a girl born and living in outer space named Romy Silvers. In addition, the research also used secondary data taken from various internet sites, books, or documents that are related to the primary data and the topic.

Procedures

To conduct this research, the authors collect data used descriptive qualitative methods, which carried out through the following data collection procedures:

1. Reading the novel.
2. Observing the novel.
3. Grouping the data
4. Transcript and analyzing data
5. Taking Conclusion.

Data Analysis

In this study, researchers used data analysis techniques used by Miles & Huberman (2014) in which data analysis techniques were carried out through four activities:

1. Data Collection

In this stage, the researchers collect data from research objects where the data is selected and studied based on the theory to be used.

2. Data Condensation

The second stage is data condensation where in this process the researchers selects, abstracts, and transforms the data that has been found. In this stage, the researchers select and sort the necessary and unnecessary data.

3. Data Display

At this stage the researchers display data that has been compiled or organized which will then lead to drawing conclusions. At this stage, researchers are able to see clearly the data from the research that has been done.

4. Conclusion Drawing or Verification.

The final step is drawing conclusions and verification. At this stage, the researchers provide a brief explanation of the data that has been found and conclude the results of the research.

FINDINGS AND DISCUSSION

Findings

This section contains research results of the analysis of the psychological conflicts of the main characters of the novel "The Loneliest Girl in the Universe", namely Romy Silvers and J Shoreditch.

1. Forms of Psychological Conflict Experienced by the Main Character in the Novel "The Loneliest Girl in the Universe" by Lauren James.

a. Approach-Approach Conflict

Extract 1:

"I can hardly bear to think about what the war has done to my home. Right now I just want some peace. I feel scattered in a million different directions, trying to make sure I'm good enough to do my job properly, trying to work out how to deal with the UPR – not just for myself but for you too." (James, 2017:132)

The quotation above shows that J experiences a psychological conflict with the type of conflict approached when he received news from UPR that there had been a war on earth.

The meaning of extract 1

From the quotation in extract 1, it can be seen that J is experiencing a psychological conflict with a type of conflict of approaches where he is faced with two choices that are both positive for him. J does not want to think deeply about the world war that is happening on earth included in the positive motive, and his desire to think about how he can carry out his duties properly is also included in the positive motive.

b. Approach-Avoidance Conflict

Extract 2:

"I should go and do something while I wait, instead of sitting here watching it, but the scared feeling won't go away. Something important is happening, and I can't make myself look away from the screen."(James, 2017: 157)

The quotation above shows that Romy Silvers experiences a psychological conflict with type approach-avoidance conflict when she receives a new message notification on her computer screen.

The meaning of extract 2

From the quotation in extract 2, it can be seen that Romy is experiencing a psychological conflict in the form of an approach-avoidance conflict where Romy has to do something while waiting for the message to be complete so she doesn't feel too anxious, but on the one hand she cannot get rid of her anxiety and chooses to keep waiting and keep watching towards the computer screen.

c. Avoidance-avoidance Conflict

Extract 3:

"I can't barely sleep anymore, because as soon as I go to bed, my brain decides it needs to sort through every single issue the ship has had in all the time I've been alone and go over them in endless detail until it's 6 a.m. and all I've done for the last eight hours is stare at the ceiling and panic over things that happened five years ago. It's great." (James, 2017:135)

The quotation above shows that Romy Silvers experiences a psychological conflict with the type of avoidance-avoidance conflict.

The meaning of extract 3

From the quotation in extract 3, it can be seen that the character of this novel experiences a psychological conflict when she felt she could not go back to sleep because if she fell asleep, the feeling of panic over her past trauma would reappear.

d. Multiple-Approach Avoidance Conflict

Extract 4:

“On good days, which don’t come often, I love my ship and everything it represents. ... On bad days, I worry about my responsibilities until my gut cramps and my head feels full of knives. On my very worst days, I think of nothing but how vulnerable I am out here. .. My only choice is to carry on nothing, until the day that The Infinity reaches a new star system and glides into orbit around a rocky planet.” (James, 2017:17)

The quotation above shows that the character of this novel experiences a psychological conflict with the type of multiple approach-avoidance conflict during her mission.

The meaning of extract 4:

From the quotation in extract 4, Romy Silvers, the character of this novel experiences the psychological conflict with a type of multiple approach-avoidance conflict in which carrying out the mission is a positive thing, but the negative impact is that she gets difficult assignments and responsibilities as a teenager her age. In addition, carrying out these responsibilities is also a positive impact, but in carrying out these responsibilities Romy sometimes feels that this mission is too dangerous for her.

2. Factors of that Cause Psychological Conflict Experienced by the Main Character in the Novel "The Loneliest Girl in the Universe" by Lauren James.

a. Basic Needs

1) Physiological Needs

Extract 5:

“I don’t know how much longer it will be until the lights come on, until I can finally get out of bed. ... I pin my fists to the bed and squeeze my eyes shut, pretending I’m still asleep, I’m still dreaming and I’m not ready to get up yet anyway. ... I count to two hundred, then four hundred. I can’t wait much longer. I have to go to the bathroom.” (James, 2017:183)

The meaning of extract 5:

From the quotation in extract 5, Romy is faced with a psychological approach-avoidance conflict whose causal factor is physiological needs. Physiological needs are the most basic needs, one of which is the need to go to the toilet. Romy was faced with the choice of holding back her urination or having the courage to go to the toilet in complete darkness. However, because Romy really wanted to go to the toilet, which is a physiological need, Romy had to work up the courage.

2) Safety Needs

Extract 6:

“They want me to turn off the lights for an extra four hours a day. The very idea makes me want to cry. I’ll be cornered, alone and awake, waiting until my designated daylight hours begin. Anything could creep up on me and I’d have no idea. I’m not going to do it. I’m going to ignore them. The UPR are light years away – they can’t force me to do it. My brain doesn’t seem to be listening. It skitters away from my insistence that I’m safe. Without any warning, I’m on the edge of a panic attack.” (James, 2017:180)

The meaning of extract 6:

From the quotation in extract 6, it can be seen that Romy is experiencing a psychological conflict in the form of an approach-avoidance conflict caused by the factor of safety needs. This was because she was unsure whether to follow the order from the UPR to reduce electricity or not, but because according to Romy the order could endanger her, she chose not to follow the UPR order. The psychological conflict caused by the safety needs factor is also felt by Romy when she experiences anxiety disorders, as seen in the following quotation.

3) Needs of Love and Belonging

Extract 7:

“The worst thing is that I know if J says something gentle and sweet and tender, I won’t be able to stop my heart jumping, even when I know the evil behind it. I still want him. I hate myself for it.” (James, 2017:203)

The meaning of extract 7:

From the quotation in extract 7, it can be seen that Romy experienced a psychological conflict approach – avoidance conflict, the causative factor of which was the need for love and belonging. This is because Romy already knows that J is a bad person, but Romy still wants him. It is clear that Romy still wants J because of the needs of love and belonging factor, which Romy still likes and wants J's affection as before Romy knew J's evil plan.

4) Self-Esteem Needs

Extract 8:

“For the rest of my life, I’ll be struggling. I’m always going to be moments away from sinking completely. So why should I live at all? I could do what my mother did, and just... not. Check into a pod. Leave my life up to chance. Refuse to take responsibility. It would be so easy. But it would be so pointless. Every year I’ve fought to survive would be wasted. I realize then that I’ve made up my mind; I want to live. I want to live so much that I would tear out the throat of anyone who tried to stop me. I’m not going to give up.” (James, 2017:220)

The meaning of extract 8:

From the quotation in extract 8, it shows that the character of the novel, Romy Silvers, feels that the life she is currently living is in vain. She felt unable to continue the mission she had to carry out. However, Romy managed to convince herself that she could complete the mission and responsibility that had been entrusted to her.

b. Self-Actualization Needs

Extract 9:

“On good days, which don’t come often, I love my ship and everything it represents. ... On bad days, I worry about my responsibilities until my gut cramps and my head feels full of knives. On my very worst days, I think of nothing but how vulnerable I am out here. .. My only choice is to carry on nothing, until the day that The Infinity reaches a new star system and glides into orbit around a rocky planet.” (James, 2017:17)

Romy, as someone who has to carry on her parents' mission alone, always feels that the responsibility that is assigned to her is very heavy. She is worried that she will not be able to successfully complete the responsibilities given to her. However, Romy did not give up. Romy remains firm with her choice to keep discovering new planets and completing the mission she has to carry out.

The meaning of extract 9:

From the quotation in extract 9, it can be seen that Romy experienced a psychological conflict with the approach-avoidance conflict type. The psychological conflict experienced by Romy in the quotation above is caused by the existence of the self-actualization needs factor, in which she is faced with two choices, one of which is the responsibility she must carry out. She needed to convince herself that she could finish the mission she was supposed to complete until the end.

Discussions

Based on the findings that the researchers found in the novel “The Loneliest Girl in the Universe” by Lauren James, the researchers attach a brief discussion. There are two main points of discussion that have been divided into the findings. The two main points of discussion are the types of psychological conflicts and the causes of psychological conflict experienced by the main character in the novel “The Loneliest Girl in the Universe” by Lauren James.

In this study, to examine the forms of psychological conflict experienced by the main character, the authors analyze it based on the theory of Kurt Lewin (1936) which divides the forms of psychological conflict into 4, namely Approach-Approach Conflict, Approach-Avoidance Conflict, and Multiple-Approach Avoidance conflict. This psychological conflict is experienced by characters in this novel consciously and unconsciously. Psychological conflicts are involved between thoughts, emotions, and rational thinking. As for analyzing the factors that cause psychological conflict experienced by the characters in this novel, the researchers use the theory of Abraham Maslow (1943) which divides the factors of psychological conflict into basic needs and self-actualization needs. The basic needs are divided again into 4; physiological needs, safety needs, needs for love and belonging, and self-esteem.

The form of psychological conflict experienced by the main character in this novel, the writer found 13 quotations that show 4 types of psychological conflict which according to Kurt Lewin (1936) are divided into conflict approaches, conflict avoidance-avoidance, conflict avoidance, and multiple approach-avoidance conflicts.

For the first type, namely approach-approach conflict, the authors found 1 extract. For this type, the writer did not find it in the character Romy Silvers, but the writer found it in the character J Shoreditch. J Shoreditch's character experiences a psychological conflict in the form of an approach-approach type of conflict, where this character is faced with two choices, both of which have a balanced positive value. Even though this type of conflict is a positive value, this type of conflict still creates conflict because these two positive conflicts "conflict" which cause challenges to solving the problem at hand. This conflict can be resolved when one of the goals or desires is achieved. This can facilitate and resolve conflicts easily.

In the second type, the writer found 5 quotations which describe the characters experiencing psychological conflict with the conflict approach-avoidance type. Of the five extracts, 4 quotations come from the psychological conflict experienced by Romy Silvers and 1 quotation is from J Shoreditch. These two characters both experience a psychological conflict of the approach-avoidance conflict type in which they are faced with two choices that have the same positive and negative values.

The next type is avoidance-avoidance conflict. From this type, the writer found 4 quotations that describe the two main characters experiencing psychological conflict when faced with two choices, both of which have negative values. Of the 4 quotations, 3 quotations are taken from the psychological conflict experiences of the Romy Silvers character, and 1 from the character J Shoreditch.

The last type of psychological conflict is multiple approach-avoidance conflicts. There are 3 quotations that the writer found from this type where 2 quotations come from the psychological conflict experiences of the Romy Silvers character, and 1 quotation from the character J Shoreditch. These two characters both experience psychological conflict with the multiple approach-avoidance conflict type, namely when they are faced with two or more choices that have multiple positive and negative values.

Researchers get the causes of psychological conflict which according to Abraham Maslow (1943) are divided into 5 namely physiological needs, safety needs, needs for love and belonging, self-esteem needs, and self-actualization needs. There are 10 quotations that explain the causal factors of the psychological conflicts experienced by the main characters in this novel.

Out of the 10 quotations, there are 2 quotations for physiological needs factors where these two extracts are taken from the characters Romy Silvers and J Shoreditch. Both of these

characters experience psychological conflicts caused by physiological needs factors, which are basic needs needed by all humans such as the need to eat, drink, sleep, and other.

The second factor is the need for security. The writer finds 3 quotations that show that this factor is experienced by the characters Romy Silvers and J Shoreditch. This factor is the most common factor needed by all humans to be able to survive threats or disturbances.

The third factor is the need for love and belonging factor, in which the writer finds 3 quotations that show that the main character in this novel experiences these factors. Of the 3 quotations, there are 2 quotations taken from the experience of psychological conflict experienced by Romy Silvers and 1 from J Shoreditch. The psychological conflict caused by the need for love and belonging is felt by the two main characters in this novel on average because of the encouragement of love for their respective families.

The next factor is self-esteem needs. The writer only found 1 quotation for this factor, which was taken from the experience of the Romy Silvers character. Romy's character in this novel experiences a psychological conflict caused by the self-esteem factor, which is a need that is needed by someone in the form of appreciation or recognition.

Self-actualization is the ability needed by a person to be the best version of himself. This need can be shown when someone wants to be more and more what they are or to be able to do everything more than other people are capable of doing. In fact, we all have different desires, values, and capacities for each person. As for this novel, the researchers found 1 extract showing the main character, Romy Silvers, experiencing a psychological conflict caused by the need for self-actualization. Romy Silvers experiences psychological conflict because of this need for self-actualization when faced with choices related to achievement, acceptance, and realism.

CONCLUSION

Based on the findings and discussion that the researchers have done, obtained several points that could lead to an easier understanding of this research. Based on the results of the analysis, the researchers can conclude that the two main characters in the novel "The Loneliest Girl in the Universe", namely Romy Silvers and J Shoreditch, have experienced psychological conflicts. First, Romy Silvers often experiences psychological conflicts as a result of her childhood trauma. Romy Silvers was traumatized after the death of her flight crew. Romy blames herself for thinking that the deaths of all the astronauts and crew on board were because of her birth. She always dreamed that the dead astronauts were chasing, hurting, and wanting to kill her. Secondly, Romy Silvers often experiences psychological conflict because she often feels lonely while carrying out her mission. In addition, the great sense of responsibility that must be carried out by Romy also sometimes causes psychological conflicts to reappear in Romy's mind. Romy often feels faced with the choice to continue or stop carrying out her mission. Meanwhile, J Shoreditch, who is usually called J, also has psychological conflict. The psychological conflict experienced by J is not much different from that experienced by Romy Silvers. J experienced a psychological conflict when he was faced with the choice to take part in a space mission or not. He feels proud because he was chosen as an astronaut to carry out a new mission, but that means he also has to give himself up to grow old in space. In addition, the death of his parents was a consideration for J, because as previously mentioned, J's parents, who were also the crew of Romy's parents, died along with all of The Infinity's crew 5 years ago.

In the previous discussion regarding the explanation of the second problem in this study, namely the causes that became a psychological conflict that the main characters, Romy Silvers and J Shoreditch, experience in the novel "The Loneliest Girl in the Universe". For Romy's character, the cause of the psychological conflict that she experiences is mostly due to factors

such as safety needs and needs for love and belonging. This is due to the fact that Romy is alone in carrying out her mission. As for J's character, psychological conflicts arise due to physiological needs and needs for love and belonging. J often experiences psychological conflict when he is still adapting to his new assignment or mission in outer space. He often felt that taking part in this mission was the wrong choice.

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