



**MIA HALL'S BEHAVIOUR CHANGE IN GAYLE FORMAN'S *IF I STAY***

**A FINAL PROJECT**

In Partial Fulfilment of the Requirements for  
The Sarjana Degree Majoring Literature in the English Department  
Faculty of Humanities, Diponegoro University

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## **PRONOUNCEMENT**

I state truthfully this final project is compiled by me without taking the results from other research in any universities, in S-1, S-2 and S-3 degree and in diploma. In addition, I ascertain that I do not take the material from other publications or someone's work except for the references mentioned in bibliography.

Semarang, 27th August 2016

Kusumaningrum H.

## MOTTO AND DEDICATION

*“Of course it’s hard. It’s supposed to be hard. If it was easy, everyone would do it.*

*Hard what makes it great”. - **anonymous***

*The secret of our success is that we never, never give up.*

**(Wilma Mankiller)**

*Man JaddaWa Jada, whoever strives shall succeed*

**(Negeri 5 Menara)**

*This thesis is dedicated to my beloved family*

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Semarang, 1<sup>st</sup> September 2016

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# **MIA HALL'S BEHAVIOUR CHANGE IN GAYLE FORMAN'S *IF***

## ***I STAY***

### **ABSTRACT**

This final project analysis Gayle Forman's novel entitled: *If I Stay*. The purpose of this final project is to analysis the behaviour change of the main character, Mia Hall. The study uses psychological approach and library research to analyse the behaviour change of the main character. Mia experiences three phases of behaviour change: unfreezing phase, movement phase and refreezing phase of Mia. Mia changes her behaviour and the social environment affect Mia's behaviour change. Mia's change is planned change. However, Mia decides not to change her behaviour permanently.

Key words: behaviour change, phase of behaviour change, planned change.

## **1. Introduction**

### **1.1 Background of the Study**

Literary work can be a medium to define the meaning of expression, sensation or affection about something. There are three forms of literary works : prose, poetry and drama. An example of prose is novel. Novel is a narrative fiction whose intrinsic elements include plot, setting, point of view and character etc. Through the plot, the reader could easily understand the way of story. The conflict in novel will lead the reader to the climax of the plot. A number of novels which have an

interesting plot become the inspiration for movies. One of such novels is *If I Stay* written by Gayle Forman.

According to Gayle Forman personal website, Gayle Forman is an American writer. She started her career from writing an article in *Seventeen Magazine* in 2000. Finally, her first novel *If I Stay* was released in 2009. She won the NAIBA Book of the Year Awards (2009) and Indie Choice Honor Award winner (2010) for *If I Stay* (2012).

The main character of *If I Stay* is Mia Hall. Mia loves classical music. She used to be closed-minded in terms of music, but later on turns into an open-minded person trying to like everything about her boyfriend who has different music preference and behavior from her. It is interesting to learn more about Mia Hall and her behavior change.

## **1.2. Research Problems**

There are three research problems in this study. They are :

1. How do the conflict, character and setting build the story of Gayle Forman's *If I Stay* and show Mia's behavior change ?
2. How do people around her affect Mia's behavior ?
3. How does Mia behavior change ?

## **1.3. Objective of the Study**

1. To describe Mia's character through the analysis of conflict, character and setting.

2. To analyze Mia's social environment that influences her behavior change.
3. To identify and analyze the phases and the force field analysis of Mia's behavior change.

## **2. Theoretical Framework**

This section explains the theories that will build the analysis of the essay.

There two element that will be explained, there are intrinsic element that contain of character, setting, conflict and extrinsic element that contain of behavior change theory.

### **2.1. Intrinsic Element**

Intrinsic element is the element that can be found inside of the literary work and it supports the story. Wellek and Warren said about the intrinsic element, "the natural and sensible starting point for work in literary scholarship is the interpretation and analysis of the works of literature themselves." (1949:139).

#### **2.1.1. Character**

Character is one of the necessary elements in a story. It has personality, moral and mental values. According to Meyer, "character is important in a fine fictional work because a character helps to develop the plot." (1990:61). Character can be described as the moral messenger and it is delivered through the character's dialogues and actors. According to Potter, "character is an actor who describes the event of fiction in order to make the line of the story."(1967:1).Character is different from characterization. Characterization is the way the author explains or describes the

character through their behavior and personality. According to Meyer, “the methods by which a writer creates people in a story so that they seem actually to exist are called characterization” (1990:61). Character and characterization are related. Character can be described through characterization.

### **2.1.2 Setting**

Setting is one of the important elements in a story that could support the story well. Setting does not only concern with the exact place or situation. Setting does not simply mean a scene. Thrall said that there are four elements that build setting:

The Elements which go to make up a setting are: (1) the actual geographical location, its topography, scenery, and such physical arrangements as the location of the windows and doors in a room; (2) the occupations and daily manner of living of the characters; (3) the time or period in which the action takes place, e.g., epoch in history, season of the year, etc.; (4) the general environment of the characters, e.g., religious, mental, moral social, and emotional conditions through which the people in the narrative move. (1960:453)

Setting of Place is the place where the story happens. Examples of setting of place are the city, the house, the school, etc. Setting of time is the time when the story happens. The setting of time can be in the morning, in the night, minute, hour, second, year, etc. Social Setting is how the social environment or background of the people in the story that influenced the character or the story. In this study, the writer analyses the setting of place, time and social setting that influence Mia’s behaviour change.

### **2.1.3. Conflict**

Every story has its conflict. Conflict is one of the important elements in a novel because it builds the plot or the story. Perrine defines conflict as, “a clash of actions, ideas, desires, or wills”(1998:42). Potter’s definition of conflict is simpler but understandable, “The result of an opposition between at least two sides” (1967: 25). The author makes the conflict purposely to make the reader enthusiastic. Conflict can be divided into two. They are internal conflict and external conflict. Internal conflict is a conflict that happens inside of the character, whereas external conflict is conflict that happens between the character and people or anything outside of the character.

### **2.2. Behavior Change**

In analyzing of Mia’s character in Gayle Forman’s *If I Stay*, the writer uses theories of behavior change. Behavior change usually happens when people are affected by their environment and culture. Behavior change is common to happen to everyone. People’s behavior could change immediately depending on how they socialize with other people. In Lewin’s theory, there are two kind of forces working in opposing direction that called force field analysis. “Force field analysis is a general tool for systematically analyzing the factors found in complex problems.” (1970:110), there are :

1. The driving forces

Driving forces are usually positive, reasonable, logical, conscious and economic. Driving forces are really pushing and promoting the change.

2. The restraining forces

The restraining forces are usually negative, emotional, illogical, unconscious and social/psychological. Restraining forces are usually hinder the change and counteract the driving forces. (Lewin:1970,110).

In Lewin's theory, there is another theory that being relevant with the force field analysis, three-step model of behavior change. The three phases of behavior change. They are unfreezing phase, movement phase and refreezing phase.

1. The unfreezing phase

This first phase is necessary to consider the acceptance of the changing. In this phase, people usually learn about the situation when they realize that they must face the new situation.

2. Movement phase

In this phase, people make a little identification to analyze the positive and negative side of the changing. At that point, they prefer to make a movement whether they assume the behavior change or not. They will then try to make a comparison between their previous behavior and the new one.

### 3. The refreezing phase

This step is the final phase, people can choose the behavior change to stay for a long time or not(Lewin:1970,116).

Behavior change possibly to happen to any person. The change not only happen to the grown up people but also happens to younger to the older ones when they have to face the condition that force them to change their behavior in good ways.

### **3. Research Method**

In this final project, the writer uses method of data collecting and literary psychology approach to analyze the novel entitled *If I Stay* by Gayle Forman. Library research is a method of collecting data from many kinds of books, journal, article or internet sources which relevant to the theory that would be explained. George defines library research as “an investigation involving accepted facts, speculation, logical procedures rigorously applied, verification, evaluation, repetition, and ultimately an interpretation of findings that extends understanding” (2008: 22-23). Those sources help the writer to analyze the novel.

The writer uses literary psychology approach to analyze this novel. The literary psychology approach is a study which focuses on the relation between a literary work and psychological of the character. Through this theory, the writer would explain the internal aspect that happens to the character. According to Wellekand Warren:



Psychology literature we may mean the psychological study of the writer, as a type and as individual, or the study of the creative process, or the study of the psychological types and law present within works of literature, or, finally, the effects of literature upon its readers (audience psychology). (1949:75)

This study applies psychological theories related to behavior change to analyze the main character of *If I Stay*.

#### **4. Mia Hall's Behavior Change**

This section presents the analysis of Mia's character that contain the analysis of intrinsic and extrinsic aspect. This discussion elaborate the way of Mia behavior change which include the analysis characters and the process of Mia behavior change which include the Mia and people who affect her behavior change and the process of Mia's Behavior change.

##### **4.1 Mia and People Who Affect Her Behavior Change**

It is stated earlier that the changing of behavior could happen because of the internal and external factors. It means the environment and the social condition could affect the process of behavior change.

###### **a. Mia Hall**

Mia is the main character in the novel. She is the subject of this analysis. Young, talented, obedient and ordinary girl become her characterization. She lives with her parents and her little brother. Since a child, she feels different from her family, she does not look like anybody in her family and sometimes it makes her feel

like a stranger. Her parents were rockstar at that time and her little brother has been attracted to drum since he was 3<sup>rd</sup>. However, Mia is more interesting in exploring cello.

Dad sometimes joked that the hospital where I was born must have accidentally swap babies because I look nothing like the rest of my family. They are all blonde and fair and I'm like their negative image, brown hair and dark eyes. Instead of learning to play electric guitar, I'd gone and chosen the cello.  
(Forman: 2009:19)

The quotation shows part of Mia's personality and the way she has a strange feeling when talking about her look and talent. Through that narration, it can be seen that Mia feels different from her family.

b. Adam

Adam is Mia Hall's boyfriend. Adam is kind of ordinary boy who masters in playing a guitar and it makes him famous among girls in his school. Adam has a band named Shooting Star and he is the vocalist. Adam becomes the reason for Mia's behavior change and their differences make them become a couple and rely on each other as quote below:

I wasn't that Adam was such a popular guy. He wasn't a jock or a most-likely-to-succeed sort. But he was cool. Cool in that he played in a band with people who went to the college in town... He had a small group of friends and a large group of admirers. (Forman: 2009, 29)

Those sentences explain that Adam become the main reason for Mia trying to change her personality. From Mia's perspective, both of them are opposite to one another,

and even they are the master of their own music. At first impression, Mia is feeling so little even she thought skeptical to Adam when he is trying to get closer to Mia.

c. Mia's Parents and Little Brother

Since they were young, Mia's mom and dad were truly falling in love with rock n roll music. Mia's dad became a drummer from one of a rock n roll band at that time. Incidentally, Mia's little brother, Teddy, was interested in drum since he was a kid. It was sad for Mia to know that there are big differences between her and her family in music preference. While Mia prefers classic genre, her family chooses rock n roll genre.

#### **4.2 Process of Mia's Behavior Change**

It is explained earlier that the force field analysis divided into two, there are driving force and restraining force. The phases of changing behavior are the unfreezing phase, the movement phase and the refreezing phase.

First of all, the unfreezing phase is a phase when people learn about the different situation. It happens to Mia. Mia was never feeling insecure at the diversity of her family but when she met Adam, she is trying to change her personality for someone that she loved. Mia used to live without any special relationship with men and she did not even make friends with them. Adam suddenly comes into her life and confesses his feeling toward Mia. Adam is a kind of popular guy and a vocalist-

guitarist in a popular-indie band. Adam's personality is similar to Mia's parent's personality so it makes Mia a little bit doubted at first.

“Why” I asked. “Why me ?”

“I've never seen anyone get as into music as you do. It's why I like to watch you practice. You get the cutest crease in your forehead, right there,” Adam said.

“so, what ? I'm like a social experiment to you ?” ....

“no, you're not an experiment,” Adam said. His voice was husky and choked.

(Forman: 2009, 33-34)

That dialogue shows how Mia tries not to think negatively because of their differences. Mia is addicted by cello, while Adam is a guitarist of a popular band. The way she asks about the reason why Adam is flirting to her shows that she is analyzing the situation. Her negative thought become the restraining force to Mia, because her insecure feeling about uncommon thing that happen in her life can hold or hinder Mia from her behavior change in a positive way. She is trying to figure it out and ensure the reason of that confession. Therefore it can be said as representing unfreezing phase.

The unfreezing phase continues to happen after Mia has a relationship with Adam, Mia feels that something different has happened to her life. One day, she comes with Adam and tries to enjoy the show. Mia has always been worried about going to Shooting Star, Adam's band gigs, because all the things that happen on the gigs are not really her. The crowd, the fangirl, the light, the smoke are not

commonsituation to her even though her parents are used to that situation but it happened before she was born.

“Don’t you like me anymore?” Adam chided me after one show. He was kidding, but I could hear the hurt behind the offhand question.

“I don’t know if I should keep coming to your shows,” I said.

“why not?” he asked....

“I feel like I keep you from basking in it all. I don’t want you to have to worry about me” (Forman: 2009, 49)

The quotation above represents the unfreezing phase on Mia’s personality. At first, Mia is not comfortable with the situation of the gigs which is full of strange things to Mia. Mia is trying to analyze the situation that makes her feel uncomfortable. Those Mia’s insecure feeling about the new situation become the restraining force of her behavior change, so she decided not to come to Adam’s gigs anymore.

The little grumble of Mia shows that she is trying to compromise with Adam’s world which is full of uncommon things to her. She just sits at the backstage because she cannot enjoy the show by watching him at the front line.

“But I still hated the shows and hated myself for hating them. The clubs were smoky, which hurt my eyes and made my clothes stink. The speakers were always turned up so high that the music blared” (Forman: 2009:81)

Mia’s thought above shows that Mia is still uncomfortable with the gigs which is full of smoke and loud music. The monologues also explain about Mia is trying to let go of her habit about doesn’t like the rock and roll band concert situation. So, Mia’s feeling guilty for not being able to enjoy the Shooting Star performance and adapt with the

situation of the gigs. However, her first impression is not highly good because of the many things that are not used to her. She is trying to compromise with those differences of their music concert situation.

The movement phase is when people prefer to make an action goal for trying to adapt with the new situation whether they assume to change their behavior or not. They will then try to make a comparison between their previous behavior and the new one. After the unfreezing phase where people are denying or kind of analyze the situation, instead of refusing the changing, they are trying to make a movement to admit the changing.

When Shooting Star went on, I didn't stay backstage, which is what I normally did. Backstage I can sit on a chair and have an interrupted view and not have to talk to anybody. This time, I lingered out by the bar, and when the flapper girl grabbed me, I joined her dancing in the mosh pit". (Forman: 2009,87).

Based on the narrations above, the writer sees the movement phase that happens to Mia. She is trying to enjoy the show by dancing along with Adam's friend. Mia usually stays at the backstage when she accompanies Adam on the gigs. When she tries to dance, it means that Mia is trying to adapt and to negotiate with Adam's world. Through these monologue, we can see that Adam becomes the driving force of Mia's behavior change. In positively, Mia is starting to adapt with the new situation and become the tolerant person.

The refreezing phase is when people decide to make the behavior change stay for a long time or not. A consideration becomes the main point in this phase, whether the behavior change is really important to do or not. In the deep side of Mia's heart, she wants to make Adam feel delighted when Mia is enjoying the show even when she is not used to it. As quoted below:

“By the time I finished playing the piece three times over, I decided that not only would I go to his show, but for once I'd make as much of an effort to understand his world as he did mine”(Forman: 2009, 83).

Through that quotation, due to the strange situation explained before in Adam's show, Mia cannot be with him, she is not used to the show's situation. Somehow, Adam is trying to convince her to be with him, and Mia is touched by Adam's persuasion. The refreezing phase happens when Mia is in a strange place and with Adam's friend who are different from her, but she makes an effort for her boyfriend to attend in the gigs. She can compromise with her own self and enjoy the show by dancing along with people in there.

The driving force is needed to make a behavior change. In driving force, there is always the main reason of behavior change, something that push and promote the change in a positive way. Adam is become the driving force in Mia's behavior change, even Adam have never been force Mia to change her behavior for Adam's sake but Mia is trying to learn about being adapted with the new situation.

“So you like me like this ?” I asked  
“Hmm,” he responded

“Is that a yes or a no?”

“Of course I like you”

“No, like this. Did you like me tonight?”

“This is the you I like. You definitely dressed sexier and are, you know... but the you who you are tonight is the same as you I was in love with yesterday, tomorrow... I know, no matter who you listen to or what you wear” (Forman: 2009:89).

Through the dialogues, it can be seen that the refreezing phase and driving force is happening. Mia is trying to be prettier, happier or sexier although Adam always loves her the way she is. She does not have to be someone else because Adam just loves her unconditionally but Adam still being the driving force of Mia's behavior change. The refreezing phase is clearly showing in that dialogue. Mia decides not to change her behavior permanently. The important thing is Mia has to behave depending on where she is and she does not have to change her behavior permanently. Otherwise, she has to change her behavior in a special time instead of change her behavior permanently only for someone's happiness. From these dialogues we can see that the previous behavior of Mia is become the restraining force in Mia's behavior change. The way Adam said that Mia has to be her own self and does not have to be someone else only for Adam's sake shows that Mia's personality is precious for Adam, so the previous behavior of Mia is the reason Mia has to hold herself from change.

## **5. CONCLUSION**

Mia Hall exemplifies a person with behavior change. Mia and Adam are in love with each other but they do not have a lot in common. Mia and Adam have different music preferences. In their relationship, Mia tries to change her behavior to



make her relationship going well. Based on the analysis above, there are two kind of force field analysis, there are driving force and restraining force. Also there are three phases in Mia's behavior change: the unfreezing, the movement and the refreezing phase. She is trying her best to make Adambe happy and Adam becomes the driving force of Mia's behavior change. Mia goes through those three phases of behavior change and the end is Mia does not change her behavior permanently, because Adam just loves Mia the way she is and Mia does not have to do anything special to make Adam feel comfortable around her. At first, Adam becomes the driving force of Mia's behavior change but Mia's previous behavior become the restraining force because Mia's previous behavior is precious for Adam and he convinces Mia about that.

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