

CHAPTER I

INTRODUCTION

1.1 Background of the Research

Life is interpreted as a journey, a process in which a human child goes through in search of his or her identity. Life is beautiful, like this sentence is usually said by young people who almost never encounter problems in their lives. However, the fact is that we know that life is not only full of beautiful things and happy moments, but also difficulties. We as humans cannot avoid it. There are many problems in our lives and we need to fight to overcome these problems so that we can survive. We cannot avoid our destiny. However, once we experience problems in life, we still have to continue living. Conditions like this can also be found in literary works such as novels. The word "Literature always reflects social and cultural phenomena that occur in society. Whether it is a personal or social phenomenon, literature always presents it in an interesting." Sabudu (2020: 1)

Literature is a work that originates from the implementation and imitation of human life. Aminuddin (2009:80-81) "literature is a structure. The structure here means that the work is a systemic arrangement of elements, between which there is a reciprocal relationship, mutually determining, so that the unity of elements in literature is not just a collection or pile of things or objects that stand alone, but these things are interrelated, and interdependent". The creation of individual literary works is born in the social life of a particular region. Where the literary work describes the life of the community with all its activities. One of them is a novel in which each chapter in the novel has elements of imagination, creativity, ideas, and message that the researcher wants to convey to the reader.

According to Goldmann (in Faruk 1999: 31) "distinguishing novels into three types, namely abstract idealism novels, psychological novels

(decision romanticism), and educational novels". KBBI (1989: 134) states that "the word novel means a prose essay that contains a series of stories about a person's life, the people around him by highlighting the character and nature of each behavior. Meanwhile according to Febrianto and Anggraini (2019) "Novels are part of a form of literary work that has and contains the content of reality in which there is an event or event and behavior experienced and carried out by humans (characters)". Novels are able to reveal the conflicts or life problems of the characters in a more in-depth, yet subtle and simple way. In addition, a novel is a series of events with a background that is displayed in a structured manner, so it is more long-form than other fictional prose. Basically, the purpose of a novel is to provide entertainment to its readers.

Literature is a human expression in the form of written or spoken works based on thoughts, opinions, experiences by using feelings in an imaginative, creative form and which comes from a reflection of reality or original data wrapped in aesthetic packaging through language media such as poetry, songs, novels, and dramas. Etymologically, the word literature in Indonesian comes from Sanskrit which is a combination of the word *sa* which means to direct, teach, and instruct, and the suffix *tra* which is usually used to indicate a tool or means. So, if the word *sastra* is written in full based on the etymological meaning of the word, it can be interpreted as a tool for teaching, instructing, or teaching. This definition explains the meaning that what is called literature is nothing but a tool that serves to educate or provide knowledge to its readers.

Novels describe images of human life, expressions and behavior that reflect life choices. In this situation, humans are faced with various kinds of life problems that they have to live with. Social events and behavior experienced by the community and researchers themselves. In analyzing events, happenings and behavior in society. Azizi and Anggraini (2019) stated that "Novels can also be used as a reflection to shape human character, especially in the social environment". According to Sumaatmadja (in Maftuhin et al., 2016: 11), humans as living beings exist in the midst of other humans

(social environment), in a cultural context (cultural environment), and the universe (natural environment). Besides having different characteristics, humans also have various similarities between humans.

Therefore, humans are very interesting to study and observe every process of their lives. The reflection of life can be found in literary works, because in it there is a story of the character's life journey that is successfully built by an researcher for readers to enjoy. One of the literary works that can present a story or life story in detail is a novel. According to Nurgiyantoro (2013:17), what is presented by the novel is a world on a larger and more complex scale that includes various life experiences that are considered actual, but all of them remain intertwined.

According to Nurgiyantoro (in Nilawijaya and Awalludin, 2021: 15), defines a novel as one of the works of fiction that offers a world, the world contains an idealized, imaginative model of life, and which is built through its intrinsic elements. According to Nurgiyantoro (2013:30), a novel has building blocks in it, so there must be an assessment first before entering into research problems, especially those related to the intrinsic elements of a novel. Because the intrinsic elements of a novel are elements that (directly) participate in building the story.

Literature is a variety of experiences, ideas, desires, and humans in everyday life that are poured into several forms and styles of literary works. Because literature comes directly from human life, it can increase our knowledge and experience of human problems including values, cultural morals, struggles, and human interest Alfian (2014). According to Setyowati and Sukmawan (2018:135), among the genre of literary text, fictional prose is a type of prose which is mostly available in any means of communication. Nowadays, many of the fiction various genres are downloadable from the internet, ranging from novels, short stories, mini fiction, and macro fiction. For the benefit of humans, there is a common study of human life, and this can be referred to as sociology of literature. The difference is that literature studies human beings as creations of the researcher imagination, while psychology studies human

beings as real creations of God. However, human characteristics in psychology and literature often showsimilarities, making psychology of literature research possible.

Although literary works are creative and imaginary, creators still often use the laws of psychology to bring their characters to life Endraswara (2008). Literaryworks viewed as psychological events will display psychological aspects through their characters if the text is in the form of drama or prose. The researcher will capture psychological symptoms and then process them into the text and complement them with his soul. The projection of experiences around the researcher will be imaginatively drawn into the literary text Endraswara (2008). One of the most popular forms of literary works is the novel. A novel is a fictionalprose story of a certain length that depicts characters, movements, and scenes of lifeimaginatively. A novel is an essay that is a story that tells extraordinary events frompeople's lives. It is said to be extraordinary because from these events conflicts areborn, disputes that cause upheaval in the souls of the characters, thus changing thecourse of the characters' lives. Thus, the novel tells one aspect of the life of a truly special character that results in a change of fate, which can be in terms of love, courage, power, struggle and so on Nurgiyantoro (1995).

This study was conducted by the researcher to answer the research problem and the researcher used the theories of Braun and Isaac (1979) and Maslow (1970)to find the types of struggles.

1.2. Problem Identification

Based on the research focus, the formulation of the problem:

1. What types of struggle of life are depicted by the main character in Danielle Steel's Novel Zoya?
2. How do intrinsic and extrinsic struggles in life influence the main character in Danielle Steel's Novel Zoya?

1.3. Objective of the Research

The objective of the research is to describe the types of struggle of life depicted by the three main characters and these types of life struggle are influenced in the novel by Danielle Steel 'Zoya'

Based on the problem identifications above, there are 2 objectives of this study:

1. To find out the types of struggle of life depicted by the main character in Danielle Steel's Novel Zoya.
2. To analyse the intrinsic and extrinsic factors of the struggle for life that influence the main character in Danielle Steel's Novel Zoya.

1.4 Scope

This study is conducted the theory proposed by Braun and Isaac as the grand theory and the supporting theories are proposed by Krisnanda. In addition this study has limitation to analyze into 2 points: First, the types of struggle of life (struggle with self, struggle with other and struggle with environment). Second, the factor of life struggle influenced the Main character (Intrinsic factor and extrinsic factor) changes in live such a change of character, behavior and unhealthy in physical, mental, and social are faced by the protagonist in the novel. Then, this study is conducted by means descriptive qualitative method and the data in this study are utterances and quotations from all parts in Danielle Steel 's novel Zoya.

The researcher focus on researching defines problem limitation as follows the obstacles from the main character to fulfill the The struggle of human life is a process in achieving its goals. Zoya's struggle in living her life is such a contrast between before and after her kingdom of Russian was destroyed. Problem after problem strengthened him through all the most difficult times in his life. Life's struggles reflect her true self.

1. 5. The significance of the Research

a. Theoretical use

It is expected that it can enrich the knowledge as regard the linguistic phenomena especially those which are related to speech acts as a Pragmatic scope.

b. Practical use:

1. Students

This study is expected to provide further information related to the types of life struggles and their impacts. Helping to provide fundamental insights into the complex learning process using the framework of learning theory, namely behaviorism: learner behavior is formed through reinforcement, Cognitivism: new knowledge is built on existing knowledge, then the author believes this research will add insight. Whereas the meaning of life question is too broad and abstract to be answered via empirical investigation, the aim of psychological research on meaning in life.

2. English Department

This research is expected to provide an understanding in studying discourse, especially data taken from novels and to be analyzed as teaching and learning materials. Theoretical research underlines the importance of a knowledge base on research methods as a guide for those who want to conduct research. The theoretical framework in research helps researchers design and conduct research and analyze and interpret their findings. The theoretical framework explains the relationship between theoretical variables, what is analyzed, and data sources.

3. Other researchers

This research is expected to be a reference to help and facilitate research related to literature analysis. Theories are developed by researchers to explain phenomena, draw relationships, and make predictions as a source of useful information and

knowledge. The components of the theoretical framework used include: concepts, which are the basic building blocks of the theoretical framework, which are a way of developing abstract ideas or generalizations that represent an object, event, or phenomenon and variables, which are aspects of concepts that can be measured and observed, making it easier for other researchers to conduct research.

1.6. Definition of Key Terms

To avoid different point of view among the researcher and the reader. Here's the researcher conclude as follows:

Sociology Approach : By using a perspective approach through certain opinions or beliefs, the struggle for human life is a description of behavior that frames it into a life process from the social environment in which humans live. Because certain individuals may be able to influence a person's life, namely social facts, laws, morals, values, religious beliefs, customs, clothing, rituals, and all cultural rules that regulate social life, social institutions, patterns of belief and behavior that focus on fulfilling social needs, social solidarity. So the life choices made by humans directly determine how or what they will get in the future. Facing difficulties with principles and determination will help humans themselves in living their lives.

Hierarchy of Need : Research has found that teaching about the struggle of life through the theories of Braun and Isaac and the proponents of Krishnanda have explained typhus and its impact on human life and starting with gratitude, we move away from victimization and towards empowerment. We overcome guilt and take responsibility for our own lives and do what we can for others. Diversity, belonging, and inclusion are very personal issues that can separate or connect us to the suffering of others and guide our actions for peace and justice.

Struggle of life of a Novel :

Novels are part of literary works. Novels are a representation of human conditions towards efforts to achieve life goals. Changes in human life from an easy, honorable, wealthy life to a difficult life, neglected, hiding for a long time and living full of limitations. Novels reveal several aspects of humans, namely love, life, and existence because novels tell about human activities and describe what is happening around them. In this novel, it has been explained about the struggle for life, types of life struggles, namely the struggle with oneself, the struggle with others, the struggle with the environment and factors of life struggles that influence the main character, namely Intrinsic Factors and Extrinsic Factors, adding to our scientific insight. In literary works, conflict is every struggle that must be overcome by a character to achieve his goals. Conflict can be in the form of obstacles or 'real world' antagonists, namely external conflicts or inner turmoil which are conflicts marked by a struggle between two opposing forces.

CHAPTER II

LITERATURE REVIEW

This chapter presents a review of related literature. Contains several topics used to support the analysis in this research, which is a necessary source regarding these topics. Namely all types of life struggles and their influence on the main character using Braun and Isaac's theory. The novel as a literary work is a source of data that will be analyzed as the research object of this thesis. The cast, setting and time of events are supporting sources for the writer in this research. The emphasis on the life struggle described by the main character is the basis of this thesis

2.1 Sociology of Literature

Sociology is the scientific and systematic study of groups and group interactions, society and social interactions, from small and private groups to very large groups. A group of people living in a certain geographical area, interacting with each other, and having the same culture, is called by sociologists a society. However, they have not really engaged in a systematic effort to understand the social world. Sociology is an effort to understand the social world by placing social events in their environment according to social structure, culture, history and trying to understand social phenomena by collecting and analyzing empirical data.

The sociological approach is a way of approaching everyday common sense. In society, groups of people often believe that they understand the world and the events that occur in it, often justifying their understanding by calling it "common sense." However, they have not really engaged in a systematic effort to understand the social world.

Here the researcher uses a sociology approach because the researcher analyzes the novel *Zoya* by Danielle Steel. Sigmund Freud's work and theories helped shape our views on childhood, personality, memory, sexuality, and therapy.

Sociologists study social events, interactions, and patterns, and they develop a theory in an attempt to explain why things work as they do. A sociological theory seeks to explain social phenomena. Theories can be used to create a testable proposition, called a hypothesis, about society (Allan 2006). He explained that In sociology, a few theories provide broad perspectives that help explain many different aspects of social life, and these are called paradigms. Paradigms are philosophical and theoretical frameworks used within a discipline to formulate theories, generalizations, and the experiments performed in support of them. Three paradigms have come to dominate sociological thinking, because they provide useful explanations: structural functionalism, conflict theory, and symbolic interactionism.

Sociologists also utilize some aspects of these other fields. Psychology and sociology, for instance, share an interest in the subfield of social psychology, although psychologists traditionally focus on individuals and their mental mechanisms. Sociology devotes most of its attention to the collective aspects of human behaviour, because sociologists place greater emphasis on the ways external groups influence the behaviour of individuals.

Social life overwhelmingly regulates the behaviour of humans, largely because humans lack the instincts that guide most animal behaviour. Humans therefore depend on social institutions and organizations to inform their decisions and actions. Given the important role organizations play in influencing human action, it is sociology's task to discover how organizations affect the behaviour of persons, how they are established, how organizations interact with one another, how they decay, and, ultimately, how they disappear. Among the most basic organizational structures are economic, religious, educational, and political institutions, as well as more specialized institutions such as the family, the community, the military, peer groups, clubs, and volunteer associations.

Sociologists often study culture using the sociological imagination, which pioneer sociologist C. Wright Mills described as an awareness of the relationship between a person's behavior and experience and the wider culture that shaped the person's choices and perceptions. It's a way of seeing our own and other people's behavior in relationship to history and social structure (1959). One illustration of this is a person's decision to marry. In the United States, this choice is heavily influenced by individual feelings. However, the social acceptability of marriage relative to the person's circumstances also plays a part.

Sociologists are interested in the experiences of individuals and how those experiences are shaped by interactions with social groups and society. For a sociologist, a person's personal decision making does not occur in a vacuum. Cultural patterns, social forces, and influences put pressure on people to choose one option over another. Sociologists try to identify these general patterns by studying the behavior of large groups of people who live in the same society and experience the same social pressures.

The sociology approach will be described, and from several previous relevant studies that discussed life struggles, the researcher limited his thinking to focusing and analyzing the types of life struggles carried out against the background of the Russian Revolution and World War I in Europe to get an idea. a better picture of life ideas. based on a psychological approach. The reason the researcher limited his research was because it was based on a psychological approach that suited Zoya who was destroyed in the Russian revolution and she had to make a new life for herself. The theory introduced by Braun and Isaac and Maslow will be used in this research. and the factors that leave Russia special forces fighting for their lives in Danielle Steel's novel Zoya.

From the review of related research above, the researcher also discusses the struggle in his research this time to describe the society of Russian people. There are similarities and differences made by researcher. The similarity is that

both discuss the struggle. The difference is the object of research conducted by researcher where researcher use Braun and Isaac's (1979) and Maslow (1970) theories to find the types of struggles carried out by United States special forces and Factors for a Better Life in the novel *Zoya* by Danielled Steel. Finally, based on the above reasons, the researcher analyzes this thesis with the title "Analysis of Struggle in Danielle Steel's Novel *Zoya*"

Researcher have identified several previous studies related to this research. The first research was conducted by Anggun Inggrit Larasati, Agus Triyogo, and Yulfi, (2021) *Analysis of the struggle of life in the novel Struggle of Life between the World and Me by Ta-Nehisi Coates*, using qualitative descriptive methods, the results of this study know the struggle of life in the novel struggle of life in between the world and me by Ta-Nehisi Coates. The second research was conducted by Elpiza Febriyanti, Marudut Bernadtua Simanjuntak, and Sutrisno, (2022) *Analysis of the moral values and struggles of parents towards children in the film Dangal*. The third research was conducted by Leliana Lestari Sain, Risma Kartika Dewi, (2022) *The life struggle of the character Ikal in the novel laskar pelangi by Andrea Hirata*.

The fourth research was conducted by Widya Prameswari Pertiwi, Imam Muhtarom, Dewi Herlina Sugiarti, (2021) *The life struggle of the main character of the novel 23 Episentrum by Adenita and its relevance as teaching material for literature in high school literary sociology review*, The fifth research was conducted by Fionny I gustaman, Imelda s. Lolowang, (2021) *The struggle seen in owens' novel where the crawdads sing*. The sixth research was conducted by Lilis Nurhidayah, Elmustian, and Zulhafizh, (2022) *The values of struggle in the novel orang biasa by Andrea Hirata and its implications for character learning in high school*.

The seventh research was conducted by Peter Manuputty, Ayani, Shania Patty, (2021) *Analysis of the values of struggle in the novel kami bukan sarjana kertas*

by J. S Khairen. S Khairen, The eighth research was conducted by Geraldus I Bataha, Tini Moge, Imelda Lolowang, (2021) *The struggle of life reflected in the novel Ralston between a rock and a hard place*, The ninth research was conducted by Nur Husna, (2021) *The power of struggle seen in the novel the old man and the sea by Ernest Hemingway*, The tenth research was conducted by Dhafin Rozaq Azka, Saptanto hari wibawa, Samsul Hadi, (2021) *Analysis of King Caspian's struggle to find his father's seven friends in the novel series The Chronicles of Narnia the voyage of the dawn Treader by C.S.*

2.2 Struggle

Struggle according to Braun and Isaac (1979) is struggle is an action that is not easy to do, sometimes many things have to be sacrificed to achieve what we are fighting for. Sometimes we have to lose something very valuable. Struggle is the spirit that humans show to get something they want. It is a good action that humans do for their lives. Because for humans the struggle is very important, because it is for life.

According to Marsam (2000), struggle comes from the word "fight" which means fighting to defend life or state independence. Struggle in this research effort is interpreted as a person's effort to defend their country from terrorist threats. Meanwhile, according to Dewi R. Sulistini (2014, p. 30) people have to fight to get big business, if people don't fight then they won't get anything. Based on this understanding, struggle is the hard work experienced by everyone to try to achieve what they dream of and no dream can come true without struggle.

Struggle is an attempt to get something or defeat someone who rejects something from you and gives effort to survive, meaning that life becomes a struggle to survive, an attempt to get out of difficulties in various ways. If you are having difficulty or difficulty doing something difficult then try hard to do it.

Life's struggle has been, at least at its lowest level, for the overcoming of difficulties in the form of hunger and thirst, heat and cold and the fear of death, all which ever remain as the invariable concomitants of life in general. Krishnananda (2024). This means that the nature of life's limitations never changes, and is always there. There is no hope that they will change or stop. Humans are also obsessed with the curiosity to know more about themselves and the outside world, and this urge for knowledge has not yet reached its limits. Historical problems are life problems, and these problems are always the same, wherever a person is, or whatever the circumstances.

Zoya faces difficult times and joins the Ballet Russe in Paris. And then, when life was kind to her, Zoya moved on to a new and shiny life in New York. The days of peace became too short when the Depression hit, and she lost everything again. Human's longing to exercise power, possess things and enjoy pleasure is ostensibly the hidden aim behind every form of his/her effort both in his private and public life. Something that can only be achieved with great effort is said to be a struggle, which is what is meant by struggle. But it is surprising that this goal is lost sight of in the process of the struggle, and the struggle itself is deified, in some way or other, the means getting confused with the end. A war, fight, conflict, or contestation, whatever the problem, with every effort to resolve it. A task or goal that requires a lot of effort to complete or achieve. They accept the winner of the power struggle and within a few months, they have a new nest just like what happened in the novel Zoya by Dabielle Steel.

2.3 Types of the Struggle for Life

According to Braun and Ishac (1979), there are three types of the struggle for life: struggles with self, struggles with others, and struggles with the environment. This struggle is aimed at survival.:

1. Struggle with self

The person who cares and struggles with self is the wisest person, because when he struggles with self, which is the toughest struggle one can experience, in the struggle with self it will become easy if one is able to fight the fear within self. The first is to make one's thoughts, words, and actions to address one's own desires Kennedy (2018).

The struggle with self, arises when in difficulty, an individual performs an action, conversation, and desire with himself, this happens when a person is driven by an internal desire within himself so as to cause the individual's self- confidence, enthusiasm, and perseverance to increase. The struggle with self is a difficult struggle for a person to do, where he must endure pain and sacrifice for himself in achieving a goal. The person who cares and struggles with himself is the wisest person, because when he struggles with himself, which is the most difficult struggle that an individual can experience, in the struggle with himself it will become easy if an individual is able to fight fear in himself Braun and Isaac (1979).

Gustaman and Lolowang (2021) state that life is not only full of beautiful things and happy moments but also difficulties. The statement is in line with the data 1 above that life is sometimes difficult. This statement is in line with the life journey of a human child who will always encounter difficulties and obstacles. Of course, it will be seen how humans go through the process of getting out of these obstacles as a life experience. What will ultimately determine whether it will have a positive or negative impact.

Another thing that happens to a person that causes them to struggle is that people who have low self-esteem often feel that they have no control over their life or what happens to them. This can be caused by feeling that they have little ability to create change in themselves or the world. Because they have an external locus of control, they feel powerless to do anything to fix their problems.

Another thing about struggling with oneself is that in order to gain external validation, people who feel uncomfortable in their own skin may go out of their way to make sure others feel comfortable and happy. Pleasing others often means ignoring their own needs. People with low self-esteem end up saying yes to things they might not want to do and feel guilty for saying no. Lack of self-discipline is a common problem that affects many aspects of life, such as productivity, health, relationships, and happiness. Self-discipline is the ability to control impulses, emotions and actions to achieve desired goals and this is also the definition of a struggle with self.

2. Struggle with others

Struggling with others is the basis of the Indonesian nation which in everyday life likes to work together on the basis of a family spirit, struggling with others will make a job easier, in terms of struggling with others here, someone can organize others in a job that is being done, a proverb once said about struggling with others, namely "Light is the same carried, heavy is the same carried" Joyomartono (1990).

When we consider struggling with others, there are three things to think about, the first is controlling and organizing the people and activities that occur in our duties, our responsibilities must be considered. Another aspect is how to make ourselves useful to others in various conditions in life to know to what extent we should let others use our time, our energy, our work, or our patience, and where we should draw the line Braun and Isaac (1979).

Our instinctive response to struggle is often fight or flight. We see struggle as a sign that something is wrong, and our limbic system calls it a threat. They look for ways to keep us safe and comfortable by eliminating or avoiding struggle.

The meaning of struggle is to make strenuous or violent efforts in the face of difficulties or resistance, to use a lot of effort to defeat someone, prevent something, or achieve something: For years he struggled with/against the establishment to get his theory accepted. Struggling with another means something like fighting, fighting,

or competing fiercely against someone or something, for example an officer struggles with a thief, but ultimately succeeds in subduing him.

Another definition of struggle is experiencing great difficulty in moving or manipulating something. Having great difficulty understanding something, for example Tom is having difficulty with his math class at the moment. I'm still struggling with this concept. Can you explain it to me again?

Struggle can also be dealing with things filled with doubt, guilt, regret, or other negative emotions related to a decision, for example you may struggle with the consequences of some of your actions, but this business sometimes requires you to be ruthless. "Many people report that "dealing with people" is their biggest struggle at work when it comes to their well-being. According to Jane Dutton (2022). A person with professionalism will feel high-quality connections at work that can provide a sense of positive appreciation for others. To foster high-quality relationships, workplaces must establish rules of engagement and reward collective accomplishments. Often this is fought for totally by the actors.

3. Struggle with environment

Difficult circumstances and conditions cannot be predicted by a person and difficult conditions will inevitably be faced by a person in life every situation that is favorable or unfavorable to a person, which the person can discover for himself, and every pleasant or unpleasant person, whose presence causes him to act. struggling with circumstances will create a reaction that depends on the happiness and spiritual progress of man, if he can control this reaction, then it can be said that he is a progressive person, but if he cannot control it, then he will show that he is going backwards Nurgiyantoro (1995).

Difficult environments and conditions cannot be predicted by a person and difficult conditions are bound to be faced by a person in life every situation that is favorable or unfavorable to a person, which the person can discover for himself, and

every pleasant or unpleasant person, whose presence causes him to act. the struggle with the environment creates reactions that depend on the happiness and spiritual progress of man, if he has control over these reactions, then it can be said that he is an advanced person, but if he has no control, then he shows that he is backward Braun and Isaac (1979).

The environment is where we struggle, when a person wants to achieve a desire, he will go through various circumstances, and various environmental conditions, such as; a person who struggles in an environment that does not support his desires, a family that is unable to support the chosen desires, other examples of environmental struggles such as; a person's struggle that is not in accordance with the surrounding environment, difficult circumstances that cannot be passed by a person, the person does not show action then said to have retreated Ariarta (2015). Based on the explanation above, it can be concluded that there are three types of life struggles, Struggle with self, Struggle with others, and Struggle with the environment. Researcher used this theory to find the type of the struggle for life used in the novel *Zoya* by Danielle Steel.

2.4 Factor influence to Human's Life

The extrinsic motivation and the intrinsic motivation drive human behavior. There are several key differences between motivation that comes from external rewards and the kind that is driven by an individual's genuine interest, including the influence of each type on a person's behavior and the situations in which each type will be most effective.

Maslow (1970) says that there are two factors that influence a person to get a better life, this can be seen below:

1. Intrinsic Factor

Intrinsic factors are factors that come from within themselves. In intrinsic factors, individuals have a desire to do something for their lives, because the outcome is in accordance with their belief system or fulfills a desire and is therefore important

to do. Intrinsic motivation is when a person performs a behavior because they find it rewarding. They perform an activity for its own sake and not because of a desire for an external reward. The behavior itself is its own reward Maslow (1970).

Intrinsic motivation occurs when you engage in a behavior because you find it rewarding. You do an activity for its own sake and not because of a desire for external reward. The behavior itself is its own reward. A very strong urge from within to make changes with the aim of getting out of a difficulty or problem. The definition of extrinsic motivation is also when we are motivated to carry out a behavior or carry out an activity because we want to get a reward. This often happens in humans with human egos who want to excel and win something, in other words, make themselves proud.

Intrinsic motivation is when you are motivated by personal satisfaction or enjoyment instead of external factors like reward or punishment. There are ways to make tasks more intrinsically motivating. Krishnanda (2024). Intrinsic motivation is the act of doing something without a clear external reward. You do it because it's fun and interesting, not because of outside incentives or pressure to do it, such as rewards or deadlines. There are a number of different theories proposed to explain intrinsic motivation and how it works. Some experts believe that all behavior is driven by external rewards, such as money, status, or food. In intrinsically motivated behavior, the reward is the activity itself. Intrinsic motivation can be applied to all aspects of your life and has been shown to be an effective way to improve performance. By changing the focus to the internal rewards of a task, such as satisfaction and enjoyment, you can better motivate yourself and others.

The best known theory of intrinsic motivation was first based on human needs and drives. Hunger, thirst and sex are biological needs that we must fulfill in order to live and be healthy. Just like these biological needs, humans also have psychological needs that must be met in order to develop and develop. These include the needs for competence, autonomy, and relatedness.

In addition to satisfying these basic psychological needs, intrinsic motivation also involves seeking and engaging in activities that we find challenging, interesting, and internally rewarding without the prospect of external reward.

Some examples of intrinsic motivation are:

1. Participate in a sport because it is fun and you enjoy it rather than doing it to win awards
learn a new language because you like experiencing new things, not because your job requires it
2. Spend time with someone because you enjoy their company and not because they can improve your social status
cleaning because you enjoy a tidy room rather than doing it to avoid angering your partner
3. Play cards because you enjoy a challenge rather than playing to win money
4. Exercise because you enjoy the physical challenge it puts on your body rather than doing it to lose weight or fit into clothes
5. Volunteer because you feel fulfilled and fulfilled rather than needing it to fulfill school or job requirements
6. Run because you feel relaxed or trying to break a personal record, not to win a competition
taking on more responsibility at work because you enjoy being challenged and feeling accomplished, rather than getting a raise or promotion
7. Paint a picture because you feel calm and happy while painting rather than selling your art to make money

Understanding the factors that promote intrinsic motivation can help you see how it works and why it can be beneficial. These factors include:

- **Curiosity.** Curiosity pushes us to explore and learn for the sole pleasure of learning and mastering.
- **Challenge.** Being challenged helps us work at a continuously optimal level work toward meaningful goals.
- **Control.** This comes from our basic desire to control what happens and make decisions that affect the outcome.

- **Recognition.** We have an innate need to be appreciated and satisfaction when our efforts are recognized and appreciated by others.
- **Cooperation.** Cooperating with others satisfies our need for belonging. We also feel personal satisfaction when we help others and work together to achieve a shared goal.
- **Competition.** Competition poses a challenge and increases the importance we place on doing well.
- **Fantasy.** Fantasy involves using mental or virtual images to stimulate your behavior. An example is a virtual game that requires you to answer a question or solve a problem to move to the next level. Some motivation apps use a similar approach.

The following are some things you can do to help you practice better intrinsic motivation: 1. Look for the fun in work and other activities or find ways to make tasks engaging for yourself. 2. Find meaning by focusing on your value, the purpose of a task, and how it helps others. 3. Keep challenging yourself by setting attainable goals that focus on mastering a skill, not on external gains. 4. Help someone in need, whether it's a friend who could use a hand at home or lending a hand at a soup kitchen. 5. Create a list of things you genuinely love to do or have always wanted to do and choose something on the list to do whenever you have time or are feeling uninspired. 6. Participate in a competition and focus on the camaraderie and how well you perform instead of on winning. 7. Before starting a task, visualize a time that you felt proud and accomplished and focus on those feelings as you work to conquer the task.

2. Extrinsic Factor

Extrinsic motivation is all of the factors outside ourselves that inspire us to engage in a certain behavior (Ryan & Deci, 2000). In other words, it is unrelated to whether I want to do something for purely personal reasons.

Extrinsic motivators are all the life circumstances and interpersonal pressures and tangible rewards that drive us into action. When I first picked up that guitar, I had big visions of being admired by others for what I could do and maybe even building a career as a famous musician. I was driven by how the world would respond to me as a guitarist, not by my inherent, preexisting desire to create music.

An often-used term for this is that extrinsic motivation relates to instrumental goals (Ryan & Deci, 2020). By instrumental, we mean that the behavior is a means to an end, not an end in and of itself. Without seeing the guitar as a means to an end—social status, romantic intrigue, fame and fortune—I would not have picked it up in the first place.

In general, external regulation. Perhaps in the most common form of extrinsic motivation, we often behave in a certain way because if we don't, we will be punished or rewarded accordingly. In childhood and adolescence, part of our motivation to complete schoolwork comes from the grades we receive; in adulthood, many people work because they want to earn money and, just as importantly, there will be severe negative consequences for their well-being if they do not work. External regulation as a form of extrinsic motivation is likely happening in your life all the time. Every time you wait at a traffic light, take out the garbage to avoid getting an exasperated reminder that it's your chore, or take an evening walk to hit your daily steps goal and get a big rewarding message from your fitness app, you are being externally regulated in your behavior.

It is important to understand how extrinsic motivation works because it is both an extremely powerful factor in our lives and a tool or force with some significant limits (Ryan & Deci, 2000). Without extrinsic motivation, we would not do many of the things expected of us, but if we ran entirely on extrinsic motivation, we would get almost no joy out of life. It is a relatively consistent finding in the psychological literature that incentivizing people to do things with external rewards can actually diminish how much they enjoy the activity (Ryan & Deci, 2000). So

while it may be an effective, even crucial, tool to get people engaged in a task, it is often not sustainable. In fact, one study even found that when people are intrinsically motivated to do something, adding in extrinsic motivators like rewards has no additional benefit for their efforts on a task (Robinson et al., 2012).

Extrinsic motivation keeps us interacting with other people and our environments in important ways. For example, many of us would not be effective at our jobs without externally regulating factors such as raises, performance reviews, or just knowing that your manager will give you preferential treatment if they like you. In the realm of academia, professors work especially hard at the beginning of their careers because many of them may potentially receive tenure, or a guarantee that they can remain indefinitely in their position (Van den Broeck et al., 2021). The explanation is clear to the reader as the benefit of the Extrinsic motivation.

The example of the extrinsic motivation just like Extrinsic motivation exists on at least several levels (Vallerand, 2007). For example, some people, for reasons of both brain chemistry and lived experiences, are more naturally driven by external rewards than others. Some of us are more extrinsically motivated in certain domains of our lives than in others, and sometimes situational factors really drive our extrinsic motivation. To give an example, when do I put somebody else's dish in the sink? It depends on how much I see myself as a clean person, but it also depends on whether there is anybody else around at that moment, whether I am at home or visiting a friend's house, and whether there will be clear instrumental benefits to me, such as receiving verbal thanks from somebody else.

The concept of extrinsic motivation is central to what is called self-determination theory (Deci & Ryan, 1985), a theory designed to explain how and why we are motivated to do things in our lives. Deci and Ryan (2000) see motivation as ranging from purely extrinsic to purely intrinsic, with many different variables shaping those motivations at any given time. Deci and Ryan do not have strong opinions about whether one kind of motivation is better than the other; instead, they

are interested in how the two work together to shape our behavior. Despite evidence that sometimes extrinsic motivation can undermine intrinsic motivation (Deci & Ryan, 2000), it has been argued that both forces are necessary and can even work harmoniously to drive our actions (Covington & Müeller, 2001).

Extrinsic factors mean factors that come from outside, that is, individual motivational stimuli that come from outside. In other words, our desire to fulfill something in life is controlled by external sources. Keep in mind that even though the stimulus comes from outside, the outcome of performing the task is still beneficial to the individual performing it. Extrinsic motivation is when we are motivated to perform a behavior or engage in an activity because we want to get a reward or avoid a punishment. You engage in a behavior not because you enjoy it or because you feel satisfied, but because you hope to get a reward or avoid something unpleasant Maslow (1970). From the explanation above, it can be seen that there are two factors a person wants to fulfill needs in his life, namely intrinsic and extrinsic factors. The researcher uses this theory to find out the factors that influence the main character to get a better life in the novel *Zoya* by Danielle Steel

2.5 Previous Study

This research provides information the purpose of previous studies in research is to provide a foundation for new investigations. It helps in understanding what has been learned, what gaps in knowledge exist, and what questions need further exploration. By looking at what others have done, researchers can build on existing knowledge, avoid duplicating the same work, and ensure that their research makes a valuable contribution to the field. It also helps validate their research design and methods, making their findings more credible.

To prove the authenticity of this study, the author discusses several previous studies related to family disintegration in Nicholas Sparks' novel "There are people who choose to retreat and run to avoid trouble, but there are also people who stick to their feet and persist in the midst of the situation of racism that crushes him. Anggun Inggrit.

Larasati (2021) who constructed a study entitled *Different Class Reflected In Conflict in Mary Shelley's Frankstein Novel* (Irma Yanti 2023): The purpose of this study is to analyze this novel based on structural elements and analyze class differences in the main characters and supporting characters reflected in this novel

The scope of previous research in research refers to the literature and sources that are considered relevant. This scope involves selecting and reviewing research that is directly related to their research topic and objectives. Researchers should focus on recent and current works, including influential research and recent advances in the field. By being selective and inclusive, they can gain a thorough understanding of what has been done before, which guides them to ask meaningful research questions and makes their research more impactful.

The second research was written by Afif Bagus Yusno Syahputro in 2023 from Maulana Malik State Islamic University with the title "Analysis of Struggle for Life in the novel; "12 Strong by Dough Stanton . On that research Iqbal Affif Bagus Syahputro is concerned about finding out the types of references found in the novel

Including previous studies in a scientific article is an important aspect of providing context and supporting your research findings:

1. Use appropriate citations: Whenever you refer to a previous study in your article, make sure to cite it using the appropriate citation style. This will give credit to the original authors and allow readers to easily find the original source.
2. Provide context: When discussing a previous study, provide some context to help readers understand its relevance to your research. This might include discussing the methodology used, the main findings, and any limitations or criticisms of the study.
3. Compare and contrast: If your research is building on or challenging previous studies, it can be helpful to compare and contrast your findings with those of the previous studies. This will help readers understand the contribution your research is making to the field.

4. Use a literature review: If you are discussing multiple previous studies, consider using a literature review to organize your discussion. A literature review provides a comprehensive overview of previous research on a particular topic and can help you identify gaps in the existing literature that your research is addressing.
5. Be objective: When discussing previous studies, it's important to be objective and avoid bias. Stick to the facts and focus on the strengths and weaknesses of the previous research, rather than making subjective judgments.