A PSYCHOLOGICAL ANALYSIS: FRUSTRATION AND SELF-ADJUSTMENT OF CHARLEY AS MAIN CHARACTER IN A FICTION
FOR ONE MORE DAY

JANATIN
104026000897

ENGLISH LETTERS DEPARTMENT
LETTERS AND HUMANITIES FACULTY
STATE ISLAMIC UNIVERSITY OF SYARIF HIDAYATULLAH
JAKARTA
2008
APPROVEMENT

A PSYCHOLOGICAL ANALYSIS: FRUSTRATION AND SELF-ADJUSTMENT OF CHARLEY AS MAIN CHARACTER IN A FICTION
FOR ONE MORE DAYS

A Thesis
Submitted to Letters and Humanities Faculty
In Partial Fulfillment of the Requirements
For the Strata One Degree

JANATIN
104026000897

Approved By:
Supervisor

Dr. H. Muhammad Farkhan, M.Pd,
NIP. 150 299480

ENGLISH LETTERS DEPARTMENT
LETTERS AND HUMANITIES FACULTY
STATE ISLAMIC UNIVERSITY OF SYARIF HIDAYATULLAH
JAKARTA

2008
ACKNOWLEDGMENT

All praise to be Allah the Almighty, the real guide of the writer, who always gives her the favor and He will always be. The Almighty has allowed the writer to finish this thesis. Sholawat and regard allows to our prophet Muhammad SAW, His families, and His Follower.

This thesis is written to fulfill one the requirements to obtain the Bachelor Degree at English Letters Department, Letters and Humanities Faculty, State Islamic University Syarif Hidayatullah, Jakarta.

On this occasion the writer would like to express the deepest gratitude and highest appreciation to those who have contributed their helps in writing this thesis.

1. Prof. Dr. Komaruddin Hidayat, MA. The head of State Islamic University Syarif Hidayatullah Jakarta.
2. Dr. Abdul Chair, MA. The dean of Adab and Humanities Faculty.
3. Dr. Muhammad Farkhan, M.Pd, the head of English Letters Department. And also as her advisor who was really generous with his time by counseling and supervising the writer to write.
4. The entire lecturers who have given support directly and indirectly to the writer.
5. The writer’s parents especially for her beloved mother who always gave the writer support and advices to arrange this thesis. The writer’s little sister who always gave smile when her got problems in arranging this
thesis. Her big family in Cirebon city who always gave supplication and supports. And big thank to Athien Himura, her secret best friend who always gave her advices and made her enjoy and happy in arranging this thesis and for her patience and belief. And also thanked to Si JelexQoe, her beloved boyfriend who always gave her support and helped. And also to all her friends; the class A, B and C period 2004, which can’t write one by one, all boys and girls of BAZUN MADAM 01, and Sakura Girls who helped and motivated her in finishing this paper.

May Allah bless them all, Amin.

Jakarta,

The writer
APPENDIX

SYNOPSIS OF *FOR ONE MORE DAY*

The For One More Day is the story about family and Charley’s attempted suicide. Charley is a man who got the chance to spend one more day with his mother, who died 8 years ago.

In the opening chapter, Charley told the reader why he tried to kill himself. His life began to unravel the day of his mother’s funeral, about ten years before the present day. Charley was not with his mother when she died, as he had lied to her about being busy with business. The day of his mother’s funeral, Charley’s life plunged into a downward spiral. Without his mother’s consistent positive reinforcement Charley could no longer be happy with the man he had become: an ex-professional baseball player now salesman. He spent the days after the funeral in drunken delirium. Became brutal alcoholism, he eventually lost all his money in an investment scheme and was cut out of his wife and daughter’s lives. The bad point was the day he learned that his daughter got married, and he has not invited just being informed.

After a weekend of drinking, Charley decided to finish all. He wanted to finish his life in his old house, Pepperville Beach. He made a midnight ride to his small hometown, once back on the highway, he passed the Pepperville Beach exit and, instead of getting off at the next exit, turned his car around and drove
backwards on the highway until he reached his destination. Immediately, he crashed with a truck, and he was thrown to the car and survived, ironically. Then he began walk to his house.

By his consciousness, he went inside to find the house, which empty since his mother’s death. But when he began to open the door, he could smell the fresh aroma of carpet cleaner and found extra food inside the refrigerator. He heard his mother was calling his name, and he run out the door. But that voice was being lauded. By the time Charley stared his mother, who died 8 years ago. As he stared at his mother, he crossed the line between reality and delusion. That was unbelievable but then he run into her and hug his mother as if he would never let her go. Charley was sitting on the same past table, was eating the past food and made a conversation with past mother. And then did some activities as previous.

By the time he remembered all his previous life, when he was a childhood and adolescence. One day his father once told him: “You can be a mama’s boy or a daddy’s boy. But you can’t be both.” Charley chose to be a “daddy’s boy,” devoted his young life to pleased him, mimicked his every move, run to his job as a liquor store clerk every day after school, and generally did anything and everything possible to appease his father. But, one spring day in fifth grade, Charley’s mother informed him that his father left and was never come back. From that day on, Charley was a mama’s boy, against his own desire.

His parent got divorced, and divorces were very uncommon situation in the 1950’s and 1960’s. In fact, Charley and Roberta his little sister were as the
only children with divorced parents in town, adults began to treat Charley and Roberta, differently. Parent’s divorcing changed all his life.

Charley fulfilled his mother’s dream by going to college. But, even he became a college student still he didn't give up the dream and the goal of pleasing his father. He continued the sport, eventually playing for a minor league team and ultimately got the call to the majors in time to play in the World Series.

He wanted to become a baseball player once but he could not. One weekend, after his father reappeared, he called him up and offered him a baseball once more, then Charley drop out from college and made his mother everlasting disappointment. It was because Charley always viewed baseball as a connection to his father. It was representative of his loyalty to his father’s desired.

Charley grew as a man; he made a family with Catherine, and had one daughter. He was not a baseball player anymore but a salesman, it because his father faded away him again and let his career collapsed.

One fateful weekend, he left his mother when she was having birthday party, after his father called him again to play in minor league. Then, he took this chance because of his desire to become a baseball player once was strong. Unfortunately he lied to his mother and whole family that he had some business. By the time when he was playing game, in the other side his mother died by heart attack. This haunted him for years. After his mother died he felt suddenly he was alone, no one on his side. After by the time, he left his family, just like once upon a time his father left him, turned over to alcohol. One day he received a letter from his daughter with pictures of her wedding. He suddenly realized that he had been
exactly that he never wanted to be. He gave up then and decided to kill himself. All he wanted was to have someone on his side again; he wished that he still had had his mother, the one person who always believed him.

After all his experiences met his mother dead, he woke up and found himself at hospital cause of accident. He ashamed for trying to commit suicide; he realized that life is precious. After the incident, he never drank alcohol again and lived better. Charley believed that somewhere between life and death his mother found time to give him one more day with him. He believed that his mother had saved his life.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABSTRACT</td>
<td>i</td>
</tr>
<tr>
<td>APPROVEMWNT</td>
<td>ii</td>
</tr>
<tr>
<td>LEGALIZATION</td>
<td>iii</td>
</tr>
<tr>
<td>DECLARATION</td>
<td>iv</td>
</tr>
<tr>
<td>ACKNOWLEDGMENT</td>
<td>v</td>
</tr>
<tr>
<td>TABLE OF CONTENTS</td>
<td>vii</td>
</tr>
<tr>
<td>CHAPTER I. INTRODUCTION</td>
<td>1</td>
</tr>
<tr>
<td>A. Background of the Study</td>
<td>1</td>
</tr>
<tr>
<td>B. Focus of the Study</td>
<td>4</td>
</tr>
<tr>
<td>C. Research Question</td>
<td>4</td>
</tr>
<tr>
<td>D. Objective of the Study</td>
<td>4</td>
</tr>
<tr>
<td>E. Significance of the Study</td>
<td>5</td>
</tr>
<tr>
<td>F. Research Methodology</td>
<td>5</td>
</tr>
</tbody>
</table>
CHAPTER II. THEORITICAL FRAMEWORK

A. Character and Characterization. ............................................. 6
B. Definition of Psychology...................................................... 8
C. Definition of Frustration. ..................................................... 9
D. Source of Frustration. ......................................................... 10
   1. The Approach-approach Conflict. ..................................... 12
   2. The Avoidance-avoidance Conflict. ................................... 12
   3. The Approach-avoidance Conflict. ................................... 13
   4. Double Approach-avoidance Conflict. ............................... 14
D. Responses to Frustration. ..................................................... 14
   1. Aggressive Reaction....................................................... 14
   2. Withdrawal Reaction. ................................................... 15
E. Responses to Self-adjustment. ............................................. 16
   1. Repression. ................................................................. 17
   2. Fantasy ................................................................. 17
   3. Self-enhancement. ........................................................ 18

CHAPTER III. RESEARCH FINDINGS. ............................................. 20
A. Data Description. ............................................................. 20
B. Analysis. ........................................................................... 23
   1. The Characterization of Charley “Chick” Benetto. ............... 23
   2. The Causes of Frustration. .............................................. 26
   3. The Reaction of Frustration. ............................................ 31
4. The Reflection of Self-adjustment. 33

CHAPTER IV. CONCLUSION AND SUGGESTION. 36
   A. Conclusion. 36
   B. Suggestion. 37

BIBLIOGRAPHY. 38

APPENDIX. 40
CHAPTER I
INTRODUCTION

A. Background of the Study

Literary work is a creative activity on the art, which includes ideology of the author. Literary work is also the imitation of world, which is formed by the author for providing facts and realities. It also can be used as an intellectual movement, entertainment, or symbol of tradition or beliefs.

God creates this world as place for human being, and human creates literary work as place for characters in story, like novel and drama as kinds of literary works, which shows the reality.

Novel is probably the most popular literary works in this age, and the reason for its popularity is not hard to discover. The definition of novel itself is a lengthy fictional narrative in prose dealing with characters, incidents, and setting that imitates those found real life.¹ Edward H. Jones, Jr. gives the definition of novel as short story, except that it is longer, both is prose fiction, both deal with truths, both deal with problems and conflict, both aim to entertain and inform. In both, the elements of structure are found plot, characterization, situation, and theme.²

Novel has two important aspects, intrinsic elements and extrinsic elements. The intrinsic element is elements to build up the structure of the

literature totality inside the story such as the plot, the character, the setting, the point of view, and the theme.\textsuperscript{3} The extrinsic element is the analysis from the external side of the story, the relation between the author and his works. Usually the story is related with the real life and contains of history value, sociology, psychology, religious, and philosophy.\textsuperscript{4}

For this opportunity, the writer is interested to analyze a novel by a titled is For One More Day created by Mitch Albom. As stated above, one of the intrinsic elements of novel is character, so the writer is interested to analyze the main character in this story. The writer chooses main character as an object of this study because the main character is very influential on the plot of this story and it also has big influence to readers. In this story the main character reflected a hopeless man after his mother’s dead. The writer is also interested to analyze the problems of the main character by using psychology theories.

This story began from a boy named Charley “Chick” Benetto, as main character in this story. Charley was an adult boy who had a dark life after his mother’s dead. He tried to kill himself by drinking a lot of alcohols. He decided to stop going to work and left his family and even he decided to finish his life. He did this unmoral action after his mother’s dead, and he felt no more warm, no more safety, and no more love to him. He wanted to back to his previous life, he wanted to be a baseball player again and wanted to change some embarrassing moment. One day he decided to back to his old house in Pepperville Beach. It was the house where his whole life happened with his mother and he also wanted to

\textsuperscript{4} Ibid. p. 5
finish all. He drove his car going to Pepperville Beach but before he arrived to his house he got accidence and made him unconscious. In his unawarness, he felt as if he had met his mother who had died eight years ago in his old house. Then, he and his mother did some normal activities. In his whole unawareness, he remembered all of his past memories.

Charley’s childhood was so hard. His family had already divorced. One day his father offered him to become father’s son or mother’s son but couldn’t be both. Then he decided to become a father’s son, he became a baseball player as his father suggested to him and grew strong like him. He gave honorable to his father; unfortunately his father left him without permission. From that day on he became mother’s son. They lived normally and lived hard after his parents divorced. One time his father came again to him and broke his life forever. His father offered him to play a baseball game once more when his mother was having birthday party. Because his desire to be a baseball player was strong, he took this chance. Unfortunately this chance changed his life forever. When Charley was playing the game, his mother died caused by heart attack. A baseball made him very happy but also made him very bad. Something that made him more depressed is that he laid to his mother and family that he wanted to travel for business but the reality he went to play a baseball.

The cases that faced by the main character and placed him in deep frustration had the writer to conduct further study. Of course the writer must be armed with psychological approach to arrive at comprehensive understanding.
B. Focus of the Study

This study is focused on psychological problems of the main character in novel *For One More Day* by Mitch Albom seen from the psychological approach.

C. Research Question

Bases on the background of the study above, the research questions that appear to discuss are:

1. What is Charley’s characterization?
2. What are the problems that made Charley frustrated to his past experience seen from psychological approach?
3. How did Charley escape himself from his frustration to the reality?
4. How was Charley’s self-adjustment reflected from his frustration?

D. Objective of the Study

Based on research questions above, the objective of this study are:

1. To know Charley’s characterization.
2. To know the problems that made Charley frustrated to his past experience seen from psychological approach.
3. To know how Charley did escape himself from his frustration to the reality.
4. To know how was Charley’s self-adjustment reflected from his frustration.
E. Significance of the Study

The writer hopes the result of this study can be used:

1. As one of the reference in the English education institution especially for English Letters Department of Adab and Humanities faculty, State Islamic University (UIN) Syarifhidayatullah Jakarta.

2. As an input who wants to study about psychology especially frustration psychological approach in novel *For One More Day* by Mitch Albom, or in another literary works.

F. Research Methodology

1. Method of the study

   This study uses a qualitative descriptive method to analyze the story. The writer tries to describe the psychological problems of the main character in the novel *For One More Day*.

2. Technique of Data Analysis

   The data will be qualitatively analyzed by over viewing the problems focused of the main character from psychological approach.

3. Data collection

   The writer uses herself as a central instrument to collect data about frustration experienced by the main character such mother’s death, his father and baseball game, daughter’s wedding photos, his wedding collapsed, and his previous life which related to the story.
4. The Unit of Analysis

The Unit of Analysis of this study is the novel *For One More Day*, created by Mitch Albom. It was published in 2006 by Mitch Albom Inc, United State. This novel consists of 197 pages.
CHAPTER II
THEORETICAL FRAMEWORK

A. Character and characterization

“Character is presumably an imagined person who inhabits a story although that simple definition may admit to a few exceptions. Characterization means how the writer tells the readers about the physical and non physical characteristic of the person told in the story. It might be done by giving descriptions in words or by being shown in actions or through the comments given by other character”\(^5\).

In the book of literature, structure, sound, and sense, written by Laurence Perrine it is explained:

“Characterization observes three principles. First, the characters are consistent in their behavior; they do not behave one way on one occasion and different way on another unless there is clearly a sufficient reason for the change. Second, the characters are clearly motivated in wherever they do, especially there is any change in their behavior, we must be able to understand the reason for what they do, if not immediately, at least by the end of the story. Third, the characters are plausible or lifelike”\(^6\).

Character is divided into two types, major character and minor character. The major character is a character that always appears and dominates in every single part of story, and the minor character is character that only appears in one event. The appearance of minor characters in the entire story is less, insignificant

---


and it appears only when there is connection with major character, either directly and indirectly.\textsuperscript{7}

Characters may also be classified as either round character or flat character. Flat character or characters are characterized by one or two traits; they can be summed up in a sentence. It is some sort of person at the end of the story as at the beginning. Usually flat character is only for those who have small part in the story. Round characters or dynamic characters are complex and many sided; they might require an essay for full analysis. It undergoes a permanent change in some aspect of character, personality, or outlook. The change may be a large or a small one; it may be for better or worse; but it is something important aspect.

So it can be said that, character as one person who plays a part of figure and characterization as the way of narrator to submit an attitude, interest, desire, emotion and moral principle made by the figure in his story.

B. Definition of Psychology

Psychology is the science of human and animal behavior, it include the application of this science to human problems.\textsuperscript{8} In Gilmer’s book, he says that psychology is at the center of our effort to understand the behavior of all living things and, in particular, of our individual search for self-understanding\textsuperscript{9}. So we can conclude that psychology is the science that seeks to describe, explain and change the behavior of man and other animals, because the behavior is very

\textsuperscript{7} Adib Sofia Sugihastuti, Feminisme dan Sastra: Menguak Citra Perempuan dalam Layar Terkembang (Bandung: Penerbit Katris, 2003), p. 69.
complex, but so is the universe, which has long been subject to scientific interpretation. We have reason to believe that the science of psychology will enable us to measure and explain behavior and to modify it in some ways that will affect us significantly, individually and as a society. Psychology also deals with our feeling, our thoughts, and our way of doing things. And in this case the writer finds the behavior of the main character that related to the psychological approach, such as frustration and self-adjustment.

C. Definition of frustration.

Frustration is defined as a state arising from a motivated ongoing behavior potentiality which is blocked or thwarted\(^{10}\). It causes when an individual is prevented from realizing his ambitions by some personal limitation either real or imagined. A boy who wants to play on the school basketball team maybe thwarted by his lack of height, an individual who wants to go to particular college maybe thwarted by his inability to pass the entrance examination. Both physical and psychological barriers maybe sources of personal frustration. So there are some of blocks such as a physical nature, other arise from a personal deficiency, and still others be described as a conflict of motivated behaviors.

Frustration must be related to conflict, which is one of source of frustration. Frustration and conflict always involves disruption of our behavior. Conflict results, when we must make choice of alternatives and cannot arrive at a decision. Some conflicts have some their origin in a motivation system. Some

frustrations cause the conflict of two or more motive goal tendencies present at the same time as a frequent source of frustration, which is difficult to remove.

So we can conclude that frustration is not necessarily bad since it can be a useful indicator of the problems in a person's life and, as a result, it can act as a motivator to change. However, when it results in anger, irritability, stress, resentment, depression, or a spiral downward where we have a feeling of resignation or giving up, frustration can be destructive.

D. Source of frustration

Frustration is experienced whenever the results (goals) a person is expecting do not seem to fit the effort and action he is applying. Frustration will occur whenever his actions are producing less and fewer results than he thinks they should.

The situations, which are described as leading to a state of frustration, involve blocking or thwarting agents of several different kinds. Some of the blocks are external or internal sources of frustration and conflict.

The first type of frustration results from external causes that involve conditions outside the person such as physical roadblocks we encounter in life including other people and things that get in the way of our goals.11

Environmental frustration is one of external sources of frustration. It is by making difficult or impossible for a person to attain his goal; environmental obstacle frustrates the satisfaction of motives. An obstacle may come from physical or social blocks12. Physical blocks are from situations, which are

---

different from expectation, such as the cancelled appointment or change in the requirements for graduation. The physical blocks are often easy to overcome or circumvent. The situation usually requires only a different response rather than change in the motivation-goal state of fair. Social block often comes from formal laws and social conventions prevent us from freely expressing many of our impulses. The man who has to work unpleasant associates, the orphan cared for in the impersonal atmosphere of an institution, and the member of minority group in a prejudiced community all suffer social frustration.

The second type is internal sources of frustration. It usually involves the disappointment; it is gotten when we cannot have what we want as a result of personal real or imagined deficiencies such as a lack of confidence or fear of social situations.

Personal frustration is the main internal sources of frustration. It is an individual suffers personal frustration when he is prevented from realizing his ambition by some personal limitation-either real or imagined. It comes from handicaps, emotional inadequacies, and lack of education. These blocks usually require a change in the goal direction of behavior. The goal state as it was expected is quiet unattainable and either the motive for searching the goal must be changed or substitute goal must be sought. That two or more motives goal tendencies present at the same time is a frequent source of frustration, which is

---

difficult to remove. Personal frustration frequently builds up feelings of inferiority and a felt lack of personal worth, which, in turn, serves to increase the frustration.

Frustration also comes from difficult conflict; we know it as conflict frustration. It comes from two or more motive-goal or has both positive and negative feeling about a particular goal or it state as aroused at the same time and they are incompatible\(^\text{17}\). Since motives may be either positive or negative –either seeking of avoiding–there are four possible types of conflict, they are:

1. **The approach-approach conflict.**

   The approach-approach conflict is two positive goals are spatially separated and the individual must make a choice between them\(^\text{18}\), or it occurs between two positive goals that are equally attractive at the same time.\(^\text{19}\) Further bounds on behavior in the situation require that only one response is made, and that after a choice is made it cannot be rescinded. Both in analysis and in conception, this conflict is easy to resolve. For example, a young man who wants to marry a girl and also to finish his education but for financial reason, not be able to do both. So resolving this conflict is by choosing one goal over the other, either excluding one entirely or deciding which to do first.

2. **The avoidance-avoidance conflict.**

   The avoidance-avoidance conflict is two negative goals that the individual must make only one final choice, but in additional requirement in this conflict


\(^{18}\) Ibid. p. 287-288.

situation is that he must make one of the choices. In other book created by Floyd that when an individual seeks to avoid two unpleasant alternatives but cannot directly avoid one without encountering the other. If there were no pressure to make a response choice, an effective strategy would be to make neither choice in the situation, or to ignore the situation. This kind of conflict is difficult to master and leads to great deal of indecision. Conflict of this type is most often resolved by “leaving the field” or running away. Almost people rely on imagination to make free from the anxiety aroused by the conflict. For example, a student must do his course or get a spanking. He must spend all day studying for an examination or face the possibility of failure.

3. The approach-avoidance conflict.

The approach-avoidance conflict is when individual is attracted to an object or state of affairs and simultaneously repelled by something associated with it. In other book the writer finds the definition of this case is the goal both desired and unwanted at the same time, often the consequences of attaining the goal are desirable and repulsive. This kind of conflict also leads to a difficult vacillating decision process. However, this is for different reasons and is of a different nature. The approach-avoidance conflict usually produces indecision and vacillating behavior. For example, a child wants to pick up a water lily in a pond.

---

20 Ibid. p. 288.
22 Ibid. p. 462.
but be afraid to wade out to get it. As a consequence, her fearful have a negative valence for her, at the same time her desire to pick up lily have positive valence.


Double approach-avoidance conflict consists when a person is faced with a choice between two goals and each has both a positive and a negative aspect. Floyd gives the definition of double approach-avoidance conflict is it consists both courses of action have good and bad features which must be weighed in order, for a choice to be made. This conflict is more difficult to resolve than an approach-approach conflict. In many situations this conflict may remain unresolved for a long time. Sometimes, when finally resolved, the person may still wonder if he made the correct decision. Each goal has a negative valence as well as positive one. Usually the positive valence seems stronger, on other hand, when the goal is near the negative valence seems stronger. For example, a salesman may have to decide between two jobs; one with a rather small territory in a pleasant climate but lower pay and the other requiring more travel in a colder climate but allowing him to handle a product he especially enjoys selling.

D. Responses to Frustration.

1. Aggressive Reaction

Aggressive reaction is one of reaction to frustration. This reaction is shown when the individual may attack either the obstacle blocking him or some substitute as an obstacle. Usually, however, aggression is not a satisfactory

technique of adjustment. It may temporarily reduce the mental or physical tension which accompany frustration, but in the long run it is likely to meet social disapproval, punishment, or strong feeling of guilt\textsuperscript{26}. In particular situation, of course, aggression may be a realistic and acceptable mode of adjustment.

a. Suicide

Sometime when an individual is afraid to express his hostility openly, he returns it inward upon himself. Active aggression is displaced by self accusation, which eventually can lead to attempted suicide or, more commonly to threats of suicide\textsuperscript{27}. An individual will attack himself as an object replacement of fury.

2. Withdrawal reaction

A second basic type of responsive of reaction is withdrawal from the frustration situation. Basically a fear reaction, withdrawal may take the obvious from of physical flight or, more commonly, the subtler from of retreating within a “shell” of psychology defenses. By withdrawal, some individuals, when attacked by frustrations and conflicts, they try to avoid close contacts with other people and any kind of goal-seeking behavior that may pose the threat of causing further anxiety.

\textsuperscript{26} Ibid. p. 461.
\textsuperscript{27} Ibid. p. 464.
a. Regression

Sometimes a frustrated individual unconsciously seeks to return to an earlier, more secure period of his life. In regression the individual flees from the painful realities and responsibilities of the present to protected existence of his childhood. Usually regression appears in relatively mild forms, and it may not even interfere seriously with the individual’s adjust efficiency. One familiar form of mild regression is homesickness: when a person has to face new problems in a new environment and finds adjustment difficult, he often falls back upon thoughts of home, where he could always find sympathetic understanding and help.

C. Responses to Self Adjustment

The fate of every human is that he must all times adjust himself to the expectancies of others. From the moment when he dimly communicates with members of his family, the child must share their ways of doing things. While he may be satisfied with himself as he is and thus be well adjusted as far as his own needs and aspirations go, unless he conforms to the demands of others he is probably a misfit. Self-adjustment is also called self-defense mechanism or mechanism reaction. Self-defense mechanism of every individual is different according to how complicated the problem is and how strong an individual can face it. Here are some defenses of mechanism.

---

28 Ibid, p. 471.
29 Ibid. p. 471-472.
a. Repression

A particular important defense mechanism for meeting many of our daily frustration is repression. Repression is the process of excluding from consciousness a thought or feeling that causes pain, shame, or guilt. Everyone who has had the experience realizes, that he has “forgotten” to perform some unpleasant duty. It is common, too, to repress the memory of an embarrassing moment.

Many our daily experiences are soon forgotten simply because they are of no use to us and thus are never reviewed. Repression on the other hand is selective, serving to protect the individual from the pain of certain thoughts and memories. With ordinary forgetting, a person who cannot directly recall forgotten material can usually recognize it or relearn it more rapidly than he could learn new material. But repression is often so complete that the person can neither recognize nor relearn the material even when it is brought to his attention. That is, he actively keeps himself from responding to any stimulus, which might cause him to “remember” certain painful things.

b. Fantasy

When a person’s desire is frustrated by reality, he may retreat into a fantasy world where his wishes can be satisfied. The frequency of fantasy or daydreams is apparently determined by the strength of the underlying motives of the degree to which these motivates are being frustrated. Fantasy is a means of obtaining satisfaction or venting stress emotion when the usual ways are closed.

off. The fantasies can be erotic, aggressive, or playful. Fantasies have largest advantage without guilty, because they are accompanied by no requirement for achievement. In the privacy of our daydreams, we can image a variety of wicked activities without enduring much shame or anxiety.31

A fantasy can be definite as a situation imagined by an individual or group, which does not correspond with reality but expresses certain desires or aims of its creator. Fantasies typically involve situations, which are impossible or highly unlikely.32

c. Self Enhancement

Self-enhancement is generally accepted by social psychologists as a basic motive that drives the cognition, affect, and behavior of people. Additionally, social psychologists consider the tendency toward self-enhancement as a way for individuals to preserve stable emotions and mental well-being. In fact, self-enhancement appears to be adaptive for humans by promoting "successful life adjustment" since individuals who maintain positive perceptions about the self, the world, and the future typically are cheerful and satisfied.

Other indicators of "successful life adjustment" include the capacity to show concern for other people and the ability to undertake and complete productive, resourceful tasks33.

The concept of self-enhancement also addresses the construal of outcomes and how individuals explain the causation of events. In particular, people are predisposed to assign favorable outcomes to themselves, while they are likely to ascribe unfavorable outcomes to factors other than themselves.
CHAPTER III
RESEARCH FINDINGS

A. Data Description

1. Characterization of Charley as Main Character.

   In this paper the writer finds some characters from Charley as main character, which consists in this fiction such as alcoholic, distant man, hopeless, selfless, rigid man, ambitious and never gives up about baseball, and Fantasy.

<table>
<thead>
<tr>
<th>No.</th>
<th>Corpus</th>
<th>Page</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I got so drunk.</td>
<td>4</td>
<td>Alcoholict</td>
</tr>
<tr>
<td></td>
<td>I drank more.</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Allowed for a weekend bender.</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got drunk…and drank some more.</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td></td>
<td>And I bought a six pack of beer.</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>And giving up is the ground floor of doing yourself in. so I tried to.</td>
<td>7</td>
<td>Hopeless</td>
</tr>
<tr>
<td></td>
<td>But I can’t say that, because I wasn’t.</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Make this the last night of my life.</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I didn’t like who I was at all.</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I grew ornery and distant.</td>
<td>5</td>
<td>Distant man</td>
</tr>
<tr>
<td>4.</td>
<td>No tears, Chick.</td>
<td>58</td>
<td>Rigid man</td>
</tr>
<tr>
<td>5.</td>
<td>The only thing I had to worship was baseball.</td>
<td>31</td>
<td>Ambitious and never give up about baseball.</td>
</tr>
<tr>
<td></td>
<td>I want to play baseball.</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td></td>
<td>But I still dream about it.</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>I used to dream about finding my father.</td>
<td>111</td>
<td>Fantasy</td>
</tr>
</tbody>
</table>

2. Causes of Frustration.

   The writer finds some causes of Charley’s frustration which consists in this fiction such as mother’s death, a conflict relationship between his father’s behavior and baseball game, daughter’s wedding photo, Charley’s wedding was collapsed, parent’s divorcing, Charley’s previous life.
<table>
<thead>
<tr>
<th>No.</th>
<th>Corpus</th>
<th>Page</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I began to unravel the day my mother died.</td>
<td>3</td>
<td>Mother’s death</td>
</tr>
<tr>
<td></td>
<td>But then she did. She died.</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>She was taking her last breath.</td>
<td>170</td>
<td></td>
</tr>
<tr>
<td></td>
<td>“Your mom…she died”</td>
<td>172</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>I was a daddy’s boy.</td>
<td>21</td>
<td>His father and</td>
</tr>
<tr>
<td></td>
<td>He said I could make the major league one day if I had “a plan”, and if I “stuck to the plan”.</td>
<td>31</td>
<td>Baseball game.</td>
</tr>
<tr>
<td></td>
<td>My father, who coached every team I played.</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I dropped out to play minor league baseball, at my father’s suggestion.</td>
<td>132</td>
<td></td>
</tr>
<tr>
<td></td>
<td>He reappeared, after an eight-year absence, at my first college game in the spring of 1968.</td>
<td>112</td>
<td></td>
</tr>
<tr>
<td></td>
<td>At my father’s urging, I played in several tournaments.</td>
<td>122</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I made it to the end of the baseball rainbow.</td>
<td>139</td>
<td></td>
</tr>
<tr>
<td></td>
<td>And so I clung to baseball long after I should have quit.</td>
<td>141</td>
<td></td>
</tr>
<tr>
<td></td>
<td>My father faded with my athlete career.</td>
<td>142</td>
<td></td>
</tr>
<tr>
<td></td>
<td>My life fell after baseball.</td>
<td>155</td>
<td></td>
</tr>
<tr>
<td></td>
<td>But my father, a thief in many ways.</td>
<td>160</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>It was a second photo that broke me.</td>
<td>7</td>
<td>Daughter’s wedding</td>
</tr>
<tr>
<td></td>
<td>That letter from my daughter arrived on Friday, which conveniently allowed for a weekend bender.</td>
<td>9</td>
<td>photo.</td>
</tr>
<tr>
<td>4.</td>
<td>And, over time, our marriage collapsed.</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>For a while after my parents split up.</td>
<td>64</td>
<td>Parent’s divorcing.</td>
</tr>
<tr>
<td></td>
<td>I heard the word “divorce” was after an American Legion baseball game. I am not sure which bothered me more, being the son of this new word, or no longer being the son of the old ones.</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td></td>
<td>If that was the day “divorcee” became familiar.</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Now that she was single.</td>
<td>83-84</td>
<td></td>
</tr>
<tr>
<td></td>
<td>And one day the word “divorce” came up. In truth, it comes from “divertere,” which means, “to divert.”</td>
<td>128</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>I wish I could take back.</td>
<td>185</td>
<td>His previous life.</td>
</tr>
<tr>
<td></td>
<td>If I had my life to do over again.</td>
<td>156</td>
<td></td>
</tr>
</tbody>
</table>
To earn my way back as a player. I still picture myself a promising, young athlete.

3. The Reaction of Frustration.

The writer finds some reflections of Charley’s frustration which consists in this fiction such as suicide, regressed, and drinking alcohol.

<table>
<thead>
<tr>
<th>No.</th>
<th>Corpus</th>
<th>Page</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I tried to kill myself.</td>
<td>3</td>
<td>Suicide.</td>
</tr>
<tr>
<td></td>
<td>I decided to kill myself.</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I was going to end my life.</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Make this last night of my life.</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>My mother had been all over me as a kid.</td>
<td>4</td>
<td>Regressed.</td>
</tr>
<tr>
<td></td>
<td>My mother was always writing me notes.</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td></td>
<td>She tucked me in every night.</td>
<td>33</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I see myself in that pile.</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td></td>
<td>And then the game itself.</td>
<td>168</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Finally I came to bat.</td>
<td>169</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I got so drunk.</td>
<td>4</td>
<td>Drinking alcohol.</td>
</tr>
<tr>
<td></td>
<td>After that, I drank more.</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>For the last time I got drank.</td>
<td>11</td>
<td></td>
</tr>
</tbody>
</table>

4. The Reflection of Self-Adjustment.

The writer finds the self-adjustment from Charley’s reflection of frustration, which consists in this fiction such as forgetting some unpleasant moment, made a fantasy and self-enhancement.

<table>
<thead>
<tr>
<th>No.</th>
<th>Corpus</th>
<th>Page</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I have forgotten so many things in my life.</td>
<td>193</td>
<td>Forgetting some unpleasant moment.</td>
</tr>
<tr>
<td>2.</td>
<td>I had seen her.</td>
<td>24</td>
<td>Made a fantasy</td>
</tr>
<tr>
<td></td>
<td>It was my father’s voice.</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I saw my mother, alive, in front of me.</td>
<td>42</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I was eating a past-tense breakfast at a past-tense table with a past-tense</td>
<td>61</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I fell ashamed now that I tried to take my life. I would like to make things right again with those I love.</td>
<td>193</td>
<td>194</td>
</tr>
</tbody>
</table>

B. Analysis

1. The Characterization of Charley “chick” Benetto

Charley is a frustrated man. He became an **alcoholic** person after his mother’s death. He felt, as suddenly he was alone, no one backing him, no one on his side. Quickly he fell with his drinking; he always drank a lot of alcohol to avoid his problem. He also drank alcohol when he got a letter from his daughter; included her wedding photos that made him so depressed and return to alcohol.

   After the funeral, I got so drunk I passed out on our couch. And something changed. (p. 4)

   After that, I drank more-ballplayers in my time always drank—but it became a problem, which, in time, got me fired from two sales jobs. (p. 5)

   That letter from my daughter arrived on Friday, which conveniently allowed for a weekend bender, not much of which I remember. (p. 9)

   And then, for the last time, I got drunk. First at a place called Mr. Ted’s Pub. Later I went back to my apartment and drank some more. (p. 11)

   …and I bought a six pack of beer from an Asian guy with a thin mustache. (p.13)

   After his bad behavior because of his drinking, he became a **distant** man; he left his family and moved to an apartment even he refused to talk to other person.
I moved to an apartment. I grew ornery and distant. I avoided anyone who wouldn’t drink with me. (p. 5)

He felt more depressed because of his daughter’s wedding photos. When his only one daughter had married, he was not invited either. He felt that his family did not want him again. He also supposed that his mother still alive but she was, so he became a **hopeless** person. One night he decided to finish his life, so he drove back to Papperville Beach to finish all. On his way, he got an accident, and he was saved from the danger but he didn’t want to live any more.

…and something sunk so low inside me I couldn’t find it anymore. You get shut out of your only child’s life, you feel like steel door has been locked; you’re banging, but they just can’t hear you. And being unheard is the ground floor of giving up, and giving up is the ground floor of doing yourself in. so I tried to. It’s not so much, what’s the point? It’s more like what’s the difference?. (p. 7)

Normally, at this point, you’d say “I was just happy to be alive”, but I can’t say that, because I wasn’t. (p. 15)

…as determined as I was to make this the last night of my life. (p. 16)

He was also a **selfless** man. He really didn’t like himself. Even he didn’t care of himself; he thought that point, because his mother passed away. His mother was the woman who always supported him to do some good activities and cared him but, when his mother passed away, so did the idea.

Mothers support certain illusion about their children, and no one of my illusion was that I liked who I was, because she did. When she passed away, so did the idea. The truth is, I didn’t like who I was at all. (p. 4)
Charley’s childhood was so hard after his family had divorced, but Charley was still **rigid** to force the life. Furthermore his mother and his father didn’t tell him and his sister the reason why they did it. But Charley never gave up looking for the reason why they did.

I remember wanting to cry myself, but it had already dawned on me that there were now three of us, not four, and I was the only man. And, like all children whose parent split, I was trying to behave in a way that would bring the missing one back. So no tears, Chick. Not for you. (p.58)

Charley is an ambitious man, especially for baseball. He always became ambitious for baseball and never **gave up** for it. Even he dropped from college for becoming a baseball player, because his desire was only for baseball and became a baseball player.

And when it came to me, the only thing I had to worship was baseball. (p.31)

“I want to play baseball,” I said. (p.60)

I never saw that look again, but I still dream about it sometimes. I see myself in that pile. (p.140)

I dropped out to play minor league baseball. (p.131).

Since his family had divorced. His father never came back to his house; Charley began to imagine that his father was still with him. He always made a **fantasy** with his father, as if he were real. Sometimes he imagined his father was with him, imagined that they ride a bike together go home to that house and his mother would happy because she saw them together went home happily.

I used to dream about finding my father. I dreamed he moved to the next town over, and one day I would ride my bike to his house and knock on his door and he would tell me it was all just a big
mistake. And the two of us would ride home together; me on the front, my dad pedaling hard behind, and my mother would run out the door and burst into happy tears. It’s amazing the fantasies your mind can put together. The truth was, I didn’t know where my father lived, and I never did find out.

(p. 111)

2. The Cause of Frustration

The very important cause of Charley’s frustration is his mother’s death. One fatefully weekend, he left his mother when she was having birthday party, after his father called him again and offered him to play in minor league. Then, he took this chance because of his desire to become a baseball player once was strong. Unfortunately he lied to his mother and whole family that he wanted to take some business. By the time when he was playing game, in other side his mother died by heart attack. This haunted him for years. After his mother passed away, he felt suddenly he was alone, no one visited, no more warm. Charley’s foolish action made him very depressed because he felt that the reason why his mother’s death was his fault.

Looking back, I began to unravel the day my mother died, around ten years ago. I wasn’t there when it happened, and I should have been. So I lied. That was a bad idea. A funeral is no place for secrets. I stood by her gravesite trying to believe it wasn’t my fault, and when my fourteen-year-old daughter took my hand and whispered, “I’m sorry you didn’t get a chance to say good bye, Dad,” and that was it. I broke down. I fell to my knee, crying, the west grass staining my pants. (p. 3)

There were times I wished she would leave me alone. But then she did. She died. No more visits, no more phone calls. (p. 4)

So when I stood at the plate in that Old Timers game, starting at a pitcher whose hair was gray, and when he threw what used to be his fastball.
“Drop it! Drop it! As that second baseman squeezed his glove around my final offering to his maddening game—just as all that was happening, my mother, as once noted, had something else happening back in Pepperville Beach. (p.169)

A massive hear attack
She was taking her last breaths. (p. 170)

“Hello?”
My wife’s voice sounded shaky disturbed.
“Hey, it’s me,” I said “sorry I—“
“Oh Chick, oh, God, we didn’t know where to reach you.”
I had been ready with my lies- the client, the meeting, all of it-but they fell now like bricks.
“What’s the matter?” I said
“Your mom. Oh my God, Chick. Where were you? We didn’t…”
“What? What?”
She started crying, gasping.
“Tell me,” I said “what?”
“It was a heart attack. Maria found her.”
“Wha…?”
“Your mom….she died.” (p. 172)

Other cause of Charley’s frustration is a conflict relationship between his father’s behavior and baseball game. When he was child, his father ever told him that he could be father’s son or mother’s son but could not be both. Then, he decided to become a father’s son. He mimicked his walk, his deep smoky laugh. He gave him honors, and wanted to be him, but one spring day, his mother informed him that his father left and was never come back. From that day on, Charley was a mother’s boy. Years by years his father recalled him again and offered a baseball to him. Then, Charley dropped out from collage and made his mother everlasting disappointment. It was because Charley always viewed baseball as a connection to his father. When his desire of being a baseball player came true, he lost his mother. His father and his baseball broke Charley’s life.

My father once told me, “You can be a mama’s boy or a daddy’s boy. But you can’t be both.
I was a daddy’s boy, and I remained a daddy’s boy right up to a hot, cloudless Saturday morning in the spring of my fifth grade year.
“I’ll take you,” she whispered. “Whenever it is.”

“You can’t Daddy take me?” I asked.
“Daddy’s not here.”
“Where is he?”
She didn’t answer.
“When’s he coming back?”
I was a mama’s boy from that day on. (p. 21-23)

And when it came to me, the only thing I had to worship was baseball. He said I could make the major league one day if I had “a plan,” and if I “stuck to the plan”. (p.31)

My father, who coached every team I played on up to the day he split. (p.32)

I dropped out of college one year later.
I dropped out to play minor league baseball, at my father’s suggestion and to my mother’s everlasting disappointment. (p. 131)

He reappeared, after an eight-year absence, at my first college game in the spring of 1968, sitting in the front row of seats just left of home plate, from which he could best study my form. (p. 112)

At my father’s urging, I played in several tournaments, which were showcases for professional scouts. (p. 122)

I made it to the end of the baseball rainbow: the World Series. (p. 139)

And so I clung to baseball long after I should have quit. I went from minor-league city to minor-league city, still believing, as athletes often do, that I would be the first to defy the aging process. (p. 141)

I quit baseball not long after that. Not surprisingly, my father faded with my athlete career. (p. 142)

I have spoken enough about how bleak my life felt after baseball. (p. 155)

…but my father, a thief in many ways, had robbed me of my concentration. (p.160)
All that happens when your dream comes true is a slow, melting realization that it wasn’t save you. (p.6)

The bad thing that made him more frustrated is a letter from his only daughter with picture of wedding photo. He has not invited to come to her wedding party, he just informed. He suddenly realized that he had been never wanted to be. All he wanted was to have someone on his side; he wished that he still had had his mother, the one person who always believed him.

What finished me, what pushed me over the edge, strange as it sounds, was my daughter’s wedding. She married a “wonderful guy” in an afternoon ceremony. It was the second photo that broke me. It seemed to taunt my absence. This time, my little girl would not take my hand and comfort me; she belonged to someone else. I was not being asked. I was being notified. (p.7)

That letter from my daughter arrived on Friday, which conveniently allowed for a weekend bender, not much of which I remember. (p.9)

He really loved his family; his mother, his wife and his daughter. But after he did the bad thing to his mother, he also lost his family members. His wedding step by step was melting like an ice. There were some causes made his wedding collapsed; and money was the one of the problems. Then, he left them just like once upon a time his father left him and he turned over to alcohol.

Money became a problem; Catherine and I fought constantly about it. And, over time, our marriage collapsed. I left my family shortly thereafter—or they left me. I am more ashamed of that I can say. (p.5)

The other cause of his depression is his mother and father divorcing. He was 12 years old when his family had divorced, and divorces were very uncommon situation. In fact Charley and Roberta his little sister were as the only one children with divorced parents in town, they live hard. And citizen performed
softly to Charley and his sister but they did not for his mother. They made a strong change after divorcing, his mother was a widower, and Charley didn’t want to hear it when the people chat to them about this new word. Parents’ divorcing has changed his world as soon as possible.

For a while after my parents split up, we tried to stay the same. But the neighborhood wouldn’t allow it. People were nicer to my sister and me. But if we were showed more kindness, my mother was not. (p.64)

The first time I heard the word “divorce” was after an American Legion baseball game. I am not sure witch bothered me more, being the son of this new word, or no longer being the son of the old ones. (p. 67)

Still, if that was the day “divorcee” became familiar, I remember distinctly the day it became abhorrent. (p.68)

I would later learn that some staff members felt that she was too much of a distraction to the male doctor, now that she was single. (p. 83-84)

In college, I had a course in Latin, and one day the word “divorce” came up. I always figure it came from some root that meant “divide.” In truth, it comes from “divertere,” which means, “to divert.” I believe that. All divorce does is divert you, taking you away from everything you thought you knew and everything you thought you wanted and steering you into all kinds of other stuff, like discussions about your mother’s girdle and whether she should marry someone else. (p.128)

All the problems made him very depressed, and hunted him for years. It causes why he wanted to back to his previous life, he wanted to be a baseball player once more and change the bad and embarrassments moment. He was very regret about what happened to him and his family.

There are many things in my life that I wish I could take back. Many, moments I would recast. But the one I would change if I could change just one would not be for me but for my daughter,
Maria, who came looking for her grandmother that Sunday afternoon and found her sprawled on the bedroom floor. That never should have happened. She was only kid. (p. 185)

If I had my life to do over again, I would have let it ring. (p. 156)

I had wanted, for so many years, to earn my way back as a player. Now I was part of promotion. (p.165)

In my mind, I still picture myself a promising, young athlete. I was a middle aged salesman. (p. 4)

3. The Reaction of frustration

His wished to back to his previous life and change some embarrassments moments that were not fulfill because the life always goes on. Charley could not accept the fact apparently he would not change the life. He felt guilty for his whole family and his mother. As his alternation, he depressed and wanted to suicide himself. His aggressive is to relieve his depression by attack himself as an object of his own wrath and guilty. He chose to finish all in his old house, where he grew and lived in with his mother.

Let me guess. You want to know why I tried to kill myself. (p.3)

And one night, in early October, I decided to kill myself. (p.6)

…and I was going to end my life where I began it. Blundering back to God. Simple as that. (p. 11)

…because my next act was a no-brainer, as determined as I was to make this last night of my life. (p. 16)

His frustration is also reflected in withdrawal reaction. Withdrawal takes several actions, such as drank alcohol or used drugs, running away from the reality. In this reaction an individual regressed himself to the past. An individual automatically seeks to return to his previous life. He back into his childhood,
because it was more safety and was not conflict. So did Charley, he back into his childhood, because he felt safety from the painful reality. He felt warmly and happily although it was in glance. He remembered the good moment with his mother and with his baseball.

My mother had been all over me as a kid—advice, criticism, the whole smothering mothering thing. (p. 4)

My mother was always writing me notes. She slipped them to me whenever she dropped me off somewhere. (p. 27)

She tucked me in every night, rubbing my hair and saying, “give your mother a kiss”. She told me I was smart and being smart was a privilege, and she insisted that I read one book in every week, and I took me to the library to make sure this happened. (p. 33)

…but I still dream about it sometimes. I see myself in that pile. (p. 140)

And then the game itself. It was like a train station in the dugout, guys shuffling in and out, grabbing bats, bumping around each other as their cleats rang on the concrete floor. (p. 168)

When I finally came to bat, the stadium was less than half full. A took a few practice swings and then stepped into the batter’s box. (p. 169)

Charley also tried to avoid his frustration by drinking **alcohol**. Alcohol is the only thing that made him forget about the reality at glance. So he reduced his depression by using it.

After the funeral, I got so drunk I passed out on our couch. And something changed. (p. 4)

After that, I drank more-ballplayers in my time always drank—but it became a problem, which, in time, got me fired from two sales jobs. (p. 5)

And then, for the last time, I got drunk. First at a place called Mr. Ted’s Pub, where the bartender was a skinny, round-faced kid,
probably no older than a guy my daughter married. Later I went back to my apartment and drank some more. (p. 11)

4. The Reflection of self-adjustment

Self-adjustment is process to self escalation. Process of self-adjustment and self-enhancement make someone do something to relieve problem such as protects himself from any bad tension. By doing it, the individual hopes that his self-esteem as his precious thing still can maintain. Self-adjustment is caused by frustration which continuous from childhood and the complexion of life. People who are depressed try to do anything to reward themselves for their behavior. A reward can simply be activities that bring pleasure.

Forgetting the sources selectively and some unpleasant moment and remembering some pleasant moment are the way for individual to defense himself. It is called repression.

This repression reaction also happened to Charley. He tried to forget some embarrassment moment and just remember happily moment. He tried to remember his mother whole his life because it made him safety.

I have forgotten so many things in my life, yet I can remember every moment of that time with my mother, the people we saw, the thing we discussed. (p.193)

An individual, who gets frustration, may try to forget source of frustration and replace it into fantasy. Most of person does this reaction; this reaction makes him alive and exists. A fantasy happened more commonly to an individual who is frustrated, although he can not solve the problem. But fantasy is kind of way to reduce any bad tension or pressure of soul. The primary function of dreaming is to
realize frustration by reality. Sometimes the fulfillment of a wish is obvious from the surface of content of the dream, but often it is accomplished through symbols that the dreamer himself cannot reality interpret.

Charley made a fantasy to cheer him up. He did it because his desire to meet his mother was not hold. When he got an accident on reaching his hometown Papperville Beach and was being unconsciously. Somewhere between this world and the next, he found his mother again who had died eight years ago, in his old house, and got to spend one last day with her, the day he always missed and wished. They had had a conversation and some activities as previous.

So had been there. I had seen her. (P. 24)

And then I heard something. It came from upstairs. “Charley” Again. “Charley” It was my mother’s voice. (p.38)

I had seen my dead mother, and now I had heard her voice. (p. 41)

I saw my mother, alive, in front of me. I heard her say my name again. “Charley?” she was the only one who ever called me that. (p. 42)

So now I was eating a past-tense breakfast at a past-tense table with a past-tense mother. (p. 61)

Self-enhancement gives chance to an individual to do something to reach the purpose or goal. The basic character of human is always relieving himself. Each of individual has a failure and success as natural phenomena. This case makes an individual to do reconstruction to himself. A failure is always connected with self enhancement.
Charley has also made a self-enhancement for himself. Charley tried to survive after he felt in unwanted situation, which made him so depressed and frustrated. After he did bad action that he wanted to suicide, and he had met his mother’s dead in his fantasy, immediately he felt regret of his action and wanted to survive and life better in the future.

I feel ashamed now that I tried to take my life. It is such a precious thing. (p.193)

I would like to make things right again with those I love. (p.194)
CHAPTER IV

CONCLUSION AND SUGGESTION

A. Conclusion

In general, psychological analysis of *For One More Day* provided that there is a relation between psychology and fiction. In fact literature can be analyzed by psychological approach. In this case, theory of frustration and self-adjustment is used in this analysis.

Discussing Charley as a main character in Mitch Albom’s novel, *For One More Day*, the writer finds some of his characterization to face his problems is tearful. He could not survive his life after his mother’s death. He used all his whole life to regret until he frustrated.

Charley’s frustration is caused by conflicts which appears in his life, and some block of goals. His characterizations are alcoholic man, distant man, hopeless man, selfless man. In other hand he is a rigid man, and always never gives up knowing the reason why his parents got divorced.

Charley’s reaction of frustration to relieve his depression is in some ways; there are aggressive reaction by suicide and withdrawal reaction by regression and drinking alcohol. Those are some motives to diminish his frustration. In other side after sank in unpleasant situation, Charley also depends himself into self-adjustment by defense mechanism.
Charley’s reaction to depend himself in process of self-adjustment is just limited in some reflection; there are repression, fantasy and self enhancement. Those are some motives for him to adjust himself and upgrade his life in consciously or unconsciously.

B. Suggestion

Mitch Albom is the good writer who always gives the reader some messages for life. In the novel For One More Days there are many messages exist as reference to face the reality. For One More Day is not just a book about the son and mother. There are many implied meaning. Charley “chick” Benneto, for example, represents the man who never gives up to his desire, and loves his mother rather than himself. His mother, for example, represents as a strong woman who gives him support and advices.

In this paper, the writer suggests to other researcher who is interested to analyze the same novel entitle For One More Day created by Mitch Albom should analyze other element, which exists in this novel. The writer suggests for other researcher to analyze about plot and setting in For One More Day. In analyzing a novel or literary works, the researcher should read more carefully about the theory and the subject of analysis that it can be explored more to get the best analysis.
BIBLIOGRAPHY


