



## Physiological Needs of the Main Character in the Novel Hello Cello by Nadia Ristivani: A Study of Abraham Maslow's Humanistic Psychology

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### ABSTRACT

This study aims to describe the physiological needs of the main character in Nadia Ristivani's novel Hello Cello. This study uses a qualitative descriptive method with a literary psychology approach. This study uses a research design consisting of identifying research problems, reviewing literature, selecting research objects, collecting data, and identifying research. The data source in this study is the novel Hello Cello by Nadia Ristivani, with data consisting of quotations, sentences, and paragraphs in accordance with the description of the fulfillment of the physiological needs of the main character based on Maslow's humanistic psychology study. The data collection technique was carried out by reading and noting, including the steps of preparing, reading, sorting, recording, and coding the data. Data analysis used the Miles and Huberman model, which consists of three stages: data reduction, data presentation, and conclusion drawing. The results show that Helga, as the main character, tries to fulfill five levels of needs, especially physiological needs, ranging from the need for food and drink, clothing, shelter, rest and sleep, and sexual needs. The fulfillment of these physiological needs became the basis for Helga to achieve balance in her life and recover from the emotional trauma caused by her failed relationship. Through the portrayal of Helga's character, the novel Hello Cello emphasizes that psychological disorders can affect the fulfillment of basic human needs, and conversely, the fulfillment of physiological needs can be the first step towards emotional stability and self-actualization.

*Keywords: physiological needs, main character, novel, humanistic psychology*

## Kebutuhan Fisiologis pada Tokoh Utama Novel Hello Cello Karya Nadia Ristivani: Kajian Psikologi Humanistik Abraham Maslow

### ABSTRAK

Penelitian ini bertujuan untuk menggambarkan kebutuhan fisiologis karakter utama dalam novel Hello Cello karya Nadia Ristivani. Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan psikologi sastra. Penelitian ini menggunakan rancangan penelitian berupa, identifikasi masalah penelitian, meninjau literatur, memilih objek penelitian, mengumpulkan data, dan mengidentifikasi penelitian. Kemudian, sumber data dalam penelitian ini adalah novel Hello Cello karya Nadia Ristivani dengan data terdiri dari kutipan, kalimat, dan paragraf sesuai dengan penggambaran pemenuhan kebutuhan fisiologis tokoh utama berdasarkan kajian psikologi humanistik Abraham Maslow. Teknik pengumpulan data dilakukan dengan baca dan catat, meliputi langkah menyiapkan, membaca, memilah, mencatat, dan mengode data. Analisis data menggunakan model Miles dan Huberman yang meliputi tiga tahap, yaitu reduksi data, penyajian data, dan penarikan kesimpulan. Hasil menunjukkan bahwa Helga, sebagai tokoh utama berusaha memenuhi lima bentuk kebutuhan bertingkat terutama yaitu kebutuhan fisiologis, mulai dari kebutuhan akan makanan dan minuman, pakaian, tempat tinggal, istirahat dan tidur, serta kebutuhan seksual. Pemenuhan kebutuhan fisiologis ini menjadi dasar bagi Helga untuk mencapai keseimbangan dalam hidupnya dan pulih dari trauma emosional yang disebabkan oleh hubungan yang gagal. Melalui penggambaran karakter Helga, novel Hello Cello menekankan bahwa gangguan psikologis dapat memengaruhi pemenuhan kebutuhan dasar manusia, dan sebaliknya pemenuhan kebutuhan fisiologis dapat menjadi langkah pertama menuju stabilitas emosional dan aktualisasi diri.

*Kata kunci: kebutuhan fisiologis, tokoh utama, novel, psikologi humanistik*

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## INTRODUCTION

Essentially, human life is about striving to fulfill various needs that continue to evolve over time. This is in accordance with the statement of biologist Charles Darwin, who considered that humans as living creatures are constantly involved in fighting against natural developments to survive (Sobur, 2020). Each individual will be driven to achieve better needs, starting from the most basic needs, namely physiological needs, such as food and drink, to reaching the highest level of needs, namely self-actualization (Amalia et al., 2025). In line with global conditions, developing countries including Indonesia, Sri Mulyani, the Minister of Finance of Indonesia in 2024 stated in her interview that Indonesian society is still struggling to meet their needs (Pratama, 2022). This is in accordance with the statement that needs are increasingly difficult to fulfill if humans experience social limitations or trauma in the past (Setiawan, 2014). One trauma in the form of a love story can cause someone to feel afraid to open their heart or establish an intimate relationship with another individual. Betrayal in romantic relationships causes trauma. Of the seventeen research subjects, six had severe trauma symptoms, five had mild trauma symptoms, four had moderate trauma symptoms, and two had no symptoms (Istiawati & Amalia, 2024). This condition not only impacts the individual emotionally but also creates psychological barriers.

In the psychological process, if one need is met, the individual is automatically motivated to fulfill the next (Adim, 2022). Humans are driven to continue developing by fulfilling basic needs until they are motivated to fulfill the next level. Fulfilling physiological needs is the foundation for continuing to fulfill subsequent needs, as without these basic needs, humans will struggle to achieve balance in their lives. Maslow believed that humans possess a strong ability to motivate themselves toward self-actualization (Tangduil et al., 2023). This means that someone who believes in their own abilities is motivated to fulfill their needs gradually until they reach self-actualization. This

individual is automatically able to act according to their desires and develop their abilities. Maslow's five levels of needs influence human physiological and psychological balance. This perspective can be expanded by examining the concept of needs reflected in various forms of human expression, including literary works.

Based on the statement that the psychology of characters in literary works can be reflected through the characters depicted (Yahdiyani et al., 2025), this means that understanding human needs can be broadened through a literary psychology perspective. Literary works often depict characters struggling to fulfill basic needs as part of the life process and character development. Through the depiction of characters in literary works, readers can gain a deeper understanding of human psychology (Dilah & Zahro', 2021). Therefore, literary works become a medium for reflecting the rich and diverse nature of human life. Literature, as a reflection of human life, also contains psychological elements, as psychology explains human mental processes and behavior (Ahmadi, 2015). This means that literary works, as reflections or depictions of humans, can be understood through the psychological depictions of their characters. Literary works are a manifestation of creativity born from human imagination, drawing on life experiences as a source of inspiration (Raharjo & Nugraha, 2022). Literary works created by authors based on life experiences can influence readers' psychology. One literary work that realistically depicts human life is the novel. Nadia Ristivani's novel, *Hello Cello* (Ristivani, 2022), depicts the struggles of the main character, Helga, to meet her needs.

Based on the background of this research, the research problem is formulated as follows: What are the physiological needs of food and drink, shelter, rest and sleep, clothing, and sexuality experienced by the main character in Nadia Ristivani's novel, *Hello Cello*?

The purpose of this research is to describe the physiological needs of food and drink, shelter, rest and sleep, clothing, and sexuality experi-



enced by the main character in Nadia Ristivani's novel, *Hello Cello*. Therefore, this study aims to describe the forms of Helga's physiological needs and her efforts to fulfill them.

Through Abraham Maslow's humanistic psychology approach, this research is expected to provide a deeper understanding of how basic human needs are represented in literature, particularly in the novel, *Hello Cello*. This research can serve as a reference and source of information for applying approaches and theories to literary research, particularly novels. It is also hoped that this research will aid in understanding literary works and developing writing information, particularly in the field of literary psychology research.

Maslow stated that physiological needs are the most important needs that maintain stability in life, such as food, drink, rest, shelter, clothing, and sex. Physiological needs have a powerful impact on life; for example, if an individual experiences hunger or thirst, other needs will be neglected, and each individual will sacrifice all their abilities to fulfill this need (Alwisol, 2016). This statement implies that physiological needs are the most basic of all human needs. In fulfilling these needs, each individual tends to postpone other needs because their primary focus is on meeting the most pressing basic needs. Physiological needs are inherent in every individual and must be met to achieve a sense of security and stability in life (Nisa et al., 2024). Therefore, the most basic need in the hierarchy of needs, namely physiological needs, is crucial to fulfill because it is related to human survival from the very beginning. Physiological needs are fundamental and must be met. Unmet needs can be a major obstacle to achieving human needs (Ningrum et al., 2024). This means that if physiological needs are not met, humans will feel unable to survive and unable to balance their lives. Relevant research that aligns with and reinforces the urgency of this research is 1) a journal article focusing on reader responses to Nadia Ristivani's novel *Hello Cello* in the Goodreads cyberliterary community (Agustini et al., 2024). Readers of the novel *Hello Cello* in a community. In contrast to

this study which uses literary psychology with Abraham Maslow's humanistic psychology approach, with the focus of the research being to analyze the physiological needs of the novel's main character, Helga. 2) a journal article with a research focus examining the journey of self-actualization of the main character in the film *Bolehkah Sekali Saja Kumenangis* (Wahyuningtyas & Sodik, 2025). The difference in research can be seen from the object used, relevant research uses the film *Bolehkah Sekali Saja Kumenangis* and this research uses the novel *Hello Cello*. In addition, the focus of the study is also different, relevant research focuses on Maslow's entire hierarchy of needs up to self-actualization, and this research specifically focuses on the physiological needs of the main character, such as the need for food, rest, shelter, clothing, and sexuality. The similarity is that both use Abraham Maslow's humanistic psychology theory as the basis for analysis to examine the needs of the main character in literary works. 3) a journal article with a research focus on analyzing the personality of the character Meirose in the film *Surga yang Tak Dirindukan* based on Maslow's humanistic psychology theory (Silviandari & Noor, 2023). The difference lies in the object of study; the relevant study used a film, while this study used a novel. The similarity between the two studies is that both use humanistic psychology theory with Abraham Maslow's literary psychology approach to a character in a literary work.

## METHOD

This study uses a qualitative descriptive method because the data collected emphasizes words, sentences, and descriptions rather than numbers. Qualitative research is research that makes the researcher the primary instrument, collecting data naturally and exploring meaning within its context. This means that in qualitative research, the researcher, as the primary instrument, directly participates by exploring and understanding the meanings derived from a number of individuals/groups considered the source of social

problems. The research strategy used is a case study strategy. A case study is a strategy used to closely investigate the events experienced by the main character within a limited time and activity (Creswell & Creswell, 2017).

This study uses a literary psychology approach because it examines literary works related to the psychological makeup of the characters in the novel. The psychological state of each character or their behavior can be identified using literary psychology. The issues raised in this study are supported by a literary psychology approach that utilizes Maslow's humanistic psychology. This research focuses on the physiological needs of the main characters in the novel. The researcher chose to use Maslow's humanistic psychology because the novel used as the research object embodies the most basic psychological needs required by humans.

This study uses a research design with the following stages: 1) Identifying the research problem, 2) Reviewing the literature, 3) Selecting the research object, 4) Collecting data, and 5) Identifying the research. The data source in this study is a literary work in the form of a novel. The novel chosen by the researcher is *Hello Cello* by Nadia Ristivani. *Hello Cello* was published in 2022 by PT. Bukune. Kreatif Cipta, with an attractive cover with a blue background, and a total of 422 pages. The research data consists of quotations in the form of words, sentences, and paragraphs that describe the physiological needs of the main character in the novel *Hello Cello* by Nadia Ristivani. The data collection technique used is reading and note-taking techniques. From the results of the reading that has been done, the researcher sorts each reading from sentences and paragraphs that focus on fulfilling the needs of the main character. Then, the novel is sorted by giving marks. This is followed by a data recording technique according to the focus of the research. Finally, the researcher creates a coding system to simplify the research process and help shorten the research time. Data analysis in this study is qualitative data analysis using the

Miles and Huberman model. The stages of data analysis techniques in this study include data reduction, data presentation, and drawing conclusions.

## RESULTS

In Nadia Ristivani's novel, *Hello Cello*, it was found that the main character, Helga, fulfills her physiological needs through various basic activities that support her survival. Physiological needs are the most basic and urgent because they are related to human survival. Physiological needs include food, drink, clothing, rest, shelter, and sex. If physiological needs are not met, humans will experience difficulties in living and will negatively impact mental and emotional health.

### 1. The Need for Food and Drink

As a human being who experiences hunger and thirst, Helga, as a reflection of humans, also needs food and drink to maintain health and fitness. Without food and drink, humans would struggle to survive. Helga's need for food and drink is well met. The fulfillment of these needs is evident through the depiction of Helga's activities, as she continues to carry out her daily routine despite her emotional instability. Helga is depicted as consistently consuming food and drink as part of her daily routine, both at home and outside.

Helga's food and drink needs are found in four data sets: Data 01, Data 02, Data 03, and Data 04. These four data sets demonstrate Helga's activities in fulfilling her food and drink needs through consuming drinks, expressing hunger, eating snacks, and eating with her family. Data 01 demonstrates the fulfillment of her drinking needs, while Data 02, Data 03, and Data 04 illustrate the fulfillment of her food needs in various situations. Therefore, it can be concluded that Helga's physiological needs for food and drink are relatively well met, as the main character consistently engages in eating and drinking as part of her daily life.



## 2. Need for Shelter

As a human being, Helga needs a place to live as a means of protection and support for her survival. A place to live serves as a place for shelter, rest, and to carry out daily activities safely and comfortably. Helga is depicted as having a decent and safe place to live, both at her parents' house and when staying at her grandmother's. This place allows Helga to maintain a stable life.

Helga's need for a place to live is found in two data sets, Data 05 and Data 06. Both data sets indicate that Helga has a place to live that provides protection and comfort, demonstrated through the depiction of a safe home and a living environment that supports her daily activities. Therefore, it can be concluded that Helga's physiological need for a place to live is relatively met, as the main character has a decent place to live as a means of protection and survival.

## 3. Need for Rest and Sleep

The human body can function properly by restoring energy through rest and sleep. Rest and sleep help repair, strengthen, and balance the body's condition after being exhausted by circumstances or emotions. If humans do not meet their need for rest and sleep, they will experience concentration problems, fatigue, emotional instability, and so on. Therefore, rest and sleep are physiological needs that must be met. Furthermore, the need for sleep and rest is also evident in several parts of the story. Helga is depicted as experiencing rest, although her sleep quality is sometimes disturbed by her emotional state. However, the main character continues to sleep as part of fulfilling her physiological needs.

Helga's need for rest and sleep is found in three data points: Data 07, Data 08, and Data 09. These data show Helga resting in her room, stopping activities to rest, and continuing to sleep despite uncomfortable conditions. Therefore, it can be concluded that Helga's physiological needs for rest and sleep are met, as the main character consciously engages in rest and sleep activities in various situations.

## 4. Clothing Needs

Clothing is a physiological need because it is one of the basic human needs for survival and protection from the effects of extreme weather. Clothing helps humans prevent diseases arising from the surrounding environment. This demonstrates that clothing serves as the most important and fundamental physical complement and protection for human life. Therefore, the need for clothing is a physiological need that must be met. The need for clothing is also demonstrated through the depiction of Helga's appearance in various situations. The main character is depicted wearing clothing that is appropriate and comfortable for her activities, both in daily life and in social interactions. This demonstrates Helga's ability to meet her basic clothing needs.

Helga is depicted as always wearing clothes for her various daily activities, both on campus and outside the home. Helga's clothing needs are found in four data points: Data 10, Data 11, Data 12, and Data 13. These four points indicate that Helga wears appropriate and comfortable clothing appropriate to the activities she undertakes. Therefore, it can be concluded that Helga's physiological need for clothing is relatively well-met, as the main character always wears clothing to protect her body and support her daily activities.

## 5. Sexual Needs

Sexual needs are considered physiological because they are related to human survival. These needs encompass personal satisfaction, emotional intimacy, and a sense of comfort with a partner. These needs are fundamental to human physical health. Therefore, fulfilling sexual needs in a healthy and safe manner is an essential part of overall human well-being. Sexual needs are evident in the biological urge for physical intimacy, such as kissing, which they do to express longing after a long absence.

Helga is depicted as having an intimate relationship with another character, Cello, as part of the dynamics of her life. The sexual needs of Helga's character were found in 1 data, namely

Data 14. The data shows an intimate interaction between Helga and Cello, which illustrates the fulfillment of sexual needs. Thus, it can be concluded that the physiological needs in the form of sexuality in Helga's character are considered fulfilled, because the main character experiences and expresses intimacy in her personal relationship. Thus, the results of the study indicate that the physiological needs of the main character Helga in the novel *Hello Cello* by Nadia Ristivani have been fulfilled. The fulfillment of these needs is the basis for the main character to live their daily lives and continue to fulfill their needs at the next level.

## RESULT

### 1. Food and Drink Needs

The following is an excerpt describing the need for food and drink for the character Helga from Nadia Ristivani's novel, *Hello Cello*.

#### Data 01

Helga shrugs as she stirs her vanilla latte with the whipped cream she just bought. Her face looks resigned and unwilling to get angry. Tired. (Ristivani, 2022)

This data shows the need for water for Helga, who is talking to Kezia, angry and tired because she broke up with her boyfriend, who she only used as an outlet. Helga has fulfilled her physiological need for water, as drinking symbolizes maintaining her body's fluid balance after experiencing exhausting conditions. Helga's resigned state, unwillingness to get angry, and tiredness indicate that her energy is depleted, leading to the physiological need for water to quench her thirst and physically recover from the emotional exhaustion she is experiencing. Helga, experiencing emotional stress to the point of needing a drink to maintain her stability, demonstrates that without a drink, she would be unable to cope with her current situation. This aligns with Maslow's theory, which states that physiological needs are necessary to maintain stability and cannot be postponed.

#### Data 02

"But I'm hungry," she continued, rubbing her stomach, which had been throbbing inside.

"Okay, let's eat," Kezia urged, shouting at the top of her voice, though her voice was barely audible. (Ristivani, 2022)

This data demonstrates Helga's need for food. It's evident that humans also experience hunger and need to eat, which is one of the most basic human needs. The body signals hunger, and energy needs are needed for normal bodily functions. Hunger, a biological mechanism in living things, signals that humans require energy intake for normal organ function. Helga's hunger demonstrates that she doesn't simply want to eat; she also needs to fulfill her most pressing physiological needs, which cannot be postponed. Fulfilling physiological needs, especially food, not only satisfies hunger but also helps Helga maintain her immune system so she can carry out her daily routine. This is in line with Maslow's theory, which states that humans are constantly hungry and constantly focus on food. Helga, who directly sensed her body's hunger signals, indicated that she needed food and that it could not be delayed.

#### Data 03

"Okay, go on, go to your room. If you want a donut, it's on the dining table, Mom bought it." Helga nodded and turned around, ready to leave the living room and go upstairs to her room. (Ristivani, 2022)

This data shows Helga's need for food. This section describes how, even though her mother had bought her a donut, she still asked her sister for permission to choose which flavor she could eat, following her mother's request for permission first. While eating a donut may seem simple, it fulfills a physiological need: food. Helga's body still needs food as a source of energy to continue her tiring activities. Donuts provide an energy source to help her body return to normal and stay fit. Helga's choice to eat a donut demonstrates that her body needs to fulfill this basic need, and eating a donut



is crucial for her survival. This aligns with Maslow's theory, which states that food is a physiological need, or the most basic need, and it must be met for human survival.

#### Data 04

The dining room, occupied by four people, was filled with the sound of dishes. (Ristivani, 2022)

This data shows Helga's need for food. This need arose when she was enjoying breakfast with her family, consisting of her father, mother, Helga, and her younger sibling. Eating breakfast confirms that physiological needs are the foundation for other needs, as the energy from food enables humans to think, move, and engage in social interactions. Furthermore, breakfast provides the body with energy, which can be used to maintain optimal daily routines. As food is a top human priority, Helga's breakfast demonstrates that she is fulfilling her most basic need for survival. This aligns with Maslow's theory, which states that food is a physiological or basic need that must be met.

## 2. Need for Shelter

The following excerpt describes Helga's need for shelter in Nadia Ristivani's novel, *Hello Cello*.

#### Data 05

Helga played the sound of her laughter, her hand slipping behind the fence to unlock the usually locked padlock. However, it wasn't unlocked. There were only two possibilities: she had forgotten to lock it or a guest had arrived. (Ristivani, 2022)

The data shows Helga's need for housing, which is clearly met because she lives with her parents and her younger sibling. Helga's unlocked fence indicates that guests are staying at her home. Helga's residence, a house with a secure fence, provides protection from danger. This is crucial for survival because a decent home allows Helga to rest, sleep, and perform other basic activities. Therefore, having an adequate home for Helga not

only fulfills the physical aspects of her physiological needs but also plays a crucial role in her overall survival, before higher-level needs can be met.

#### Data 06

A giant house with off-white and brown teak wood accents, with a distinctive scent of old people, large mirrors on each side with gold-plated animal shapes, and only four people living there (Ristivani, 2022: 68).

The data demonstrates Helga's need for housing. This need arose when Helga lived at her grandmother's house because each of her siblings would alternate shifts to care for her grandmother, so the grandchildren and grandmother's family would take turns staying overnight with her. The large house in the quote indicates that the occupants had more than just minimal shelter, but rather a place that protected them from heat, rain, and external dangers, while also providing a space for rest. Adequate housing helped Helga survive and find the peace that was crucial for her physical and psychological well-being. This well-maintained and fully equipped house emphasized that fulfilling physiological needs meant not only providing shelter but also creating an environment that supported an overall quality of life. This adequate shelter served as a crucial foundation before Helga could fulfill other, higher-level needs.

## 3. The Need for Rest and Sleep

The following quote describes the need for rest and sleep for the character Helga in Nadia Ristivani's novel, *Hello Cello*.

#### Data 07

In a mood like this, it's best to just curl up in your room with a thick blanket and set the room temperature to low to cool down, especially accompanied by Daniel Caesar's signature romantic song, "Ah... Beautiful" (Ristivani, 2022).

This data demonstrates Helga's need for rest. She is resting in her room while listening to mu-

sic. Listening to music helps clear her mind. The act of curling up in her room with a thick blanket demonstrates an effort to fulfill her body's need for rest and physical comfort. Although it may seem like she's simply relaxing, Helga's activity of curling up under the blanket and adjusting the room temperature demonstrates that she's making an effort to maintain her body's stability and maintain her nervous system, allowing her to rest optimally. According to Maslow's theory, Helga's activities are crucial in fulfilling her physiological need for rest. Without fulfilling this need, it will be difficult for an individual to achieve emotional balance and develop psychologically.

Data 08

I want to take a break. It's better to stop. (Ristivani, 2022)

The data shows Helga's need for rest. Helga rests because she is tired of being fooled by men who want to get close to her. This rest shows that Helga wants to calm herself from the frequent pressures in her life. Helga's rest is not just physical; it also includes mental or psychological rest, as she seeks to clear her mind from the pressure and confusion that arise in her social interactions. Helga's taking time to rest helps her think clearly in making decisions and helps her avoid excessive stress and pressure. According to Maslow's theory, rest can be a form of physiological need. Therefore, Helga's action is a step to fulfill her physiological needs and help maintain her emotional and psychological health.

Data 09

Helga and Helen hear a clear sound of laughter under the mattress. They don't dare look and close their eyes again. (Ristivani, 2022)

The data shows Helga's need for sleep. Helga, disturbed by the sounds while sleeping, still tries to close her eyes and falls back into a deep sleep in her grandmother's room. Despite the sound of

laughter coming from under the bed, disturbing her comfort, Helga still tries to close her eyes, demonstrating that sleep can still occur despite environmental disturbances. This emphasizes the importance of sleep for the body. Sleep, as a physiological human need, helps Helga restore physical and mental energy and provides courage in facing stressful situations. Therefore, even though the environment is not always conducive, Helga still strives to fulfill her need for sleep. This action emphasizes the importance of fulfilling the physiological need for sleep, which is fundamental and essential for the body's continued functioning.

#### 4. Clothing Needs

The following is an excerpt describing the clothing needs of Helga from Nadia Ristivani's novel, *Hello Cello*.

Data 10

She wears pastel-colored semi-formal clothing, holding a laptop wrapped in tribal-patterned fabric and a brown notebook that is so thick it doesn't close properly. (Ristivani, 2022: 3)

This data shows Helga's clothing needs. She wears semi-formal clothing when going to her campus. The outfit demonstrates Helga's unique approach to clothing that provides protection and comfort. This appropriate attire demonstrates Helga's attention to physical comfort and preparedness for environmental conditions, such as room temperature, that can disrupt bodily activity. Helga reflects the fulfillment of physiological needs by keeping the body protected from the environment, complementing and comforting it, and becoming part of fulfilling physiological needs. This aligns with Maslow's theory, which explains that physiological needs must be met for an individual to feel secure and stable in life.

Data 11

"Is that your dad's shirt?" He asked after seeing Helga wearing her favorite oversized gray one-piece, which she had painstakingly acquired be-



cause it was a limited edition. Some people with different tastes might view her outfit as borrowed or "lazy person's." However, according to Helga, this is her preferred fashion style, and fashion shouldn't be limited simply by differences in preferences (Ristivani, 2022).

The data shows Helga's clothing needs. Although Helga wears clothes considered to belong to others and is a lazy person's style, she maintains the principle that everyone's clothing has a point of reference and that everyone has a unique style. Helga's clothing still fulfills her most basic needs by helping her protect her body and maintain comfort during activities. Helga wears clothes she likes and feels comfortable to ensure her body is physically protected and allows her to move freely. This aligns with Maslow's theory, which is the core of fulfilling physiological needs.

#### Data 12

Helga's style of dress is quite unique compared to other students, although not overly flashy, and it attracts attention in the elevator. (Ristivani, 2022: 28)

The data shows Helga's clothing needs are met with a style considered cool, comfortable, and uncomplicated. Helga chooses a style similar to Japanese clothing because it is comfortable to wear. Helga chose a Japanese-style clothing style because it was considered practical and comfortable for daily activities. This style kept Helga's body protected, free to move, undisturbed, and comfortable despite her numerous activities. According to Maslow's theory, the clothing Helga chose fulfilled basic human physiological needs by helping her feel comfortable and protecting her body. This comfortable and functional clothing selection ensured Helga could safely carry out her daily activities, and overall, her attire reflected the fulfillment of her physiological needs.

#### Data 13

"What are you wearing today? Wow, cool. Is this the thrift shop item we fought over the other day?"

she encouraged Helga, who had been feeling insecure the night before due to the comments her mother and friends made. (Ristivani, 2022: 30)

Helga met her clothing needs with a style her friend considered cool. Although Helga's friend was simply encouraging her, it was clear that Helga's outfit was indeed cool and eye-catching. Furthermore, Helga's friends also think that her style of dress demonstrates her attractiveness and beauty. According to Maslow's theory, clothing is a physiological need that serves to protect the body from environmental influences, maintain comfort, and promote health. In this context, the clothing Helga wears not only fulfills these basic functions but also provides physical comfort, allowing her to move freely and engage in activities without hindrance. Furthermore, these comfortable and attractive clothes also support basic psychological aspects, as they allow Helga to feel confident and valued by others. Therefore, Helga's choice of appropriate clothing reflects the fulfillment of physiological needs.

### 5. Sexual Needs

The following is a quote describing the need for sexuality in the character Helga from Nadia Ristivani's novel, *Hello Cello*.

#### Data 14

Helga nodded once more to reassure herself. The man in front of her stared at the original line, then said, "Shall we?" He leaned in closer to her intended meaning, causing the fish in the aquarium to witness something they should have done four years ago. The two kissed quietly, channeling all the longing they had felt through touch since their first reunion until now (Ristivani, 2022: 428).

This data shows the sexual needs of Helga and Cello, namely kissing, which they did to express their longing after a long absence. The kissing scene between Helga and Cello demonstrates the fulfillment of sexual needs, namely the biological and emotional drive for physical intimacy. Helga

and Cello's kissing emerged as a response to the deep longing caused by a long separation. This demonstrates that the fulfillment of sexual needs is often related to psychological aspects, especially the need for closeness and intimacy. According to Maslow, sexual needs are among the most basic physiological human needs. However, the fulfillment of these needs occurs after other needs have been met. In the context of Helga and Cello, before they express their sexual needs, they have already established an emotional bond, a sense of love, security, and trust with each other. This means that their sexual needs are not merely a purely biological drive, but also an expression of their need for love. In other words, the fulfillment of their sexual needs is driven by other needs that have already been met. The flexibility of Maslow's hierarchy suggests that humans can express certain physiological needs after other supporting needs have been met, particularly in the context of intimacy and personal relationships. Thus, the scene between Helga and Cello demonstrates that the fulfillment of sexual needs is not only triggered by biological drives but also by emotional bonds, a sense of security, and closeness, ensuring that these basic physiological needs are met within the context of a psychologically mature relationship.

## CONCLUSION

Based on the analysis, it can be concluded that the main character in Nadia Ristivani's novel, *Hello Cello*, Helga, experiences various physiological needs that are fundamental to her survival. These needs include food and drink, shelter, clothing, rest and sleep, and sexual needs. Fulfilling Helga's physiological needs is not only biological but also has psychological significance as an effort to achieve balance in life and recover from past emotional trauma. Helga is depicted as a character who struggles to fulfill her basic needs despite being in a state of psychological turmoil due to relationship trauma. Through fulfilling these basic needs, Helga slowly regains her physical and emotional stability which then becomes the basis for fulfilling higher-level needs. Thus, this study confirms

that fulfilling physiological needs is not only important for human physical survival, but also plays a vital role in building mental health and the process of self-actualization as stated in Abraham Maslow's hierarchy of needs theory.

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