



The Journey of Self-Actualization of the Main Character in the Film *Bolehkah Sekali Saja Kumenangis*: A Humanistic Psychology Perspective by Abraham Maslow

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ABSTRACT

This study aims to examine the process of the main character's self-actualization journey in the film *Bolehkah Sekali Saja Kumenangis* based on Abraham Maslow's humanistic psychology theory. The research problem is focused on how the main character's self-actualization journey in achieving self-actualization based on Maslow's hierarchy of needs, as well as the psychological impacts caused by fulfilling these needs. The method used is qualitative with a literary psychology approach. The data source is the entire film *Bolehkah Sekali Saja Kumenangis* with research data in the form of dialogue, plot, setting, intonation, visuals of the main character, expressions, body movements, audio/music. The data collection techniques used are documentation and note-taking techniques. The data analysis technique used is the Miles & Huberman model. The results of this study indicate that there are 12 processes of fulfilling the main character's needs to achieve self-actualization, which are influenced by various factors, such as internal factors, external factors, or both combined. The psychological impacts also vary, some are negative and positive. Negative impacts include anxiety, confusion, psychological exhaustion, emotional loneliness, low self-esteem, and despair. Positive impacts include health and calm, feeling safe, feeling loved, feeling accepted in the social environment, self-confidence, daring to refuse, self-acceptance, appreciation, independence, and forgiveness. In conclusion, the process of self-actualization of the main character is not easy and is full of challenges. Failure to fulfill the needs often occurs at the second level, namely the need for safety and security, due to the influence of external factors, in the form of the father's dominance. This results in negative impacts that often arise at this stage. Then, positive impacts appear more in the fifth stage, when the main character has achieved self-actualization.

Keywords: journey of self-actualization, main character, film, humanistic psychology

Perjalanan Aktualisasi Diri Tokoh Utama Film *Bolehkah Sekali Saja Kumenangis*: Perspektif Psikologi Humanistik Abraham Maslow

ABSTRAK

Penelitian ini bertujuan untuk mengkaji proses perjalanan aktualisasi diri tokoh utama film *Bolehkah Sekali Saja Kumenangis* berdasarkan teori psikologi humanistik Abraham Maslow. Permasalahan penelitian difokuskan pada bagaimana proses perjalanan aktualisasi diri tokoh utama dalam mencapai aktualisasi diri berdasarkan hierarki kebutuhan Maslow, serta dampak psikologis yang ditimbulkan akibat pemenuhan kebutuhan tersebut. Metode yang digunakan kualitatif dengan pendekatan psikologi sastra. Sumber data berupa keseluruhan film *Bolehkah Sekali Saja Kumenangis* dengan data penelitian berupa dialog, alur, setting, intonasi, visual tokoh utama, ekspresi, gerak tubuh, audio/musik. Teknik pengumpulan data yang digunakan yaitu teknik dokumentasi dan simak catat. Teknik analisis data yang digunakan yaitu model Miles & Huberman. Hasil penelitian ini adalah terdapat 12 proses pemenuhan kebutuhan tokoh utama mencapai aktualisasi diri yang dipengaruhi oleh berbagai faktor, seperti faktor internal, eksternal, atau keduanya yang berpadu. Dampak psikologis yang ditimbulkan juga beragam, ada negatif dan positif. Dampak negatif yang ditimbulkan antara lain kecemasan, kebingungan, kelelahan psikologis, kesepian emosional, rendah diri, dan putus asa. Dampak positif yang ditimbulkan antara lain sehat dan tenang, merasa aman, merasa dicintai, rasa diterima di lingkungan sosial, percaya diri, berani menolak, menerima diri sendiri, apresiatif, mandiri, dan pemaaf. Kesimpulannya proses perjalanan aktualisasi diri tokoh utama ini tidak mudah dan penuh tantangan. Kegagalan proses pemenuhan kebutuhan seringkali terjadi di tingkat kedua, yaitu kebutuhan keselamatan dan rasa aman, karena dipengaruhi oleh faktor eksternal, berupa dominasi sang ayah. Hal ini mengakibatkan dampak negatif yang seringkali timbul di tahap ini. Lalu, dampak positif lebih banyak muncul di tahap kelima, ketika tokoh utama sudah mencapai aktualisasi diri.

Kata kunci: perjalanan aktualisasi diri, tokoh utama, film, psikologi humanistik

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INTRODUCTION

Today's literary works not only present reality imaginatively but also convey life values for readers to reflect on. Modern literary works, such as films, can serve as a reflection that better captures the complexity of human experience because they are depicted realistically in audiovisual form. The film "Bolehkah Sekali Saja Kumenangis" (May I Cry Once) tells the story of Tari, a girl growing up in a patriarchal environment and trying to break free from it. This patriarchal environment has a male-dominated social system, so Tari is often pressured to submit and restricted from freely choosing her own path.

The main character experiences a stressful childhood trauma. As an adult, this past trauma influences how she thinks, feels, and acts. The development of the main character's character is evident from the time her needs are unmet until they are met. The fulfillment of her needs aligns closely with Maslow's hierarchy of needs. The various conflicts also significantly impact the main character's psychological state, in line with Maslow's understanding of psychological impact.

Many films are based on true stories or adaptations of novels. However, the film "Bolehkah Sekali Saja Kumenangis," which will be studied, was inspired by a song titled "Runtuh" by Feby Putri, which appeared in 2021. The lyrics of "Runtuh" also imply an inner struggle due to past trauma that affects one's character. Based on these reasons, the film "Bolehkah Sekali Saja Kumenangis" was chosen as the object of study in this research.

Based on the background above, several research questions can be identified: (a) How does the main character's journey toward self-actualization, based on Abraham Maslow's hierarchy of needs, unfold in the film "Bolehkah Sekali Saja Kumenangis"? (b) What is the psychological impact on the main character of fulfilling needs based on Maslow's hierarchy of needs?

Based on the above research questions, the objectives of this research are as follows: (a) To

describe the main character's journey toward self-actualization, based on Abraham Maslow's hierarchy of needs, unfold in the film "Bolehkah Sekali Saja Kumenangis" (Bolehkah Sekali Saja Kumenangis). (b) To describe the psychological impact experienced by the main character of fulfilling needs based on Maslow's hierarchy of needs.

The theoretical benefit of this research is to add contributions to the study of literary psychology, especially Abraham Maslow's humanistic psychology approach with a textual approach. It facilitates students and researchers in understanding the application of humanistic psychology theory in the analysis of literary works.

This research is also expected to be a reference source and theoretical basis for future research with themes surrounding character, motivation, and character development in modern literary works such as films. The practical benefit of this research is to provide an understanding of the process of the main character's self-actualization journey that reflects the inner processes of real humans. It offers a new perspective to interpret the film *Bolehkah Sekali Saja Kumenangis*, not only as entertainment, but also as psychological inspiration. In addition, it encourages appreciation for Indonesian films that raise the theme of self-development.

This film is analyzed in more depth through a literary psychology approach. Literary psychology is an approach that highlights psychological aspects as the primary focus in analyzing character, spirituality, emotions, mentality, plot, and conflict in literary works (Minderop in Rahmawati, 2018). This approach demonstrates that literary works function not merely as aesthetic expressions but also as reflections of the complexity of the human psyche. Therefore, this approach was chosen because it allows for a deeper exploration of the motivations, traumas, hopes, and internal conflicts experienced by the characters in the story. Literary psychology continues to develop, and one concept relevant to this research is Abraham Maslow's humanistic psychology.



Abraham Maslow stated that humans are unified and orderly individuals. Maslow's humanistic approach views humans as possessing inner potential that can be optimized (Adziima, 2022). Essentially, a person can become a complete and meaningful self if they continue to explore their potential. Maslow viewed humans as organized and unified individuals driven by motivation, both from themselves and from others. Human desires and drives are interconnected because humans are motivated by several drives in the form of needs (Ahmadi, 2020). Maslow's motivation theory, also known as Maslow's Needs Hierarchy Theory / A Theory of Human Motivation, assumes that human behavior is driven by various needs (Adziima, 2022).

Maslow's hierarchy of needs consists of five indicators: basic physiological needs, safety and security needs, love and belonging needs, esteem needs, and self-actualization needs. These needs are hierarchical, or tiered, arranged like a pyramid, meaning that a person cannot reach a higher level of need until their basic needs are met (Maslow, 2018).

According to Maslow, the higher the level, the fewer people succeed in achieving it. This is because basic needs directly impact survival, such as food, drink, and sleep. In contrast, the needs for love, esteem, and self-actualization can be postponed (Maslow, 2018). At that point, higher-level needs are neglected and may disappear entirely (Maslow, 2018). Higher-level needs do not require a defensive response, such as honor, which can be neglected compared to food or safety (Maslow, 2018). Individuals can achieve self-actualization when their basic needs up to the fourth level are met (Andriyanto & Nisfusiyami, 2023).

Individuals who cannot fulfill these needs will experience psychological impacts or internal conflict. If their needs are not met, individuals will easily become irritated, confused, disappointed, frustrated, and traumatized (Darmawan et al., 2023). Unmet needs can also cause individuals to feel anxious, stressed, withdrawn, often sad, and

experience many other symptoms (Sari et al., 2023). However, when their needs are met, individuals will show positive changes in their lives, such as working better, optimally applying their potential, thinking more clearly, finding solutions, not getting sick easily, and so on (Maslow, 2018).

This perspective was chosen to explore the character's development in fulfilling her need for self-actualization in the film "Bolehkah Sekali Saja Kumenangis". The main character experiences psychological stress throughout her life. However, Tari develops toward complete self-acceptance. This process is not instantaneous, but involves internal conflict, traumatic experiences, and various emotional and social challenges, demonstrating that the main character experiences various stages described in Maslow's humanistic psychology. Analysis of this film can reveal how the concept of self-actualization is represented through the visual narrative and dialogue.

Therefore, analysis of the main character will focus on how her self-actualization process is shaped through various life experiences according to Maslow's stages of needs, the factors that influence it, and the psychological impact of fulfilling or not fulfilling these needs.

Relevant previous research is entitled "The Impact of Fatherlessness on Child Characters in Indonesian Films: A Case Study of When Stopped Here," "Lovely Man," and "Bolehkah Sekali Saja Kumenangis?", reviewed by Rachmatika & Rokib. This study, published in 2025, used a qualitative descriptive method using a mimetic approach, focusing on the impact of fatherlessness on the psychological development of children in Indonesia. The results showed that without a father's role, children easily feel insecure. Children struggle to build healthy social relationships and tend to worry excessively about the future due to a sense of loss. Each child's approach to finding a father figure varies depending on their situation and circumstances (Rachmatika & Rokib, 2025).

The second relevant study, entitled "Dynamics of the Basic Needs of the Main Character in

the Film "Selatlah Kata-Kata" by Yosep Anggie Noen According to Abraham Maslow," was written by Nasrulloh in 2022. The research method used was qualitative descriptive, focusing on the dynamics of the character's basic needs based on Maslow's theory. The results of this study discuss each level of the main character's needs, from basic physiological needs, safety, love, esteem, and self-actualization, which are met with difficulty and struggle. The main character successfully achieves self-actualization because she strives to fulfill each level of need effectively, despite facing many internal and external challenges (Nasrulloh, 2020).

The third relevant study concerns the personality of Meirose in the film *Surga yang Tak Dirindukan* (A Study of Abraham Maslow's Humanistic Psychology). The study was written by Silviandari and Noor in 2023. The method used was descriptive qualitative, focusing on the level of basic physiological needs. The results showed that Meirose experiences significant personality changes when her physiological and psychological needs are met. When her needs are not met, she becomes easily discouraged, withdrawn, and holds grudges. However, when her physiological and psychological needs are met, Meirose's personality begins to become patient, religious, and resilient (Silviandari & Noor, 2023).

METHOD

This research uses a qualitative descriptive approach. This qualitative research is based on narrative descriptions of data, making it more interpretive than numerical (Fadli, 2021). Qualitative research in literature does not use numbers but rather uses conversational sentences (Prameswari, 2021). This research uses a literary psychology approach, specifically textual psychology. The textual psychology approach is used to examine the psychological aspects of the characters who serve as the research data source (Moeliono et al., 2023). The literary psychology approach has three main points: a textual approach

that examines the psychological aspects of the characters; a receptive-pragmatic approach that examines the psychology of the reader; and an expressive psychology that examines the psychology of the author (Fatmawati et al., 2023).

The research data source is the 1 hour and 41-minute film "Bolehkah Sekali Saja Kumenangis," referring to Wahyuningtyas's (2024) opinion that data sources are the primary objects used for research. The data for this study includes plot, dialogue, visuals of the main characters, intonation, expressions, body movements, settings, and audio/music supporting the analysis of the film "Bolehkah Sekali Saja Kumenangis." The research data are the primary data to be analyzed in this study. The units used as research data in literature are words, phrases, sentences, stanzas, lines, paragraphs, dialogue, and monologues (Ahmadi, 2019). Modern audiovisual literary works, such as films, utilize character expressions, body movements, and musical accompaniment as research data that can convey meaning (Firdaus et al., 2024).

The data collection technique in this study was documentation followed by note-taking. Documentation is a data collection technique that utilizes existing documents or archives (Waruwu et al., 2025). In film analysis, the method involves documenting scenes in the film (Kurniawati et al., 2022). Furthermore, the observation technique is a technique for obtaining data by carefully listening to the research object in the form of spoken or written language, while the note-taking technique is a technique for recording all quotations related to the research problem formulation (Mahsun in Prameswari, 2021).

Data analysis techniques are the steps used to process data (Rahardja et al., 2023). The results of data analysis will become scientific knowledge regarding the mechanisms of conditions or events in the data source (Wahyuni, 2022). This research data analysis technique uses the descriptive analysis model of Miles and Huberman, consisting of data reduction, data presentation, and drawing conclusions. Data reduction is the selection of data



obtained from previous data collection. Data reduction includes summarizing, coding, exploring themes, graphs, networks, and charts (Sofwatillah et al., 2024). Data presentation is the arrangement of the obtained information so that conclusions can be drawn and action taken. Conclusions are used to answer the problem formulation and verify the data.

RESULT

I. Self-Actualization Journey

1.1 Basic Physiological Needs

Dari's basic physiological needs in the film "Bolehkah Sekali Saja Kumenangis" are well met. Several scenes demonstrate the fulfillment of the needs for food, clothing, and shelter. Examples are shown in the following scenes:

Scene 1: Tari is in Front of the House Fence

The first scene shows Tari having a permanent residence with a fence and a sturdy structure. This reflects that the need for shelter, part of her physiological needs, has been met. A decent home provides Tari with the physical space to meet her bodily needs, such as sleeping, eating, and resting, although not all aspects of her emotional comfort are met. While Tari has a physical home, she is psychologically uncomfortable living there. This will be evident in the discussion of the next level of needs (security).

Scene 2: Visual of Tari Wearing Appropriate, Clean, and Neat Clothing

In addition to shelter, Tari's clothing needs are also met. The second data indicates that her physiological needs for clothing have been met. Tari's clothing appears clean, modest, and appropriate to the situation, indicating that her need for protection through clothing is being met. Tari's lack of any expression of confusion, embarrassment, or inadequacy regarding her clothing reinforces the evidence that her clothing needs are consistently met throughout her life.

Scene 3: Tari and Baskara Eating Fried Rice by the Roadside

In addition to clothing, Tari's food needs are also well met. The third data point shows Tari and Baskara sitting side by side eating fried rice at a roadside stall, reflecting the fulfillment of physiological needs in the aspect of food. The dialogue between Baskara asking, "Why?" and Tari responding, "It's really spicy. But it's still delicious, it's okay." Tari's dialogue stating that the food is delicious despite being spicy indicates that Tari enjoys her meal, albeit forced, but has no intention of exchanging it. Tari accepts what she has and becomes a people-pleaser because her needs for safety and self-esteem have not been met. The setting of a roadside fried rice stall and the visuals showing Tari and Baskara side by side eating fried rice without any signs of hunger or picky eating also demonstrate the fulfillment of physiological needs for food. Tari never shows any stress or complaints about food. Therefore, Tari's basic physiological needs for food are well met. Furthermore, the social support from Baskara, as a companion, also acts as a psychological buffer, reinforcing a sense of sufficiency and security within the context of fulfilling basic needs. The fulfillment of this aspect provides Tari with a foundation for gradually fulfilling other psychological and social needs.

1.2 Safety and Security Needs

Tari has difficulty meeting these needs. Initially, these needs were not met, and then Tari attempted to fulfill them. After they were met, conflict arose, leaving these needs unmet again. Then, Tari and her mother tried again to truly fulfill them. The following data demonstrates the process of fulfilling the safety needs:

Scene 4: Tari Overhears Her Father and Mother Arguing from Inside the Room

Tari hears her parents arguing but remains silent in her room, reflecting her psychological

distress. The sounds of breaking objects and her father's shouting create a violent and threatening atmosphere at home. According to Maslow's hierarchy of needs, this indicates Tari's home environment is unable to provide emotional protection and stability, which are part of the need for safety. Tari will try to fulfill these needs in various ways, one of which is choosing a boarding house. Tari invites her mother to leave home and start a new life in a boarding house. The following data shows Tari trying to fulfill her need for safety by moving to a boarding house.

Scene 5 Tari and her mother are in the new boarding house

In this scene, Tari and her mother are seen starting to build a new, safer life in the boarding house. Tari strives to create a sense of security for her mother. The smiling expressions of Tari and her mother together reinforce the sense of closeness and serenity that is beginning to form. Based on Maslow's hierarchy, this action reflects the fulfillment of the need for safety, which is characterized by residential stability and warm interpersonal relationships free from violence. However, this does not last long after Tari's father finds her boarding house and tells her to go home. Tari's need for safety is once again unmet. The following data shows Tari's needs once again being unmet after previously being met.

Scene 6: Tari's Father Finds the Address of Tari and Her Mother's Boarding House

This scene shows the return of Tari's insecurity when her father finds her a new boarding house and forces her and her mother to return home. Initially, the boarding house symbolized a safe space and freedom from the domestic violence they had been experiencing. However, when her father returns and acts aggressively again, that hope of safety is shattered. They engage in a high-pitched conversation accompanied by tense music. The conflict culminates when Baskara, trying to pro-

tect Tari, hits her father. Instead of feeling relieved, Tari is shocked and disappointed.

Tari's emotional expression reveals shock and sadness at having to witness yet another violence, this time perpetrated by someone she trusted to provide security, Baskara. Tari screams, shocked by the scuffle, as tense music accompanies the increasingly chaotic situation. Tari, who previously felt she had escaped the cycle of violence, finds herself trapped in the same cycle again. This demonstrates that her need for safety has not been consistently met.

Tari finally complies with her father's orders to return home. After returning home, her father's violence escalates. Tari's movements are also monitored and restricted. She must be picked up and dropped off at work by her father, until she is eventually forced to quit her job. As time went on, Tari's mother realized that they had to act decisively by leaving the house to truly fulfill their need for safety. Below is data on Tari and her mother's determination to leave the house.

Scene 7: Tari discussing with her mother

After experiencing various experiences of violence and emotional distress at home, Tari discusses her decision to leave the house with her mother and resolves to leave. This marks a crucial turning point in Tari and her mother's struggle to regain a sense of security. Tari's mother's words, "We have to get out of here, Tar," followed by Tari's response, "Mom. This time, we have to face it, okay?" demonstrate courage and readiness to take control of their lives. The soft music and Tari's determined expression reinforce the impression that this is the moment when Tari feels strong enough to escape a dangerous situation. According to Maslow's hierarchy of needs, this scene demonstrates the need for safety beginning to be fulfilled, as Tari becomes aware of the dangerous situation she faces and actively seeks a solution, no longer remaining a passive victim.



1.3 Love and Belonging Needs

The third stage occurs after physiological and safety needs are met. Individuals are driven to fulfill their love and belonging needs. In the film, these needs are met, unmet, and then met again, as demonstrated through Tari and Baskara's interaction.

Scene 8: Tari, Baskara, and Their Mother Watch a Comedy Show

Tari and Baskara's dialogue, joking and gazing into each other's eyes with sparkling eyes, creates an intimate and romantic atmosphere. The soft background music further enhances the intimate and comfortable atmosphere. Baskara's gestures, as he leans in close while gazing at Tari, and their expressions, filled with smiles and laughter, signify a budding emotional connection. According to Maslow's hierarchy, this indicates the need for love and belonging is being met. Tari is beginning to find someone who accepts her for who she is. However, this need is again unmet after the conflict involving Baskara hitting his father, which falls under the security need category. Disappointed with Baskara, Tari begins to distance herself from him. However, even though Tari avoids Baskara, the image of their time together remains vivid in her mind. This is demonstrated in the following scene.

Scene 9: Dreamy Dance in the Train Carriage

The visual depicting Tari lost in thought alone in a train carriage conveys sadness and loneliness. Although there is no direct dialogue, the atmosphere conveys the impression that Tari is reconsidering her relationship with Baskara. Tari chose to distance herself after Baskara physically abused her father. Although the violence was intended to defend Tari, it disappointed Tari, who had placed her trust in Baskara as a different father figure. In the context of the need for love and belonging, this moment demonstrates a broken emotional bond, where the needs for warmth, attachment, and belonging are no longer met. After going through

several conflicts, Tari and Baskara's relationship improves. The following data demonstrates the fulfillment of the needs for love and belonging.

Scene 10: Baskara Expresses His Feelings to Tari

This scene depicts a reflective and emotional moment between Baskara and Tari after a long conflict. Baskara says, "I want to spend more time with you. I want to get to know you better, and I want us to be more than just work colleagues." In his dialogue, Baskara sincerely conveys his feelings and intentions. This expression reflects Baskara's strong desire to build a deeper and more meaningful relationship. Baskara's brief glance at Tari confirms his sincerity. The soft music playing reinforces the peaceful and soulful atmosphere. This moment demonstrates that Tari's need for love, emotional closeness, and belonging has been fully fulfilled. The feeling of mutual belonging and inner connection between the two is rekindled after going through a crisis that tested their closeness.

1.4 Esteem Needs

Tari's esteem needs began unmet and then finally met. The following data demonstrates the unmet need for esteem.

Scene 11: Tari Talking to Bunga on the Phone

In this scene, Bunga attempts to encourage Tari to be more open and bold in making decisions by enrolling her in a support group. However, Tari's response indicates an inner block. Tari persistently refuses, saying, "So if I'm brave, what about Mom?" At the end of the conversation, Tari also says, "You didn't even succeed in taking Mom away. What about me?" This dialogue demonstrates that despite the support of her social circle (her older sister, Bunga), Tari still lacks courage and self-confidence. Tari's subtle rejection reflects a deeper crisis of self-confidence and fear of failure. Bunga's past failures contributed to Tari's negative perception of the possibility of success in her own endeavors.

Tari's self-confidence slowly begins to develop after experiencing various hardships and striving to fulfill her needs for security, love, and belonging. After her second and third-level needs are met, this accumulated suffering and reflection then develops Tari's courage and confidence to act. This is evidence of her esteem needs finally being met.

Scene 12: Tari Expresses Her Feelings to Her Father

Tari finally showed the courage to voice her opinion and express her feelings firmly, directly blaming her father for the trauma she experienced. She stopped hiding her feelings. She said, "So, Dad, do you think we're happy because of that? Why do you think Bunga left the house and hasn't come home since? Because she's tired of being treated like a bad person by Dad. Mom fights with Dad every day. Dad throws things at her, Dad hits her, but over time, Tari realized. Mom doesn't deserve to be treated like that."

Tari's father continued to argue, saying, "You two should be grateful. What don't you have? You have everything!" Then, Tari loudly expressed her feelings, "Yes, Tari has it all. Yeah. Trauma. Trouble expressing her feelings. All the bad things from the people who should have protected Tari since she was little. That's what Tari has, Dad. Did you know all this time?" Tari's dialogue and the sad music demonstrate the achievement of inner self-esteem, as Tari is able to recognize her inner wounds, realize her right to voice her feelings, and confidently express her truth. This action signifies the fulfillment of her internal esteem need, namely self-esteem.

1.5 Self-Actualization Needs

Tari's self-actualization needs were initially unmet, but then she matured through various conflicts, enabling her to effectively fulfill them.

Scene 13: Tari Contacts Her Sister

The scene where Tari's older sister inquires about the results of her counseling class illustrates

that Tari is undergoing therapy sessions with a professional (Ms. Nina), who aims to help her process trauma and develop her potential. However, Tari's brief and pessimistic responses reflect the lack of significant change within her. This indicates that her need for self-actualization has not been met. Tari remains in an unstable psychological state due to past trauma and has not yet found a clear direction or personal purpose. The music "Santai" by Nona Ria, playing in the background, reinforces the stagnant atmosphere and Tari's unpreparedness for the process of self-development. This indicates that Tari is still in the early stages of her identity search and has not yet been able to realize her full potential. At the end of the story, Tari achieves self-actualization after confidently and firmly deciding to leave home with her mother with the help of Ms. Nina, Baskara, and her coworkers. Tari and her mother are determined not to return to that house again and are separated from her father. This is demonstrated in the following scene.

Scene 14: Tari Leaving Home

This scene demonstrates Tari's self-actualization. The visuals show Tari determined to leave home with her mother with the help of Mbak Nina, Baskara, and their coworkers. In this scene, Tari appears to reject her father's invitation to return and remains unwavering despite his shouts urging her to stay. Tari gets into the car and leaves the house without looking back. This scene represents Tari's successful takeover of her own life. Tari's firm stance toward her father and her choice to leave for her own safety and psychological well-being are concrete manifestations of the fulfillment of her self-actualization needs. The music, which plays softly and then becomes louder until it becomes very loud, accompanies Tari's emotional moment of leaving home, reinforcing the tense and decisive atmosphere. This demonstrates that Tari's decision was not an easy one, but a difficult one grounded in courage and complete self-awareness.



2. Psychological Impact

2.1. Health and Peace

Tari's basic physiological needs are well met, resulting in positive psychological impacts of health and peace. Tari can eat whatever she wants, demonstrating that her need for food is adequately met. Tari is not burdened with anxiety about food availability or the worry of not being able to buy food, allowing her to enjoy being with others naturally. She is also never seen wearing shabby clothes or worrying about the appropriateness of her clothing. Her attire is always clean, neat, and appropriate for the activities she is engaged in. The condition of her house and room is also depicted as decent and well-stocked, so she never worries about damage to the house or her resting place. Although her family's circumstances make her uncomfortable living at home, she is not worried or confused about finding a place to live. Physical stability supports Tari's transition to the next level of needs, namely safety and security.

2.2 Anxiety

Tari displays anxiety when her safety needs are not met. This is evident in the scene where Tari returns home from work and finds her mother missing from her boarding house. Tari appears panicked and anxious, worried that her mother will be found by her father and forced to return home, or even experience something untoward. Tari's anxiety becomes even more pronounced when she can only anxiously search for her mother without being able to contact her, as Tari still has her mother's cell phone. The visuals showing Tari pacing around the boarding room and her panicked facial expression further emphasize her anxiety.

At this point, the need for safety is not met, resulting in negative psychological impacts in the form of anxiety. This anxiety illustrates Tari's emotional vulnerability, constantly haunted by the fear of losing her mother's freedom and safety due to threats from her father. In addition to causing anxiety, the unmet need for safety also leads to confu-

sion in decision-making. This is demonstrated in the following data.

2.3 Confusion

Tari experienced confusion after repeatedly witnessing her mother being a victim of domestic violence and being oppressed by her father. Tari expressed her confusion through text messages to her older sister, Bunga. Tari explained the uncertainty of her family's situation, which was not improving.

At this point, her need for safety was not being met, leading to negative psychological impacts in the form of confusion in decision-making. Tari's confusion indicates a lack of self-control due to her father's control. His threats of violence continued, making it difficult for Tari to take decisive action to protect herself and her mother.

Based on Tari's experience, the solution to fulfilling her need for safety was to board with her mother, but soon her father discovered the boarding house and forced her to return home. Tari's father restricted Tari's movement and freedom. When safety needs are not met, individuals can experience a deeper negative psychological impact, namely psychological exhaustion. This exhaustion is not only physical but also mental and emotional. The following is evidence that shows Tari is experiencing psychological exhaustion.

2.4 Psychological Exhaustion

There are scenes where Tari's safety and security needs are again not met, resulting in negative psychological impacts in the form of psychological exhaustion. The indicators appear comprehensive. Tari verbally repeatedly states "tired," pleading, "just once, Tari cry," and stutters with assumptions like "approximately...", indicating cognitive overload and despair. Emotionally, Tari cries and admits she's "tired of pretending to be strong," while behaviorally, Tari displays helplessness (giving in, resigned, and repeating the dialogue, "Tari can't do it").

This series of signals reflects psychological exhaustion after attempts to maintain her own and her mother's security have failed, leading to feelings of helplessness and exhaustion. According to Maslow's framework, chronic insecurity at this second level prevents Tari from progressing to higher levels (love, relationships, and esteem), making this phase a turning point that confirms the extent of the psychological burden Tari bears before she can recover.

When Tari's safety and security needs are met, a positive impact emerges. The impact that arises after this second-level need is met is feeling safe (MA). The following data demonstrates Tari's sense of security.

2.5 Feeling Safe

Tari successfully meets her needs through her decision to live in a boarding house with her mother. The move from home to a boarding house signifies Tari's concrete efforts to create a freer, safer, and more secure living space. This decision has had a positive impact, creating feelings of physical and psychological security for Tari. This is clearly evident in Tari's broad smile when speaking with her mother. This smile indicates a sense of relief, comfort, and optimism about their new life. Fulfilled security needs foster self-confidence and emotional stability, enabling Tari to move forward with greater confidence in her life.

2.6 Feeling Loved

Tari and Baskara slowly develop a romantic relationship after initially being merely colleagues. The romantic atmosphere is evident when Tari and Baskara sit side by side on the train, sharing a pair of headphones, leaning their ears on opposite sides, and smiling together. This scene demonstrates a healthy and happy emotional connection between the two. Romantic music supports this moment, fulfilling Tari's need for love and belonging.

The psychological impact of fulfilling this need is a feeling of being loved. Tari feels loved and accepted by Baskara. Feeling emotionally con-

nected to Baskara provides a space to overcome previously suppressed loneliness and inner wounds. Therefore, fulfilling this need for love and belonging has a positive psychological impact, albeit temporary in the context of the overall life conflicts she faces. In addition to feeling loved, there is another positive impact that arises when the need for love and belonging is met: a feeling of acceptance in her social circle. The following is evidence of this positive impact on Tari, namely a feeling of acceptance in her social circle.

2.7 Feeling Accepted in the Social Circle

There is a scene where Tari reluctantly accepts a friend's request to buy coffee, but nevertheless complies without daring to refuse. This shows that Tari strives to maintain her social relationships by meeting others' expectations. In the context of Maslow's hierarchy of needs, Tari's actions indicate the fulfillment of her love and belonging needs through social acceptance (LS). Tari gains recognition as part of her group through her willingness to help, even though this is not entirely based on personal willingness.

The psychological impact on Tari can be categorized as positive because she successfully maintains her presence in social relationships. However, the fulfillment of these needs also poses another problem, as the acceptance she receives does not stem from freedom of expression, but from social pressure that often forces individuals to conform, even against their own desires, to be accepted in the social environment. Thus, although her social needs are met, Tari psychologically demonstrates vulnerability due to her inability to assert her boundaries. If these needs for safety and belonging are not fully met, various negative impacts will arise, one of which is loneliness (KE), as demonstrated by the following data.

2.8 Emotional Loneliness

There is a scene showing Tari in a public space but still appearing lonely. This demonstrates the psychological impact of unmet love and belong-



ing needs. After Baskara punched Tari's father while forcing them to return home, Tari and Baskara's relationship became strained. For Tari, Baskara's physical violence caused deep disappointment, as she had previously felt safe and secure around him. As a result, Tari chose to distance herself.

The negative psychological impact of this situation is emotional loneliness. Even though Tari is surrounded by others, she still feels an inner emptiness due to the loss of security from a figure she once trusted. In Tari's context, the failure to maintain her relationship with Baskara not only creates personal distance but also makes her feel emotionally isolated, as if she has no safe place to lean on.

2.9 Low Self-Esteem

A scene shows Tari and Baskara sitting on outdoor chairs with their laptops, each working on their own work. The dialogue between the two shows Baskara trying to encourage Tari to take part in an open offer at his office. However, Tari refuses, claiming she lacks self-confidence, even demeaning herself by saying her acne-prone face makes her unworthy of confidence. This statement demonstrates Tari's low self-esteem. Feeling inadequate, both in appearance and ability, she is reluctant to take opportunities that could develop her potential. After overcoming various conflicts, Tari is finally able to fulfill her esteem needs and demonstrate self-confidence, as demonstrated in the following data.

2.10 Self-Esteem

A scene shows Tari and Baskara getting the opportunity to take part in another open offer at the office after previously failing. Tari's coworkers encouraged her by saying that opportunities were still open if she and Baskara were willing to try again. In response, Tari and Baskara displayed enthusiastic expressions, smiled, and expressed their readiness to participate. This attitude signifies self-confidence, a belief in one's own ability

to face challenges that were previously uncertain. This positive psychological impact demonstrates that Tari no longer humbles herself, but instead dares to position herself on an equal footing with her colleagues and feels confident in her ability to compete.

Another positive impact, besides self-confidence, after Tari's esteem needs are met is her courage to refuse or say "no." Previously, Tari had always felt hesitant, reluctant to make decisions, and reluctant to refuse. However, when her esteem needs were met, Tari began to feel confident and courageous, as demonstrated by the following data.

2.10 Courage to Refuse

There is a scene where Tari is asked by Tania to help create an infographic. However, unlike her previous tendency to comply with other people's requests for acceptance, this time Tari calmly declines the request because it is not part of her responsibilities or job description. Although Tania initially shows disappointment, Tari remains firm and confident. In fact, Baskara and her other friends express their appreciation for Tari's courageous refusal. The positive psychological impact of this scene is the courage to refuse. Tari demonstrates significant development, as her courage to refuse a request beyond her capacity demonstrates her ability to maintain self-boundaries.

This attitude is important in the context of the need for esteem, because individuals with true self-confidence not only have the courage to perform and participate but are also able to reject anything deemed beyond their capabilities or irrelevant to their role. Tari's courageous refusal demonstrates a sense of self-control, a lack of dependence on the validation of others, and the ability to balance social relationships with self-esteem.

2.11 Despair

When she was psychologically exhausted, Tari's mother tried to reassure her child by telling her everything she did was for her own good, even

though in reality, it was actually oppressive and a burden. Tari hinted at a loss of fighting spirit, as she felt a lack of control over her own life. From a psychological perspective, Tari's attitude reflects despair, a negative impact of unmet self-actualization needs. Tari failed to express her potential because she was constantly limited by her father and even lacked the full support of her mother. This situation led to disappointment, emotional exhaustion, and mental fragility, which led Tari to give up trying.

However, after Tari's father repeatedly abused her and restricted her movements, Tari's mother came to her senses and resolved to fight to the end. After gaining her mother's trust, Tari confidently expressed her feelings to her father and made the courageous decision to leave home, indicating that her self-actualization needs were being met. Afterward, Tari began to accept herself and the events of her past. The following are the positive impacts of self-acceptance when Tari successfully achieved self-actualization.

2.12 Self-Acceptance

Tari expresses her awareness through a lengthy dialogue that demonstrates acceptance of her life experiences and herself. Tari said that she had always tried to be strong despite often feeling alone, but eventually realized that these experiences shaped her. This attitude signifies mature self-acceptance, as Tari no longer rejects painful experiences but instead views them as part of the process of growing into a better person.

Tari's statement, emphasizing that she is now able to care more about the happiness of others, be obedient, and maintain social relationships at work, demonstrates a balance between self-interest and others. Tari has transcended her previous phase of psychological fragility and achieved complete self-acceptance. Therefore, the resulting psychological impact is positive, namely self-acceptance. This scene confirms that despite previously experiencing despair and psychological exhaus-

tion, Tari has managed to recover and integrate painful experiences as part of her identity.

In Maslow's hierarchy of needs, this stage signifies the achievement of more stable self-actualization, as Tari not only has the courage to make decisions but also is at peace with herself. Furthermore, Tari also demonstrates independence, in line with Maslow's opinion that individuals who achieve self-actualization will become independent, as evidenced by the following data.

2.13 Independence

In the initial bakery launch scene, Tari demonstrates the achievement of self-actualization through the positive impact of independence. Tari appears capable of managing her life independently, both materially and emotionally, manifested by the courage to open a real business. This independence is further strengthened when she visualizes her time with her mother and is surprised by the return of her older sister, Bunga. Previously, Bunga refused to return home because she felt oppressed by her father's dominance, but after his absence from their lives, Bunga chooses to return and support her family. Bunga's presence also symbolizes the creation of a safe and peaceful atmosphere that allows them to build a new life.

With Bunga's capital assistance, Tari not only helps realize her mother's dream of owning a bakery but also demonstrates independence in concrete terms, daring to be financially independent, able to stand up for her own decisions, and leading her family towards a more stable life. In addition to independence, Tari also becomes more appreciative of everything around her. The following data shows Tari's greater appreciation for everything around her.

2.14 Appreciative

In the scene where Tari openly shows appreciation by praising the title of her friend's performance, which she considers "really good," the dialogue is accompanied by happy expressions and



hearty laughter, indicating that Tari genuinely feels happy for others' success. This reflects an appreciative attitude, which is one of the characteristics of the need for self-actualization in Maslow's pyramid. Tari is no longer constrained by feelings of inferiority, fear, or anxiety as in previous phases, but is instead able to acknowledge and appreciate the achievements of others with sincerity.

This development is important because, at the beginning of the story, Tari is often depicted as struggling with self-confidence and even tending to feel inferior when dealing with others. However, at this stage, Tari has demonstrated emotional maturity. Not only does she feel secure and able to stand on her own two feet, but she is also able to find satisfaction in the success of those around her. This appreciative attitude demonstrates that her need for self-actualization is beginning to be met, marked by her ability to express appreciation without envy or awkwardness.

Therefore, this scene emphasizes Tari's psychological development towards a more mature and healthy personality. Tari's self-actualization begins to be better fulfilled through this appreciative attitude, and the next scene concludes, demonstrating another psychological impact: forgiveness, as evidence of the fulfillment of the need for complete self-actualization.

2.15 Forgiveness

There is a roadside scene where Tari is depicted interacting again with her father after a conflict-filled journey. The dialogue, which demonstrates her father's concern, such as asking about her mother's condition and reminding Tari to take care of herself, creates a different emotional atmosphere than before. Although Tari was deeply hurt by her father's harshness in the past, she is now able to hold back tears and show a sincere smile. This expression indicates that Tari is no longer controlled by hatred, but has instead shifted to an attitude of forgiveness based on understanding and compassion.

DISCUSSION

Based on Maslow's hierarchy of needs, the main character demonstrates twelve milestones in Tari's self-actualization journey. First, her basic physiological needs are well met, influenced by external factors. Tari's family is depicted as having a stable economic situation, so she has no difficulty meeting her basic needs. Consequently, she experiences a positive impact in the form of a sense of health and calm. The fulfillment of these needs provides Tari with a sufficient foundation for survival and advancement to the next level, as Maslow argued that basic physiological needs are the most pressing needs for survival. These needs must be met before an individual can realize the needs of the next (Maslow, 2018:128).

Second, her safety and security needs are unmet, influenced by external factors. Her patriarchal family, dominated by her father, makes it difficult for Tari to find a safe place within the family environment. This creates negative impacts in the form of anxiety and confusion. This impact supports Maslow's question: if safety needs are not met, individuals will easily become anxious, fearful, anxious, nervous, and constantly yearn for freedom and happiness (Maslow, 2018:101). Although her basic physiological needs were well met, Tari still struggled and continued to strive to fulfill her second-level needs, safety and security.

Third, the fulfillment of safety and security needs was influenced by both internal and external factors. Tari's father continued to dominate, but Tari tried to find a way to break free from his control. Tari persuaded her mother to leave home. After some deliberation, Tari and her mother decided to board. Safety and security began to be fulfilled after moving into the boarding house. The positive impact was a feeling of security.

Fourth, the fulfillment of love and belonging needs was influenced by both internal and external factors. In accordance with Maslow's theory, the fulfillment of the second-level needs led Tari to slowly move to the next level of needs. A stable

sense of calm, safety, and security enabled Tari to open up to her social environment, particularly becoming more open and developing a romance with someone she found attractive, Baskara. The positive impact was a feeling of love. This love helped Tari overcome feelings of loneliness and helplessness and revitalized her motivation to live.

Fifth, the need for safety and security was again unmet due to external factors. Tari's father discovered Tari's boarding house and forced her and her mother to return home. The resulting peace was short-lived. Fear of her father's dominance returned. At this stage, Baskara hit her father as a form of resistance and protection for her. However, this was against Tari's wishes and left her disappointed. Tari was disappointed that those around her consistently used violence as the only means of conflict resolution. Consequently, the resulting negative impacts included anxiety, confusion, and psychological exhaustion. This supports Maslow's assertion that safety and security needs can be particularly pressing when faced with social threats (Maslow, 2018). If safety is not met, individuals will "regress" to more basic needs and be unable to advance to the next level.

Sixth, the need for love and belonging was also unmet due to internal and external factors. Baskara hitting her father deeply shocked Tari. Tari's disappointment continued, and she struggled internally, refusing to forgive Baskara's actions. This led to the end of the romantic relationship that had developed. Tari distanced herself from Baskara. Consequently, the resulting negative impact was emotional loneliness. This incident also impacted team harmony in the workplace. This finding supports Maslow's assertion that when safety needs are not met, individuals will exert their resources to feel secure first, while higher-level needs are neglected and can become lost entirely (Maslow, 2018). Therefore, when Tari successfully fulfills the third stage, namely establishing a romance, but the second stage is again unmet, namely the loss of safety and security from her father, the fulfillment of the third stage is also disrupted.

Seventh, safety and security needs are finally met again, influenced by internal and external factors. The support of Tari's mother became a turning point in Tari's confidence to leave the unhealthy family environment. Tari and her mother firmly expressed their disappointment to her father and left home with determination. Tari's courageous act of expressing all her grievances was the result of the accumulation of what she had suppressed throughout her life. At this stage, Tari was completely focused on seeking safety. This proves that this need serves as a crucial foundation for Tari before moving on to fulfill higher-level needs.

Eighth, the need for love and belonging was also fulfilled again, influenced by internal and external factors. Baskara continued to try to repair the relationship by explaining and apologizing to Tari. When Tari and her mother decided to leave the house, Baskara, Ms. Nina, and her friends helped make the process a success. This motivated Tari to re-establish good relationships with those around her. Tari's actions and responses support Maslow's statement that fulfilling these needs enables individuals to establish healthy relationships within their family, partner, or other people in their environment (Maslow, 2018). The restored sense of calm, safety, and security gave Tari the energy to open up, care for, and establish a romantic relationship with Baskara.

Ninth, the need for esteem is not met due to internal factors. This is closely related to Tari's past trauma, which has shaped her personality, leading to a lack of self-confidence and doubt in her own abilities. This need remains unmet because Tari focuses on fulfilling previous needs. Maslow argues that self-esteem needs can be completely neglected when compared to basic needs, safety, and love (Maslow, 2018). Tari often lets opportunities to develop her potential go to waste due to doubts about her abilities. This repeated occurrence leads to Tari being undervalued in the workplace. This aligns with Maslow's theory that self-esteem is typically closely related to a person's competence (Ahmadi, 2020). Therefore, the negative impact



at this stage is low self-esteem. Maslow stated that individuals who cannot fulfill level four needs will experience low self-esteem, be unappreciated in their environment, and fear rejection (Maslow, 2018). Individuals tend to compare themselves negatively with others, often choosing to avoid the environment due to feelings of unappreciation, as in Tari's situation.

Tenth, the need for esteem is met due to internal and external factors. This is closely related to the fulfillment of needs in the previous stage. Tari tried to muster the courage to make decisions because she didn't want to be a people-pleaser all the time. Tari's supportive environment gradually made her aware of her self-worth and self-esteem. The resulting positive impact was clearly self-confidence. This proves Maslow's theory that fulfilling esteem needs leads to stable self-confidence, self-respect, awareness of one's potential, and a sense of contribution to life (Maslow, 2018).

Eleventh, the need for self-actualization was not met due to external factors. The peak of this need is not easily achieved. The environment was the primary factor contributing to Tari's difficulty in achieving self-actualization. The resulting despair resulted. Numerous conflicts made the journey difficult, but external support from those around her encouraged Tari to persist in her efforts. According to Maslow, the higher the level, the fewer people succeed in achieving it. Self-actualization is a peak need whose fulfillment is highly dependent on the fulfillment of the previous levels. Basic physiological, safety, love, and esteem needs must be fully met before attempting to achieve self-actualization (Maslow, 2018).

Twelfth, the need for self-actualization is met due to a combination of external and internal factors. Ultimately, after overcoming various conflicts and obstacles, Tari successfully reached the pinnacle of self-actualization. This fulfillment began with Tari's decisive action in leaving home with her mother, then demonstrating her independence by opening a bakery for her mother, appreciating

her friends' achievements, and forgiving her father's behavior and attitudes. This signifies Tari's becoming an empowered individual capable of managing her emotions maturely. Individuals who achieve self-actualization are those who can demonstrate their potential both psychologically and physiologically (Prameswari, 2021). Their characteristics, as stated by Maslow, are simple, creative, independent, appreciative, and forgiving (Ahmadi, 2020). Therefore, Tari does not lack any satisfaction, but still has the drive to motivate, work, try, and be ambitious, which is part of Tari's character growth, maturity, and development (Maslow, 2018).

Based on the description of Tari's journey through each level of Maslow's needs, it is clear that self-actualization is not easily achieved. Each stage supports the validity and clarity of Maslow's hierarchy of needs theory. Fulfillment is influenced by internal, external, or both factors, all in combination. These factors play a crucial role in Tari's psychological development. Fulfilling Maslow's needs also has complex psychological impacts, encompassing a variety of positive and negative impacts. Tari's struggles and experiences, ultimately achieving self-actualization, demonstrate complete psychological maturity and support the relevance of Maslow's theory in real-life contexts. The strength of this study lies in the alignment of Tari's character development with Maslow's hierarchy of needs, thus fully proving and supporting Maslow's assertion. A weakness is that this study only focuses on the development of the main female character, Tari. The main male character, Baskara, also exhibits personality development according to Maslow's hierarchy of needs, but this is not examined in this study.

CONCLUSION

Based on the research results, it can be concluded that the self-actualization journey of the main character in the film "Bolehkah Sekali Saja Kumenangis" progresses through hierarchical

stages according to Abraham Maslow's hierarchy of needs theory. The main character's self-actualization journey is inextricably linked to internal factors, namely personal drive, emotions, and self-awareness, as well as external factors such as family and the surrounding environment. There are twelve stages in Tari's journey towards self-actualization. At the level of basic physiological needs, Tari was successfully met. Then, in terms of safety and security needs, Tari's journey was full of ups and downs due to the dominance of external factors. This resulted in the need for love and belonging, which was also met, unmet, and then met again. After that, Tari's esteem needs, which were initially unmet, were also met after the needs at the previous level were fully met. Finally, at the peak of Maslow's pyramid, Tari finally achieved self-actualization. Although the process of fulfillment was not easy, Tari successfully demonstrated the characteristics of achieving self-actualization.

The impacts experienced by Tari were varied. Negative impacts emerged when Tari failed to fulfill the needs for safety, love, esteem, and self-actualization. In sequence, the negative impacts experienced by Tari are anxiety, confusion, psychological exhaustion, emotional loneliness, low self-esteem, and despair. Then, positive impacts emerge when Tari successfully fulfills all levels of Maslow's needs. In sequence, the positive impacts experienced by Tari are healthy and calm, feeling safe, feeling loved, feeling accepted in the social environment, self-confidence, daring to reject, appreciative self-acceptance, independence, and forgiveness. Overall, Tari's journey towards self-actualization is the result of the accumulation of many pressures, developing self-potential, until finding the meaning of life. Fulfillment of needs at each stage influences each other and plays an important role in shaping the independence and psychological maturity of the main character.

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