THE INFLUENCE OF RACHEL'S MOTIVE TO HELP MEGHAN ON HER PERSONALITY DEVELOPMENT AS SEEN IN PAULA HAWKINS' THE GIRL ON THE TRAIN

A SARJANA PENDIDIKAN THESIS

Presented as Partial Fulfilment of the Requirements to Obtain the Sarjana Pendidikan Degree In English Language Education

By
Raisa Hani Tamara
Student Number: 131214162

ENGLISH LANGUAGE EDUCATION STUDY PROGRAM
DEPARTMENT OF LANGUAGE AND ARTS EDUCATION
FACULTY OF TEACHERS TRAINING AND EDUCATION
SANATA DHARMA UNIVERSITY
YOGYAKARTA
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Yogyakarta, 16 October 2017
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Sanata Dharma University
Dean,

Rohandi, Ph.D.
The 3 C's of Life:
CHOICES, CHANCES, CHANGES

You must make a choice
to take a chance
or your life will never change.

-Unknown

This thesis is dedicated to:
Nyoman Rai Savitri
I Ketut Surata
Kusumo Aji Suryo Hamijoyo
STATEMENT OF WORK’S ORIGINALITY

I honestly declare that this thesis, which I have written, does not contain the work or parts of the work of other people, except those cited in the quotations and the references, as a scientific paper should.

Yogyakarta, 16 October, 2017

The Writer

Raisa Hani Tamara
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ABSTRACT


This study discusses a literary work that depicts a woman’s life dealing with herself in The Girl on the Train. A woman named Rachel, who takes trains every day is a drunk, unemployed, and desperate woman. She needs to solve the missing girl’s case in order to get her life back.

There are two formulated problems in this study. They are (1) What are Rachel’s motives to help Meghan? And (2) How do Rachel’s motives to help Meghan influence her personality development?

The method employed in this study was library research. There are two sources used in this study. The primary source was the novel by Paula Hawkins entitled The Girl on the Train. The secondary sources were printed and electronics books, journals and some on-line references. There were four theories that were used to analyze the formulated problem. There were the theory of character and characterization, theory of personality development, theory of self-efficacy, and theory of motive.

There are two findings in this study. The first is Rachel’s motives to help Meghan, the missing girl. The two motives are to save the married couple as a need of love and belongingness and to be accepted as a need of self-esteem. These motives come simultaneously. The first motive comes because Rachel loses part of her imagination in order to keep her alive. The second motive comes because Rachel needs to be trusted. By saving the married couple and being accepted, her personality changes into a stable one. Rachel changes from a drunkard to a nephalist person, from underestimating herself to be more confident with herself, and from having no purpose in life to having a goal in life, from a desperate woman into a woman who accepts her condition and continues to move on. In sum, Rachel’s personality changes from bad to the better one.

Keywords: influence, motive, personality development.
ABSTRAK


Ada dua masalah yang dirumuskan dalam penelitian ini, yaitu motif apa yang dimiliki Rachel untuk menolong Meghan? dan bagaiman motif Rachel menolong Meghan mempengaruhi perkembangan kepribadiannya?

Metode yang digunakan dalam penelitian ini adalah studi pustaka. Data yang dibutuhkan diambil dari dua sumber. Sumber pertama adalah novel dari Paula Hawkins yang berjudul *The Girl on The Train*. Sumber kedua adalah buku, jurnal dan artikel di internet. Ada empat teori yang digunakan dalam menganalisis, yaitu (1) teori karakter dan karakterisasi, (2) teori perkembangan kepribadian (3) teori kemajuan diri dan (4) teori motif.

Ada dua hasil yang ditemukan dalam penelitian ini. Hasil penyelidikan pertama menunjukkan bahwa ada dua motif yang mendorong Rachel untuk menolong Meghan, yaitu untuk menyelamatkan gambaran pasangan ideal miliknya dan agar ia dapat diterima oleh masyarakat. Motif ini muncul berkesinambungan. Motif pertama muncul karena Rachel kehilangan bagian dari imajinasiya yang menjadi tujuan hidupnya. Motif kedua muncul karena Rachel ingin agar dirinya dapat dipercaya sebagai orang sehat. Dengan motif ingin menyelamatkan gambaran pasangan idealnya dan ingin dapat diterima oleh masyarakat, perkembangan kepribadian Rachel berubah menjadi lebih baik. Rachel yang dahulu pecandu alkohol lalu berhenti minum secara total, dari yang tidak percaya diri menjadi percaya diri, dari yang dahulu tidak memiliki tujuan hidup akhirnya memiliki tujuan hidup baru, dan dari perempuan yang putus asa menjadi perempuan yang menerima keadaannya sepenuhnya dan dapat melanjutkan hidupnya. Oleh karena itu kepribadian Rachel yang mulanya buruk berubah menjadi baik.

Kata kunci: influence, motive, personality development.
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Raisa Hani Tamara
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PLAGIAT MERUPAKAN TINDAKAN TIDAK TERPUJI
CHAPTER I
INTRODUCTION

This chapter consists of the background of the study, research questions, significance of the study, and definition of terms. Background of the study elaborates why *The Girl on The Train* is worth studying. Research questions exposes questions to analyze the novel *The Girl on The Train*. Significance of the study shows the contribution of the study to the world of the knowledge. The last part of the chapter, the definition of terms, provides some keywords to avoid misunderstanding and misinterpretation.

A. Background of the Study

A novel is a work of literature that draws a reflection of life. Readers can see the reality that gives them an understanding about life and its problems (Miligan, 1983, p. 4). *The Girl on The Train*, which is written like a diary from three different women, reflects a life with the whole conflicts occur. According to New York Times, Paula Hawkins’ first novel *The Girl on The Train* becomes the number one bestseller by New York Times from the review in 2015 up to the end of October 2016. This novel is also adapted into a movie that was released on 7 October 2016 (Djaya, 2016). *The Girl on the Train* is worth analyzing since it is a bestseller novel and it portrays the issues of life.

Due to its popularity and its lesson about life, the writer thinks that it is necessary to analyze the novel in relation to our condition at the moment. Our beloved country, Indonesia, is in the emergency status of tolerance. This country
becomes the richest country in terms of its cultures and it causes an obligation for the people to respect each other’s differences. According to National Commission of Human Right, in 2016 to 2017, there was an increasing number of intolerance cases in Indonesia from 87 to 97 (Komnas HAM RI). The writer thinks this number is quite massive since Indonesia is known for its tolerance. From the explanation above, there is a tolerance crisis in the society where people cannot accept one another and either exile or attacking those who are different from them. Part of this novel that makes it interesting is that the struggle of a woman who is being judge as bad able to help others. This research wants to show that this kind of people are real that the society need to accept them. The researcher wants to emphasis intolerance as a serious problem that lead to many problems in the future. The researcher wants to remind the society that human on earth are born different and tolerance is necessary to creates a harmonious life.

The Girl on The Train depicts one solution to solve the problem of intolerance. The main protagonist in the novel, Rachel, is a jobless and drunk widow. She is a woman who gets divorced and is forced to move out of her house to live with her friend in a flat in Ashbury. Because of her divorce, she has an unstable emotion and drinking problem. The story begins when Rachel is on the train from Ashbury to Euston, London. She just goes somewhere pretending that she has a job. Every time she takes the train, she passes the same street and always looks at her old house beyond the train’s windows. Next to her old house, there is the neighbor that looks different from her condition. These neighbors look harmonious couple. Every time she looks at them, she always wishes that this
married couple is her and her ex-husband. She always makes the married couple as her imagination. Until one day, she sees the woman cheating on her husband by kissing another guy in her house. In the next day, the girl is missing. Rachel is quite shocked to see what happens, but she decides to help her. She feels like she is missing something in her imagination. She starts to investigate this missing girl’s case. During Rachel’s investigation, she finds out that the missing girl is already dead. Later, she finds that the murderer of this girl is Rachel’s ex-husband who now lives as the missing girl’s neighbor. The journey to find this missing girl creates many problems connecting to the internal and external conflicts of the character.

From the brief explanation above, there are problems in this novel. These problems become the interesting part of this novel. During the time, she tries to find the missing girl, she finds many complications such as how the police treats her as an unreliable witness, she is desperate about her marriage and she is also known for her drinking problem. Her willingness to help this missing girl almost disappears because of this treatment. But, her motives to find the girl are strong enough that it moves her to continue the investigation of this case and create several changes on her along the way. She becomes a better woman. Hence, the writer finds that helping others can change someone into a better person.

Rachel as the main character in the novel helps other characters, and the action of helping other evokes changes in her character. Based on those reasons, this study focuses the act of helping, its motives and its influence on creating changes in the main character’s personality. The motive and its influence will be
used to find the meaning of Rachel’s act of helping on her personality development and discover the reality in the novel.

Through a novel, we can also analyze the characters who are involved in the story and their personality development. There are two things the researcher will analyze. First, Rachel’s motive to find the missing girl and to help Anna. Second, the writer analyzes Rachel’s personality development because the researcher wants to analyze how Rachel’s personality develops as a result of her motive to help Meghan. In conclusions, two reasons why *The Girl on the Train* is worth studying. First, this novel is one of the examples of personality changes caused by helping others. Second, Rachel’s act of helping the missing girl and the woman who stole her husband.

**B. Research Questions**

In order to have a deep understanding in studying Paula Hawkins’ *The Girl on the Train*, the writer has formulated two problems. They are:

1. What are Rachel’s motives to help Meghan?
2. How do Rachel’s motives to help Meghan influence her personality development?

**C. Significance of the Study**

There are two benefits of this study. First, it will convince the society to accept any kinds of people no matter who they are. Second, this study will persuade the readers to believe people can change through helping.
This study will give the readers the development of character represents the fact that people can change no matter the circumstances. From the alcoholic, depressed and jobless woman could become respectable individual. She is able to put her problem away, stops drinking and live like a normal person.

This study will also give the readers the knowledge about marriage and cheating during marriage as part of the social issue that happens around the globe. This novel gives the picture of a marriage and see cheating as a problem that ruins a lot of people. The main character’s personality in the beginning is the result of cheating that leads to divorce.

D. Definition of Terms

This part provides a definition of terms which are frequently used in this study and to avoid misunderstanding and misinterpretation.

1. Motive

According to Lahey (2009), motive is an internal state or conditions that activate behavior and give it direction (p. 6). It means that motive is the urge of willingness from the condition that will direct a person to act like the way it is meant to be. The motive in this study is meant to find the meaning of Rachel’s actions to help Meghan.

2. Influence

According to Drever (1958), influence is any past or present condition, experience as actually playing a part in determining one’s behavior, or course of thought in the present. It means that it is a condition either in the past or present
create the way people behave based on their experience (p. 134). This research will analyze the influence of motive toward Rachel’s personality development.

3. **Personality Development**

Kalish (1973) states that personality can be defined as the dynamic organization of characteristic attributes leading to behavior and distinguishing one individual from another individual. It refers to the total individual and includes (but not limited to) needs, motives, methods of adjusting, temperament quality, self-concept, role behavior, attitudes, value and ability (p. 52). This research will analyze Rachel’s personality development cause by her motive to help. In this research, there is an improvement in Rachel’s personality development from alcoholic to sober person.

In this study, personality development refers to the development or changes in human behavior that comes from the experience in life or certain events in life. Rachel is an unemployed widow who cannot accept her divorce and take that anger by drinking and sobering. One day, she sees the news that the person that she used to see on the train that she usually takes is missing. Because of this news, she starts to focus on looking for this person. This motive of finding a missing person creates her personality development.
CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter is divided into two parts of ground theories used to analyze the novel. The first is a review of related theories. This part consists of some theories namely theory of critical approach, theory of character and characterization, theory of personality development, theory of self-efficacy, and theory of motive. The second part is a theoretical framework which provides deeper theories used in analyzing the novel.

A. Review of Related Theories

In this section, the researcher reviews theory of critical approach, theory of character and characterization, theory of personality development, theory of self-efficacy, and theory of motive.

1. Theory of Critical Approach

Rohrberger and Woods (1971) state that literature has an aesthetic value (p. 3). The aesthetic value brings the aesthetic response that can gives an evaluation to the literary work. The researcher needs to employ a critical approach in order to have reasonable judgment. According to Rohrberger and Woods (1971), there are five approaches that can be used to analyze literary works (pp. 6-15). The approaches are the formalist approach, the biographical approach, the sociocultural-historical approach, the mythopoeic approach and psychological approach.
The first approach is the formalist approach. This approach is focused on literary work itself. The formalist approach criticizes only the element of literary work without paying attention to other references, such as the psychology, the sociology, and biography of the author. It also focuses on demonstrating the harmonious involvement of all the part of the literary work to the whole and pointing out how meaning is derived from structure and matters of techniques determine the structure.

The second approach is the biographical approach. In this approach, the reader should appreciate the idea and the personality of the author and the biographical provisions of work. In order to understand the author’s literary work, the reader needs the passion to learn as much as they can about the personality and the life of the author.

The third approach is the sociocultural-historical approach. This approach focuses on the civilization that produces the literary work. This approach defines civilization as the attitude and actions of a specific group of people and point out that the literature takes the action and the attitude as its subject matter.

The fourth approach is the mythopoeic approach. This approach uses myth and folk rites as the way to analyze the literary work. Mythopoeic approach discovers certain universally recurrent pattern of the human thought. It means that this approach finds the universal pattern of human’s thought through literary work.

The last approach is the Psychological approach. This approach focuses on the psychological part of human being. This approach uses psychological theories
to explain human behavior, personality, and action. The psychological approach is applied in this study to analyze the change of the character’s personality. The character’s thought, behavior, and action can be understood appropriately using this approach.

2. **Theory of Character and Characterization**

Baldrick (2001) states that character is a personage in a narrative or dramatic work. It is also a kind of prose sketch briefly describing some recognizable type of person (p. 37).

Characterization is the representation of person/character in narrative and dramatic works. Characterization is the way of how the author creates the character. Characterization is divided into flat and round character. The flat character gets the character of simple and unchanging, while 'round' characters get the developing character. This character tends to be dynamic or changed in a certain time at the certain condition. Murphy (1972) describes that there are nine ways the author uses to describe his/her character in the literary work. They consist of:

a. **Personal Description**

The author is using personal description to describe his or her character writing about the character description using a proper adjective. The appearance of the character in the literary works can be describe using personal description.
b. **Character as seen by another**

The appearance of the character also can describe the author’s thought through the other characters created by the author describes certain character appearance. The author gives the description of a character by the comments and the eyes of another character.

c. **Speech**

Another way to describe the character is by what the character is saying. The way the character speaks, or he/she is having a conversation with the other character or giving an opinion in the literary work can give the readers some clues about the character itself.

d. **Past Life**

This is the way the author presents his/her character by letting the reader learn about the character past life so that the reader can get the idea about the character and let them see the event that shapes the character into the character at the end of the literary work.

e. **Conversation of Others**

This is the way the author presents his/her character by letting the reader learn about the character past life so that the reader can get the idea about the character and let them see the event that shapes the character into the character at the end of the literary work.

f. **Reactions**

Another way to describe the character is by what the character is saying. The way the character speaks, or he/she is having a conversation with the other
character or giving an opinion in the literary work can give the readers some clue about the character itself.

g. **Direct Comment**

The author describes the character in the literary work by giving his or her direct comment. It is based on the author’s points of view toward the character.

h. **Thoughts**

The author describes his/ her character by letting the reader now what the character is thinking about. It means that the reader can find the characteristic of the character by understanding and conclude what the character is thinking.

i. **Mannerism**

The way for the author to describe his/ her character to the reader is through the way of the character behaves in the literary work and talks when he/she is with other people. There are various behaviors from the character in the novel.

The researcher decides to apply the theories of characterization in order to find clear image of the character in the novel. The researcher uses eight ways authors reveal the character personality which are a personal description, speech, thought, reaction, past life, a character seen by another, direct comment and mannerism.

3. **Theory of Personality Development**

The researcher uses theories on psychology to gain understanding and the knowledge about Rachel’s personality, behaviors and her motives to help Meghan
on her personality development. Kalish (1973) states that personality can be
defined as the dynamic organization of characteristic attributes leading to
behavior and distinguishing one individual from another individual. It refers to the
total individual and includes (but not limited to) needs, motives, methods of
adjusting, temperament quality, self-concept, role behavior, attitudes, value and
ability (p. 52). It means that someone’s personality leads to how someone acts and
thinks. Hjelle & Ziegler (1981) also say that” personality has also been viewed as
the individual most striking or dominant characteristic (p. 6).” This statement
clarifies that people are able to know someone’s personality by observing his/her
behavior. According to Hjelle & Ziegler (1981), personality is formed from
everything that happens to a person. It comes from a variety of internal and
external influence, including genetic and biological propensities, social experience
and changing environmental circumstances (p. 7).

As stated above, people have the desire to reform their personality for the
better. It is rare to find a person who is satisfied with his/her personality and has
no desire to change it (Hurlock, 1974, p.119). It means that people always want to
improve themselves especially their personality. Hurlock also concede that people
are willing to improve and change their personality in order to be accepted by
other people around them. They want to be allowed to get along with others.

Changes in personality do not occur on their own accord. Usually they are
result of multiple revision in the thought and feeling related to the person’s
concept of self. This statement creates the possibilities that the changes in
personality occur in every condition people encounter in their daily activity.
a. **Condition responsible for personality changes**

Elizabeth Hurlock explained about eight conditions that handle the personality changes. They are physical changes, changes in the environment, changes in significant people, changes in social pressure, changes in role, strong motivation, changes in self-concept, and psychotherapy (1974, p.124-130).

1) **Physical changes**

A physical change does not relate to the change of the structure of the body but from maturation and decline or from illness, organic or glandular disturbance, injuries or some other conditions of person’s life pattern (1974, p.124-125).

2) **Changes in the environment**

The changes in the either the physical or the social environment may produce the changes in the person’s self-concept and it will lead to the changes of person’s behavior. But, the changes in the environment do not guarantee an improvement in one’s personality. In fact, the changes often have the opposite effect.

3) **Changes in significant people**

When significant people in an individual life’s change, and when he/she tries to adapt his/her pattern of behaviors, attitudes, beliefs, values, and aspirations to their, changes in his/her personality pattern are inevitable (1974, p.126).

4) **Changes in social pressure**

The strong social pressure such as traits of social rejection, aggressiveness, and greediness have much possibility to encourage in certain aspect of personality rather than the traits of admiration, affection, cooperativeness and generosity.
5) **Changes in role**

The changes of someone’s role may occur because of the changes of age, economy, conditions, and affiliation with a new group. When the result of changes put the person into a favorable status, it will usually change the self-concept of the person in a better way.

6) **Strong motivation**

People generally improve their pattern in order to get greater social acceptance and also to improve their social relationship. When the motivation to improve the personality’s pattern is strong enough, changes can be affected. (1974, p.127)

7) **Changes in self-concept**

The changes in self-concept of one’s personality may changes his/her entire personality. However, the changing in self-concept is getting difficult when people are getting older and usually the changes occur slowly and gradually.

8) **Psychotherapy**

Psychotherapy helps a person to get a better insight into the reason for his unrealistically favorable or unfavorable self-concept. Psychotherapy is necessary to make a poorly adjusted person able to make a better adjustment if he is helped to develop a more favorable self-concept (1974, p.129-130).

Those conditions can affect one’s personality development: there are two effects that one’s might undergo, good effect and bad effect. The effect depends on how one’s pass the process. Those who cannot pass the process successfully will get the bad effect and those who are able to pass it will get the good effect.
4. **Theory of Self- Efficacy**

People have desire to reform themselves for the better. Believing their capacities to do good and be better is important. Bandura also agrees with this statement. His theory of self-efficacy explains further of the statement above. Bandura (1994) said that self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. From these sentences, we can see that self-efficacy is a belief to have faith in their capabilities to do assigned task that will affect their lives. Bandura (1994) emphasis that a strong sense of efficacy boosts human accomplishment and personal well-being in many ways. People with high assurance in their capabilities approach difficult tasks as challenges to be mastered rather than as threats to be avoided.

Bandura (1994) determines four sources of influence that will increase self-efficacy; mastery experience, vicarious experience provided by social models, social persuasion and stress reaction toward the person’s capability. First is the Mastery experience. It is considered the most effective way of creating a strong sense of efficacy. Success in using this influence will give a robust belief in one's personal efficacy. Failure to do so, it will prevent the sense of efficacy grows. This source needs experience using obstacle to create a full self-efficacy. For example, a student who needs to pass the driving test and get the driving license. The student knows that to pass this driving test, he/she needs to work hard to practice driving the car every day. The obstacle that might happen is driving from
the practice place to his/her home which have a heavy traffic along the way and so many motor drivers pass along the way. If the student can pass the road for few times, he/she will have the confidence to drive well. This obstacle serves as way to teach the student to know that to expert on something requires sustained effort. When the student is convinced that he/she has what it takes to pass the driving test, he/she will stick to these belief and abilities then he/she passes the driving test.

Second, vicarious experiences provided by social models. It means that the person who sees the similar person succeed by sustained efforts increases the observers’ belief that they have the capabilities to master comparable activities required to succeed. The key of this sources is on the model that the observer wants to observe. If people see the model as someone very different from themselves, they will perceive the result self-efficacy is not much influence by the models and the results its produces.

Third, social persuasion. It means that this source of self-efficacy influences the use of people’s opinion or persuasion from other people. People who are persuaded verbally that they own the capabilities to master given activities are likely to mobilize greater effort and sustain it. The further effect of social persuasion is that persuasion boost in perceived self-efficacy lead people to try hard enough to succeed, they promote development of skills and a sense of personal efficacy.

The last is stress reactions towards the person’s capability. Stress reaction in here is the mood of every person who own it. Mood affects people judgement
on their personal efficacy. Positive mood enhances perceived self-efficacy, despondent mood diminishes it. The way the mood becomes the source of self-efficacy is by let people perceive the mood that they get as positive as they get.

To sum up, theory self-efficacy is theory that gives belief to trust their capabilities to do certain task that will affect their lives. There are four sources of influence that will increase self-efficacy.

5. Theory of Motive

Anyone who see others doing something will have questions why they do such a thing. He/she will find the motive which drives their action. For instance, when someone watches a television program in which four men rape a young girl in a public vehicle, normally one will question why they rape a young girl and the motive behind the despicable act.

What is the meaning of motive itself? Many people confuse motive and motivation. Motive and motivation have the same concept which are to drive someone to do something. According to Dockeray & Lane (1950), it is the term applied to behavior which, through learning, has become associated with the release of the tension produced by the drive (Dockray & Lane, 1950, p.225). It means that motive is the specific purpose for people to do something. Meanwhile, Petri (1981) stated that motivation is the concept we use when we describe the forces acting on or within an organism to initiate and direct behavior. It means that motivation is the sequence or a person’s action to do something.

Overall, motive and motivation share the same concept to make someone to do something. Their differences are on way they are placed, the motive is the
purpose to do something whereas motivation is the sequences of a person do something.

Motives can be further explored through Abraham Maslow’s hierarchy of needs as cited by Hilgard, Atkinson & Atkinson (1953). Abraham Maslow’s hierarchy of needs use to explain and classified motive in human life, as illustrated in figure 2.1. Abraham Maslow purposed an interesting way of classifying human motives. Maslow constructed a hierarchy of needs, ascending from the basic biological needs to more complex psychological motives that become important only after the basic needs have been satisfied (Hilgard, Atkinson & Atkinson, 1953, p.317). The first level in hierarchy level of needs is physiological needs such of food, oxygen, water. This need is based on the body, these needs must be fulfilled before any other need to be able to operate.

The second level is called safety needs. Safety needs are a need of security, comfort, freedom from fear, from natural or unnatural situation and from the financial crisis. The third level is belongingness and love needs. Belongingness and love needs are the need for affection, associate with people, love and to be loved, and having a place in a group. Esteem needs include the need for achievement, power, respect, and recognized by other. After the esteem needs, we have cognitive needs. This need includes the needs to know about something, to understand and explore new thing in life. After that, we have an aesthetic need. This needs to have everything in order, harmony and beauty in every aspect of a person’s life. Finally, self-actualization needs which are cover need to find self-fulfillment and needs to realize one’s potential.
Figure 2.1

B. Theoretical Framework

This study discusses that Rachel’s motive to help Meghan influences her character and personality development in the novel. There are two objectives of this study. First, to find Rachel’s motive to help Meghan and Anna. Second is to find the influence of these motives towards Rachel’s personality development. In answering the formulated problems, the researcher uses The Girl on the Train novel by Paula Hawkins. The theories that are used in the study are theory of critical approach, theory of character and characterization, theory of personality development, theory of self-efficacy, and theory of motive.

The theory of critical approach is used to decide the most appropriate approach in analyzing the novel. The theory of character and characterization is
used in answering the first question. It is used to give a clear explanation about Rachel personality throughout the novel. Then the theory of personality development is used to find someone personality and Rachel’s changing throughout the novel and related it with theory of self-efficacy to perceive the possibility of the behavior changes. Lastly, theory of motive is used to find the motive that creates the changes in main character.
CHAPTER III
METHODOLOGY

This chapter consists of two parts which give the readers more understanding about the study. The parts are the object of study and the approach of study. The subject matter of the studies describes the physical description of the novel and brief summary of what the novel talks about. The approach of study presents the appropriate approach used in this study to analyze the novel.

A. Object of the Study

This thesis studies the novel written by Paula Hawkins, *The Girl on the Train*. The novel *The Girl on the Train* is a psychological thriller written by Paula Hawkins. *The Girl on the Train* is her first novel after fifteen years she worked as a journalist. According to New York Times (2015-2016), Paula Hawkins’ first novel becomes the number one bestseller by New York Times from the review in 2015 up to the end of October 2016. This novel also becomes a new movie that has released on 7 October 2016 (Djaya, 2016). This novel was written in 2015 and it consists of 409 pages which divided into 37 chapters.

*The Girl on the Train* tells us about the one main character of this story named Rachel Watson seeing her world while riding on a train every day. Every day she takes a train from Ashbury to Euston London. When she arrives in London, she just lies down and enjoys the time. In this novel, using first-person Rachel Watson is described as a depressed, unemployed, alcoholic and regretful of her divorce. Sometimes she just goes to the pub and drinks liquor until she is
facing blackout and loses control of her action up to the points where she is terrorizing her ex-husband through emails or she just goes to her ex-husband’s old house to harass them. She keeps doing that every day.

Due to her frequent train rides, she can remember everyone who takes the train on those hours. She meets a couple on the train. She does not know her name, so she calls them Jess and Jason. She looks at this couple as an ideal couple that she always dreams of. She keeps observing at them until one day she receives the news of missing women and she realizes that this missing woman is Jess (later known as Meghan). She feels startled to see the news and starts her investigation to find this missing woman. On her investigation, she discovers so many evidence leads to Meghan and this case generate changes in Rachel’s life and makes her move on from her past.

This novel does not only expose to how Rachel is able to find the missing girl, but she is also able to find the truth for herself and afterward she is able to move on with her life. Betrayal and the vulnerability of the marriage are the social problem that creates the whole problem in this novel. The researcher tries to find Rachel’s motive in the helping a missing girl and the woman who takes her husband away.

B. Approach of Study

This study focuses on how Rachel’s personality develops because of the influence of her motive of helping Meghan. The psychological approach is applied to analyze Rachel’s motive to help Meghan and its role to Rachel’s
personality development. Psychological approach is a form of literary criticism which uses some of the techniques of psychoanalysis in the interpretation of literature (Barry, 2002). Moreover, psychological approach uses psychological theories to explain human motivation, personality, and behavior (Rohrberger & Wood, 1971, pp. 13-15). Thus, this approach is suitable to analyze this novel.

In this study, Theory of motive from Abrams Maslow (1970) is applied in order to know what motive behind Rachel’s actions of helping Meghan and to know how the motives changes Rachel’s personality. In addition, theory of personality development is used to know the changes of Rachel’s personality.
CHAPTER IV

ANALYSIS

This chapter discusses the answers to the two formulated problems presented in chapter one. The first analysis deals with Rachel’s motives to help Meghan. Understanding the motives to help a stranger, gives the writer a clear insight of when and how the changes happen in the novel. To find out Rachel’s motive, the writer applies Maslow’s theory.

The second analysis is about the influence of Rachel’s motives to help Meghan on Rachel’s personality development. This section gives a clear view of how Rachel’s motive changes Rachel’s personality and its detailed process based on the description in the novel. Bandura’s and Hurlock theories are applied to answer the second questions.

A. Rachel’s Motives

From the novel, we can find out Rachel’s real motive to help find Meghan, the missing girl. As stated by Maslow (Hilgard, Atkinson & Atkinson, 1953, p.317), There are two out of seven motives in this novel underlying people’s action to help others. The motives are belongingness & love needs and esteem needs. Everybody needs to feel love, affection, wants to have friends and have relationship on their own. They also need to be recognized and respected by others. These needs become part of human life as the way for them to fit in the society. This section will explain two purposes to help Meghan based on the existence of the belongingness & love needs and esteem needs in this novel.
1. To Save The Married Couple

In this novel Rachel Watson gets divorced because her husband cheats on her for another woman. Because of this, Rachel loses her love and belongingness needs. She loses her husband and her home at the same time because her husband and his new wife decide to stay in that house. Ever since she gets divorced, she lives in her friend’s flat and she is jobless. She takes a train every day to her imaginary job in order to convince Cathy, her roommates, that she has a job in order to pay the rent. Sometimes when she takes the train, she looks at this married couple and in her imagination, she calls them Jason and Jess, who are later known as Scott and Meghan. They take the train together and look like a happy couple. Sometimes she sees this couple in the train or sometimes she looks at them in their house which is beside her old house. She sees this couple as the perfect couple that she longs to be.

Every day she takes the train and looks at this couple either in their house or on the train. Rachel has her imagination of having a perfect family that she has lost and then become her purpose of life after she gets divorced.

“I don’t know their names, either, so I had to name them myself. Jason, because he’s handsome in a British film star kind of way, not a Depp or a Pitt, but a Firth, or a Jason Isaacs. And Jess just goes with Jason, and it goes with her. It fits her, pretty and carefree as she is. They’re a match, they’re a set. They’re happy, I can tell. They’re what I used to be, they’re Tom and me five years ago. They’re what I lost, they’re everything I want to be. (Hawkins, p.26)

In the beginning of the paragraph, Rachel states that she does not know this couple in general. Then she begins to name them based on her experience. The last two lines is the reason why these unknowns become so important to
Rachel because this couple is reminding her of what she has lost, and this is the dream that she always wants to be.

Rachel’s purpose to help Meghan is that she wants to save the married couple. She looks at Jess and Jason, later known as Meghan and Scott, as the image of what a married couple is supposed to be. This leads to the belongingness & love needs. According to Maslow, belongingness & love needs create series of efforts to fulfill these needs.

To Maslow, love consists of feelings of affection and elation, yearnings for the loved one, and (often) intense sexual arousal. Our hunger to receive such love from others is a relatively selfish deficiency need, one that often involves anxious and manipulative efforts to win the loved one’s affection. Yet this need must be satisfied in order for us to develop growth-oriented or “being” love (Ewen, 2003, p. 221).

Because Rachel is divorced, she has passed her anxious and manipulative efforts to win the loved one’s affection. Thus, taking an unknown couple for her imagination is her way to fulfill her belongingness & love needs. This condition makes Rachel imagines the life she wants to be. When she notices that Jess or known as Meghan is missing, suddenly she loses her reason to live because she misses the married couple.

The thought of her there both thrills and disappoints me, and then I feel sick for feeling disappointed. I don’t wish her ill, no matter how angry I was with her for cheating on Scott, for shattering my illusions about my perfect couple. No, it’s because I feel like I’m part of this mystery, I’m connected. I am no longer just a girl on the train, going back and forth without point or purpose. I want Megan to turn up safe and sound. I do. Just not quite yet (Hawkins, p.126).

In this statement, she feels disappointed because she sees Meghan cheating on her husband in their house before she is missing. But then, she realizes that she is part of the big mystery of Meghan’s disappearance. And at this point, she
realizes that there is something that she can do even though her state becomes a burden to her during the investigation. She is willing to make sure that Meghan is safe and able to return to her life.

Based on the explanation above, we can see that Rachel’s motive to help Meghan is that she reminds herself of the things that she wants the most and she loses it. She loses her husband because she is unable to give what her husband wants. As a result, she gets divorced. The needs that is missing here is the need for love and to be loved. Before her divorce, she loves her husband with all her might. But in the end, the love she gave does not return to her. Thus, she finds her husband cheating on her. The needs to love and to be loved are categorized as the Belongingness and Love needs. These needs are the first needs that become Rachel’s motive which drives her to find Meghan. Even though she knows that Meghan is cheating on her husband which reminds her again of what her ex-husband just does. In the end, she forgives her and insists to find her that later awake her consciousness about her position as part of this mystery and becomes the reason to move current situation from a girl in train become someone who has the spirit to find the truth.

2. To be accepted

As we know, Rachel’s divorce is destroying her life. She becomes unemployed, drunken, and homeless. This divorce makes Rachel lose her esteem needs. Because of this, she lives in an apartment with her friends. A year has passed, Rachel is only able to take a train and brings her gin sometimes in the train. She goes to the pub to get drunk then go home. Until one day, before the
news about Meghan’s disappearance spreads nationally, Rachel passes through Witney, at that moment used to be the area in her old house, she goes there to drink and then she passes through the tunnel in Blenheim road. In the next morning when she wakes up, she perceives herself not in the good condition. she is having some injuries and bruises. She goes to the hospital to patch her injuries. In the evening, the police come to her room and starts interrogating her. They give questions to Rachel about how she spends her evening last Saturday for being at the Witney on Saturday night. Rachel is lying about the exact time she goes to Witney because she does not remember what happens at that time. But her lying cover is blown because she still drinks in the morning before the investigation. It makes all her statements unreliable. Thus, she loses her confidence over herself as the reliable eye witness.

“Had you been drinking on Saturday evening?” he asked. “Before you went to Witney, had you been drinking?” The heat came rushing back to my face. “Yes,” I said. “Mrs. Watson—Anna Watson—said that she thought you were drunk when she saw you outside her home. Were you drunk?” “No,” I said, keeping my eyes firmly on the detective so that I didn’t catch Cathy’s eye. “I’d had a couple of drinks in the afternoon, but I wasn’t drunk.” Gaskill sighed. He seemed disappointed in me. He glanced over at Neck Acne, then back at me (Hawkins, p.103).

This scene illustrates the time when the police comes to Rachel’s apartment to assume that Rachel has a connection with the missing girl. Because of her appearances in Witney the night before Meghan was missing, the police keep interrogating Rachel until they ask whether Rachel has a drink before this interrogation begins. She said yes but then she replies that she is not drinking at
that time. From the explanation along with the evidence give the sign that her statement is unreliable. Because of this, Rachel’s statement is not taken seriously.

Because of her drinking habit, her statement of witnessing an act of adultery between Meghan and Kamal Abdic consider as unreliable and the police let Kamal leaves the police with an apology. From the quotations above, this is where Rachel’s esteem needs show up. Maslow states that:

People strive to these needs to gain self-confidence and mastery of the environment, and to obtain recognition and appreciation from others (Ewen, 2003:222).

From this definition, we can see that Rachel is losing her self-confidence, unable to control her environment and is not recognized by people surround her. Thus, she realizes that her drinking habit make her the potential suspect of the homicide.

“For some reason, I am certain that there is something I’m missing, something vital. Perhaps this is just more self-deception, yet another attempt to prove to myself that I’m not worthless. But perhaps it’s real.” (Hawkins, p.200)

The quotation above is clear that Rachel just faces the life which people sees her as unimportant. Then, she notices this missing person’s case as an important case because she needs this missing person as the important figure for her life. But because of her desperate condition, being jobless and drunkard widow, it makes her the potential suspect for homicide. We also can see Rachel’s low self-esteem before she gets divorced.

I felt isolated in my misery. I became lonely, so I drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk. I lost and I drank and I drank and I lost. I liked my job, but I didn’t have a glittering career, and even if I had, let’s be honest: women are still only really valued for two things— their looks and their role as mothers.
I’m not beautiful, and I can’t have kids, so what does that make me? Worthless. (Hawkins, p.112)

From the quotation above, we can see that the cause of Rachel’s divorce is that she cannot have a child during her marriage with Tom. This condition is the cause of her despair. Rachel canalizes her despair to drinking liquor. At first, she starts drink a bit. Then, more she drinks the lonelier she gets. Another thing that makes Rachel’s self-esteem plummet is that she cannot have a child. She believes that the value of a woman is measured by their appearance and their roles as a mother. Since she cannot achieve these two standards, she believes that she is worthless. From this point, we can see the time Rachel’s self-esteem drops is when she cannot have a child. The anger and despair for being barren leads to Rachel’s alcoholic habit.

Even though she knows that people treat her unkindly, she realizes that she has the opportunity and ability to solve this case. She does not give up on this case and keep working on it with the limited source that she has. She believes that she is not a worthless person and able to change her life.

According to Maslow (1970), Rachel’s motive to be accepted by the society is included as the esteem needs which is the need to be accepted by the society. This motive is necessary to help Meghan because when Rachel can accept herself, she will have the clearer idea of what she is going to do and able to change herself in the way that it will be fit in with the society. When the society accepts Rachel through changes of behavior, her statement will be reliable and she can help Meghan. She realizes that she needs to stop drinking in order to get her
into a full state and she will be able to conduct her research in order to help Meghan.

**B. The Influence of Motives on Rachel’s Personality Development**

In this section, the writer shows the influence of Rachel’s motive to help Meghan on her personality development. From these motives, Rachel’s action to help Meghan influences her personality development.

There are eight conditions that can influence someone’s personality development. According to Hurlock, they are physical changes, changes in the environment, changes in significant people, changes in social pressure, changes in role, strong motivation, changes in self-concept, and psychotherapy (1974, pp. 124-130). The writer believes that these eight conditions contribute to the influence on Rachel’s personality development.

The writer uses this theory to explain the Rachel’s changes. In order to answer the second question, the writer will use five conditions of personality development to meet the needs to answer the second questions.

1. **To Save The Married Couple**

Saving her perfect married couple is one of the motives that influences Rachel’s personality development. There are two conditions of changes affected by this motive. There are, physical changes, changes caused by strong motivation, and changes in self-concept. As we know, in the beginning of the novel, Rachel is described as drunk, desperate, and jobless. She takes a train from Ashbury to Euston every day. Along the way, she always looks at her old house and the house
next to her house. She sees the married couple next door. She gives them name Jess and Jason. She uses them as the example of a perfect married couple, the things that she never has in a long time. This married couple becomes the way to cope her belongingness & love need. One day, the girl is missing. Rachel suddenly feels this girl is part of her imagination. She needs her to keep the imagination alive.

The thought of her there both thrills and disappoints me, and then I feel sick for feeling disappointed. I don’t wish her ill, no matter how angry I was with her for cheating on Scott, for shattering my illusions about my perfect couple. No, it’s because I feel like I’m part of this mystery, I’m connected. I am no longer just a girl on the train, going back and forth without point or purpose. I want Megan to turn up safe and sound. I do. Just not quite yet (Hawkins, p.125).

From this quotation, we can see just how important Jess and Jason is in her life after she gets divorced. They fill what Rachel has been missing from her life. The belongingness & love need. She realizes she is part of something after a long time living without a purpose. Although Rachel sees Jess cheating on someone before she gone missing, it makes her upset. She realizes that she needs to find her. At last, she has a purpose in life instead takes train with no purpose. This is the proof that at last Rachel is motivated to do something. This purpose is based on the belongingness & love need changes Rachel in the way that it gives Rachel something to do after a long time of lingering anywhere with no purpose. This purpose is the things that move Rachel to do something. This purpose based on belongingness & love needs influence Rachel’s physical changes, changes cause by strong motivation, and changes in self-concept.
In physical changes, after Rachel finds her purpose to help Meghan, she starts introspecting on herself. She knows that her status as an alcoholic does not bring changes for her.

He looks up suddenly and meets my eye; his glance travels over me, over the little bottle of wine on the table in front of me. He looks away. There’s something about the set of his mouth that suggests distaste. He finds me distasteful. I am not the girl I used to be. I am no longer desirable, I’m off-putting in some way. It’s not just that I’ve put on weight, or that my face is puffy from the drinking and the lack of sleep; it’s as if people can see the damage written all over me, can see it in my face, the way I hold myself, the way I move (Hawkins, p.27).

From the description above, it is clear her drinking habits damages her physical condition. She neglects her physical condition by drinking up to the point that she forgets to sleep and gain weight instead of taking exercise. Thus, people look displeased when they look at her. She realizes that she is no longer desirable even to the stranger around her. Because of this, many people are not attracted to Rachel after she gets divorced. Cathy’s significant other, Damien, says that Rachel is not attractive.

“She’s lonely,” Cathy was saying. “I really worry about her. It doesn’t help, her being alone all the time.” Then she said, “Isn’t there someone from work, maybe, or the rugby club?” and Damien said, “For Rachel? Not being funny, Cath, but I’m not sure I know anyone that desperate” (Hawkins, p.24).

Damien’s statement makes a clear explanation about Rachel’s physical condition. It makes her unable to have another life partner now. Because of this condition, Rachel’s belongingness & love needs are increasing. The way Rachel fulfills this need is by using this married couple for her imagination. One effort that Rachel does to solve the case of missing girl is by dressing properly.
I wake with my head full of him. It doesn’t seem real, none of it does. My skin prickles. I would dearly love to have a drink, but I can’t. I need to keep a clear head. For Megan. For Scott.

I made an effort yesterday. I washed my hair and put some makeup on. I wore the only jeans I still fit into, with a cotton print blouse and sandals with a low heel. I looked OK (Hawkins, p.154).

She starts making effort to make a convincing appearance by washing her hair and putting make-up. She knows that if she is drinking right now, her effort to give the information will be wastes. So, she decides not to drinks and starts making herself neater than she used to be. In this scene, we see that Rachel starts to back to herself by ignoring her need to drinks and start to fix herself. This effort categorizes as part of the self-efficacy. The source of the self-efficacy in this scene is stress reactions towards the person’s capability. Stress reaction in here is the mood of every person who owns it. Mood affects people judgement on their personal efficacy. Positive mood enhances perceived self-efficacy, despondent mood diminishes it. They way Rachel hold her urge to drink is the implications of this theory.

In this situation, Rachel gets herself some choices to either follow her urge to drink or she gets ready to meet Scott. As she learns in the past when the police interrogate her, she realizes that her drinking habits creates a disappointment in them. So, she understands that her current condition will ruin her next plan to gain information from Scott. Thus, she decides to prepare herself to meet Scott. From the description above, we see Rachel is perceiving her urge to drink as a hindrance in her way to help the missing girl. These actions consider as the negative mood for the urge and positive mood to the action of preparing herself. As a result, the effect of the urge is gone and Rachel belief to be a better and convincing person is
increasing by proper dress. These effort result in the success in convincing Scott that Rachel is Meghan’s associate.

This success in convincing people about her give the purpose and distraction not to drink. She feels happy with the result for not drinking in a while now.

On the train on the way home, as I dissect all the ways that today went wrong, I’m surprised by the fact that I don’t feel as awful as I might do. Thinking about it, I know why that is: I didn’t have a drink last night, and I have no desire to have one now. I am interested, for the first time in ages, in something other than my own misery. I have purpose. Or at least, I have a distraction (Hawkins, p. 120).

From the explanation above, we can see the way motive can create a distraction in the form of an original activity. It makes the person forgets about her current condition and creates a new and better condition. Rachel is surprised for the first time that she has no desire to drink. She admits that now she has purpose in her live beside regrets for what happens to her.

In the changes of self-concept, this motive gives Rachel a way to settle her problem with her ex-husband and accepts the reality that she is no longer the girl she used to be. In the beginning of the story, Rachel views herself as the barren, weak and alcoholic. After Rachel gets divorced, she is unable to accept the fact so she always terrorizes Tom’s family with the phone calls and emails. She keeps blaming herself for everything.

I was still young, there was still plenty of time, but failure cloaked me like a mantle, it overwhelmed me, dragged me under, and I gave up hope. At the time, I resented the fact that it was always seen as my fault, that I was the one letting the side down. But as the speed with which he managed to impregnate Anna demonstrates, there was never any problem with Tom’s virility. I was wrong to suggest that we should share the blame; it was all down to me. (Hawkins, p. 111)
From this quotation, we can see that Rachel blames herself for her divorce. At first, she gets mad with the fact that they cannot have children because of her. Then, when they separate; Tom is able to get a child from Anna. She understands that there is nothing wrong with Tom. She is the one who is at fault. Rachel recognizes that it is quite selfish to share the blame while she is the source of the problem.

I lost and I drank and I drank and I lost. I liked my job, but I didn’t have a glittering career, and even if I had, let’s be honest; women are still only really valued for two things— their looks and their role as mothers. I’m not beautiful, and I can’t have kids, so what does that make me? Worthless (Hawkins, p. 112).

From this evidence, we can see Rachel’s view on women. This is the view that has been planted by the society for a long time and become quite common and necessary for every woman. Rachel realizes that she cannot meet this kind of value anymore since she is a widow because of her infertility, and she is not that beautiful.

Another heavy sigh. “I’m surprised you remember anything at all, Rachel. You were blind drunk. Filthy, stinking drunk. Staggering all over the place.” My throat starts to close up, hearing him say these words. I’ve heard him say these sorts of things before, in the bad old days, the very worst days, when he was tired of me, sick of me, disgusted by me. Wearily, he goes on. “You’d fallen over in the street, you were crying, you were a total mess (Hawkins, p.334).

This is another evidence that makes Rachel have low confidence in herself. Tom, in this quotation, is describing Rachel as blind drunk, filthy, stinking drunk and staggering all over the place. Tom describes Rachel in the worst way that few people want to hear. Not only is she unable to have children, her alcoholic problem makes her look worse than before. Rachel’s conditions
come a lot worse after the divorce. Whenever she is drunk, she always calls or sends weird emails to Anna and Tom at midnight. This is quite disturbing for them since it wakes their baby and it is hard to put her to sleep again.

“Rachel, it’s Anna.” Long pause. “I need to talk to you about the phone calls.” Another long pause—she’s talking to me and doing something else, multitasking, the way busy wives and mothers do, tidying up, loading the washing machine. “Look, I know you’re having a tough time,” she says, as though she has nothing to do with my pain, “but you can’t call us at night all the time.” Her tone is clipped, irritable. “It’s bad enough that you wake us when you call, but you wake Evie, too, and that’s just not acceptable. We’re struggling to get her to sleep through at the moment (Hawkins, p.55).

From this quotation, we can see how upset Anna is to deal with Rachel’s behavior. At the same time, Rachel is also upset with Anna’s complaint. In this state, she still blames Anna for her misery at that time. After she meets many people during her investigation, she can gain back her confidence.

And now I’m not, I’m really not. I can be thankful to Scott for this: I’m too afraid, now, to go out in the middle of the night to buy booze. I’m too afraid to let myself slip, because that’s when I make myself vulnerable. I’m going to have to be strong, that’s all there is to it (Hawkins, p.336).

This quotation is the proof that Rachel has gained her confidence back after meeting with Scott. She realizes that she will be weak and vulnerable if she keeps drinking liquor. From this point, Rachel stops drinking and focuses on the investigation. She visits the places when the blackout happens and asks Andy, the red-haired man that she meets on the train at that night. Rachel gains insight that the one on the car with Tom is not Anna but Meghan.

Everything is a lie. I didn’t imagine him hitting me. I didn’t imagine him walking away from me quickly, his fists clenched. I saw him turn, shout. I saw him walking down the road with a woman, I saw him getting into the car with her. I didn’t imagine it. And I realize then that it’s all very simple, so very simple. I do remember, it’s just that I had confused two memories. I’d inserted the image of Anna, walking away from me in her blue dress,
into another scenario: Tom and a woman getting into a car. Because of course that woman wasn’t wearing a blue dress, she was wearing jeans and a red T-shirt. She was Megan (Hawkins, p.348).

This is the part where Rachel realizes that the real murderer is Tom. Then she comes to Tom’s house and settles things. First, she tries to save Anna from Tom after knowing the truth.

“What do you want?” she asks.
“I rang the doorbell,” I tell her.
“I didn’t hear it,” she says, hoisting the child up onto her hip. She half turns away from me, as though she’s about to go into the house, but then she just stops. I don’t understand why she’s not yelling at me.
“Where’s Tom, Anna?”
“He went out. Army boys get-together.”
“We need to go, Anna,” I say, and she starts to laugh. (Hawkins, p.352)

This is Rachel’s act of acceptance. She accepts her condition as it is. She knows the truth that after a long investigation, she found that Tom is Meghan’s murderer. She knows that she loses Meghan as her part of her imagination, but she unconsciously realizes that she needs to prevent another victim like Meghan. The one that is close to this profile is Anna, Tom’s current wife. At the beginning of the story, Rachel hates her so much after the divorce. When she gets drunk, she channels her upset feeling by terrorizing Anna and Tom in the middle of the night through phone calls and mails. But now, she can accept anything that happens to her. She believes that by helping Anna she can prevent another victim like her.

Rachel tries to convince Anna to leave the house. At first, she does not believe what she is saying. But later when Tom comes in this scene, he explains everything. All the truth comes out. Tom admits what he does but he keeps blaming Rachel for showing herself at that night and blames her for Meghan’s
death. That does not make sense since the one who lays a hand to hit Meghan is Tom himself. Rachel is over with Tom’s excuses, so she asks Anna to keep him busy while Rachel is trying to call the police. Anna agrees with this since she feels the same way with Rachel after listening to Tom’s excuses. Anna is upset because Tom admits that Anna and Rachel are the same kind of women.

Those efforts do not work. Rachel tries to get away from Tom, she run outside in the middle of rainy days. Tom catches her and tries to kill her. Rachel carries a screwdriver that she takes from the house and she kills him with it. In the end of the story, Rachel accepts everything that happens to her and realizes that she does not drink liquor for quite a long time.

I can imagine exactly how good I would feel halfway through my first drink. To push away the feeling, I count the days since I last had a drink: twenty. Twenty-one, if you include today. Three weeks exactly: my longest dry spell in years… she fetched a bottle of Jack Daniel’s from her room and poured us each a large measure. ….. I drank the whisky and then I vomited it straight back up; I haven’t touched a drop since (Hawkins, p. 407).

These are the lines after Rachel finds the real murder of the missing girl. After she kills Tom, the murderer, she gives conviction to the police about her findings that lead her to Tom and tells them what Tom has done to her during her short visit. She realizes that because of doing this case, she has not touched any liquor in three weeks. The police return her to her flat and Cathy is welcoming her with a drink. Rachel drinks it and drops it quickly. This is the sign that her drinking problem is gone because of her purpose to help the missing girl.

From the explanation above, we can see that the purpose to save the perfect married couple based on the belongingness & love need influences
Rachel’s personality development. These influences are two of eight Hurlock’s pattern of personality developments; there are physical changes and changes of self-concepts. In physical changes, it diminishes Rachel’s habit to drink liquor. In the beginning of the novel, Rachel illustrates as a desperate, and unemployment. Because she keeps drinking, she does not pay attention to her appearance and displeases everyone around her. When she decides to find the missing girl’s case, she realizes that her drinking problem gets in the way with her effort of helping the missing girl. Thus, she starts minimizing her exposure to liquor and focuses on the case. Because of this, she gets distracted from drinking and focuses on solving the case. Because of the long gap between the last times she drinks, it makes her body reject liquor. Because of that, she stops drinking liquor.

In changes of self-concept, Rachel’s concept of herself changes during the investigation. At first, she keeps blaming herself for everything and underestimates herself for it. She judges herself as worthless because of the problem that happens to her during her drunken time and when she still becomes a married woman. She blames Tom and Anna for her current conditions. She blames her misery to Tom and Anna by calling and sending weird emails in the middle of the night. During the investigation, she meets new people that encourage her to stop drinking because she is weak when she is drunk. She also finds out about the truth. She decides to overcome her anger toward and decides to help her to save more life from Tom.

Briefly, before helping Meghan, Rachel does not care much about her appearance. But after helping Meghan, Rachel cares about her appearance in order
to solve the case. She also stops drinking because of this. She is also able to forgive herself and accept everything by helping Anna.

2. **To be accepted**

To be accepted is one of the motives that influence Rachel’s personality development. There are three Hurlock’s conditions of changes that are affected by this motive. The changes are in social pressure, changes cause by strong motivation, and Psychotherapy. As we know, at the beginning of the novel, Rachel is described as a desperate and drunk woman. She loses her job and her marriage life because of her drinking problem. She becomes homeless and stay in her friend’s flat. In the beginning, she admits that she is an alcoholic and her condition is not profitable for her. In order to make sure that her flat mate is not going to force Rachel out, she keeps lying to her by pretending that she has a job. She takes train from Ashbury to Euston London. She takes the train at the exact time to make it looks like she has a job. Every time she takes train, she always takes the same route at the same time in order to see her old house and lovely marriage couple next to her old house. She always imagines this marriage couple as her and her ex-husband, the things that she always wants after her divorce. She calls them Jess and Jason, later known as Meghan and Scott. This marriage couple becomes her reason to live. Until one day, Rachel see’s Jess kissing another man. Rachel feels hurt to see that, so she channels it into drinking. At night, she gets drunk and walks to Witney and then goes home.

In the next morning, she sees the news that Jess is missing. At first, she feels fine with it because she thinks Jess deserve it for cheating on her husband.
But then, she realizes that she needs Jess to continue her imagination as a perfect couple that she never has. So, she decides to help the missing girl. In the evening, the police come to Rachel’s flat asking some questions about the missing girl and what Rachel does at Witney the day before the girl is missing. Rachel completely forgets what she is doing at that night, so keep lying about the time and what she has done at that night.

“What time was this?” Gaskill’s voice was even, his face completely blank. “It was . . . um . . . I think it was around six thirty. I mean, I think I got the train at around six o’clock.”

“And you came home . . . ?” “Maybe seven thirty?” I glanced up and caught Cathy’s eye and I could see from the look on her face that she knew I was lying. “Maybe a bit later than that. Maybe it was closer to eight. Yes, actually, I remember now—I think I got home just after eight.” I could feel the colour rising to my cheeks; if this man didn’t know I was lying then, he didn’t deserve to be on the police force (Hawkins, p. 100).

The description above reveals how Rachel is lying about the time. For instance, using the word “um” shows a hesitation to the answer that she will give to the police. The phrase “I think…” this phrase also gives a clue that Rachel is not sure of what she talks about. Rachel also admits that she is lying by looking at Cathy and she knows that Rachel is lying. Rachel also thinks that the police will not notice her lie. But then another question after long talks comes out giving the police clue who Rachel really is.

“Had you been drinking on Saturday evening?” he asked.

“Before you went to Witney, had you been drinking?”

The heat came rushing back to my face. “Yes,” I said.

“Mrs. Watson—Anna Watson—said that she thought you were drunk when she saw you outside her home. Were you drunk?”

“No,” I said, keeping my eyes firmly on the detective so that I didn’t catch Cathy’s eye. “I’d had a couple of drinks in the afternoon, but I wasn’t drunk.”

Gaskill sighed. He seemed disappointed in me. He glanced over at Neck Acne, then back at me (Hawkins, p. 103).
Rachel’s answers to these questions show that all of her answer is unreliable just by admitting that she drinks liquor before the investigation begins. This is the point where Rachel’s information is unreliable, but she still thinks that her lying is working for her. Later, she goes to the police office, comes clean about everything and tells the police about the cheating before the girl is missing.

The police arrest a guy based on Rachel’s information. But later, the police release him with an apology.

…. and that the suspect in the Megan Hipwell disappearance has been released without charge. … and they go back to the studio and the newsreader says: “Kamal Abdic, the man arrested yesterday in connection with the disappearance of Megan Hipwell, has been released without charge. Abdic, who was Mrs. Hipwell’s therapist, was detained yesterday, but was released this morning because police say there is insufficient evidence to charge him” (Hawkins, p.193).

This is the news that wakes Rachel up to realize her status as an alcoholic does not help investigation. She realizes her lying causes the police to doubt her. Because of her, the potential suspect of a murder case is released with an apology. She feels regretful for what is happening. So, she calls Scott to confirm what happens.

“You should have told me,” he says as soon as he picks up, “what you are.” His tone is flat, cold. My stomach is a small, hard ball. He knows. “Detective Riley spoke to me after they let him go. He denied having an affair with her. And the witness who suggested that there was something going on was unreliable, she said. An alcoholic. Possibly mentally unstable. She didn’t tell me the witness’s name, but I take it she was talking about you?”

“But . . . no,” I say. “No. I’m not . . . I hadn’t been drinking when I saw them. It was eight thirty in the morning.” Like that means anything. “And they found evidence, it said so on the news. They found—” “Insufficient evidence.” The phone goes dead (Hawkins, p.197).
This is the evidence where Rachel is lying to the Police and Scott has discovered as a result of a potential suspect of murder. Scott is quite angry to know Rachel is lying and the fact that she is an unstable alcoholic. This is the big evidence to wake Rachel’s consciousness up that she cannot lie anymore, and her alcoholic problem needs to be stopped in order to continue investigating.

From this evidence, we can see the part where Rachel realizes that her position in the society is not favorable for her. Because of this, the esteem needs come out because she needs to be recognized and respected by the society. She realizes that this is necessary since people assumption about her does not help her with the investigation. In order to gain society trust, she needs to change to be a better person. This is the source of self-efficacy of social persuasion. Social persuasion is not always about someone persuade someone to do certain task to gain some capabilities. But this can be created by some events that do not go the way someone needs to be. In this case, Rachel is realizing her fault by some events or her surrounding response to what she has done. Her lying to cover her alcoholic problem does not work in the way she need to be. Because of this event, Rachel needs to change her unfavorable traits to gain trust from the society.

In strong motivation, this motive has encouraged Rachel to be more than she is. When Rachel sees the news that the police releases Kamal, Scott gets angry to know that Rachel is an alcoholic and emotionally unstable person according to the police. Rachel gets depressed because of that. But she is struggling to get people’s trust.

I can feel panic rising in my chest. He thinks I can help him. He is pinning his hopes on me and all I have for him is a lie, a bloody lie. “They won’t
believe me,” I say weakly. “They don’t believe me. I’m an unreliable witness.” (Hawkins, pp. 242-243)

This quotation is the proof that Rachel is lying and her status as an alcoholic, blocks her path to help the missing girl. There, we can see that Rachel is losing her confidence. She believes what she sees is real. But, the police do not believe her. The second purpose is based on the esteem needs. She needs to be recognized as a normal person in order to get police’s trust. This purpose becomes part of Rachel’s changes by providing the condition or the path for Rachel to change. When Rachel’s information is not taken seriously, she decides to investigate on her own and stops drinking. She finds the red-haired man who is with her when she drunks in the train before the missing girl case happens. Then Rachel keeps remembering her black out memory and starts to realize that the missing girl, Meghan, is with Tom.

Everything is a lie. I didn’t imagine him hitting me. I didn’t imagine him walking away from me quickly, his fists clenched. I saw him turn, shout. I saw him walking down the road with a woman, I saw him getting into the car with her. I didn’t imagine it. And I realize then that it’s all very simple, so very simple. I do remember, it’s just that I had confused two memories. I’d inserted the image of Anna, walking away from me in her blue dress, into another scenario: Tom and a woman getting into a car. Because of course that woman wasn’t wearing a blue dress, she was wearing jeans and a red T-shirt. She was Megan (Hawkins, p. 348).

This is the part where Rachel realize that the real murderer is Tom. Then she comes to Tom’s house and settles things. In the end, Rachel kills Tom in order to protect herself. The strong motivation influences Rachel to change by giving Rachel the purpose to help the missing girl and creates the path and condition for her to change.
In the psychotherapy, it helps Rachel to realize about herself and is able to track her black out memory. It states that Rachel goes black out after drinking liquor at the pub. She keeps drinking to channel her emotional turbulence. But at that time, there is also a potential missing case and Rachel is there when the girl is about to disappear. She believes that she does something at that night. But she is having blackout and she cannot remember anything about that night. She needs the information about her black out in order to solve the missing girl’s case. So, she comes to a therapist Dr. Kamal Abdic. At first, she wants to get information about the missing girl from him since he is the man that Rachel sees in the morning before the missing girl’s case comes out. She sees him kissing Meghan outside the house. Then the session continues to the way to retrieve her memory during her black out.

He listened. And eventually he nodded slightly and said, “You want to take responsibility for what you have done, and you find it difficult to do that, to feel fully accountable if you cannot remember it?”

“Yes, that’s it, that’s exactly it.”

“So, how do we take responsibility? You can apologize—and even if you cannot remember committing your transgression, that doesn’t mean that your apology, and the sentiment behind your apology, is not sincere.”

“But I want to feel it. I want to feel . . . worse.”

It’s an odd thing to say, but I think this all the time. I don’t feel bad enough. I know what I’m responsible for. I know all the terrible things I’ve done, even if I don’t remember the details—but I feel distanced from those actions. I feel them at one remove (Hawkins, p.250).

From the conversation, Rachel is trying to make the therapist retrieve her memory on her black out. Rachel feels responsible for what happens during the blackout. The therapist tries to give Rachel another way to repents those responsibilities, but Rachel keeps her persistence since she believes that she has
done the terrible things. Then later, Rachel mentions hypnotherapy as a way to retrieve a memory.

He shakes his head. “I’m sorry, but I couldn’t recommend one. You have to bear in mind that subjects under hypnosis are very suggestible. The memories that are ‘retrieved’”—he puts air quotes around the word—“cannot always be trusted. They are not real memories at all.” (Hawkins, p.295)

Kamal is against this therapy since the memory can be tampered with many things and the memory retrieved is not all real. So, there is a slim chance to get this blackout memory. Rachel cannot bet herself for those slim chances so she gives up for it. Later, Kamal tells Rachel to retrace the by memory by going back to the place again in order to remember. Then Rachel starts to remember piece by piece. She realizes that there are images in her memory which does not fit in. It shows the real memory during the blackout and then Rachel realizes that the murderer is Tom, her ex-husband.

Thus, psychotherapy helps Rachel not to look for the shortcut for her problem since those shortcuts are not the one that will solve her problem. At first, she insists to take hypnotherapy but when she learns the consequence, she decides to give it up and back to normal way by retracing her memory through visiting the places.

From the explanation above, we can see that the purpose to be accepted based on the esteem needs influences Rachel’s personality development in three areas out of Hurlock’s eight categories. There are social pressure, strong motivation, and psychotherapy. In social pressure, Rachel decides to solve the missing girl’s case. She hides her status as alcoholic to gain the police’s trust. She
is lying to the police about the night of the girl missing. The police notice it later and then the police release Kamal. Rachel realizes that her lying to cover her status as an alcoholic is not effective. Her position in the society is not favorable for her to continue investigating. Thus, she needs to change herself in order to gain society favor. She starts to stop drinking while solving the case. Solving the missing girl’s case is considered as the distraction. This distraction works effectively and makes Rachel to stop drinking after some time. She stops drinking because her body rejects the liquor.

This motive gives Rachel a sign that it is the time for her to stop drinking and starts solving the case. In these changes, the motive of helping Meghan also distracts Rachel from focusing on the case instead of drinking. At the end of story, Rachel stops drinking and is committed to doing everything honestly.

In psychotherapy, this motive allows Rachel to solve the case by using psychotherapy. She goes to a therapist when she knows that hypnotherapy is able to retrieve a lost memory. She believes that her memory during her blackout is a key to solve this case. In her session with Kamal, he reminds her that she has punished herself and he says those memories cannot be retrieved for a reason. She keeps pushing him until she mentions hypnotherapy. He disagrees with this method since the changes of getting the real memories is pretty low. He suggests retracing her memory by going to the last place she visits during her black out. Rachel notices this possibility and decides to give up on it.

To sum up, before helping Meghan, Rachel is dishonest, alcoholic and pessimistic. After she helps Meghan, she becomes honest, sober and optimistic.
CHAPTER V

CONCLUSIONS, IMPLICATIONS AND SUGGESTIONS

This chapter is divided into three parts, namely conclusions, implications and suggestions. Conclusions conclude the whole research whereas the implications are the contribution of this study to the education. Suggestions discuss proposed topics for further study.

A. Conclusions

There are two purposes that become a motive for Rachel to help the missing girl. There are to save the perfect couple and to get accepted. To save the perfect married couple is the purpose that is based on the belongingness & love needs. Rachel gets divorced because she cannot give birth to a child and ends up drinking a lot. She needs the feeling of belongingness and love back. She can get that again by taking the marriage couple next to her house as her imagination and all the things she wants to be. Jess is missing, so she needs to fill this imagination again. That is why helping Meghan is important because she needs to complete her imagination in order to have the reason to live again.

To get accepted as the second purpose is based on the esteem needs which comes after Rachel faces a difficulty because of her alcoholic addiction. She is considered as unreliable witness to the police causes a suspect of murder to walk away. Because of this, she decides to prove to the police that she is reliable. Thus, it will help her during her investigation.
These purposes influence Rachel’s personality developments by giving Rachel a distraction. These purposes work simultaneously as the booster for Rachel to start helping the missing girl. The first purpose is to save the married couple that triggers Rachel to start helping the missing girl rather than taking the trains aimlessly or keeps drinking. The second purposes are to get accepted. This purpose uses to create the path for Rachel in order to accomplish this case. It wakes Rachel up from her real problem that has prevented her from solving her alcoholic problem. Rachel realizes this and starts to stop drinking liquor. After the case is over, she spent three weeks without liquor. Because of this, her body rejects the liquor and finally, she stops drinking.

Based on the motive of Rachel’s action to helping, the researcher concluded that the meaning of the action to help is that it is the opportunity to changes. The opportunity to changes is the reflection of Rachel’s overall motive to help Meghan influence her personality development. The motive to help serves as the opportunity and the urge to changes. As the motives grow larger, it clears Rachel’s mind to notice that she needs to change in order to get a better life. The motive to help influence her personality development affects her actions and her sequence of her daily activities by giving Rachel a new insight that she need focus on the problem ahead instead of drowning in a deep pain. Later, Rachel’s changes can be seen after a long investigation and meeting a lot of people. The reality that is describe in this novel is that there are people like Rachel who is drowning in her problem and needs help to be better. The researcher hope that this study will
moved the reader and the society to accept people like this is exist and need help and opportunity to change.

Overall, the influence of Rachel’s motive to help Megan on her personality development is positive as it changes her personality for the better. Rachel is able to stop drinking, able to accept her condition, become an honest person and believes in the process. The researcher hope that the reader and the society will accept these kinds of people instead of judging them and give the help that they need in order to changes for the better.

B. Implications

Literature is one of the subjects that is learned in the English Language Education Study Program of Sanata Dharma University. Learning literature can be done through reading novels, poems, short stories, movies, scripts and songs. Literature can be used to transfer the student’s emotions and feeling toward the literature that they have learned. Literature can also be used to practice finding someone’s motive of someone doing something and which influences their life through literary work such as novel, short stories, movie and scripts. This activity is useful in a learning process.

Furthermore, reading this novel also gives new knowledge of the latest issue that happens in the society. Motive can drive someone to do something and it is wise to keep changing in order to meet the society’s needs. As we believe, students are prepared to be good at making decision and to sensitivity to the changes. Therefore, it is important to teach students how to be good at making decision so that they will not makes mistake and, they can influence to do good.
They also need to be sensitive toward changes so that they can adapt themselves to the changes surround them.

C. Suggestions

*The Girl on The Train* is the first novel written by Paula Hawkins. This novel is interesting to be analyzed. The analysis in this study is limited to describing the motive which influences Rachel’s personality development.

There are some points that can be analyzed by future researchers. The future researchers could analyze Rachel’s personality throughout the novel. Moreover, it would be beneficial to analyze the influence of other characters on the main character’s personality or also analyze the issue that happens in the novel.

The second suggestion is for English teachers and lecturers. Novel is a literary work that can be used as a source of knowledge for lecturers in the class in to educate their students. Using novels in learning and teaching process can increase the students’ vocabulary and awareness of the current issues in the novel. This activity can help and influence students to think critically of certain issues and share their idea with the others. Additionally, the novel can be used to improve students’ basic skill in English such as reading, listening, writing, and speaking.
REFERENCES


APPENDICES
Appendix A

Biography of Paula Hawkins

Paula Hawkins is British novelist born in Salisbury, Rhodesia in 1972, whose first novel, The Girl on the Train, became a bestseller. She is the daughter of an economics professor and she and her family moved back from Rhodesia to London in 1989 when she was 17 years old. She attended the University of Oxford and graduated with a degree in philosophy, politics and economics. She worked for The Times as a business journalist and then worked as a freelance journalist for various different publications.

In 2009, Hawkins turned her attention from reporting factual stories to writing fiction. She used the pen name Amy Silver and wrote four romantic comedy novels; the most memorable of which being Confessions of a Reluctant Recessionista. These first novels did not become successful and were not at all critically acclaimed. It was not until she wrote a much darker story, her thriller The Girl on the Train, that she became a bestselling author.

Paula Hawkins has reported that the novel took her 6 months of writing full time to complete. It is a much more serious book than her previous four novels and deals with issues of drug abuse, alcoholism and domestic violence among others. The novel was a bestseller in hardback and the publisher pushed
back the publication of the paperback edition several times in order to capitalise on its success for as long as possible. Only a year after its initial release, The Girl on the Train had been published in more than forty different languages, had been optioned for adaptation for film by Dreamworks and had become a bestseller worldwide.

Adopted from: http://www.webbiography.com/biographies/paula-hawkins

Appendix B

Summary of The Girl on the Train

Rachel Watson is a girl on a train. She rides the commuter rail to and from London every day for work (or so she says). While on the train, Rachel engages in her perfect fantasy life for one couple she obsesses with. Rachel calls them Jason and Jess, and the train stops outside their house every morning.

This golden couple lives on the same street Rachel used to. Before she failed to get pregnant, started drinking, and her husband cheated on her and divorced her, because of this, she wants to pretend someone out there has a perfect life. Hers is far from it.

But this couple isn't perfect. Rachel soon sees Jess smooching a man who isn't her husband, and then a few days later, Jess disappears. Jess and Jason who later known as Megan and Scott. When no newspapers mention the man Megan was having an affair with, Rachel decides to contact Scott and tell him that she saw his wife kissing another man.

Together, Rachel and Scott learn the man's identity: It's Dr. Kamal Abdic, Megan's therapist. Rachel decide to tell this information to the police and later this doctor is called in for questioning by the police but he denies have an affair with Megan. Is he telling the truth? Scott and Rachel still suspect Dr. Abdic, so Rachel goes to him for therapy to see if he acts guilty. He doesn't act guilty. And he turns
out to be a pretty good therapist to boot, helping Rachel confront her drinking problem and her memory loss.

Rachel remembers being in the neighborhood the night Megan went missing. The problem is that Rachel was totally drunk and doesn't remember anything beyond that. She had a blackout in the underpass, so her memory is one big black hole. Rachel's roommate, Cathy, disapproves of Rachel's drinking problem, and gets even angrier at her when she realizes that Rachel lost her job months ago. All those train rides to and from London are just her pretending she still has a job.

Rachel eventually remembers something bad happening in the underpass. Although she doesn't know exactly what it was, she recalls her ex-husband, Tom, and his new wife, Anna, both being there. Rachel is unable to get over her failed marriage and often bothers Tom and Anna, who live a couple houses down from Scott and Megan. Anna, who was the other woman when Rachel and Tom were married, hates Rachel and wants her out of their lives. She wasn't very fond of Megan either, who briefly babysat for her and Tom. Wow, things were complicated.

Rachel is still desperate to get to the bottom of these questions. She bumps into a red-haired man on the train who remembers Rachel from the night Megan went missing. By talking to him, Rachel is able to piece together more details of that night: Tom wasn't with Anna that night—he was with Megan.
Just when Rachel suspects Tom may have killed Megan, Anna finds a secret phone in Tom's gym bag. The pre-paid cell phone turns out to be Megan's. Why does Tom have her phone? Rachel shows up to convince Anna that Tom is a murderer and to help Anna and her baby escape. But Anna is unable to put aside her dislike for Rachel and go with her, even though the evidence against Tom is mounting rapidly.

Tom comes home and reveals everything that happened: He was cheating on Anna with Megan, and Megan got pregnant with his baby. Tom asked her to have an abortion, not realizing Megan's history with babies. When Megan was a teenager, she had a baby, but accidentally killed it when she fell asleep in the tub. Tom's suggestion to have an abortion touched a nerve, and Megan yelled and screamed at Tom, saying she'd expose their affair. To shut her up, Tom killed her.

After the confession, Rachel runs from Tom, but he attacks her. She stabs him in the neck with a corkscrew. Angry that Tom lied to her, too, Anna moves in and finishes the job, twisting the corkscrew in deeper and deeper. Tom dies, his lies are exposed by the police, and everyone lives happily ever after. Well, Rachel seems to be happy at least. She takes a vacation to gather her thoughts and think about what she wants next out of her life. Then she takes the train home. Or to the laundromat to get all those blood stains out of her clothing. Either destination seems likely.

Appendix C

Reflection Related with The Novel

*The Girl on The Train* is 2015 psychological thriller novel written by Paula Hawkins. This is the second novel that I chose to write my thesis. My first topic was Eleanor & Park. This novel tells us about a love story between a boy and a poor girl who recently come back to her mother’s house and enter her new school. Due to possible problem that might happen in the future, I decide to come up with another topic. I stumbled across *The Girl on the Train* after two weeks of searching for a new topic. At first, I was interested in this novel because the short summary of this novel mention something related with domestic abuse. At first, I wanted to defend my previous topic on the domestic abuse. After reading the whole novel, I realized that this novel only had approximately three pages which mentioned domestic abuse. The data were not sufficient enough for my analysis, so I finally gave up on domestic abuse topic.

When I read the whole novel, I felt amazed with Rachel as the main character in the novel for the transformation. The best part was that she could forgive everything that happened to her and helped Anna to prevent more casualties caused by her ex-husband. From this scene, it reminded me of my mother who face the same things and yet she can be just like Rachel who was able to forgive everything and accept everything that have happened instead of blaming everything. I felt that this was women’s strength to forgive everything no matter how painful it is and the ability to move on from the past which requires a
lot of efforts. This was the reason why I decide to choose this novel for my undergraduate thesis.

From my admiration on the main character, I decided to analyze the motive behind Rachel’s action of helping Meghan. In this novel, there were two things that I had learned from this novel, the vulnerability of marriage and women’s strength. First is the vulnerability of marriage. When we heard the word “marriage”, the things that might come across our mind is the marriage oath said that the bride and groom swore each other to love each other until death do them apart. From this oath, we could see just how powerful marriage was and we believed that this was the strongest bond in human life. I always knew marriage as the way to strengthening each other. As times went by and I was getting older, I faced the reality that not all marriage goes well. Some couples I meet strengthening each other while others weakening each other in the name of fear, arrogance and dominance. From this novel, I can see that this phenomenon happens. Rachel is get weaken by her husband because she cannot have a child. Instead of adopting a child, get over with the fact that she cannot have children and love each other like the oath, Tom cheats on her in just because she unable to have a child. Using this point of view, I see marriage as way to weaken others and make excuse to do something that they usually would not do. I believe that there is still good in marriage. But if something like this cannot be stopped, imagine how many women will get hurt by this kind of method. This kind of phenomenon also happen in real life, usually we will see it on the news where some celebrity couple decided to divorce. Some of them stated that the reason for their divorced
was because their spouses cheated on them. One of recent news related with divorce was on the Opick’s wife proceeded to divorce her husband. According to Tribunnews.com, Dian Rositaningrum decided to divorce her husband because her husband married another woman beside her without her approval.

Second is the women’s strength. In this novel, women’s strength plays important role in this novel. This strength gives a way to forgive oneself for everything and create a clear decision for another life. Rachel’s change to be better is one of women’s strengths. Instead of blaming everything about her life, Rachel forgives everything that happened to her and moves on with her life. Rachel’s strength to create a clear decision spurs out after she forgives herself for everything and the answer to her investigation comes to light. She knows that Tom kills Meghan and maybe Anna might be next. Rachel decides to help Anna get away from Tom. Rachel’s decision saves another life.

In conclusion, there are two things that I have learned from this novel, the vulnerability of the marriage and women’s strength. Vulnerability of marriage showed us the recent truth that marriage is another weak bond of human life that can be manipulated for human desire. As for the women’s strength, it gave me lessons that this strength gives us the ability to forgive oneself for everything and save life by creating better decision.

There are three things that I have learned during the time I wrote my thesis, the time management, need to be more meticulous, and suppress my urge for greater needs.
First is my time management. I know my time management is so bad to begin with, but not like this. I even way passed my own deadline of finishing my thesis. Because of this, I realize about my time management issue and decide to completely focus on the thesis.

Second, I need to be more meticulous. I used to get revision from whatever I am doing because I know I am not a perfect person. Every time I type something, I am confused with the right way to type and sometimes I missed it. I missed something that I can’t see but others find it later. Because of this, I need to focus more on finding my mistakes in my writing. From this explanation, I admit that I make a lot of mistakes and now I am trying to be more meticulous in order to minimize the mistakes.

Lastly, I need to suppress my urges for greater needs. I need to start prioritizing many things and suppress any unnecessary urges. I join an event outside the campus without recalculating about my planning again. Since the preparation of this event takes a long time, I did my thesis half-asleep. I just realize that I missed a lot of things and need a lot to catch up. Before the event that I have joined finished, I heard another interesting event coming right up within this year. This is quite tempting but I need to focus on my thesis. In the end, I made commitment not to join any event until I finished my thesis. So, at this moment, my focus will be on the thesis.

In conclusion, there are three things that I have learned from writing my thesis. I know my time management is not good and I am trying to fix it. I need to
be meticulous to prevent more mistake in the future. And lastly, I made commitment with myself that I will prioritize my thesis until it is over.