



UNIVERSITAS MUHAMMADIYAH PROF. DR. HAMKA
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN

Kampus B : Jl. Tanah Merdeka No.20, RT.11/RW.2, Rambutan, Kecamatan Ciracas, Kota Jakarta Timur,
Daerah Khusus Ibukota Jakarta 13830 Telp. (021) 8400341, 8403683, Fax. (021) 8411531
Website : www.fkip.uhamka.ac.id Home page : www.uhamka.ac.id

SURAT TUGAS

Nomor : 2596/ F.03.08/ 2022

Bismillahirrahmanirrahim,

Pimpinan Fakultas Keguruan dan Ilmu Pendidikan Universitas Muhammadiyah Prof. DR. HAMKA, memberi tugas kepada:

- Nama : **Ayu Putri Seruni, M.Pd.**
- Tugas : Melakukan Penelitian dengan Judul "The Need for Self Actualization of the main character in Animated film Omoide no Marnie"
- Waktu : Desember 2022
- Tempat : Jakarta
- Lain-lain : Setelah melaksanakan tugas agar membuat laporan tertulis kepada Pimpinan FKIP UHAMKA

Demikian surat tugas ini dibuat, agar dilaksanakan dengan sebaik-baiknya sebagai amanah.



Jakarta, 2 Desember 2022
Dekan

Dr. Desvian Bandarsyah, M.Pd.

The Need for Self-Actualization of the Main Character in Animated Film “Omoide No Marnie”

¹Ardhia Nandita Dikariasty, ²Ayu Putri Seruni

^{1,2} Universitas Muhammadiyah Prof. Dr. Hamka, Jakarta - Indonesia

Abstract

The Need for Self-Actualization of the Main Character in Animated Film “Omoide No Marnie” is a descriptive qualitative research through Abraham Maslow’s humanistic psychology in a literature study method with the object of research “Omoide no Marnie” animated film. The purpose of this research is to reveal the fulfillment of all the basic needs of the main character that support the main character’s self-actualization at the end of the story. The results of the research found are the achievement of the main character’s self-actualization through the fulfillment of basic needs while the main character is in Kushiro. Self-actualization needs are motivated by the satisfaction of lower needs that can motivate humans to fulfill higher needs above them. The higher the needs that can be met, the more the person’s quality will develop. These basic needs include physiological needs, safety needs, social and love needs, self-esteem needs, and self-actualization needs. In the film, it is explained that the main character can actualize herself after all her multilevel needs are fulfilled through a series of events that occurred.

Keywords: *self-actualization, literature psychology, Abraham Maslow, anime, Omoide No Marnie*

Ethical Lingua

Vol. 9, No. 2, 2022

ISSN 2355-3448 (Print)

ISSN 2540-9190 (Online)

Corresponding Email

Ardhia Nandita Dikariasty

ardhiaditaa@gmail.com

Article’s History

Submitted 06 July 2022

Revised 20 December 2022

Accepted 20 December 2022

DOI

10.30605/25409190.406

Copyright © 2022

The Author(s)

This article is licensed under

CC BY-NC-SA 4.0 License



The Need for Self-Actualization of the Main Character in Animated Film “Omoide No Marnie”

Introduction

The need for self-actualization occupies an important position in human sustainability. With the development of one's abilities and potential to the fullest, the opportunity to contribute to society is even wider. Someone who has self-actualized can be said that their life will be more valuable. They live their role as a well-developed being because their basic needs were pleased. Maslow stated humans require at least 5 levels of needs before they can achieve their self-actualization. Human needs are composed of a hierarchy of abilities where each needs are interrelated so that higher needs usually arise from the satisfaction of lower needs that have been met. (A. Maslow, 2017). In Maslow's explanation, self-actualization needs are the highest level of needs. All stratified needs must at least be met so that individuals can move towards managing the next need (Lestari et al., 2019). Self-actualization needs are motivated by the satisfaction of lower needs that can motivate humans to fulfill higher needs above. The higher the needs that can be met, the more of someone's quality will develop. But, it is not uncommon for these needs to be random according to the priority of their respective needs because individuals will not wait the lower needs to be satisfied first to bring up the higher needs, There is no one who can fulfill their basic needs 100% (Rosyidi, 2015). For example, the need to be loved by others (parents) is more important to others than fulfilling hunger needs. Therefore, self-actualization can be achieved if basic needs below are satisfied. Self-actualization needs are the highest needs, capacities, and potentials inherent in human beings to develop (Bahuwa, 2019).

Related to psychology, especially in personality psychology, literature is an interesting field of study because it's more than just studying boring texts, but is a study material that combines fictional characters, literary writers, and also readers (Minderop, 2018:3). Literature is a flexible essay which contains a flexible basis of thinking that can be accepted by various groups (Suhariyadi, 2014). Literature as an art of language consists of several types. Among these types of literature, films and anime are included in popular literary works. Anime is a literary work made with several techniques and creative visual effects with humans as it voice actors.

According to Lamarre (2010) Animation is a drawing motion art, what happens in the story is more necessary than what appears because it includes the art of manipulating the invisible gaps that exist between each event. As one of developed countries that produces many literary works in the form of anime, Japanese animation products called anime have been successfully industrialized to various countries in the world. Even though anime is made and originated in Japan, it is no less popular among anime lovers outside of Japan. Currently, anime has been developed with better graphics and creative dubbers, not only for entertainment, but anime can also be enjoyed as a light lesson because it is usually filled with some authentic Japanese culture. Japanese occupant itself tend to watch anime because sometimes the stories are similar to their lives.

Studio Ghibli as a Japanese animation film production house has successfully published anime with various genres until it is known by the world. In fact, because of it's success, the Ghibli museum was built to commemorate the journey of studio ghibli film production and the iconic characters of ghibli cartoon since 1985 until present. Anime titled *Tonari no Totoro*, *Spirited Away*, and *Omoide no Marnie* are some of it famous works that have catapulted the name of studio ghibli. The choice of anime *Omoide no Marnie* as the object of research due to the authenticity of this film which was adapted based on the original novel by Joan G. Robinson, entitled *When Marnie Was There*. Although there are differences in the setting of the original novel, this film still close and relevant to the novel. This heartwarming psychological genre film was directed by Hiromasa Yonebayashi and released on July 19, 2014. *Omoide no Marnie* was nominated for Animation of the Year at the 38th Japan Academy Prize Awards and Best Animated Feature Film at the 9th Asia Pacific Screen Awards in 2015. Anime *Omoide no Marnie* tells how family love beyond no boundaries between the reality and time.

The character will be discussed in this research is the main character named Anna Sasaki. Anna described as a quiet child, difficult to get along with people and tends to close herself off from social life. One day, Anna

suffers from asthma severe enough that her adoptive mother, Yoriko Sasaki, suggests her to take a break from urban life by spending her summer vacation in Kushiro, a village close to the beach where the weather still clean and mild. Anna, who has problems in social relations, one day met a child named Marnie and since then her stratified needs were going to be fulfilled through this episode.

In relation to this research, the author is interested in discussing the process of achieving Anna's self-actualization in the midst of her life based on Maslow's pyramid of needs theory. The achievement of self-actualization of the character of Anna Sasaki is depicted in the footage of the film *Omoide no Marnie* at the beginning and end as evidence that the main character 'Anna Sasaki' has succeeded for actualizing herself.

Early quote of the film:

杏奈：この人たちは内側の人間。そして私は外側の人間。私は...私が嫌い。(思い出のマーニー, 00.32-01.53)

Anna: "Kono hitotachi wa uchi gawa no ningen. Soshite watashi wa soto gawa no ningen. Watashi wa.. watashi ga kirai." (*Omoide No Marnie*, 00.3-01.53)

Translation:

Anna: "These people are inside the world (Anna looks at her classmates). And I'm just an outsider. I... I hate myself."

Ending quote:

杏奈：はい！私とっても幸せなんです。(思い出のマーニー, 01.37.29)

Anna: "Hai! Watashi totemo shiawase nan desu." (*Omoide No Marnie*, 01.37.29)

Translation:

Anna: "Yes! I feel so delighted right now."

The quote at the beginning of the story describes the main character who feels isolated from the world. The main character at that time was described as an insecure person and difficult to express her feelings to others. In several situations, explained that she often behaved dishonestly. She preferred to be alone and did not socialize with other because she thinks it would really bothered her. But, at the end of the story, described that the main character no longer hates herself, she appreciates her life, she try being honest with her feelings to others (mostly her adoptive mother), and has succeeded overcoming her problems on social relations by making good friends with a character named Sayaka, which previously was difficult for her. So, it can be said that at the end of the story the character of Anna Sasaki is a character who has succeeded in actualizing herself through the fulfillment of multilevel needs while she stays in Kushiro.

Conform to Schultz in Minderop (2018: 282), the requirement for achieving peak experience or also called self-actualization is when a person succeeds in satisfying her basic needs which consist of 5 levels, namely physiological needs, security needs, social needs and affection, self-esteem needs, and self-actualization needs. Therefore, this study describes the basic needs of main character's which fulfilled one by one so that she can actualize herself at the end of the story through various events that occurred. The journey of Anna's character taking order to satisfy all her basic needs will be discussed further in results and discussion section.

Previous research on self-actualization has been discussed by Farah Fajriyah (2021) with the title "Student Interpersonal Communication and Self-Actualization in Covid-19 Pandemic Period." The purpose of this study is to explain the process of interpersonal communication and self-actualization of students of the Faculty of Da'wah and Communication at UIN Sunan Ampel Surabaya during the Covid-19 pandemic. This study uses a descriptive qualitative method with computer-mediated communication interpersonal interaction approach on self-actualization, based on Carl Rogers theory with interview and observation techniques. The results of the study revealed that students' long-distance interpersonal communication was mediated by computers through verbal messages, while self-disclosure communication occurred through some speech acts, also at some situations students performed the metacommunication. Meanwhile, student self-actualization during the pandemic is shown by adaptive and positive behavior in dealing with incidents. This effectively enables students to face challenges better, ready/willing to consider new ideas or experience, and enhance their qualities so that they can continue to develop their potential even in unusual situations.

The second study by Pavai et al. (2020) with the title Investigation of Relations between Decision Making and

Self-Actualization. This research is published in the Journal of Materials Today: Proceeding Volume 37 in 2021 pages 785-788. The purpose of this study was to determine if there is any relationship between the components of decision making and self-actualization in high school students in ten different schools in the districts of Chennai, Thiruvallur and Kancheepuram. This quantitative research uses stratified sampling technique and questionnaire method. It was found that decision making contributed 57% of the variance in predicting student self-actualization. In addition, there is a positive relationship between self-actualization and the decision-making component. Of the five components, Buck-Passing (Beta 0.244) played an important role followed by self-esteem (Beta 0.219), High Alertness (Beta 0.210), Procrastination (Beta 0.193) and Vigilance (Beta 0.159).

The next research that discusses self-actualization is "The Process of Self-Actualization of the Character Tatsuhiro Satou to Escape the Hikikomori Life by Fawwaz Andrian Roffif (2018). This study aims to reveal the narrative structure and form of self-actualization of the character Tatsuhiro Satou in order to escape of his hikikomori life. Through the communication content analysis technique, it was found that the research results were the plot in the anime "NHK ni Youkoso!" run linearly. The form of Satou's escape from the hikikomori life is by deciding to work on his own volition.

Based on the research that has been done previously, there are crucial differences with this research which is related to the object under study and the focus of the research. The first study used student objects as samples and focused on the process of interpersonal communication and its relationship to student self-actualization. The second research with research objects of high school students in different schools, focuses on the relationship between self-actualization needs with student decision-making attitudes, and the last research with a narrative structure approach focuses on the form of hikikomori life release experienced by the main character. While in this study, the object of research used is anime *Omoide No Marnie* and the focus of the research is self-actualization achieved by the main character, which has not yet been found in other studies that discuss this object when viewed through the fulfillment of Maslow's stratified needs.

Thus, this study focuses on self-actualization achieved by the main character through the fulfillment of Maslow's 5 level needs consisting of physiological, security, social and affection needs, self-esteem, and self-actualization through a literary psychology approach.

Method

This research is a descriptive qualitative research with literature study. The descriptive research method is a fact-finding process with an accurate interpretation of the research object (Santosa, 2015:20). Meanwhile, according to Creswell (2018:70), literature study is a technique for systematically summarizing, evaluating, finding and outlining information about a topic. The research procedure was carried out by providing and collecting data related to the theory of the need for self-actualization of the main character named Anna Sasaki as stated by Abraham H. Maslow in anime *Omoide no Marnie*. Through a psychological approach to literature, listening and note-taking techniques, the author analyzed Japanese-language quotations containing the theory of multilevel needs and translated them. The researcher then presents the data in form of a report on the results that has been done. By applying these research techniques, the author collects data related to Maslow's hierarchy of needs and look for references from books, journals, the internet, previous studies and other sources to help strengthen the theory used. The data collection procedure that will be carried out by the author includes the following: 1) Gathering Stage, 2) Analysis Stage, 3) Final Stage/Outcome (Creswell, 2018:290).

Results and Discussion

Through listening and note-taking technique in this study, the author finds several quotes that show the fulfillment of the hierarchy of needs in the main character Anna Sasaki based on Abraham Maslow's theory. Some of main character's needs that has been completed show that at the end of the film Anna can actualize herself. Total data found are 19 quotes from *Omoide no Marnie* animated film by Hiromasa Yonebayashi.

Physiological Needs

Physiological needs occupy the first level in Maslow's pyramid of needs. Physiological needs stand above other needs so that humans cannot live without fulfilling these needs. Minderop (2018: 283) explains that physiological needs are fundamental needs for the body such as the need for food, water, oxygen, rest, and

sex, where the satisfaction of these needs is very important for human sustainability. The following quote describes the fulfillment of physiological needs of the main character in anime *Omoide No Marnie*:

- (1) 叔母さん: 「自由に使ってね子共たちは独立して、今はもういないのよ。」 (思い出のマーニー, 08.45-08.50)

Obasan: "Jiyuu ni tsukatte ne, kodomotachi wa dokuritsu shite, ima wa mou inai no yo."

(Omoide No Marnie, 08.45-08.50)

Translation:

Aunt Oiwa: "The kids are independent and not here anymore, feel free to make yourself at home"

The Oiwa family provides a place to stay for Anna while in Kushiro. The dialogue shows that Aunt Oiwa has ensured that Anna's need for a place to live is satisfied while she is in Kushiro. Maslow (1954:72) Feelings of being accepted and belonging to a group, such as ownership of a place in a house is part of basic (physiological) needs that are supported. So, the character Anna gets the fulfillment of physiological needs from providing shelter and food while she is in Kushiro from the Oiwa Family.

- (2) おじさん: 「さあ、風呂に入ってメシを食って。」 (思い出のマーニー, 36.10-36.12)

Ojisan: "Saa, furo ni haitte meshi wo kutte."

(Omoide No Marnie, 36.10-36.12)

Translation:

Uncle Oiwa: "Now then, let's take a shower and then eat."

Anna's physiological needs in form of the need for food and personal hygiene are met while in Kushiro because it is borne by Oiwa's uncle and aunt. Physiological needs are the requirement for basic things needed so that body functions run properly such as eating, resting, drinking, etc (Samsara, 2020). Thus, as seen in this conversation, Anna's physiological needs are satisfied when she is fed and given facilities to clean herself.

- (3) 頼子さん: 「こんなに元気になって。」 (思い出のマーニー, 1.32.39-1.32.40) *Yoriko-san:*

"Konna ni genki ni natte."

(Omoide No Marnie, 1.32.39-1.32.40)

Translation:

Yoriko-san: "She looks healthy."

Based on the quote above, when Anna's adoptive mother named Yoriko picks Anna up to return to their home in Sapporo, Anna looks very healthy and happy. The quote "genki ni natte" shows that while living in Sapporo, her basic needs, such as eating, sleeping, resting, etc., are fulfilled by the facilities provided from Oiwa family that we could say Anna was satisfied because she looks so fit and healthy. As according to A. H. Maslow (2012), mentally and physically healthy individuals tend to be more able to enjoy life experiences, be happy, and love their surroundings so that they have greater opportunities to be able to actualize themselves. Therefore, the main character's physiological needs have been satisfied through the facilities provided by the Oiwa family.

Based on the explanation above, physiological needs as the basic support for self-actualization of the main character Anna Sasaki can be fulfilled through the provision of food, provision of shelter, facilities for cleaning herself, facilities for resting, and feeling accepted in the family by Oiwa's uncle and aunt in Kushiro.

Safety Needs

Fundamentally, the need for safety is an individual effort to protect themselves from harm. Maslow describes the need for safety are including security, stability, freedom, protection, dependence, no fear, anxiety, chaos, structure, law, order, power to protect and others (Ronie & Hellystia, 2019). The following is an analysis of quotes containing the safety needs of the main character in anime *Omoide No Marnie*:

- (1) 頼子さん: 「私についていけないけどー、2人はきっとよくしてくれるわ。」 (思い出のマーニー, 05.05-05.10)

Yoriko-san: "Watashi wa tsuite ikanai kedo, futari wa kitto yoku shite kureru wa."

(Omoide No Marnie, 05.05-05.10)

Translation:

Yoriko-san: "I can't come, but they will take care of you there."

The quote explains that Anna's adoptive mother (Yoriko) entrusted the responsibility for looking after Anna to Aunt Oiwa in Kushiro during the holidays. Yoriko feels that Anna needs to take a break from the hustle and bustle of Sapporo city to recover herself from asthma. Maslow (1984:70) explains that the fulfillment of need can bring certain results, such as the fulfillment of security needs will lead to a subjective sense of security, comfortable sleep, invulnerability, appear bolder and others. Based on the explanation above, Anna was able to fulfill her safety needs during her time in Kushiro from the Oiwa family through caring and feeling that being cared by others was part of her security need. So that the security needs of Anna's character can be fulfilled.

(2) 杏奈: 「じゃ、すごい秘密を話すね。」(思い出のマーニー, 1.06.44-1.06.46)

Anna: "Jya, sugoi himitsu wo hanasu ne."

(Omoide No Marnie, 1.06.44-1.06.46)

Translation:

Anna: "Okay, I'll tell you a big secret."

The character Anna, who has trusted Marnie, reveals a secret to Marnie. Anna believes that this secret will be safe if she told it to her friend, Marnie. The need for safety, such as the desire to be understood by others is satisfied because Anna trusts for Marnie. The desire to know and understand can be seen after childhood and will be stronger towards adulthood, because it is part of self-maturation (Maslow, 1984:56). Therefore, the main character's safety need is satisfied because the main character feels relieved being able to trust Marnie to share stories with each other.

(3) 頼子さん: 「杏奈をありがとうございました。」(思い出のマーニー, 1.32.36-1.32.38)

Yoriko-san: "Anna wo arigatou gozaimashita."

(Omoide No Marnie, 1.32.36-1.32.38)

Translation:

Yoriko: "Thank you for taking care of Anna."

According to Maslow (1954:99), Satisfaction of the need for safety produces the best feelings of relief and relaxation. In the quote, Yoriko can be seen feeling very grateful to the Oiwa family and feeling relieved after seeing Anna grows and get along well during her time in Kushiro. It can be concluded that Anna's security needs are met from the supervision of temporary guardians from Oiwa's uncle and aunt.

Based on some of the quotes found, the safety needs of the main character Anna Sasaki can be satisfied, including through the sense of security due to the Oiwa family's surveillance while on vacation in Kushiro, and the desire to be understood by others is satisfied through the character Marnie who is willing to listen to complaints and try to understand Anna.

Social and Belonging Needs

In society, humans tend to need each other in doing something because humans are creatures which cannot stand alone by themselves. This is where the role of fulfilling social needs for every creature, because not only humans, animals and plants also live by helping each other. In fulfilling the social and belonging needs of each individual, it is necessary to channel love to other creatures. Maslow (1954:3) states that the human need for love and affection is as important as the need for truth. The following is an analysis of the main character's quotations containing the fulfillment of social and belonging needs:

(1) 頼子さん: 「杏奈どう?もう苦しくない?とても苦しうだったからもう..」(思い出のマーニー, 02.23-02.30)

Yoriko-san: "Anna, dou? Mou kurushikunai? Totemo kurushi sou data kara mou.."

(Omoide No Marnie, 02.23-02.30)

Translation:

Yoriko-san: "How are you feeling Anna? Are you still feel sick? You look pale..."

The quote shows Yoriko who is worried about Anna's condition. Main character's asthma suddenly relapsed in the school garden then she was immediately taken to her home to be treated by a doctor. Maslow (1984:74) reveals, a mother who loves her child well will produce a feeling of calm in her soul because their child need

less love given from the world. The satisfaction of the basic emotional needs of the character Yoriko provides opportunities for the emergence of love and belief to be healthy for the Anna. Therefore, Anna's need for affection can be satisfied through the attention her adoptive mother gives when the main character is sick.

- (2) 美代子ちゃん: 「杏奈ちゃんのカバン持ってきました。中にノートの中にも入ってます。」 (思い出のマーニー, 02.44-02.47)

Miyoko-chan: "Anna-chan no kaban motte kimashita. Naka ni nooto no to mo haittemasu."

(Omoide No Marnie, 02.44-02.47)

Translation:

Miyoko-chan: "I've brought Anna's bag, there's today's notebook inside too."

After knowing that Anna was sick, her classmates went to Anna's house with notes for today's lesson and also bring her bag which she left it at school. Anna's classmates attitude is the affection shown between school friends. Only those who have loved, been loved, and have deep friendships can overcome hate speech, humiliation, or persecution (Maslow, 1954:53). However, despite being noticed by classmates, at this time Anna is still difficult to open up because Anna thinks they are not very close to her. As according to Maslow (1954:25) that humans are never relatively satisfied because human desires differ in their level of needs. Thus, although Anna's social needs can be shown through the quote above, Anna has not yet been satisfied with her need for love from her friend because she is not comfortable with her schoolmates.

- (3) 頼子さん: 「多分学校で孤立してるんです。」 (思い出のマーニー, 03.28-03.31) Yoriko-san:

"Tabun, gakkou de koritsu shiterun desu."

(Omoide No Marnie, 03.28-03.31)

Translation:

Yoriko-san: "Looks like Anna was estranged at school."

Yoriko worries about Anna's behave at school, at the beginning of the film Anna is described as a child who closes herself so that her social needs are not satisfied. Even though her classmate tries to approach her such as brought back her bag that she left at school, Anna still feels inferior and neglected. Maslow (1954:194) reveals that humans are basically isolated each other and wrapped in their own little shell, people will never be able to understand if they don't try to care about each other as they try to know themselves. Therefore, at this time the social and belonging needs of Anna have not been fully satisfied through the attention she gets at school, both from her teacher's, classmates and others.

- (4) 頼子さん: 「あったことを書いてください。」 (思い出のマーニー, 09.55) Yoriko-san: "Atta koto wo kaite kudasai."

(Omoide No Marnie, 09.55)

Translation:

Yoriko-san: "Please write anything about your daily life there"

The quote above explains that Anna's adoptive mother sent her a letter hoping that Anna would tell about her daily life during her vacation in Kushiro. Even though they are separated by distance, Yoriko still tries to fulfill her need for affection towards Anna. A healthy love relationship is the most effective way to unite the barrier between two people who are separated (Maslow, 1954:194). So, Anna's need for affection is fulfilled with the love given by her mother through sending letters so both Yoriko and Anna can find out about each other's situation even though they are on different places.

- (5) 杏奈: 「お祭りいやだな。」 (思い出のマーニー, 24.31-24.32)

Anna: "Omatsuri iyada na."

(Omoide No Marnie, 24.31-24.32)

Translation:

Anna: "I hate festivals."

The quote describes the main character who feels displeased to be invited to a festival. In general, a person's social needs can be met when participating in events such as festivals because they can enjoy the event and socialize with other people, but the main character herself experiences upheaval within so that she does not want to fulfill her own social needs. Maslow in his book *Motivation and Personality* (1984:138) reveals "Children

basically have an aggressive nature, like small animals that have hostile feelings so that adults must instill discipline and kindness since their early age". It can be concluded that to get along with her peers, the main character still has difficulty opening up and has not been able to socialize well so that Anna's social needs in the form of true friendship have not been fulfilled through the Tanabata festival.

(6) マーニー: 「ゆっくり自分で見つけていきたいの。」 (思い出のマーニー, 39.55-39.57)

Marnie: "Yukkuri jibun de mitsukete ikitai no."

(Omoide No Marnie, 39.55-39.57)

Translation:

Marnie: "I want to find out myself slowly, so we can get to know each other"

After getting to know Marnie, the main character feels more understood than when she tries to get along with her peers. Anna becomes more open up, polite, and willing to respect Marnie's opinion. Marnie, who understands that Anna is not very good at expressing herself in social circles, patiently makes appropriate friendships with her step by step so that the main character can open up more. Maslow (1954:53) reveals that only those who have loved, been loved, and have deep friendships can overcome hate speech, humiliation, or persecution. So, the social and belonging needs in the form of true friendship can be satisfied through the love and sympathy given by the character Marnie.

(7) 杏奈: 「私は杏奈、札幌から療養に来てるの。」 (思い出のマーニー, 1.02.09-1.02.12)

Anna: "Watashi wa Anna, Sapporo kara ryouyou ni kiteru no."

(Omoide No Marnie, 1.02.09-1.02.12)

Translation:

Anna: "My name is Anna, I came from Sapporo and came here for treatments."

The quote describes Anna's developed sociability. The presence of Marnie brings the main character's courage to try to get to know and communicate well with other people. This is shown by her success in introducing herself well to a new neighbor named Sayaka. Interpersonal communication allows individuals to verbally express love and affection more openly (Maslow, 1954:250). Therefore, the main character's need for true friendship has been fully satisfied through the character Sayaka, which is indirectly brought together through the story of Marnie's swamp house.

Based on the data found, the main character succeeded in fulfilling her social and belonging needs through various events that occurred in both Sapporo and Kushiro. The social and belonging needs that have been fulfilled are family affection that ignores distance and time from the characters Yoriko and Marnie, as well as true friendship from the characters Sayaka.

Esteem Needs

According to Maslow, every individual in society has needs and expects self-assessment that can make her feel great, have a strong personality, or usually have a high level of self-esteem and respect from others. Therefore, Maslow (1984:50) classifies the need for self-esteem in two forms, first is ambition for authority, achievement, validity, confidence in facing the world, excellence, potential and desire for freedom. While the second is that humans have what is called a good name or prestige, fame (defined as a sense of respect from others), honor and glory, status, dominance, acceptance, affection and appreciation.

The fulfillment of need for self-esteem indirectly makes oneself more optimistic, confident, appropriate, and feels that the individual is needed by the world (Maslow, 1984:51). The following data shows the need for self-esteem of Anna Sasaki:

(1) マーニー: 「あたしどうしてもあなたと知り合いになりたいの。」 (思い出のマーニー, 32.09-32.11)

Marnie: "Atashi doushite mo anata to shiriai ni naritai no."

(Omoide No Marnie, 32.09-32.11)

Translation:

Marnie: "I've wanted to know you for a long time."

The main character begins to feel her existence is needed by others through Marnie's presence in her life. Maslow (1954:45) reveals that the fulfillment of self-esteem need leads to an attitude of self-confidence, strength, ability, adequacy, and a feeling of being needed by the world. It can be concluded that the need for self-esteem such as feeling needed by others and self-confidence has been satisfied through how Marnie treats her.

- (2) マーニー: 「あなたはあたしの大事な秘密よ、だれにも話していないし。」(思い出のマーニー, 33.42-33.48)

Marnie: "Anata wa atashi no daijina himitsu yo, dare ni mo hanashite inaishi." (Omoide No Marnie, 33.42-33.48)

Translation:

Marnie: "You are my precious secret, I won't tell anyone."

Marnie explains Anna's existence in her life, which makes Anna feel valued because Marnie said that she is something important and special compared to others. Every human interpersonal relationship such as friendship, marriage, etc. can present feelings of security, respect, belonging, and love that support the satisfaction of basic psychological needs (Maslow, 1954:248). Thus, the main character's need for self-esteem is satisfied through Marnie who favors main character's existence in her life compared to other people.

- (3) マーニー: 「まあ！何て上手なの。」

杏奈: 「あーありがとう。。」

マーニー: 「自分の絵を描いてもらったのは初めてよ。うれしいわ。」(思い出のマーニー, 1.03.42-1.03.48)

Marnie: "Maa, nante jouzu na no!"

Anna: "A-ariatou.."

Marnie: "Jibun no e wo kaite moratta no wa hajimete yo. Ureshii wa."

(Omoide No Marnie, 1.03.42-1.03.48)

Translation:

Marnie: "Wow, your paintings are great!"

Anna: "Th-thank you.."

Marnie: "This is the first time for me being a model in someone's painting, I'm so happy!"

The quote describes Marnie's character who is interested in seeing her portrait made by the main character and feels grateful for it. The main character's need for self-esteem is satisfied after hearing Marnie's praise regarding Anna's painting. According to Maslow (1954:161) Close friendly relationships usually want more certainty, praise, support, warmth, and exclusivity between each other to be recognized. Therefore, the praise given by Marnie can satisfy the main character's need for self-esteem.

Based on the data found, the main character succeeded in fulfilling the need for self-esteem through feeling needed and wanted by others by Marnie, self-acceptance, and praise that made the main character feel appreciated for what she did.

Self-Actualization Needs

One of the characteristics that people have actualize themselves is independence from their birth and social environment. According to Maslow, the definition of self-actualized is that person no longer feels a severe deficiency in himself, he can accept both advantages and disadvantages of himself, can love and be loved by others, and appreciate everything in life with admiration (Maslow, 1984: 228). They are seen as people who have been free to grow, mature, and develop to realize the nature and potential that exists within. The following quote shows the main character's self-actualization in terms of the fulfillment from basic needs that have already been satisfied:

- 1) 杏奈: 「私は杏奈、札幌から療養に来てるの。」(思い出のマーニー, 1.02.09-1.02.12)

Anna: "Watashi wa Anna, Sapporo kara ryouyou ni kiteru no."

(Omoide No Marnie, 1.02.09-1.02.12)

Translation:

Anna: "My name is Anna, I came from Sapporo and came here for treatments."

The quote describes the courage from Anna introducing herself to a new neighbor named Sayaka with a confident attitude. This courage comes from knowing that Sayaka interests in discussing things about Marnie and the swamp house where Sayaka lives now. Maslow (1984:357) reveals that there is a tendency to change such as changes in behavior that can result in better personality changes. We can see the contrasting improvement on main character's behavior at the beginning and at the end of the film. The main character has obtained a friendly relationship that she could not accept before, so that her behavior develops better. This is one of the characteristics of a person's self-actualization. Therefore, it can be said that this is one of the signs that the main character has self-actualized herself.

2) 杏奈: 「この間はごめんなさい。」 (思い出のマーニー, 1.36.52-1.36.54)

Anna: "Kono aida wa gomennasai."

(Omoide No Marnie, 1.36.52-1.36.54)

Translation:

Anna: "I'm sorry for what happened back then"

At the beginning of the film, it was mentioned that the main character insulted Nobuko at Tanabata Festival. By admitting her mistakes and apologizes, Anna proved that she had succeeded in self-actualization by realizing her mistakes and trying to solve her own problems. She wants to live without regrets so she apologizes every mistake she has done in the past. The first level of acceptance of self-actualizing people is to be a good person, passionate about life, and enjoy life without regrets (Maslow, 1954:156). Therefore, it can be said that the main character who has become a better person by apologizing for her mistakes is a sign that the main character has actualized herself.

3) 杏奈: 「はい、私とっても幸せなんです。」 (思い出のマーニー, 1.37.30-1.37.33)

Anna: "Hai, Watashi totemo shiawase nan desu."

(Omoide No Marnie, 1.37.30-1.37.33)

Translation:

Anna: "Yes! I feel so delighted right now."

Happiness is one of the characteristics from a person's self-actualization. Satisfaction of needs leads to temporary happiness as well as peak experience, but happiness is essentially unstable because it is episodic and unsustainable (Maslow, 1954). Feelings of happiness are obtained through the fulfillment of basic needs that support one's self-actualization. In the quote, Anna admits that at this time she has reached a point of happiness because one by one her life needs are being satisfied. A. H. Maslow (1954:68) explains, when talking about the concept of satisfaction, many authors implicitly align with the tendency of growth in organisms that leads to fuller development (self-actualization). Therefore, it can be seen that the main character's achievement of self-actualization is known from intense happiness in the form of a temporary peak experience.

Based on the explanation above, the achievement of self-actualization of the main character Anna Sasaki includes the peak experience when she finds out that the Marnie, who is her biological grandmother, remembers Anna's subsistence so deeply that her love can transcend the boundaries of space and time. Anna can remember Marnie through dreams/imagination that she made in her imagination when she saw the swamp house that was left by Marnie, because there were still memories of when Anna was being cared by her. Anna accepts the fact that Marnie is not real, but Anna is still glad because she has met Marnie even though it is only in her dream. This shows that the main character Anna Sasasaki has accepted her life genuinely. In addition, the main character's self-actualization achievement can also be seen when the main character manages to befriend Sayaka, Hisako, and Grandpa Toichi. The main character Anna Sasaki in anime *Omoide No Marnie* has grown freely, matured, and confident because all of her storied needs are fully satisfied. Therefore, the main character can fulfill the physiological, safety, social and affection needs, self-esteem and has achieved self-actualization.

Conclusion

Based on the analysis of data that has been described before, it can be concluded that the main character Anna Sasaki in anime *Omoide No Marnie* has succeeded in fulfilling all stratified needs which include;

physiological needs, safety needs, social and affection needs, self-esteem needs, and self-actualization needs. The fulfillment of multilevel needs that support the main character's self-actualization cannot be separated from the supportive environmental conditions. This is explained by Abraham Maslow (1954:99) in his book *Motivation and Personality* that higher needs require environmental conditions such as family, economic, educational, social, and other supports to be able to achieve them, good environmental conditions allow people to love each other more which are very important for the process of self-actualization. The main character's physiological needs are met through providing food, providing shelter, cleaning facilities, resting facilities, and feeling accepted in the family by Oiwa's aunt and uncle in Kushiro. The main character's security needs are satisfied through a sense of security due to the Oiwa family's surveillance while on vacation in Kushiro, as well as the desire to be understood by others through the character Marnie who is willing to listen to Anna's complaints. Social and affection needs are met through family affection that ignores distance and time from the characters Yoriko and Marnie, as well as true friendship from the characters Sayaka. Self-esteem needs are met through feeling needed and wanted by others, self-acceptance, and praise that makes the main character feel valued. The achievement of self-actualization is evidenced by the happiness of peak experience, acceptance of life, and changes in behavior for the better. Therefore, the main character Anna Sasaki in anime *Omoide No Marnie* has grown up freely, matured, confident because all her stratified needs are met and have reached her self-actualization.

References

- Bahuwa, R. (2019). An Analysis of Maslow's Hierarchy of Need in the Great Gatsby Novel By Franciss Scott Fitzgerald's. *British (Jurnal Bahasa Dan Sastra Inggris)*, 7(2), 110. <https://doi.org/10.31314/british.7.2.110-119.2018>
- Creswell, J. W. (2018). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. In SAGE Publications, Inc. (5th ed.). SAGE Publications Inc. <http://www.elsevier.com/locate/scp>
- Fajriyah, F. (2021). *Komunikasi Antarpersonal Mahasiswa Dan Aktualisasi Diri Di Masa Pandemi Covid-19*. <http://digilib.uinsby.ac.id/id/eprint/46094>
- Fawwaz, A. R. (2018). Proses Aktualisasi Diri Tokoh Tatsuhiro Satou Untuk Lepas Dari Kehidupan Hikikomori Dalam Anime Nhk Ni Youkoso ! In *Fakultas Ilmu Budaya Universitas Diponegoro*.
- Lamarre, T. (2010). The Anime Machine: A Media Theory of Animation. In *Choice Reviews Online* (Vol. 47, Issue 08). <https://doi.org/10.5860/choice.47-4242>
- Lestari, S., Waluyo, H. J., & Wardani, N. E. (2019). Humanistic Psychology Study of Abraham Maslow on the Main Character in Tiba Sebelum Berangkat Novel by Faisal Oddang. *Budapest International Research and Critics Institute (BIRCI-Journal): Humanities and Social Sciences*, 2(1), 110–118. <https://doi.org/10.33258/birci.v2i1.155>
- Maslow, A. (1954). *Motivation and Personality*. In *Personality: An interdisciplinary approach*. D Van Nostrand Company. <https://doi.org/10.1037/12225-003>
- Maslow, A. H. (1984). *Motivasi dan Kepribadian: Teori Motivasi dengan Ancangar Hirarki Kebutuhan Manusia*. Seri Manajemen No. 104. Jakarta: PT. Pustaka Binaman Pressindo.
- Maslow, A. (2017). A theory of human motivation. In *A Theory of Human Motivation*. Dancing Unicorn Books. <https://doi.org/10.4324/9781912282517>
- Maslow, A. H. (2012). *Toward A Psychology of Being: A Psychology Classic*. Start Publishing LLC.
- Minderop, Albertine. (2018). *Psikologi Sastra: Karya Sastra, Metode, Teori, dan Contoh Kasus*. Edisi ke-2. Jakarta: Yayasan Pustaka Obor Indonesia.
- Pavai, P. S., Geetha, K., Vigneshwari, J., & Suganthi, L. M. (2020). Investigation of relation between decision making and Self-Actualization. *Materials Today: Proceedings*, 37(Part 2), 785–788. <https://doi.org/10.1016/j.matpr.2020.06.002>
- Ronie, F. I. M., & Hellystia, D. (2019). Hierarchy of Needs Analysis of the Main Character of a Novel Entitled Flawed By Cecelia Ahern. *Journal of Language and Literature*, 7(2), 146–154. <https://doi.org/10.35760/jll.2019.v7i2.2030>
- Rosyidi, H. (2015). Psikologi Kepribadian (Paradigma traits, Kognitif, Behavioristik dan Humanistik). In *Jaudar Press: Vol. (Issue 9)*.
- Samsara, A. (2020). Mengenal Psikologi Humanistik. *Lautan Jiwa*, 89. <https://b-ok.asia/book/5570407/92c5f5>
- Santosa, P. (2015). *METODOLOGI PENELITIAN SASTRA: Paradigma, Proposal, Pelaporan, dan Penerapan*.
- Suhariyadi. (2014). *Pengantar Ilmu Sastra : Orientasi Penelitian Sastra*. 1–405.