

THE IMPORTANCE OF RESILIENCE IN PAULO COELHO'S
***THE FIFTH MOUNTAIN* :**
AN INDIVIDUAL PSYCHOLOGICAL PERSPECTIVE



PUBLICATION ARTICLES

Submitted as a Partial Fulfillment of the Requirement
for getting Bachelor Degree of Education
in English Department

by:

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It has been declared eligible

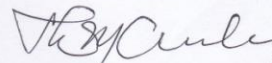
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**THE IMPORTANCE OF RESILIENCE IN PAULO COELHO'S
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AN INDIVIDUAL PSYCHOLOGICAL PERSPECTIVE**

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Abstract

The study is about how the importance of resilience in Elijah character is reflected in Paulo Coelho's The Fifth Mountain. The aim of this study is analyzing the major character personality based on the structural elements and the individual psychological perspective by Alfred Adler. In analyzing this novel, the writer uses individual psychological approach and qualitative method. This research uses two data sources, namely primary and secondary data. The primary data source is "The Fifth Mountain" novel, while the secondary data is taken from the information needed. The method of data collection in this research is qualitative method. The analysis of Elijah character starts by analyzing his Fictional finalism, Inferiority feeling, Striving for superiority, social interest, style of life and Creative power. The writer analyses the importance of resilience that occurs in Elijah character. According to the analysis that has been conducted, the result of this study shows that to achieve the goal of life one needs to have a resilient personality. The study shows that the problem faced by the major character is his resilient personality. Paulo Coelho tells that the problem of the major character because he is a prophet who must delivers the God's command. Elijah worships the God while Jezebel worships the Ball. Jezebel kills all prophets who are still worshipping God, including Elijah. Elijah faces many problems in his life because he is a prophet who worships to the God. Although he faces many troubles for example he had to escape to Zarephat and the woman he loves died, he has a resilient personality. He can overcome all the problems.

Keywords: Resilient personality, The Fifth Mountain, Individual Psychological perspective.

PENTINGNYA KETAHANAN DIRI PADA NOVEL *THE FIFTH MOUNTAIN* : PENDEKATAN PSIKOLOGI INDIVIDU

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Abstrak

*Penelitian ini adalah tentang bagaimana ketahanan seorang Elijah yang terefleksi dalam novel *The Fifth Mountain* yang ditulis oleh Paulo Coelho. Tujuan dari penelitian ini adalah untuk menganalisa karakter dari tokoh utama berdasarkan elemen struktur dan sudut pandang psikologi individu oleh Alfred Adler. Dalam menganalisa novel tersebut, penulis menggunakan pendekatan psikologi individu dan metode kualitatif. Penelitian ini menggunakan dua sumber data, yaitu data primer dan data sekunder. Data primer adalah novel " *The Fifth Mountain*", sedangkan data sekunder adalah data yang diambil dari sumber informasi yang dibutuhkan. Metode pengumpulan data dalam penelitian ini adalah metode kualitatif. Analisis karakter Elijah dimulai dengan menganalisis Tujuan Semu, Rasa Rendah Diri, Usaha untuk menjadi superior, Minat Sosial, Gaya Hidup dan Diri Kreatif. Penulis menganalisis pentingnya ketahanan yang muncul di tokoh Elijah. berdasarkan analisis yang sudah dilaksanakan, hasil dari penelitian ini memperlihatkan bahwa untuk mencapai tujuan hidup, seseorang harus mempunyai ketahanan diri. Penelitian menunjukkan bahwa masalah yang dihadapi oleh tokoh utama adalah sifat ketahanannya. Paulo Coelho mengatakan bahwa masalah dari tokoh utama adalah karena dia seorang nabi yang harus menyampaikan titah Tuhan. Elijah menyembah Tuhan sedangkan Jezebel menyembah berhala. Jezebel membunuh semua nabi yang masih menyembah Tuhan, termasuk Elijah. Elijah menghadapi banyak masalah didalam hidupnya karena dia adalah seorang nabi yang menyembah Tuhan. Meskipun dia menghadapi banyak masalah yaitu dia harus melarikan diri dari Zarephat dan wanita yang dia cintai meninggal, dia mempunyai ketahanan diri yang kuat. Dia bisa menghadapi semua masalah yang ada.*

*Kata kunci : ketahanan diri, *The Fifth Mountain*, Sudut pandang psikologi individu.*

A. Introduction

The issue about the importance of resilience is crucial theme to be discussed. Every human life is full of problems. Sometimes it becomes complex and creates the personality of human life. The problem is very various. There are internal and external factors. The problem from internal factors is such as frustration or inferior feeling and external factor is from environment. In the internal factor there is inferiority feeling. Inferiority feeling means feeling weak and unskilled in the face of task that need to be completed and by this feeling human being forces to compensate it. Human beings have feeling of their life and them attempts to compensate for preserve of this feeling. The feeling influences the human being style of life, the manner in which to overcomes the presence of inferiority. Human beings will conduct their compensation in different ways depending on the goal of life that wants to be reached out.

Resilience is the capacity to maintain competent functioning in the face of major life stressors (Kaplan, Turner, Norman and Stillson, 1996: 158). A.Kalil (2003: 6) define resilience as “a dynamic process encompassing positive adaptation within the context of significant adversity”. Garmezy (in Saleebey, 1996: 298) states resilience means “the skill, abilities, knowledge, and insight that accumulate over time as people struggle to surmount adversity and meet challenges”. It is ongoing and developing fund of energy and skill that can be used in current struggles. From the researcher’s opinion, resilience is the ability to face the problem of life. People do that to life. The researcher specialize discussion about the important of resilience.

There are some studies about resilience, such as conducted by Mardiani (2012). She analyzes The correlation between family functioning and resilience on Mother who have Children with Autistic Spectrum Disorder. Other research is conducted by Oktaviani (2012). She analyzes Resilience among Acehnese Adolescence Victims of Tsunami Disaster. The researcher also finds the study of resilience from articles. The first come from Grahame Simpson and Kates jones (2012). In their article, *How important is resilience*

among family members supporting relatives with traumatic brain injury or spinal cord injury?. Simpson focus on resilience among family caregivers were significantly gives positive affect. The next research is conducted by S.S Luthar in his book *Resilience And Vulnerability: Adaptation in the Context Childhood Adversities*. She focuses on resilient adaptation during childhood. The researcher uses the similar issues namely the important of resilience, however the different is the object of the research. The researcher uses *The Fifth Mountain* novel by Paulo Coelho as the object of the research.

The *Fifth Mountain* is a novel that was written by Brazilian author, Paulo Coelho. It was first published in 1996. The original title of this novel is written by O Monte Cinco in Portuguese. *The Fifth Mountain* has been translated to 33 languages. This novel consists of 105 pages and two chapters. In this novel, Paulo Coelho begins the story by telling the accidentally killed of the prophets This incident happened after Elijah tell Jezebel (Queen of Akbar) about Commandment of God. The God want to stop worship of Baal. From the meeting of Elijah and Jezebel from the time that, Jezebel command to kill all prophets who worship God.

In this paper, the researcher wants to explain more about the importance of resilience reflected in *The Fifth Mountain* novel.

B. Theoretical Foundation

In theoretical foundation, the researcher wants to discuss the fictional finalism, inferiority feeling, striving for superiority, social interest, style of life and creative power.

1. Fictional Finalism

Fictional finalism is a subjective experience of reality. People are motivated more by fiction or expectations of the future, than by experiences of the past (Adler in feist,1985: 65). Alder (in Feist,1985: 65) states “this goal doesn’t exist in future but in the person’s present perception of the future”. Thus, people are motivated by what they believe is true and desire of the future.

2. Inferiority Feeling

Inferiority feeling is “one of the important factors in informing and developing an Individual’s personality towards his behavior in life” (Hall and Lindzey, 1996: 145). The feeling of inferiority or a sense of incompleteness is “the great driving force of mankind”. In other words, man is pushed by the need to overcome his inferiority and pulled by the desire to be superior (Hall and Lindzey, 1981: 124).

3. Striving for Superiority

Adler (in Feist, 1985: 70) states “ striving for superiority is a single motive, flowing from life itself and shaping the various sub drives “. It means that striving for superiority responds the feeling of inferiority because a man driven by need overcome the feeling of inferiority and purposed toward superiority. It is due to generally a man is motivated by drive to achieve a final goal. So, people strive for superiority is actually compensates for their inferiority feeling.

4. Social Interest

According to Adler (1964: 96), Social interest means “ a striving for a form of community which must be thought of as everlasting, as it could be thought of it mankind had reached the goal perfection”. Social interest also portrayed in the cooperation, empathy and social relationship. It involves a means of persons’ compensation to reduce the social weaknesses. So, person develops social relationship that is meaningful and useful in social life.

5. Style of Life

Adler states that “everything we do is shaped and directed by our unique life style; it determines which aspect of environment we will attend to and which aspects we will ignore” (Hjelle and Ziegler, 1992: 145). There are four types of life-style, namely the ruling type, the getting type, the avoiding type, and social useful type. Adler also states that” style of life refers to the flavor of person’s life. It includes not only the person’s goal, but also self concept, feeling toward others, and attitude toward the

world. It is the product of the interaction of heredity, environment, goal of success, social interest, and creative power”(Feist, 2006: 78).

6. Creative Power

Adler (in Hjelle and Ziegler, 1992: 150) states that “the style of life is shaped by the person’s creative power. In other word, each person is empowered with the freedom to create his or her own life-style”. Adler also insisted that “this creative power is responsible for the final goal, and contributes to the development of social interest (Feist, 1985: 77).

The concept of the creative self places the individual’s personality into his own hands. Adler sees that the individual is responsible for himself, he attempts to show the person that he cannot blame others or uncontrollable forces for his current condition.

C. Research Method

In this study, the researcher applies qualitative research that is research which employs the method of collecting, describing, classifying and analyzing the data and the drawing conclusion to conduct the research (Denzin and Lincoln, 2005: 3). In this method, there are two types of data source, namely primary and secondary data source. All primary data are taken from the novel , here is *The Fifth Mountain* novel written by Paulo Coelho (1996). Secondly, secondary data are taken from journal, internet, textbook and articles. Both data are collected through library research (Denzin and Lincoln, 2005: 3). In collecting data, the researcher takes some steps as follow: reading the novel repeatedly, taking notes of important parts both primary and secondary data, arranging the data into several groups based on its theoretical category, selecting particular parts considered important and relevant for analysis and drawing conclusion. In analyzing the data, the writer applies a descriptive approach (Denzin and Lincoln, 2005: 11). The steps of technique of the data analysis are compiled as follows: (a) analyzing the structural elements of the novel. Focus will be paid on the structural analysis of the novel (b) Trying to decide the individual psychological analysis of literary work (c) making discussion of the finding (d) making conclusion.

D. Finding and Discussion

The researcher gets some findings in analyzing *The Fifth Mountain* novel. Each finding has some cases to be discussed. After they have examined, all of components will get back together in schematic manner in the discussion.

1. Findings

In analyzing *The Fifth Mountain* novel, the researcher gets some findings. There are practices of importance of resilience in *The Fifth Mountain* novel based the theory of individual psychological.

a. Fictional Finalism

The fictional finalism in *The Fifth Mountain* novel its shown when Elijah is a child. His parents know that Elijah is a prophet, but his parent did not like if Elijah to be a prophet. They want Elijah to be an ordinary people. Because if Elijah to be a prophet meant having ties to the government, and that was always dangerous. For this reason, when he came of an age to sustain himself, they lent him money to open a small carpentry shop.

When Elijah is twenty three years old. He fancies that he want life together with the widow who he loves. In order she needs do something to realize his fiction finalism.

He wants to actualize his dream. He realizes that he is a prophet who performs the Lord's command. He can't life together with the widow. The widow was dead because war. He feels sad. When he thought that everything was fine, but the reality is different. He always tries to gets what he wants. But we live in accordance with the desired God.

b. Inferiority Feeling

The inferiority of Elijah portrays his desire to be an ordinary people. He wants to be as carpenter. But in reality the God choose Elijah to be a prophet in which he must deliver the God command. When Elijah going to Zarephat (Akbar). Elijah met with a widow. He

live in widow's home. Elijah falling in loves with the widow. He wants life together with the widow forever, but in reality he cannot life together with the widow. The woman was dead because war. Elijah feels so sad. But, He must carry out the orders of God.

c. Striving for Superiority

The striving for superiority faced by Elijah started when he to be a prophet and he gets the God command (TFM, 1996:007). It makes Elijah's life encountered many difficulties, but Elijah always trying to deal with those difficulties. He never gave up to reach his life goal. When Elijah deliver the command of God to King Ahab

. It makes the all of prophets who worship the God must be killed. Elijah must be killed too (TFM, 1996: 008). Elijah escape to Akbar. He met with the poor widow. At first time Elijah falling in love with a woman, but Elijah afraid to explain his feelings (TFM, 1996: 035). Elijah felt confuse he couldn't explain his feeling because he did not want to involve the women in his problem. The problem is because Elijah face out Jezebel who worshiped Baal and Elijah who worshiped God. It makes Elijah be hunted Jezebel to be killed. If Elijah explain his felling he worried the widow follow him, perhaps she would have been killed too. When Zarephath was invaded by the Assyrian army the widow dies (TFM, 1996: 72).

After the widow was dies. Elijah felt fault that he could not save a women who his love. He was angry with himself. He doesn't have the strength to save the widow. When he was still sad, he find a new spirit. He tried as best he could to bring up the widow's son and rebuild Zarephath (TFM, 1996: 78). He proved that he is able to face the inevitable reply. He can to face the all difficulties. With the resilient personality, Elijah can reach his goal of life.

d. Social Interest

Elijah social interest is portrayed his desire to make a life the widow's son. He wants to prove the oneness of God. He do that to

make believe people around him that his God's command it's true. Elijah can make life the widow's son with the might of God. After he makes the miracle, people in Zarephath starts believe with Elijah. They start to accept the attendance of Elijah. The Governor made Elijah to be his counselor. Elijah always try to help people to find a solution to their problems.

e. Style of Life

Based on Adler life style types, Elijah is included to the socially useful type, because Elijah always help people around him. Although, people in Zarephat hate him, because Elijah is their Princess's enemy. But he always try to help them to finish their problem. All of those mean that Elijah always help the other people. It's mean that he like to socialization with other people.

f. Creative Power

Elijah's creative self is the way he overcomes his sad and despair in his problems. He gets a new spirit which leads him to a good personality. After, Elijah losing the woman he love's and the destruction of Akbar. When he almost despair, he remember something with what the guardian angel says "The unavoidable always happens" and "Thou wilt tread thy land when thou hast learned to rebuild". Elijah decided to go back to the Akbar city. Elijah wanted to prove to God that he can rebuild Akbar city. In other hand, Elijah wants to fulfill his promise to the woman he loves. Finally, Elijah could rebuild the Akbar city. Elijah can prove that he was able to build Zarephath (Akbar). An angel of the Lord sent Elijah to come back to Israel to complete his task.

2. Discussion

Based on the analysis above, it can be seen that the character of Elijah is influenced by individual psychological aspect that has been explained before. It consists of the fictional finalism, striving superiority,

inferiority feeling and social interest, style of life and creative power. And after analyzing the structural elements of the novel, the next step to complete this study is relating all of the elements to one another and putting back into the unity.

Elijah is young man who wanted life together with the widow who his love. But in reality he is a prophet who perform the Lord's command, his fictional finalism is not an easy thing to reach. He should be strive tenacious, and responsible for what becomes his obligation to achieve a big goal.

The inferiority feelings are reflected in Elijah's weaknesses feeling. The first reason is his desire to deliver God command to his king. But, after Elijah do that. All prophets who still worship the God must be killed. Elijah feels so sad and guilty. Because of his act, all prophets who worship the God must be killed. The other inferiority cases when Elijah found a woman who his love but he could not life together. Because war the woman was died. He cannot save the women from died. Thus, his fictional finalism drives his striving to get his goal by using own way. The empowers his to strive what he wants to reach. It means he compensates his inferiority by using striving for his life's goal. In here, the striving for superiority is related to Elijah's life existence. He found many problems, but every problem he can finish. When he stay in Akbar and he falling in love with the widow and when the widow dead but Elijah cannot save her. Its make Elijah so sad. But, he can prove that he can wake up and Elijah rebuilding Akbar city. Elijah who strived by using own way related to the style of life. He always helps other people around him. He tries to hear the people's problems and found their solution.

The research takes the theory of psychology of literature by Wellek and Warren (1956: 81) that it says the study of psychological types and laws present within works of literature. The author makes the story by elaborating the psychology of characters. Here is the psychology of

character of Elijah. It means that literature related to the psychology of characters.

The result of the analyzing this novel shows that the author illustrates a psychological phenomenon. It correlates with Adler's theory of individual psychology. Paulo Coelho's illustrates individual psychological phenomena in which an individual has desire and works hard in achieving a goal. The author portrays resilience and struggle of Elijah in perform God's command. Striving for superiority is feeling and achieves his final goal. Therefore, the research shows the correlation between the theory of psychology of literature and Adler's theory of individual psychology.

E. Conclusion

After analyzing the story of Paulo Coelho's *The Fifth Mountain*, the writer will conclude the individual psychological aspects that influence the major character. The aspects consist of fictional finalism, inferiority feeling, striving for superiority, social interest, style of life, and creative power.

The writer draws a conclusion related to the result of the analysis. Based on Individual Psychological analysis it can be concluded that in this novel the author describes individual psychological phenomenal that only those who have a resilient personality could survive in the face of all life's problems. And only people who have a resilient personality who can achieve his life goals.

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