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# Analysis of Characters' Self-Actualization in the Film 12 Glen Anggara Stories

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Abstract: This research aims to describe the self-actualization of the characters in the film 12 Ceria Glen Anggara by Luluk HF. The method used in this research is a qualitative descriptive method. The data collection technique used was listening and taking notes. The data sources in this research are primary data sources from the film 12 Stories Glen Anggara and secondary data sources from books, journals and theses. The data used in this research are primary data from film dialogue, and secondary data from book references, journals and theses. Data analysis techniques using the Miles and Huberman model include data collection, data reduction, data presentation, and drawing conclusions. The research results show that self-actualization consists of 5 aspects, namely creativity, morality, self-acceptance, spontaneity and problem solving. There are 2 self-actualization data covering aspects of creativity, 3 self-actualization data covering aspects of spontaneity, 3 self-actualization data covering aspects of problem solving.

Keywords: self-actualization, movies, abraham maslow

## 1. Introduction

Literature is expression art uplifting creative humans and their lives as object, using Language as the main media. Literature is understood as results created work For enjoyed (Johan, Fathurohman, and Hidayati: 2024). Actualization self is need psychological somebody For develop abilities possessed For arrange self yourself to be free from various existing pressure from in nor pressure from outside. Because of that 's actualization self is achievement highest For fulfillment need man. Someone who succeeds in self-actualization will discover and show all their potential, and be free from various obstacles. (Zamroni, Fathurohman, & Ahsin: 2023)

Maslow explained that self-actualization can be formed when all the hierarchy of needs can be fulfilled (Afif, 2021). The characters in the film 12 Stories of Glen Anggara are people who are trying to achieve self-actualization. In different ways, they want to reach the pinnacle of life they hope for. Examining a character's self-actualization is directly related to his psychology. Kamila, Fathurohman, & Kanzunnudin (2023) reveals that the conflict experienced by the characters can be a way for psychological problems to emerge, such as feelings of guilt, despair, shame, and even the desire to commit suicide. These problems affect the character's self-actualization process.

Literary works cannot be separated from the role of the author who created them. The author, as the creator of his creative work, is tied to real life and interacts with the surrounding environment. (Sabila, Fathurohman, and Ristiyani: 2022) A person's tendency to achieve self-actualization is a basic human motivation to develop their potential. A picture of an individual who has achieved self-actualization is a person who has fulfilled all his needs. This success was obtained through active individual efforts in exploring their potential. Maslow explained that seeking potential can be achieved when individuals have a creative attitude. In this context, being creative requires special talents or abilities.

Film is a work of art that is used to convey information through messages in a unique way. Film is an audio-visual media that is capable of creating moving images to form a complete story. Films are considered literary works, because in films there are interesting stories presented in the form of images and sound. The film contains values that can enrich the mind of the audience. Films can also be used as an effective means of communication for audiences (Ermanu, Fathurohman, & Ristiyani (2023)

The development of films from mass to mass is starting to increase, starting in terms of story, setting, music, editing, and so on which can captivate the hearts of the audience. According to Ismiati (2020: 258) explains that film is a medium that has one function of conveying messages that can entertain the audience. When it comes to understanding a film, each viewer must have a different perception in understanding the story according to the conflict in the film. Rizza, Ristiyani, & Ahsin (2022) explained that currently, many people are interested in film media because it can provide an interesting audio-visual experience. Apart from being entertainment, films are also used as a means to convey various information, both clear and implied.

Films are very popular among the general public, because they have a more vivid picture that is displayed in audiovisual form, so they can make films interesting and captivating. The development of film art in Indonesia has resulted in very rapid progress and currently film in Indonesia has been able to demonstrate its success. Films are not only used as a tool to convey messages or information, both implicit and explicit, but films also have a function as a source of entertainment (Nurin, Fathurohman, and Roysa: 2022). Apart from the many films that don't really exist or are fictional stories, there are also many films that are adapted from the real world, or films that are adapted from novels. As in the film 12 Stories of Glen Anggara which was adapted from the novel by Luluk HF.

Nowadays, film has become a media that is very influential more than other media, because it easily attracts the audience's interest with stories that are packaged nicely by film directors and producers (Setyorini, Fathurohman, and Roysa: 2022). The advantage of this film is that it is played by famous actors. This film was also directed by Fajar Bustomi, which will be shown in cinemas on August 18 2022. The story in the film is adapted from a novel by a popular novelist, Luluk HF. Hidayatul Fajriyah or known as Luluk HF was born on June 14 1995. He is a writer from Lamongan, East Java. The film 12 Stories of Glen Anggara not only shows a romantic story, but this film also includes a moral message and positive motivation for young people to achieve their dreams.

Literary works in language are an important communication tool in human life, through language humans can interact with each other (Firmansyah, Ristiyani, and Roysa: 2023). This research also uses a literary psychology approach by referring to Abraham Maslow's theory in analyzing self-actualization. Maslow believes that humans are good creatures, so they have the right to realize their identity to achieve self-actualization. Self-actualization basically pays attention to humans, such as in terms of dignity values. Achieving self-actualization can be done by using the potential, talents and abilities that one has, to achieve the expected goals.

Maslow suggested that someone who self-actualizes has creativity as a universal characteristic in people who self-actualize. This creative nature almost has the same meaning as health, self-actualization and full human nature. The traits associated with creativity are flexibility, spontaneity, courage, daring to make mistakes, openness, and humility. Someone who has a sense of self-actualization tends to focus on the task rather than their own ego (Rahma, Fathurohman, & Setiawaty: 2023).

Maslow interpreted self-actualization as a more specific form of need for each individual. This can be done through aspects of self-actualization including:

## 1) Creativity

Someone who has aspect the capable actualize self with show freshness appreciation, ability For see something from corner unique view . In actualizing self , creative individual tend more energetic and full of ideas. state that thought process creative is explore various possibility answer on something problematic and rare Can measured (Anastasya, Ristiyani, and Fajrie: 2020)

## 2) Morality

Someone who has aspect the own characteristic that is individual with interest social high who have a strong , full sense of brotherhood sympathy , and interest to humanity . This morality is also complemented by strong ethics.

## 3) Accepting yourself

A mentally healthy person may feel comfortable with themselves and their environment without excessive feelings of disappointment or complaints. Someone who achieves self-actualization tends to be kind, warm, and enjoys their own existence without regret and feelings of shame.

## 4) Spontaneity

Someone who has this aspect is able to actualize themselves by behaving spontaneously from their inner life and thoughts. Behavior the be marked with simplicity and natural feeling.

## 5) Solution Problem

Everyone certainly faces problems both internal and external. In solving problems, each individual has a unique approach to overcoming the obstacles they face. Someone who achieves self-actualization tends to focus their attention on solving problems rather than continually questioning the causes of the problem.

When individuals have reached the level of self-actualization, they are no longer bothered by basic needs. So it can be concluded that self-actualization is a need that a person has in the form of their own potential to achieve something they desire. So, to achieve self-actualization which is a depiction of an ideal life pattern. Maslow himself stated that there must be a main condition for self-actualization, namely satisfying basic needs well and implementing aspects of self-actualization.

## 2. Methodology

This research uses a qualitative descriptive method, namely research that has the meaning of describing research results using words, images, and not in the form of numbers from the information obtained. Febrilian, Fathurohman, & Ahsin (2022) explained that qualitative research is research used to analyze, discover, describe and explain the quality of influences that occur in the social environment that cannot be explained through a quantitative approach.

The data used in this research is qualitative data. Qualitative analysis focuses more on meaning, descriptiveness, and placing data in a context that usually forms a word (Nuha, Fathurohman, & Ristiyani: 2022). The primary data in this research is the film entitled 12 Stories of Glen Anggara in the form of dialogue from the characters in the film. Secondary data used in this research is data taken from books, journals and theses as references and guidelines in conducting research that will continue to be carried out by future research.

Data sources are the main elements used in research. Research will not be completed if there is no data source that will be explored as a research object. The primary data source used in this research is taken from the film 12 Stories of Glen Anggara, data taken through the film room on Telegram. Wulandari, Nugraheni, & Ristiyani (2023) explains that primary data sources are data sources taken directly from researchers who come from the source. Secondary data sources in this research are taken from relevant theories and theories that have been written by previous researchers in the form of film structure, character traits, as well as data taken from literature studies such as journals, books, previous theses as reference material in research. Ningrum, Ristiyani, & Roysa (2023) explained that secondary data sources are data sources taken from existing literature studies.

Data collection techniques are the most important step in conducting research, because this research has the main objective, namely to obtain data (Fitriani, Fathurohman, and Nugraheni: 2021). Data collection is a very crucial aspect in this research, because at this stage the researcher obtains the data to be analyzed (Ulya, Fathurohman, and Setiawan: 2021). This research uses data collection techniques in the form of listening and taking notes. Nuur, Ningrum, Mansuriniati, Kandam, Utomo, & Ristiyani (2023) explains that the observation technique is a technique for collecting data which is carried out by listening, hearing, observing. The data obtained in this research was by watching a video film entitled 12 Stories of Glen Anggara. Firmansyah, Ristiyani, & Roysa (2023) explained that the note-taking technique is an advanced technique used when applying the listening technique. The note-taking technique is carried out by recording aspects of self-actualization in the film 12 Stories of Glen Anggara, such as self-resistance, fear and anxiety. The data analysis technique uses the Miles and Huberman model which explains that analyzing data is divided into data reduction, data presentation, and drawing conclusions. In analyzing these three flows, they are used simultaneously. Miles and Huberman classify several stages in data analysis activities, namely

- 1. Data collection
  - Data collection is collecting data based on categorization in accordance with the research problem which is then developed to sharpen the data through subsequent data
- 2. Data reduction
  - Data reduction is a process of recovery, focusing on describing, abstracting and changing the original data. During the data collection process, reduction stages will occur, such as summarizing, marking, looking for themes, and making divisions.
- 3. Data presentation
  - Data presentation is a collection of information that has been arranged, then used to draw conclusions. The data presentation stage is an advanced stage of analysis that presents research findings in the form of groupings
- 4. Withdrawal conclusion
  - Drawing conclusions is an advanced stage where at this stage the researcher draws conclusions from the data findings. The results obtained in the entire analysis process are then concluded descriptively by looking at the data found during the research process.

## 3. Result and Discussion

Self-actualization can be interpreted as the highest development of all talents in the fulfillment of all human qualities and capacities. Self-actualization is the process of becoming yourself in doing something you want. According to Reza (2022), self-actualization is a person's process of using and developing their talents, capacities and potential to meet their needs and achieve their full potential. In the film 12 Certia Glen Anggara there are several aspects of self-actualization

experienced by several characters in the film 12 Stories Glen Anggara. Some aspects of self-actualization include creativity, morality, self-acceptance, spontaneity, and problem solving.

## 3.1. Creativity

In the film 12 Stories of Glen Anggara, there is an aspect of creativity shown by the character Glen. Glen is a highly creative figure with interesting ideas. This creativity was shown when Glen shot Shena in a unique way. Then Glen also invited Shena to his version of a romantic dinner. A more detailed description can be seen in the following data example.

Santi : Segitiga sama sisi selalu mempunyai tiga sudut sama besar, sudut A warna hijau, sudut B warna biru, sudut

C warna merah. Sududt mana yang paling kak Shena suka?

Shena : Biru

Santi : Oke biru, segitiga sama kaki memiliki dua sudut yang sama besar, jadi berapakah ukuran kaki kak Shena?

Shena: 36

Semua : Kak Shena... (sambil membawa barang belanjaan)

Shena : Eh kalian ngapain? Ini punya siapa?

Santi : Ini semua punya kak Shena dari kak saranghae

(Luluk, 2022)

The dialogue in italics shows Glen's creative side. Glen fulfills Shena's wish for a romantic dinner, but Glen has his own way of inviting her. While Shena was teaching the children, Glen was trying to find a way in which he should invite Shena to take advantage of the situation. Finally Glen asked the children to help him. All the children who were studying started to get enthusiastic about surprising Shena with triangle material.

Shena : Maaf ya mbak ngerepotin malem-malem

Wati : Nih tempatnya, namanya juga kan mendadak jadi tempatnya kan sederhana kaya gini tapi kan romantis, udah disiapin mejanya, kembangnya, kursinya sesuai request dari Mas Glen

Shena : Makasi ya Mbak Wati

Wati : Maaf ya segini doang, ini ada cireng segala rasa terus ini apel buat Mbak Shena

(Luluk, 2022)

The dialogue in italics shows Glen's creative side. After returning home from dinner at an expensive restaurant, it turned out that it made them both uncomfortable, because Shena likes simple things, not luxurious things. Finally, Glen started to think he should make Shena happy that night. And it was the circumg themed dinner that came to Glen's mind. Mbak Wati's circumg was both of their favorite foods when they were in high school.

From the second piece of dialogue, it can be said that the film 12 Stories of Glen Anggara has an aspect of self-actualization in the form of creativity shown by Glen. Glen has unique and interesting ideas to steal Shena's attention. Creativity expresses and encourages an idea without fear. Glen's creativity shows the ability to think outside conventional boundaries, explore new ideas, and create creative solutions to the problems faced (Reza, 2022).

## 3.2. Morality

Morality is moral norms that guide a person's behavior towards society. The film 12 Stories of Glen Anggara has a morality aspect that can provide learning for the audience. This aspect of morality is shown by the characters Shena and Glen. They both have the character of caring for others. This makes them familiar with local residents and their social feelings grow. A more detailed description can be seen in the following data example.

Shena: Hari ini kita pelajari ciri-ciri segitiga ya, pertama segitiga sama sisi. Ciri-cirinya adalah ketiga sisi nya sama Panjang dan ketiga sudutnya sama besar. Jadi kalua kalian liat segitiga bentuk yang seperti ini namanya segitiga apa?

Anak 2 : Segitiga sama sisi

Shena : Lalu kalau dibagi dua seperti ini? sama kaki

(Luluk, 2022)

Dialogue in italics shows that Shena has a morality aspect. Even though Shena did not continue her education because of her illness, Shena was happy to teach complex children to be smart. Shena hopes that these children can achieve their dreams. The children in the complex are very close to Shena, because Shena is also known to be smart and kind, it is not surprising that Shena is liked by local residents.

Glen : Tadi banyak banget barang-barang Glen yang udah ngga kepake, kalau misalkan Glen sumbangin ke anak-anak yang lebih butuh itu gimana ya Pah Bunda

Bunda : Iya setuju, kamu yakin Glen? Kamu lagi gak dalam masalah kan?

Glen : Nggak Bunda, nanti juga Glen niatnya beresin Gudang yang diatas, siapa taukan masih ada juga barang-barang lumayan untuk anak-anak

(Luluk, 2022)

Dialogue in italics shows that Glen has a morality aspect. Glen is a child born to very rich parents. But Glen really cares about others, especially people at the bottom. Glen will donate items that are no longer used to children in need. Glen's parents were surprised by their son's good attitude. Because Glen is a spoiled child, but on the other hand, he is also a child who has a high level of concern for others.

The morality they practice really helps others. Glen gives his things to children in need and Shena teaches children to be smart. Morality is a person's attitude based on applicable social norms and is full of responsibility. This moral attitude refers to the behavior of someone who understands ethics in society. A person who has morality usually has a high sense of brotherhood towards other people, and is full of sympathy (Reza, 2022)

## 3.3. Accepting yourself

Reception self is a mental and emotional step experienced by a person For acknowledge and accept his identity in a way positive, incl its advantages and disadvantages with attitude full awards and without reject self Alone. The film 12 Stories of Glen Anggara has an aspect of self-acceptance shown by the character Shena. Shena's aspect of self-acceptance is due to the disease she suffers from, namely Kidney Failure. A more detailed description can be seen in the following data example.

Shena : Maaf ya lauknya sederhana

Glen : Yaelah waktu di sekolah lauknya cireng Mbak Wati aja udah cukup

Glen : Cuma boleh makan itu ya?

Shena : Gausah berasa gaenak gitu dong, makan aja

(Luluk, 2022)

Dialogue in italics shows that Shena has aspects of self-acceptance. Shena has made peace with herself and can only eat apples or fruit. Even though Shena's condition is not like normal people in general, Shena doesn't mind it, she tries to keep her body from getting sick again, and her illness doesn't get worse.

Iqbal : Sorry ya Shen lo pasti gak nyangka kalau ketemu sama kita bakal kaya gini akhirnya

Shena : Justru itu kok tujuan gue, gue mau ketemu sama kalian, karena gue mau tau apa yang ada dipikiran kalian ngeliat hubungan gue sama Glen. Gue emang perlu dikasihanin dan Glen kasihan sama gue, makanya diam au bantu wujutin semua keinginan gue

Glen : Udah Shena

(Luluk, 2022)

Dialogue in italics shows that Shena has aspects of self-acceptance. During a birthday party at Glen's house, Shena met Glen's friends, but one of Glen's friends didn't like Shena, namely Rian. Rian deliberately made Shena uncomfortable with his words. Rian makes fun of Shena about the disease Shena is suffering from. But Shena accepted these words sincerely without emotion. Shena wants her relationship with Glen's friends to be good. Shena also feels that she has an illness that is bothering people, especially Glen. With that, Shena happily accepted Rian's words.

This aspect is shown by the character Shena who has kidney failure. Therefore, it requires Shena to be sincere and accept her fate in life. In agreement with Reza (2022), self-acceptance is a state of someone who has accepted themselves, other people and the environment. A person who achieves self-actualization is able to note and observe events without getting involved in debates or demanding certain things.

## 3.4. Spontaneity

Spontaneity is the attitude of acting without needing to prepare something first. Spontaneity tends to express itself without excessive consideration, thus creating a natural response. The film 12 Stories of Glen Anggara has an aspect of spontaneous self-actualization shown by the characters Shena and Glen. Shena is a girl who is honest, doesn't like small talk, and is firm. This characteristic makes Shena have a spontaneous aspect, as does Glen. A more detailed description can be seen in the following data example.

Shena : Diantara kalian, siapa yang paling baik?

Glen : Ya, Gue

Shena : Kalau yang paling kaya?

Glen : Ini pasti gue, bukanya sombong tapi kelihatan kan dari penampilan, tingkat kebersihan kulit

Shena : Diantara kalian siapa yang masih jomblo

Glen : Lo gak serius kan

Shena : Ada tampang bercanda ngga dimuka gue

Shena : There's a joking look on my face

(Luluk, 2022)

Dialogue in italics shows that Shena has a spontaneous aspect. He didn't think carefully about the things he said, but immediately asked spontaneously and made the reactions from Glen, Iqbal and Rian also natural. Shena's actions surprised and even surprised Glen and his friends. How could a woman like Shena be so brave as to ask small change?

Ibu : Nak Glen ini diminum tehnya, Ibu mau pergi kerja dulu

Glen : Kerumah sakit lagi Bu?

Ibu : Ngga, Ibu ada kerjaan lain di loundry

Glen : Wah Ibu hoby banget kerja

Shena : Itu bukan hoby, itu kebutuhan ngga semua orang hidupnya enak kaya lo

(Luluk, 2022)

Dialogue in italics shows that Shena has a spontaneous aspect. He answered Glen's question spontaneously and caused a natural reaction. Shena is a firm girl, therefore whatever Shena wants to say, she says it straight away without the slightest consideration. Even if it's a good word or a bad word. Glen asked Mrs. Huna, but Shena answered firmly.

This aspect is shown by the characters Shen a and Glen. Shena's straightforward and firm attitude makes an aspect of spontaneity emerge in her. Glen also shows spontaneity, because his caring spirit is very strong. In agreement with Reza (2022), spontaneity is a response that arises from a person without any external influence. Behavior This be marked with simplicity and natural.

## 3.5. Solution Problem

Problem solving is a person's step in trying to find a solution to overcome a problem. The film 12 Glen Angara Stories has self-actualization in the problem-solving aspect shown by the characters Shena, Glen, and Rian. Shena tries to find a solution to keep her life happy before death comes. Glen tries to solve the problems that occur by continuing his studies. Meanwhile, Rian tried to solve the problem when arguing with Glen by apologizing. A more detailed description can be seen in the following data example.

Glen : Udah udah, cukup Shena. Sekarang saatnya buat lo memilih. Lo mau menghabiskan sisa waktu lo

dengan ketakutan atau lo mau bahagia

Shena : Bahagia

Glen : Sekarang katakana, apa wish lo yang ke 11, jangan sia-sian gue Shena. Manfaatin gue, gue ada disini buat

mewujudkan semua keinginan lo itu Shena : Janji gausah ketawa tapi Glen : Gue gaakan ketawa

Shena : Oke, ini wish gue yang ke 11. Gue mau nikah

(Luluk, 2022)

Dialogues in italics indicate that Shena has aspect actualization self solution problem. After several days, Shena locked herself away and didn't want to meet people. She always blamed herself because she felt like she was causing trouble to her mother, Glen, and her friends. Shena just wants peace before she dies. But in her own way, it turned out that Shena's condition was getting worse, she had no enthusiasm, was lonely and lacked socialization. Finally, Shena accepted Glen's offer to continue and make all her dreams come true to completion.

Glen : Bunda, Papah ini kuliah yang Glen mau

Bunda : Ilmu Pemerintahan? Emang kamu mau jadi PNS

Glen : Glen baru sadar kalau jiwa sosial Glen tinggi, Glen ingin berbuat lebih banyak dalam melayani

kebutuhan masyarakat

Papah : Apapun profesi itu akan tetap melayani masyarakat Glen

(Luluk, 2022)

Dialogue in italics shows that Glen has a problem-solving aspect. After Glen had to argue with his parents for a long time about the future, he finally got a solution to the problem. Of course, this isn't easy, Glen has to get along with Shena first, who gives him the motivation to continue living. Until Glen lost Shena forever. From this incident, Glen began to think that he should go to college and make his parents proud, because he was their only child. Characters who have self-actualization, they have their own problems that must be resolved. Self-actualized people are oriented towards the problems they face that go beyond their needs. Problem solving comes from within oneself and the environment. In solving these problems, each individual has a unique approach to overcoming the obstacles they face (Reza, 2022).

## 5. Conclusions

Based on results analysis that has been carried out by researchers about actualization self figure in the film 12 Stories of Glen Anggara work Luluk HF can concluded that this film own actualization self experienced by some figure in the film 12 Stories of Glen Anggara, character the includes Shena, Glen, and Rian. The research results show that self-actualization in this film consists of 5 aspects, namely creativity, morality, self-acceptance, spontaneity and problem solving. There are 2 self-actualization data with a percentage of 14.3%. There are 3 self-actualization data covering aspects of morality with a percentage of 21.4%. There are 3 self-actualization data which includes aspects of self-acceptance with a percentage of 21.4%. There are 3 self-actualization data which includes the spontaneity aspect with a percentage of 21.4%. And 3 self-actualization data which includes problem solving aspects with a percentage of 21.4%.

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