

Conference Paper

Optimism and Pessimism of Hazel Grace in John Green's Novel *The Fault in Our Stars*

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Abstract

This study was deal with the optimism and pessimism in Hazel Grace of John Green's *The Fault In Our Stars* novel. This research reviews the literature examining connections involving the key constructs of optimism and pessimism. Individual differences in characteristics such as optimism and pessimism have been shown to contribute to variability in distress during stressful situations. The write tried to analyze how the optimism and pessimism can be correlated to literature and how illness can be reflected to the main character from the novel entitled *The Fault in Our Stars*. The most dominant type of optimism from this research is dispositional optimism and the most dominant type of pessimism from this research is dispositional pessimism. The optimism and pessimism can effect to someone's life caused by some factors such as illness and depressed like the main character from *The Fault in Our Stars* novel.

Keywords: optimism, pessimism, literature, illness cussion

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1. Introduction

Literary works are divided into three parts literary works namely prose, poetry, and drama. As Klarer (2004: 1) says that literature is referred to as the entirety of written expression, with the restriction that not every written document can be categorized as literature in the more exact sense of the word. Prose is the expression in a direct style, in other words we can say straight forward speech. Poetry is extraordinary because it's precious, polish, and the way in which it charges word with force and suggestion. While drama or plays is different from other literary works. Drama is treated as literature to be read privately, or as the other, to be seen in public performance.

Prose can be divided into some parts: they are novel, short story, novella, etc. Scott (1980: 196) states that a novel is a fictious prose narrative dealing with human beings and their actions over period of time, displaying varieties of human character in relation to life. A short story is a piece of prose fiction marked by relative shortness and density.

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A novella is a written, fictional, prose narrative normally longer than a short story but shorter than a novel.

Novel is one kind of literary works beside poem, poetry, drama, and others. According to The World Book Encyclopedia (2014: 642), novel is a long fictional story written in prose. It is one of the most popular forms of literature. Novels differ from histories, biographies, and other long prose narratives that tell about real events and people. The subject matter of novels covers the whole range of human experience and imagination. Some novels portray the true life of the characters and events.

Many researchers have conducted studies on analyzing characters in novels. It can be analyzed from its type (round and flat characters), representation (explanatory and dramatic), and also its psychology. As stated by Klarer (1999), psychological approach can be used to analyze characters psychologically. It can be seen in *The Fault in Our Stars* novel that was written by John Green, published in January 2012.

The Fault in Our Stars is one of the most famous novels in Indonesia and also in another country. It is a fabulous book about a young teenage girl who has been diagnosed with lung cancer and a boy who has osteosarcoma, a rare form of bone cancer, but has recently had the all clear. From the story in this novel, there are the optimism and pessimism that happen in the main characters.

Abdel khaleq (2000) defines optimism by that it is a rejoicing view of the future, making the person expect better, anticipates occurrence of goodness, and looks forward for success. While pessimism is a negative anticipation of the events to come, making the person expect worst things to happen, and anticipates badness, failure and disappointment.

Seligman further defined optimism and pessimism as "how people interpret themselves in cases of successes and failures" (Seligman, 1990). Optimistic people see that failure is due to some changeable thing, so as to be able to succeed in the next time. On the other hand, pessimistic people burden themselves with blame.

Optimism and pessimism in prior literature have been consistently associated with generalized expectancies of positive and negative future outcomes (Schiever and Carver, 1985). Simply stated, people view the world in different ways. Some people see the world through rose colored glasses, they tend to have a favorable outlook on life. These optimistic individuals expect good things rather than bad things to happen to them (Schiever and Carver, 1985). On the other hand, some people see the world through dark colored glasses and have unfavorable outlook on life. These pessimistic individuals expect bad outcomes (Schiever and Carver, 1985). In general, optimism and pessimism is considered a personality characteristic.

2. Literature Review

Literature is used to describe anything from creative writing to more technical or scientific works. Literature can be classified into three literary works, namely: prose, poetry, and drama.

Prose is a form of language that has no formal metrical structure. According to Samuel Coleridge (1835: 177), prose as words in their best order, where poetry is the best words in the best order. It applies a natural flow of speech, and ordinary grammatical structure rather than rhythmic structure, such as in the case of traditional poetry. Traditional forms of poetry follow exact patterns of rhymes and rhythms. Traditional poetry is also written in a meter. Meter is the rhythm or the beat. The regular beat comes from the meter. Traditional poetry has been used to pass along news, tell stories, and sing songs, Sarah K.C. (2004: 165).

Novel is one of literature products that is very familiar in human life. People like to read novels because they can enchant them with the story or the imagination that is written in them. A novel is the imagination of the writer that is composed by the writer into a written story. Scott (1980: 196) states that a novel is a fictions prose narrative dealing with human beings and their actions over a period of time, displaying varieties of human character in relation to life.

A novel deals with human life, feeling, thoughts, struggle, etc. It can reflect human life whether that is in the same situation of how they live or in quite different situations. In a novel, the writer can use the love or hatred or the struggle of a person as his/her novel.

Barry (1995: 49) states there are some characteristic of novel, such as:

1. Created from the author's imagination
2. Structured for the convenience of the readers.
3. Violence of toned down.
4. No longer homeostatic.

2.1. Optimism

Optimism are people that hope the good things are happen to them. Optimism is the opposite of pessimism, while pessimism is a feeling of helplessness.

Scheier and Carver (1985) expand the definition of optimism/pessimism beyond just generalized expectations of future outcomes to include explanations of how past successes and failures contribute to how these expectations develop in individuals. That optimism is an overall view, see a good thing, think positively and easy to give meaning to themselves. Individual who are optimistic are be able to produce something better than the past, not afraid of failure, and trying to still challenge another try when failed again.

Scheier and Carver (2010: 879) state thst there are some characteristic of optimism, they are:

1. Never give up with something.
2. Does not fear to take chances.
3. Always have faith in whatever happens.
4. Never get disappointed quickly.
5. Always try to see only the positive out of everything.
6. Finds all the possible ways in any problem available to solve anything.
7. Self-confidence is the key.
8. Overcomes anything easily
9. Be a motivation factor
10. Finds all goodness
11. Give happiness to him/herself and others
12. Hopes for the best always

There are two types of optimism, explanatory style optimism and dispositional optimism. Explanatory style optimism is a psychological attribute that indicates how people explain to themselves why they experience a particular event, either positive or negative, or in another word the way people mentally explain the things that happen to them Seligman (1995: 303) describe optimistic explanatory style as a predisposition to view good outcomes as externally caused. An optimistic explanatory style has been found to be associated with good outcomes in health and achievement. Then, dispositional optimism can be defined as an expectation that more good and desirable things will happen than bad things will happen to us in the future (Scheir & Carver, 1985). This is an expectation and hope that can also be a part of someone's personality traits,

as there are some people who are inherently more optimistic than pessimistic. Those types describe how the optimism effect someone's life.

Scheier and Carver (1992) wrote that optimism "confers benefits on what people do and what people are able to achieve in times of adversity." They believe that "people are greatly influenced by their expectations about certain actions." They explain that people who view desirable outcomes as possible seek to obtain those outcomes even when pursuit of those outcomes difficult. On other hand, people who view desirable outcomes as impossible or unattainable tend to cease from trying to obtain those outcomes.

2.2. Pessimism

Pessimism is an entrenched habit of mind that has sweeping and disastrous consequences: depression mood, resignation, underachievement and even unexpectedly poor physical health." Seligman states in his 1995 book *The Optimistic Child*.

Scheier and Carver (2010: 879) said that are some characteristic of pessimism, they are:

1. Give up easily.
2. Fears to take rhe next step.
3. Loses faith easily.
4. Gets disappointed quickly on the first failure.
5. Never see anything positive.
6. Finds no way in any problem.
7. Selp-pity is the key.
8. Regrets everything and develops hatred.
9. Be a discouraging factor.
10. Finds all faults.
11. Destroys happiness within him/herself and others around.
12. Hopes doubt in everything.

There are two types of pessimism: defensive pessimism and dispositional pessimism. Defensive pessimism is a strategy used by anxious people to help them manage their

anxiety so they can work productively. Defensive pessimism lowers their expectations to help prepare themselves for the worst. Then, they mentally play through all the bad things that might happen. Defensive pessimism shows an initial feeling of anxiety and low perceived control prior to undertaking the task (Norem & Cantor, 1986). By contrast, optimists do not make a stressful assessment of the tasks they are about to undertake, showing moderate control over the situation.

Dispositional pessimism, like defensive pessimism, anticipates negative results. Nonetheless, each one of their performances differs. Dispositional pessimism shows less perceived control, which means they do not engage in the behavior required for achieving their goals. According to Dr. Jeffery Rossman (2010), dispositional pessimism is the tendency to believe the worst on a consistent basis.

Those types describe how the pessimism affects someone's life.

2.3. The character of Hazel Grace in the *Fault in Our Stars* novel

Hazel was born on September 29th 1996 with the complete name, Hazel Grace Lancaster. She is aged seventeen, has no siblings and is the daughter to Mr. and Mrs. Lancaster, friend of Isaac and girlfriend of Augustus Waters.

Hazel finished high school early and has already begun pursuing a college education. She is diagnosed with stage 4 Thyroid cancer with metastasis forming in her lungs, but has managed to live with her disease owing to doses of an experimental drug called *Phalanxifor*.

It is immediately obvious that Hazel isn't the typical teenager girl from Indianapolis. She is conscientiously speaking old for her age, as we see when she's contrasted with her friend Kaitlyn. By comparison, Hazel is far more thoughtful and considerate about her actions than Kaitlyn, and she is far more analytical. One of Hazel's defining characteristics is her wish to tread lightly upon the world. She desperately wants to mitigate the harm caused by her existence on Earth. Though this outlook on life is dramatically different from Augustus's, over the course of the novel the teens are able to learn a lot from one another.

Hazel Grace has a good sense of humor but keeps a lot to herself. She lives her life trying not to hurt others. She does not want to get too close to anyone so that when she dies no one will be hurt. Hazel Grace is very real with herself, she knows that she has cancer and that is the way that her life has to be lived.

Through her relationship with Augustus, however, Hazel's perspective changes. When his cancer reappears, she recognizes that, of the two of them, he is known as the grenade.

But even so, she isn't sorry she falls in love with him, even though it will hurt her immensely when he he dies. Instead, she cherishes and feels extremely grateful for the time they do have together. The final words of the novel indicate the extent to which Hazel grows spiritually throughout her journey. The implication of the words "I do" are of a marriage that takes place through memory. Though the marriage is symbolic, it's nevertheless real. What Hazel means by saying "I do" is that she will remember and love Augustus for as long as she lives, and in that sense, she has learned that death is not the ubiquitous finality she has once considered it to be. Our relationships continue, even if we do not.

2.4. Relevant studies

Fiona Parashar (2009) in her journal article entialed "*The Psychology of Optimism and Pessimism: Theory and Research Findings*" reviews the field of optimism is at first struck by the overwhelming number of positive outcomes associated with optimism and then by the wishperread propensity that humans have for optimism or for positive bias in their outlook on life and their self-assessment.

Mahesnah (2013) in his journal article entialed "*The Relationship between Optimism-Pessimism and Personality Traits among Students in the Hashemite University*" analyzes the correlation between optimism, pessimism and personality traits (extraversion, introversion, emotional stability, and neuroticism), also identify the prevalence of optimism and pessimism in the study sample according to the variable sex, academic specialization, level of study, and grade point average.

Simin (2015) in his journal article entialed "*Study of Relationship between Optimism, Pessimism and Coping Strategies with Mental Health among University Student of Lorestan*" determines the relationshipbetween optimism, pessimism and coping strategies and mental health and ability to predict these concepts in students' mental health in the academic year 2014 in Lorestan University. The method of the study is correlational and data were analyzed using the stepwise regression.

Pipit (2013) in her thesis entialed "*Aspek Pendidikan Nilai Religius dan Optimisme dalam Hapalan Solat Delissa*" analyzes the aspect of religious and the optimism in Delissa as the main character after she lost her legs and her legs and her mother because of Tsunami in Aceh. The data of the main character is collected by finding the evidences from the dialogue or sentences in the novel and based behavior and the attitude of the main character. To get the aspect of religious and the optimism, she analyzes by using qualitative descriptive technique.

Anggun (2013) in her thesis entitled “*Optimism and Pessimism in Negeri Lima Menara by Ahmad Fuadi to Increase the Motivation to Student in MI Level*” deals with optimism and pessimism to increase the motivation to the student based on the age of the student. The writer explains the optimism and pessimism in Negeri Lima Menara novel by Ahmad Fuadi. To get the optimism and pessimism from the novel, the writer used the document analysis method.

3. Research Method

This study was conducted by applying descriptive qualitative design. Moleong (2007: 6) states that qualitative research is conducted to understand the phenomena experienced by research subject, such as behavior, perception, motivation, action and so on, holistically in descriptive way, in the form or words and language, in a particular naturalistic context using several naturalistic methods. The data were collected from John Green’s *The Fault In Our Stars* which consists of 89 pages. The data were the dialogues or sentences uttered by Hazel Grace as the main character which supports the optimism and pessimism in the novel.

Reading the novel, *The Fault In Our Stars* by Jhon Green was the beginning of the process of collecting the data. The data in this study was collected by using documentary technique. It means the writer collected the information by reading, studying and analyzing the data and also the related theory from certain books and journals concerning to the object of the study. The data was collected from Jhon Green’s *The Fault In Our Stars* novel.

4. Result and Discussion

4.1. Research findings

After analyzing the data, some findings were found as follows the optimism and pessimism from Hazel Grace in the novel *The Fault In Our Stars* by John Green. It can be categorized based on the type according Quora’s theory, they are: optimism (explanatory style optimism and dispositional optimism) and pessimism (defensive pessimism and dispositional pessimism).

TABLE 1: Hazel Grace's Optimism.

Types of Optimism	Frequency
Explanatory style optimism	10
Dispositional optimism	14

TABLE 2: Hazel Grace's Optimism.

No.	Sentences/Dialogues of Optimism	Type of Optimism
1.	"I thought of the PET scan. Don't worry. Worry is useless." (Chapter 5, Page 28, line 52).	Dispositional optimism
2.	"But I'd had a total body PET scan on the first night in the hospital, they told me, and the news was good: no tumor growth. No new tumors." (Chapter 7, page 34, line 23-24).	Explanatory style optimism
3.	"I even tried to tell myself to live my best life today." (Chapter 6, page 31, line 31-32).	Dispositional optimism
4.	"People talk about the courage of cancer patients, and I do not deny that courage. I had been poked and stabbed and poisoned for years, and still I trod on. But make no mistake. In that Moment, I would have been very, very, very happy to die." (Chapter 7, page 34, line 9-10).	Explanatory style optimism
5.	"(Which meant there was quite a lot of competitiveness about it, with everybody wanting to beat not only cancer itself, but also the other people in the room. Like, I realize that this is irrational, but when they tell you that you have, say, a 20 percent chance of living five years, the math kicks in and you figure that's one in five... so you look around and think, as any healthy person would. I gotta outlast four of these bastards.)" (Chapter 1, page 9, line 28-31)	Dispositional optimism
6.	"I'm not depressed." (Chapter 6, page 31, line 62).	Explanatory style optimism
7.	"I'm Hazel, I'd say when they'd get to me. Sixteen. Thyroid originally but with an impressive and long settled satellite colony in my lungs. And I'm doing okay." (Chapter 1, page 9, line 23-24).	Explanatory style optimism
8.	"It would take me six days to get home, six undays of staring at acoustic ceiling tile and watching television and sleeping and pain and wishing for time to pass. I did not see Augustus or anyone other than my parents. My hair looked like a bird's nest; my shuffling gait like a dementia patient's. I felt a little better each day, though: Each sleep ended to reveal a person who seemed a bit more like me. Sleep fights cancer, Regular Dr. Jim said for the thousandth time as he hovered over me one morning surrounded by a coterie of medical student." (Chapter 7, page 34, line 44-47).	Explanatory style optimism
9.	"I banished the thought as best I could: I had a PET scan scheduled in a couple weeks. If something was wrong, I'd find out soon enough. Nothing to be gained by worrying between now and then." (Chapter 5, page 24, line 13-14).	Dispositional optimism
10.	"I actually had a great time on that trip. I met Goofy and Minn" (Chapter 5, page 29, line 37).	Explanatory style optimism
11.	"I didn't want to take the elevator because taking the elevator is a Last Days kind of activity at Support Group, so I took the stairs." (Chapter 1, page 10, line 11).	Dispositional optimism
12.	"This is so great. If I'm dead, I want you to know I will be sighing at you from heaven every time you ask someone to share their feelings." (Chapter 24, page 83, line 35-36).	Dispositional optimism

No.	Sentences/Dialogues of Optimism	Type of Optimism
13.	“I woke up and soon got into one of those experimental trials that are famous in the Republic of Cancervania for Not Working. The drug was Phalanxifor, this molecule designed to attach itself to cancer cells and slow their growth. It didn’t work in about 70 percent of people. But it worked in me. The tumors shrank.” (Chapter 2, page 13, line 38-40).	Dispositional optimism
14.	“And they stayed shrunk. Huzzah, Phalanxifor! In the past eighteen months, my mets have hardly grown, leaving me with lungs that sucks at being lungs but could, conceivably, struggle along indefinitely with the assistance of drizzled oxygen and daily Phalanxifor.” (Chapter 2, page 13, line 41-42).	Dispositional optimism
15.	“And if the inevitability of human oblivion worries you, I encourage you to ignore it. God knows that’s what everyone else does.” (Chapter 1, page 11, line 2-3).	Dispositional optimism
16.	“Two things I love about this sculpture. First, the bones are just far enough apart that if you’re a kid, you <i>cannot resist the urge</i> to jump between them. Like, you just <i>have</i> to jump from rib cage to skull. Which means that, second, the sculpture essentially <i>forces children to play on bones</i> . The symbolic resonances are endless, Hazel Grace.” (Chapter 5, page 29, line 25-28).	Explanatory style optimism
17.	“I stood in the living room and then there had been the stairs, and then more standing, which was quite a lot of standing for me, and I didn’t want to faint or anything. I was a bit of a Victorian Lady, fainting wise. I’m fine.” (Chapter 2, page 14, line 50-51).	Explanatory style optimism
18.	“But I believe in true love, you know? I don’t believe that everybody gets to keep their eyes or not get sick or whatever, but everybody <i>should</i> have true love, and it should last at least as long as your life does.” (Chapter 5, page 26, line 44-45).	Dispositional optimism
19.	“I wanted to make my parents happy.” (Chapter 1, page 10, line 1).	Dispositional optimism
20.	“Cancer Perks are the little things cancer kids get that regular kids don’t: basketballs signed by sports heroes, free passes on late homework, unearned driver’s licenses, etc.” (Chapter 2, page 13, line 12-13).	Explanatory style optimism
21.	“You are not a grenade, not to us. Thinking about you dying makes us sad, Hazel, but you are not a grenade. You are amazing. You can’t know, sweetie. Because you’ve never had a baby become brilliant young reader with a side interest in horrible television shows, but the joy you bring us is so much greater than the sadness we feel about your illness,” (Chapter 6, page 32, line 37-40).	Explanatory style optimism
22.	“I wanted to not be a grenade, to not be a malevolent force in the lives of people I loved.” (Chapter 11, page 49, line 35-36).	Dispositional optimism
23.	“I want to make my parents happy.” (Chapter 1, page 10, line 1).	Dispositional optimism
24.	“These young heroes wait stoically and without complaint for their one true wish to come along. Sure, it may never come along, but at least they can rest easily in the grave knowing that they’ve done their little part to preserve the integrity of the wish as an idea.” (Chapter 5, page 29, line 44-45)	Dispositional optimism

TABLE 3: Hazel Grace's Pessimism.

Types of Pessimism	Frequency
Defensive pessimism	10
Dispositional pessimism	14

TABLE 4: Hazel Grace's Pessimism.

No.	Sentences / Dialogues of Pessimism	Type of Pessimism
1.	"Everyone was holding hands, and I couldn't catch my breath, and my lungs were acting desperate, gasping, pulling me out of the bed trying to find a position that could get them air, and I was embarrassed by their desperation, disgusted that they wouldn't just let go, and I remember my Mom telling me it was okay, that I would be okay, and my father was trying so hard not to sob that when he did, which was regularly, it was an earthquake. And I remember wanting not to be awake." (Chapter 2, page 13, line 32-35).	Defensive pessimism
2.	"I wish I would just die, Patrick. Do you ever wish you would just die?" (Chapter 24, page 82, line 26).	Defensive pessimism
3.	"I refuse to attend Support Group." (Chapter 1, page 9, line 43).	Dispositional pessimism
4.	"I fear oblivion. I fear it like the proverbial blind man who's afraid of the dark." (Chapter 1, page 10, line 54).	Defensive pessimism
5.	"Generally, your parents pull you out of school at some point if they expect you to bite it." (Chapter 2, page 13, line 19).	Defensive pessimism
6.	"It always hurt not to breathe like a normal person, incessantly reminding your lungs to be lungs, forcing yourself to accept as unsolvable the dawning scraping inside-out ache of underoxygenation." (Chapter3, page 18, line 46-47).	Dispositional pessimism
7.	"It occurred to me that the person my parents had no money was me. I'd sapped the family savings with Phalanxifor copays, and Mom couldn't work because she had taken on the full-time profession of Hovering Over Me. I didn't want to put them even further into debt." (Chapter 5, page 27, line 34-35).	Dispositional pessimism
8.	"Diagnosed with Stage IV thyroid cancer when I was thirteen. It was, we were told, incurable." (Chapter 2, page 13, line23-24).	Defensive pessimism
9.	"The Support Group, of course, was depressing as hell." (Chapter 1, page 9, line 10).	Defensive pessimism
10.	"I'm not eating dinner, and I can't stay healthy because I'm not healthy. I am dying, Mom. I am going to die and leave you here alone and you won't have a me to hover around and you won't be a mother anymore, and I'm sorry, but I can't do anything about it, okay?" (Chapter 24, page 82, line 53-55).	Dispositional pessimism
11.	"And yet still I worried. I liked being a person. I wanted to keep at it. Worry is yet another side effect of dying." (Chapter 5, page 24, line 15).	Dispositional pessimism
12.	"I'm like. Like. I'm like a grenade, Mom. I'm a grenade and at some point I'm going to blow up and I would like to minimize the casualties, okay?" (Chapter 6, page 31, line 58-59).	Dispositional pessimis
13.	"I'd sooner die." (Chapter 2, page 18, line 31).	Dispositional pessimism
14.	"My shoulder hurt. I worried the cancer had spread from my lungs. I imagined the tumor metastasizing into my own bones, boring holes into my skeleton, a slithering eel of insidious intent." (Chapter 5, page 29, line 8-9).	Defensive pessimism

No.	Sentences / Dialogues of Pessimism	Type of Pessimism
15.	“It was a long list. The world contains a lot of dead people. And while Patrick droned on, reading the list from a sheet of paper because it was too long to memorize, I kept my eyes closed, trying to think prayerfully but mostly imagining the day when my name would find its way onto that list, all the way at the end when everyone had stopped listening.” (Chapter 1, page 11, line 17-19).	Dispositional pessimism
16.	“To be with him was to hurt him inevitably. And that’s what I’d felt as he reached for me. I’d felt as though I were committing an act of violence against him, because I was.” (Chapter 6, page 32, line 18-19).	Dispositional pessimism
17.	“One of the symptoms of depression is disinterest in activities.” (Chapter 1, page 9, line 44).	Defensive pessimism
18.	“I want you guys to have a life. I worry that you won’t have a life, that you’ll sit around here all day with no me to look after and share at the walls and want to off yourselves.” (Chapter 24, page 83, line 9-10).	Defensive pessimism
19.	“Sometimes people don’t understand the promises they’re making when they make them.” (Chapter 4, page 22, line 46).	Defensive pessimism
20.	“They might be glad to have me around, but I was the alpha and the omega of my parents suffering.” (Chapter 8, page 36, line 29-30).	Dispositional pessimism
21.	“I’m not going on dates. I don’t want to go on dates with anyone. It’s a terrible idea and a huge waste of time and-“ (Chapter 6, page 31, line 56).	Dispositional pessimism
22.	“I’m a grenade, I just want to stay away from people and read books and think and be with you guys because there’s nothing I can do about hurting you, you’re too instead, so just please let me do that, okay? I’m not depressed. I don’t need to get out more. And I can’t be a regular teenager, because I’m a grenade.” (Chapter 6, page 31, line 61-63).	Dispositional pessimism
23.	“I wanted to make my parents happy. There is only one thing in this world shittier than biting it from cancer when you’re sixteen, and that’s having a kid who bites it from cancer.” (Chapter 1, page 10, line 1-2).	Dispositional pessimism
24.	“I want to minimize the number of deaths I am responsible for.” (Chapter 2, page 14, line 20).	Dispositional pessimism

4.2. Discussion

There are some conclusions that the writer found, they are:

1. The most dominant type that shows the optimism in Hazel Grace is dispositional optimism and the most dominant type that shows the pessimism from Hazel Grace is dispositional pessimism.
2. The optimism and pessimism effect to Hazel Grace because of the condition she faces. The optimism effect to her when she is around her parents, while

the pessimism effect to her when feels depression and sadness because of her illness.

5. Conclusion

Based on the result of the study, it can be concluded that the dominant type of optimism from Hazel Grace is dispositional optimism. "Dispositional optimism" is defined as a global expectation that better (desirable) things than bad (undesirable) that will happen in the future. In other words, dispositional optimism is an expectation or hope that create by ourself to face something in our lives. It is presumed to be stable with little scope for change and is alternatively described as a big optimism.

The dominant type of pessimism from Hazel Grace is dispositional pessimism. "Dispositional pessimism" is the tendency to believe the worst on a consistent basis. In other words, dispositional pessimism is a situation that made us pessimistic to face something that happen in our life and always blaming ourselves of every single thing.

The optimism and pessimism effect to Hazel Grace because of the situation she faces. The optimism effect to her when she is around her parents, while the pessimism effect to her when feels depression and sadness because of illness.

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