

**PERSONAL INDEPENDENCE:
THE HUNGER GAMES NOVEL BY SUZANNE COLLINS (2008):
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**



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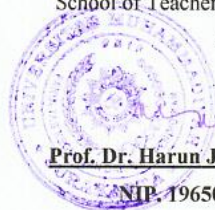
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PERSONAL INDEPENDENCE
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ABSTRACT

This research is about how is personal independence of the major and minor characters reflected in The Hunger Games novel. The objective of this study is to analyze the novel based on the individual psychological approach. The type of this research is qualitative research. Type of data of the study is novel taken from two data sources: primary and secondary. The primary data source is The Hunger Games novel published in 2008. While the secondary data sources are other materials taken from books, author's biography, essay, comments, critics and internet related to the study. Both data are collected by conducting library research and analyzed by descriptive analysis. Based on the individual psychology analysis, the study shows that the problem faced by the major character is her own psychology condition to decide the appropriate ways for his life. Collins tells that the problem of the major character causes the personal independence of her social life because of her personality and causes some effect to inferiority feeling, striving to superiority, creative self, style of life, social interest, and functional finalism of the main character.

Keywords: *The Hunger Games*, personal independence, courage, kind obstacles and psychological theory.

ABSTRACT

Penelitian ini adalah bagaimana pemeran utama merefleksikan kemerdekaan pribadi dalam novel The Hunger Games. Tujuan dari studi ini adalah untuk menganalisis novel berdasarkan struktur elemen and untuk menganalisis novel berdasarkan pendekatan individual psikologikal tipe dari penelitian ini adalah penelitian kualitatif. Tipe data untuk studi novel didapat dari dua sumber: primer dan sekunder. Data primernya adalah novel The Hunger Games yang dipublikasikan pada tahun 2008. Sedangkan, sumber data sekunder dari bahan-bahan lain yang diambil dari buku, biograpi penulis, essai, komentar, kritik and internet yang ada hubungannya dengan studi. Kedua data dikoleksi dengan melakukan penelitian di perpustakaan dan menganalisis menggunakan analysis deskriptif. Berdasarkan analisis, peneliti membuat beberapa kesimpulan. Pertama, berdasarkan analysis struktur dari beberapa elemen, ini menunjukkan bahwa karakter dan watak, setting, plot, sudut pandang, style, and tema. Kedua, berdasarkan analisis individual

psikologikal, studi menunjukkan bahwa masalah yang dihadapi oleh karakter utama adalah kondisi psikologi dirinya sendiri untuk menentukan jalan hidupnya. Collins menjelaskan bahwa masalah yang dihadapi oleh karakter utama menyebabkan konflik di kehidupan sosialnya karena kemerdekaan pribadi dan menyebabkan beberapa efek seperti perasaan inferior, keinginan untuk menjadi superior, kekreatufan diri sendiri, style kehidupan, keinginan sosial, dan tujuan hidup dari karakter utama.

Kata kunci: The Hunger Games, kemerdekaan pribadi, keberanian, jenis rintangan dan teori psikologikal.

1. INTRODUCTION

The 'Individual Psychologist' works with an individual as an equal to uncover his values and assumptions. As a person is not aware that he is acting according to misperceptions, it becomes the task of the practitioner to not only lead the individual to an insightful exposure of his errors, but also to re-orient him toward a more useful way of living.

Adlerian psychology shows parallels with the humanistic psychology of Abraham Maslow, who acknowledged Adler's influence on his own theories. Both individual psychology and humanistic psychology hold that the individual human being is the best determinant of his or her own needs, desires, interests, and growth. Erik Erikson (1950, 1963) does not talk about psychosexual Stages, he discusses psychosocial stages. His ideas though were greatly influenced by Freud, going along with Freud's (1923) theory regarding the structure and topography of personality (McLeod, 2008).

The Hunger Games is a 2008 science fiction novel by the American writer Suzanne Collins. It is written in the voice of 16-year-old Katniss Everdeen, who lives in the dystopian, post-apocalyptic nation of Panem in North America. The Capitol, a highly advanced metropolis, exercises political control over the rest of the nation. The Hunger Games is an annual event in which one boy and one girl aged 12–18 from each of the twelve districts surrounding the Capitol are selected by lottery to compete in a televised battle to the death. The book received mostly positive feedback from major reviewers and authors. It was praised for its storyline and

character development, though some reviewers have noted similarities between Collins' book and Koushun Takami's *Battle Royale* (1999).

The Hunger Games was first published in hardcover on September 14, 2008, by Scholastic, featuring a cover designed by Tim O'Brien. It has since been released in paperback and also as an audiobook and ebook. After an initial print of 200,000, the book had sold 800,000 copies by February 2010. Since its release, *The Hunger Games* has been translated into 26 languages, and publishing rights have been sold in 38 territories. The novel is the first in *The Hunger Games* trilogy, followed by *Catching Fire* (2009) and *Mockingjay* (2010). A film adaptation, directed by Gary Ross and co-written and co-produced by Collins herself, was released in 2012. There are some reasons why the writer is interested in analyzing this novel.

Firstly, *The Hunger Games* novel is the struggle of severe poverty problems, hunger, oppression and the impact of the war are portrayed by the main character of Katniss Everdeen. Secondly, Collins has said that the inspiration for *The Hunger Games* came from channel surfing on television. The reasons is *The Hunger Games* novel is the struggle of severe poverty problems, hunger, oppression and the impact of the war are portrayed by the main character of Katniss Everdeen needs to hunt to provide food for her family, resulting in the development of skills that are useful to her in the Games (such as her proficiency with the bow and arrow) and represents her rejection of the Capitol's rules in the face of life-threatening situations. Library journal *Voice of Youth Advocates* names the major themes of *The Hunger Games* as "government control, 'big brother', and personal independence" (*The New York Times*, 2009).

The reasons is Collins has said that the inspiration for *The Hunger Games* came from channel surfing on television. The sense of loss that Collins developed through her father's service in the Vietnam War was also an influence on the story, with Katniss having lost her father at age 11, five years before the story begins. Collins stated that the deaths of young characters and other "dark passages" were the most difficult parts of the book to write, but that she had accepted that passages such as these were necessary to the story (*The New York Times*, 2009).

Based on the previous reasons the researcher will observe *The Hunger Games* using individual psychological theory, since this theory is about understanding individual's feeling and social relationship around that individual. So, the researcher constructs the title **PERSONAL INDEPENDENCE IN THE HUNGER GAMES NOVEL BY SUZANNE COLLINS (2008): INDIVIDUAL PSYCHOLOGICAL APPROACH.**

2. RESEARCH METHOD

Type of this Research is descriptive qualitative research. Descriptive qualitative research is a research which employs the method of collecting, describing, classifying and analyzing the data and then drawing conclusion. The object of the study is *The Hunger Games* novel directed by Suzanne Collins and publishing in 2008. It is analyzed by using an individual psychological approach. The types of data that is applied by the writer in this research are textual data that consist of words, phrases, sentences, narration and dialogue of novel and image that is available in the novel. The source of data in this research is classified in two categories, the primary data source is the novel itself, *The Hunger Games* novel directed by Suzanne Collins. And the secondary data sources are taken from some books, websites, and other literary and other matters that support this analysis. The writer takes some steps for the techniques of data collection, those are, reading the novel repeatedly, determining the character that will be analyzed, taking notes of the influence information in textual and image in both primary and secondary data, arranging the data into several groups on its classifications, selecting particular part considered important and relevant for analysis and drawing conclusion and formulating suggestion. Technique Data Analysis is the writer uses individual psychological approach and applies it by using the descriptive analysis. In addition, the writer also uses the structural analysis of the work. Firstly, the data arranged in a list of data. Secondly, the researcher is looking for a selecting the correlation of by using the chosen approach. Thirdly, all data from the second step are arranged. Finally, a conclusion is drawn.

3. RESEARCH FINDINGS AND DISCUSSION

3.1 Narrative Elements of the Novel

1) Character and characterizations

Character means a person who is told in the story created by the author. According to Douglass and Harnden (1996: 95), In other word, character is a person created by the writer's imagination in literary work especially in novel, while characterization is a way to how the writer presents their character. the most interesting and fascinating for the audience is the people or actors who play or be played in film. The quality of the character relates with other manifestation for examples: body posture, facial, and their clothing. The quality of the character is call *characterization*.

According Douglass and Harnden (1996: 96) there are some qualities of the character, physical features, sociological situation, psychological profile, vitality and power and secondary character. There are two kinds of characters, major character and minor character. Major characters are characters which have main attention in the story, while minor characters are characters that are less attention and act as a support in the story than those of major characters. Character in a story can be explained into two types, *major* and *minor character*. *Major character* has a crucial role to the movement of a story. *Minor character* is the character that support and completes the existence of the major character (Klarer, 1999: 25).

2) Setting

Setting is one of the important elements in the literary work. Without setting, it is impossible to imagine the situation of the novel. Setting means the location historical and social surroundings in which the action develops (Klarer, 1999: 25). Simply, it is the time and the location when the event takes place. According to Bordwell and Thompson (1990: 13) setting can be used to reinforce something about characters. In film

production, filmmaker may handle setting based on film production requirement, such as select already existing vocal in which to stag action. “Setting denotes the location, historical period, and social surroundings in which the action of a text develops” (Klarer 1999: 25).

3) Plot

Douglass and Harnden (1996: 48) define that plot as, “important element in a movie is story and it has same meaning as dramatic structure or it is always called plot”. Klarer (1999: 15) states that are two types of plot: *traditional or conventional* and *flashback*. Traditional style deals with the movement of the story from the beginning to the end action. Flashback style deals with the movement of the story from the end to the beginning of the story (Klarer, 1990: 15). There are two kinds of plot according to Klarer:

a. Traditional Plot Structure

In this plot, there are four sequential levels: exposition, complication, climax and resolution.

b. Flashback Plot Structure

Flashback is about information concerning the past or future into narrative. It also encompasses four levels: climax, resolution, exposition and complication.

4) Point of View

According to Douglass and Harnden (1996: 30) point of view is “one of the most interesting and basic narrative devices available to the story teller”. Point of view is about the author’s perspective that will be given to his or her character. According to Klarer (1999: 21), “point of view or narrative perspective characterizes the way in which a text presents person, events, and settings”. Klarer (1999: 21) also elaborate two basic positions of point of view:

a. Omniscient Point of View

This is a point of view where narrator refers to protagonist in the third person. It presents the action from an all-around.

b. First Person Narration

First Person Narration is usually presented by the main protagonist or sometimes by minor character. The action is seen through a participating figure, which refers to her or himself in the first person.

5) Theme

According to Douglass and Harnden (1996; 3), filmmaker should determine the theme in a story before step a head into the next path. Discovery theme is where the filmmaker creativity is begun (Douglass and Harnden, 1996: 3). Theme is important because it make a person to focus on one area that is the general idea of literary works. In this case, the filmmakers examine their attitude toward the subject, study the materials and analyze the knowledge of the audience (Douglass and Harnden, 1996: 3). Theme allows them to focus their attention and ultimately the audiences on certain aspects of the subject while excluding other (Douglass and Harnden, 1996: 3). Simply, theme is foundation to build story strong.

6) Style

Style is the manner of linguistic expression in prose or verse (Abrams, 1981: 190). In other words, it is how a speaker or writer says whatever it is that he says. Style refers to individual traits or characteristics of a piece of writing to writer's particular ways of managing words that we come to recognize as customary (Kennedy, 1983:74).

3.2 Individual Psychological Analysis

1) Inferiority Feeling

Inferiority feeling is “One the important factors in the forming and developing an individual’s personality towards his bahavior in life” (Hall and Lindzey, 1981:145). From the explanation above the writer found the inferiority feeling of Katniss Everdeen, Peeta Mellark, and Haymitch Abernaty. The first inferiority feeling of Katniss Everdeen, she is almost does not have the weakness or something that can be called “unskilled” every time that she’s doing is useful in fact, Katniss is more responsible than anyone else for her family’s wellbeing. Notably, she is responsible for feeding her family, which she does by hunting and foraging, skills she learned from her father before his death in a mine explosion years earlier.

2) Striving for Superiority

Generally, striving for superiority is an effort to overcome feelings of inferiority by doing the things that can develop the self-existence in society. Striving for superiority is the great action from human to be better; it is development that begins as a response to feeling of inferiorities which originate in organ deficiencies. Striving for superiority of Katniss Everdeen is seen when he looks for sponsors. The Game is not about the competition in the arena. This is about entertained to have much sponsors.

3) Style of Life

According to Adler the style of life is “so firmly ingrained by the age of 4 or 5 that is almost totally resistant to change thereafter. The life style so formed persists and becomes the guiding framework for later behavior” (Hjelle and Ziegler, 1992: 145). There are some styles of life of Katniss Everdeen, namely: The first style of life, Katniss is a strong person. Besides that she is the main provider in her family, which consists of Katniss, her mother, and her younger sister, Prim. Katniss is fiercely protective of her younger sister, and she volunteers to take Prim’s place in the Hunger Games to protect her.

4) Social Interest

Social interest is a caring and concern for the welfare of others that continues, throughout life, to guide a person's behavior (Hall and Lindzey, 1985: 148). As social creature, everyone must be involved in the relationship with the other. As reflected in Adler's strong belief that we as social creature must consider our relationship to other and to the larger socio culture context in which we live if we are to fully understand ourselves (Hjelle and Ziegler, 1994: 147). The social interest of Katniss Everdeen can be seen when he lost her father, Mr Everdeen, she is very sad and terrify. She is a strong and more responsibility, he wants to do anything for her family, but the rules in the Games are really punishable.

5) Creative Self

According to Adler in Hjelle and Ziegler (1992: 150) creative power means the influence of heredity and environments toward a person in overcoming the problem of life. This creative of life is responsible for the person's life goal, and contributes to the development of social interest. Creative power implies freedom, free to be what we will. Creative Self of Katniss Everdeen can be seen when she hunting for her family. Katniss realize that, without her hunting, her family wouldn't have enough to eat, a serious problem in District 12, where starvation is common.

6) Fictional finalism

It is important to understand that fictional final goals do not exist in the future as part of some universal plan they do not represent fate (Adler in Hall and Lindzey, 1985: 146). The first fictional finalism is Katniss Everdeen, she does not begin to seek attention once she becomes a celebrity and begins doing television interviews. Rather, she always tries to figure out how to get through the interviews so she can go back to her life.

4. CONCLUSION

Individual psychological shows that all of the major characters have the same vision to win the competition to qualify for the next stages. Almost all the participants in Hunger Games have same ambitions and they look for the weak point of another, although there is one of the coaches among those, who have the nature of the affection. The researcher suggests the other researchers to make deeper research about this novel from other approaches such as psychological approach, because in this story there are conflicts, which can be found in the three of the major character, Katniss, Peeta and Haymitch. So the individual psychological approach is appropriate enough to analyze this novel. This research can be used to enrich the knowledge and experience of the researcher and the students of Muhammadiyah University of Surakarta or any other Universities student who have interest with literary study on the novel for Individual Psychological Approach. This research also can give the contribution to the larger body of knowledge of literary study in The Hunger Games novel by Suzanne Collins.

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