ANNE’S SELF-ACTUALIZATION PROCESS AS REVEALED IN JUDITH MICHAELS’ SLEEPING BEAUTY

A SARJANA PENDIDIKAN FINAL PAPER

Presented as Partial Fulfillment of the Requirements to Obtain the Sarjana Pendidikan Degree in English Language Education

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Faculty of Teachers Training and Education
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Dean,

Rohandi, Ph.D.
I dedicate this final paper to my mother, father, and little brother.

I thank my family for being one of my reasons to stay alive and keep fighting.

Besides, I thank them for the sincerity to wait this long.

“One does not complain about water because it is wet, or about rocks because they are hard, or about trees because they are green” – Abraham Maslow

“No matter how long you have travelled in the wrong direction, you can always turn around” – Rebecca Ray Clin
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, 10 March 2016

The Writer

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ABSTRACT

Primasti, Muftiqul Dyas. (2016). *Anne’s Self-Actualization Process as Revealed in Judith Michaels’ Sleeping Beauty*. Yogyakarta: English Language Education Study Program, Department of Language and Arts Education Faculty of Teachers Training and Education, Sanata Dharma University.

This study discussed Anne Garnett, the main character of the *Sleeping Beauty* novel by Judith Michael. This study focused on analyzing the process of Anne’s self-actualization. The problem formulation was “how is the process of Anne’s self-actualization as a sexual abuse victim? The objective of this study was to describe Anne’s self-actualization using Roger’s psychological theory.

The object of the study was the self-actualization of Anne Garnett. To achieve the aim, this study employed a library study. This study applied psychological approach to identify Anne’s sexual abuse and found out her self-actualization process. The study used the theory of sexual abuse, self-actualization, and family.

Based on the analysis, it showed out that Anne can actualize herself successfully even her sexual abuse effects still remain. Anne’s process of self-actualization was toward her openness to experiences, existence of living, and trusts herself. Anne can actualize herself in all of the steps of self-actualization’s process. It also found out that Anne was loyal to her family even her family betrayed her. She became a good influencer to them. She even defeated all of her sexual abuse effects when she protected her family from her abuser.

**Keywords:** self-actualization, sexual abuse, *Sleeping Beauty*
ABSTRAK


Studi ini menganalisis Anne Garnett, karakter novel berjudul *Sleeping Beauty* yang ditulis oleh Judith Michaels. Fokus studi ini adalah menganalisis proses aktualisasi diri yang dilakukan Anne. Rumusan masalah yang menjadi dasar penulisan karya ilmiah ini adalah bagaimana proses aktualisasi diri yang dilakukan Anne sebagai seorang korban dari kekerasan seksual? Tujuan studi ini untuk mendeskripsikan aktualisasi diri Anne menggunakan teori psikologi Rogers.

Objek dari studi ini adalah aktualisasi diri karakter novel *Sleeping Beauty* bernama Anne Garnett. Untuk mencapai tujuan, tugas akhir ini menggunakan metode studi pustaka. Studi ini menerapkan pendekatan psikologi untuk mengidentifikasi kekerasan seksual yang dialami Anne dan untuk menemukan proses aktualisasi diri yang dilakukannya. Studi ini menggunakan teori kekerasan seksual, aktualisasi diri dan keluarga.

Berdasarkan analisis, menunjukkan bahwa Anne dapat mengaktualisasikan dirinya dengan sukses meskipun efek dari kekerasan seksualnya masih tetap ada. Proses aktualisasi diri Anne menuju ke arah keterbukaan dari pengalaman-pengalaman, kehidupan ekstensial, dan kepercayaan pada diri sendiri. Anne dapat mengaktualisasikan dirinya melalui semua proses dari aktualisasi diri. Studi ini juga menemukan bahwa Anne setia pada keluarganya meskipun mereka telah mengkhianatinya. Dia menjadi pengaruh yang baik bagi keluarganya. Dia bahkan mengalahkan semua efek dari kekerasan seksualnya ketika dia melindungi keluarganya dari pelaku kekerasannya.

*Kata Kunci*: self-actualization, sexual abuse, *Sleeping Beauty*
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Muftiqul Dyas Primasti
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CHAPTER I
INTRODUCTION

There are three chapters in this final paper. The first chapter is introduction. In this chapter, the writer explains the background of the study and the approach of the study. Background of the study contains the background of the topic discussed and the formulation of problem. The topic discussed is the Anne’s self-actualization in the *Sleeping Beauty* novel. Approach of the study describes the approach and procedure of the study.

The second chapter contains discussion. This chapter consists of two sections, namely, the review of literature and the findings. This chapter aims to answer the formulated problem.

The third chapter is conclusions, implication, and suggestions. In this chapter, the writer focuses on the conclusions of the study. The writer adds an implication and some suggestions for the future writer(s) or researcher(s) and the lecturer who teaches prose using Judith Michael’s *Sleeping Beauty*.

A. Background of the Study

Experiencing various situations and difficult conditions can affect the development of human’s personal growth. In their lifetime, human beings grow from children to adolescents and adolescents to adults. Whilst they grow and learn throughout the experiences, they grow together as a member of a family.
Family has a big contribution for its members’ growth and development, especially for the children. According to Pikunas (1976), family is an enduring social group based on marriage and blood relationship (p. 60). Family is said to be the first place for experiencing many kinds of life value. Normally, the parents are the first persons who give the children basic value of life. Hurlock (1974) states that the members of a family influence each other directly and indirectly. Family directly influences the members’ personality development by molding and communicating and indirectly the influence comes from the identification, unconscious imitation of attitudes and behavior patterns (p. 352). Therefore, a family is the right place to grow for each member since they live in certain place and time together on a period of time.

The family members demand family support. It is needed to encourage the member, particularly when bad event or thing happens to one of them. Yet, not every family has the supportive treatment for its members. In a family, one of the members could be harmful for the others. As Skolnick (1983) believes that family as one of few groups in society is empowered by law and tradition to use physical force on its member (p. 91). It means that one can be more dominant over the others and use physical force to influence the others. In some cases, one can force the others to fulfill his own needs or take advantage of the others. Unfortunately, many children become the victims of sexual abuse cases that happen in the middle of the family.

Nowadays, sexual abuse happens in the childhood and adolescence period. The Indonesian Child Protection Commission (KPAI) as reported in The Jakarta...
Post (2015) recorded almost 2,000 cases from January to July. Another research by the largest anti-sexual assault organization, Rape, Abuse and Incest National Network (RAINN, 2015) published that there are an average of 293,000 instances (victims age 12 or older) of sexual assault each year and 44 percent of the victims are under age 18 and 4 or 5 percent of the assaults are committed by someone who knows the victim. Moreover, the data also proved that the abuser could be the one who has a close relationship to the victim. The abuser can be the older sibling or playmate, the teacher, the instructor, the parent of another child, or even the family member of the child.

Thus, experiencing sexual abuse can give bad lasting effects or consequences to the victim. According to Child Welfare Information Gateway (2013), the immediate emotional effects of abuse are isolation, fear, and an inability to trust. The victim will experience an array of overwhelming and intense feelings.

Therefore, the children must be protected from the harmful experience like sexual abuse by the family. If the family fails to protect the children, the children will carry the effects of sexual experiences for the rest of their lives. Jersild (1965) notes that children’s experiences can be the powerful influence for themselves as long as they live (p. 177). Moreover, family must provide a comfortable ambiance to the children. If the children who are sexually abused do not approve comfortable ambiance for their shelters, they will be difficult to cope with the sexual abuse effects. The sexual abuse victims will also lose their self-concept to actualize themselves.
According to Rogers (1961), self-actualization is the process of becoming oneself and developing one’s unique psychological characteristics and potentials (p. 35). It means that self-actualization is the process of becoming everything that one is capable of becoming based on that one’s belief. A fully functioning person is the goal of the whole process of self-actualization. The process of Anne’s self-actualization can be seen in Sleeping Beauty novel. Thus, this study is intended to answer one research question; how is the process of Anne’s self-actualization as a sexual abuse victim?

The novel entitled Sleeping Beauty narrates a story of Anne Garnett as a sexual abuse survivor. Sleeping Beauty refers to Anne’s experiences in the novel. Anne considers as the beautiful girl who is asleep when she is sexually abused. Sleeping in the novel means consciously aware of the situation but does not do anything about it. Anne’s sexual abuse experience can be considered as the time when she is asleep in her life. The following paragraph will describe the brief story of Anne Garnett’s life.

Anne Garnett, a fifteen-year-old girl, is the sexual abuse victim. Her initial name is Anne Chatham. She is raped and sexually abused continuously for 2 years by her uncle, Vince Chatham. She runs away from her family after knowing that there is no one in the Chatham family stands on her side when she reveals the truth. Twenty four years later, she becomes a famous lawyer for divorce cases in Los Angeles. In the funeral of her beloved grandfather, Ethan Chatham, for the first time Anne gets to meet her family again after a long time. She meets her sister, Gail, and some of the family members. Later, she decides to be a part of the
family again. She even protects her family and the family companies from bankrupt caused by Vince. Even her traumatic effects of the sexual abuse experience haunt her but she keeps actualizing herself and becomes a fully functioning person.

The writer peels out Anne’s sexual abuse experience in order to facilitate the reader the visions about a taboo issue of sexual abuse. In Indonesia, sexual abuse is rarely found because the victims of sexual abuse rarely reveal the fact and keep the pain for themselves. Besides, the family members of the sexual abuse victim often see it as a so horrible case that they want to ignore. Anne’s family does the same but Anne can handle her own unfortunate experiences. Anne can rebuild her life by actualizing herself. Through reading this paper, the readers are invited to see a deeper understanding about Anne’s experiences. The writer is going to analyze the process of Anne’s self-actualization as seen in the Sleeping Beauty novel.

The writer chooses Anne’s story as a source because it provides guidance for the readers to deal with the sexual abuse cases. In this novel, Anne copes and overcomes her sexual abuse effects by herself. Moreover, she can actualize herself independently even with her sexual abuse effects still remain haunting her. In addition, the analysis of Anne’s self-actualization process is based on Rogers’ model of healthy personality. This model talks about a person’s personalities that change into more positive each time. The writer hopes this study can provide benefit by analyzing Anne’s sexual abuse and her process of self-actualization.
This study is aimed to give a reference for the teachers or teacher candidates, sexual abuse victims or survivors, prose lecturers, and parents. This study can help the teachers and teacher candidates to learn about the ways of dealing with the students who experience sexual abuse. Those students need special treatment as sexual abuse victims or survivors because they may suffer from sexual abuse effects like impaired self-esteem or anti-social. As the teachers or teacher candidates, one’s have to understand this kind of students and decide the most appropriate approach to motivate them to keep actualizing himself or herself. Moreover, they can provide a shelter to them. Through this study, the teachers or teacher candidates can advance themselves regarding the sexual abuse issues and self-actualization phenomena.

This study provides the positive, free, and confidential reference for sexual abuse victims or survivors. They who have had the same experience as Anne often live under some conditions such as hide the story or cannot see a therapist because of financial difficulty. The sexual abuse victim can learn from Anne’s experiences. Anne’s process of self-actualization that is discussed in this study can be a guidance or motivation to move on with his sexual abuse experience. Also, this study can be a confidential source for the sexual abuse victims or survivors who have reasons to hide the cases and must overcome the sexual abuse case themselves.

The source of this study, Sleeping Beauty novel, is a good recommendation for Prose lecturers. It is an inspiring and full of encouragement novel. It has many moral values like the way Anne cares for her family who
betrayed her with her whole abilities and how Anne accepts her bad experiences as a life lesson.

This study helps parents to gain new understanding from Anne’s experience. Parents should be able to motivate their children to never give up on bad conditions or situations. Since, actualizing self is important in order to have an existential living as individual, parents also need to teach their children to actualize themselves no matter what happen. Therefore, some cases of sexual abuse happen in the middle of a family so the parents can learn the importance of protecting their children from sexual abuse.

B. Approach of the Study

This study belonged to a library study. In this study, the writer used two kinds of sources: the primary source and secondary source. The primary source was a novel by Judith Michael entitled *Sleeping Beauty*. The secondary sources were some psychology books and some journals and articles of psychology from electronic sources.

In this study, the writer used the psychological approach to analyze the main character’s psychological condition. The psychological approach was chosen to use because it helped the writer examined the effects of Anne’s sexual abuse experience and analyzes her self-actualization process. This approach discovered the process on how Anne dealt with her devaluing and dissociation aspect of self, anti-social, anxiety feelings, and impaired self-esteem as the effects
of her sexual abuse experience, as well as how she actualized herself. This approach was also applied to address the formulated problem.

There were some procedures to undertake this study. First, the writer conducted a library research to choose the novel which had a sexual abuse as the theme of the story. The writer found two novels which had the sexual abuse as the theme. They are “Virginia Woolf: The Impact of Childhood Sexual Abuse on Her Life and Work” and “Tess of the D’Urbervilles”. The sexual abuse victims of those novels were dead as the effect of their sexual abuse experiences. Then the novel entitled Sleeping Beauty was chosen as the primary source of this study. The writer was interested in this novel because this novel gave an insight of being a more positive person no matter how bad the past experiences were.

After deciding the novel, the writer read the novel several times to get a deeper understanding. While reading the novel, the writer also noted some important information from each chapter to get the data. In this process, the writer found the specific problem to be analyzed. The writer likes to analyze how was the dynamic process of Anne’s self-actualization as a sexual abuse victim.

After the problem was formulated, the writer collected some references related to the study which were taken from books, articles, and journals. In this study, the writer used psychological approach because this study dealt with psychological approach of the main character. Specifically, it dealt with the sexual abuse and the self-actualization. Thus, the psychological theories that were used in this study included the theory of sexual abuse, the self-actualization theory, and theory of family.
Next, the writer analyzed Anne’s sexual abuse experience. It was used to examine the effects that she got from her sexual abuse experience. The writer identified the characteristics of Anne’s sexual abuse according to the guideline from Banyard and William (1996). The guideline defined the sexual abuse based on some aspects; the age at the time abuse, the type of sexual involved, the use of physical force, the relationship between the abuser and the victim. Therefore, the writer could examine the effects of Anne’s sexual abuse after identifying Anne’s sexual abuse.

The analysis on how Anne built her self-actualization was the next procedure. This analysis used the theory of self-actualization by Rogers (1961). Rogers’ theory was used because it provided positive process of becoming a fully functioning person which was showed by actualizing one’s self. In addition, the writer used the theory of family to identify Anne’s loyalty to her family member and analyze her family treatment to her and vice versa. The writer collected notes and quotation from some parts of the novel to find the evidences of Anne Garnett’s self-actualization process. At last, the writer drew the conclusions, implications, and suggestions of the study.
CHAPTER II
DISCUSSION

This chapter discusses the review of related literature and the findings of the study. Review of related literature focuses on some theories that will be used to conduct the study. Findings of the study provide the discussion of the data and the answer of the formulated problem.

A. Review of Related Literature

Psychological approach is presented as an approach used in this study. Theories related to psychological approach are adapted in this study, those are the theory of sexual abuse, the theory of self-actualization, and the theory of family. The theory of sexual abuse is used for analyzing the main character’s sexual abuse characteristic and its effects. The theory of self-actualization delivers the information about how the process of the main character’s self-actualization goes, while the theory of family is used to examine the degrading treatment of the main character’s family.

1. Psychological Approach

Psychological approach is an approach that uses psychological theory to explain human motivation, personality, and behavior. Rohrberger and Woods (1971) define psychological approach as an approach that concentrates on all
region of human’s mind that are reflected in the form of symbolic words, thoughts, and actions (pp. 13-14). This approach is useful to locate and examine certain patterns of human psychology in literature work like novel.

According to Geiwitz (1976), there are two bases of psychological approach. The first is the scientific method in which all disputes are taken to court in the halls of science and evidence. The second is biology which encompasses all forms of human activities, such as seeing, hearing, feeling, eating, sleeping, loving, and thinking (p. 78). In the novel, the readers can examine the characters psychological side using those two bases. Therefore, throughout a novel, the readers can understand the characters’ experiences from different sense of feeling, hearing, touching, smelling and tasting that are drawn by the author. As Moody (1986) believes that literary work may bring us back to the reality of human’s satisfaction, problems, feelings, personality, behavior and relationship (p. 2). Using psychological approach, the writer can examine the characters personality and behavior based on the character interactions with the others in the novel. Tjahyono (1988) believes that in the psychological field, a person’s story will be told by the psychic movement from all of the characters (p. 230). More specific, the characters’ thought, feeling and behavior can be traced more profoundly.

In this study, the writer uses the psychological approach to analyze the *Sleeping Beauty* novel. This approach is chosen because it helps the writer analyze the psychological aspect of the main character’s sexual abuse and self actualization which will be examined together with how the family treats the main character.
2. Sexual Abuse

According to Wilson, Nathan, O’Leary, & Clark (1996), sexual abuse in child means “sexual activity imposed or forced on a child” (p. 551). Sexual abuse is abusive behavior that takes the advantage of a child’s vulnerability and there is in no way related to sexual orientation of the abusive person (RAINN, 2015). The abusive person is the victim who cannot consent to any form of sexual activities and is forced to do them.

Sexual abuse includes sexual exposure and some activities that are done between the abuser and the victim. According to RAINN (2015), there are some acts that are embraced as sexual abuse: (a) sex trafficking (b) fondling (c) exhibitionism, or exposing oneself to a minor (d) masturbation in the presence of a minor or forcing the minor to masturbate (e) intercourse (f) sex of any kind with a minor, including vaginal, oral, or anal (g) producing, owning, or sharing pornographic images or movies of children. Obscene phone calls, text messages, or digital interactions to the victim can also be included in sexual abuse.

Sexual abuse may occur in the environment where the teenagers spend their time and even in the family. As it is already discussed in the background, the abuser could be someone who is close or trusted, such as, older sibling, playmate, family member, the teacher, the instructor or even the parents of another child. In addition, sexual abuse is not easy to be revealed since the abuser sometimes poses threats to the victim to stay quite. The abusers may say that they will hurt or kill the victims.
Some researchers have proposed a number of frameworks to identify the links between sexual abuse and its negative effects. They examine the various characteristics of the sexual abuse incidents that may cause immediate as well as long-term effects to the victim. Banyard and William’s (1996) research has examined how various dimensions of sexual abuse can define a guideline to identify the characteristics of sexual abuse. They propose to further examine the links between the characteristics of the abuse (p. 853). They define and assess the characteristics of sexual abuse based on some aspects: the age at the time abuse, the type of sexual involved, the use of physical force, the relationship between the abuser and the victim (Banyard & William, 1996, p. 854).

There are some effects that are caused by sexual abuse. All acts of the abuser engender consequences that are harmful to the victim. Sexual abuse is harmful to the victim's mental, emotional, or physical welfare. Since the victim gets bad memories, sexual abuse may cause trauma to the victim. The worst effect is the sexual abuse victim could have the tendency to commit suicide. According to Rossow and Laurentizen in Colin (2004) “clinical sequels following sexual abuse include impaired self-esteem, chronic depression, and suicidality, anxiety phobias and post-traumatic stress, runaway, anti-social, and acting out behavior, sexual terror, sexual promiscuity, eating disorders, and various psychosomatic problems” (p. 20).

Emotionally, sexual abuse causes anxiety the victim. Since the victim is intimidated by sexual abuse acts, the victim could feel that he or she is inferior and consciously cannot do anything to avoid or end the sexual abuse. This case
included as anxiety. According to Jersild (1965) anxiety can be defined as a persistent distressful psychological state arising from an inner conflict. It includes the feelings of vague uneasiness or forebodings, such as fear, anger, restlessness, irritability, depression, guilt, and shame, and any other diffuse and nameless feelings (p. 270). The victim will experience an array of overwhelming and intense feelings. Wilson, Nathan, O’Leary, and Clark (1996) point out that anxiety is one of the sexual abuse effects. They state:

Anxiety symptoms in the form of post-traumatic stress disorder are also commonly found in children who have been severely abused. Such symptoms may include memories that intrude into the child’s mind, even though they are stressful and unwanted. In addition, a numbing or deadening of sensations often occurs, because allowing sensations to come into consciousness may make the child anxious or depressed (p. 553).

The other effect of sexual abuse is caused by the abuser intrusive words. During the abuse, the abusers can even manipulate and intrude the victim’s self aspect. The self aspect includes the person’s feelings, memories, and personalities. Usually, the abuser says intrusive words to the victim like “the activity is normal” or “you enjoy it”. That act is called experiential intrusion. It occurs when an experience attributed to a person contradicts with that person’s felt or experienced (O’Hanlon & Bertolino, 1998, p. 7). Moreover, O’Hanlon and Bertolino (1998) explain that “when the intrusion happens early and often enough, people can get confused about where their external boundaries are” (p. 7). This situation leads the victims to dissociate and devalue their aspect of self.

O’Hanlon and Bertolino (1998, pp. 7-9) explain some symptoms of sexual abuse that may appear as immediate or long-term effects. According to them, those are called 3-Ds after effects of sexual abuse. Those symptoms are
dissociation, disowning, and devaluing self aspect. Dissociation is when the person’s sense of being splits off from the self or some aspect of self. Dissociation is perfectly normal and appropriate related to response of a trauma. The second aspect of the trauma reaction is "disowning". Disowning refers to fairly typical for the experience of sexual abuse to be dissociated, but some facet of self also gets disowned. It is usually stated by words like “It’s not me”. The last is devaluing aspect of self. Devaluing means the victims devalue their aspects of self. They think or feel things like “I’m bad” or “My body is bad”. The victims attribute negatively to the experience that has been dissociated and disowned.

The aspects of the self that are dissociated, disowned or devalued often resurface as the symptoms that bring people to therapy. The victims who have 3-Ds after effects could be helped by the correct treatment. As Huffman (2000) states that banishing the symptoms of anxiety needs a long time and correct healing treatment (p. 544). There are three ways in coping it. First, the victims are able to understand and accept what is happening to them. From this way, the victims can observe their inner selves and build the motivation to move on. Second, the victims share and consult the doctor. Doctor knows how to decrease the symptoms. Third, the victims could ask for help to the therapist. Therapist is needed when the victims find out that the effects of the traumatic experience are too hard to handle by themselves. All of the ways have one goal to make the victims achieve good insight of living. However, one thing should be understood that the effects do not completely disappear but there are ways to heal the victim’s trauma and anxiety.
3. Self-Actualization by Carl Rogers

Personality is dynamic. Henkle (1977) says that human personalities are continually changing, and there is no end or climax on that change (p. 36). It continuously develops as someone grows up and experiences things in life. The changes in personality do not occur of its own. They are the result of thoughts that are responding the learning experiences. Personality will continue to develop as long as someone is still alive. Furthermore, Pikunas (1976) states that environment, family, peers as model, society, and culture are factors that influence someone’s personality development process (p. 73).

Rogers (1961) is one of humanistic psychologists who proposed the model of a healthy personality. Shortly, healthy personality is described as the “wellness” side of personality. It highlights the human potentials for fulfilling one’s capabilities and finding a deeper meaning in life. Rogers’ model of healthy personality is the level of personality development that examines ways of actualizing self. By using the theory of self-actualization by Rogers (1961), the researcher will analyze the effects of Anne Garnett’s experience to her process of self-actualization.

According to Rogers (1961), self-actualization is the process of becoming oneself, of developing one’s unique psychological characteristics and potentials (p. 35). Self-actualization is the expressing development of human’s potential that reveals into positive way and it is not based on the biological factors. Furthermore, the person can change or develop into positive way if only he or she
has motivational force coming from their own. It is in accordance with Rogers (1961), who believes that the tendency to actualize is considered as a basic motivational force of the healthy personality’s person (p. 22). In the Duane Schultz’s book (1977) *Growth of Psychology: Model of the Healthy Personality*, Rogers also explains that this motivation is much stronger than the pain and struggle and any accompanying urge to cease the effort to develop (p. 28).

Rogers (qtd. in Schultz, 1991, pp. 31-34) also adds three points about self-actualization. First, self-actualization is the ongoing process. Actualizing tendency occurs as long as human grows and develops. This tendency encompasses physiological and psychological components of growth. As a person grows older, the actualization shifts from physiological to psychological. After fulfilling the physiological needs the growth concentrates on the personality. The process of self-actualization is dynamic and never finished.

Second, self-actualization is a difficult and tough process. It includes the enduring problems, struggles, and testing that he or she must go through. This difficult process is based on the person environment. According to Rogers, states in Schultz (1977), social is one of the factors that give influence an individual to actualize her or himself (p. 31). The person herself or himself must decide to actualize on their own way. Although the process is painful, a person has to be dare to express his idea, characteristic, and potentials without interference from others.

Rogers particularly (qtd. in Schultz, 1991) states that someone’s self concept is important in someone self growth. It is needed to differentiate one’s
self and everything around him. It uses to determine “this is me” or one’s self concept. Thus, one’s self concept is important in his self-actualization process (p. 46). As it is mentioned above that self-actualization process is difficult and based on the person’s society or the environment around him. It means that someone experience that he gets from his society or environment either can help or impede the process of self-actualization. That is why a person needs to have a self concept about her or himself. If that person has the self concept, he can understand his self aspect that needs to be actualized. In addition, Rogers (qtd. in Schultz, 1991, pp. 31-34) states that a person needs for positive regard in order to get an appreciation and love from what he does (p. 47). A person will feel that he gets a support in his acts. This feeling leads him to have a sense of freedom that will make him continue to grow in positive ways.

Third, actualizing self means being eager to be her or himself and expressing any idea with his own way. As a part of society, a person could get the influences from the society. Yet, he has to be truly her or himself. He does not wear a mask and be someone else. He stands on the truth he thinks right to be believed and done.

Rogers (1961) also notes that the final goal of all process is to become the fully functioning person. Moreover, Rogers (1961) adds five specific characteristics of the process of becoming fully functioning person as follows. (pp. 173-176)
1) An Openness to Experience

A person raises his openness to experiences. He is able to use his experience in opening up new avenues of perception. He does not have the boundaries to any experience. He is also not trapped by the old traditions. He will not refuse or anticipate his bad or threaten experience. New things will please him and he will examine them before carefully decides his responses to them. By the time he opens towards any experience, he will fully opens to any stimulus. Both stimuli that come from internal or external, he will accept it without distortion. It makes the individual becomes more free to express his feeling, attitude, or experience as it should be.

2) Existential Living

A second process is the increasing of existential living. It involves the increasing tendency to live fully in each moment. A way of expressing the existential living is to be a participant and an observer of the ongoing process of such experience rather than being in control of it. Since a self-actualizing person is constantly open to the new experience, this person can discover the structure of experience in the process of living it. He believes that every moment is a new experience. He finds in each experience a structure that can change easily in respond to the next moment’s experience.
3) A Trust in One’s Own Self

A self-actualizing person is able to live a full life and responds to any existential situation. Those things lead the person to use the information he has consciously. Then, he can freely decide the best way to behave. There is a great deal of spontaneity and freedom in such a behavior. However, it is not the same as acting rashly or with total disregard for the consequences. A self-actualizing person comes to trust his decisions as he trusts herself or himself.

4) A Sense of Freedom

A self-actualizing person is the person who experiences freedom of choice and action. He is able to choose freely, with an absence of constraints or inhibitions. He enjoys a sense of personnel power about life and believes that the future depends upon him. He is not directed by someone, circumstance or past event.

5) Creativity

A self-actualizing person expresses herself or himself in creative products and creative living in a sphere of his existence. Creative, spontaneous person is not noted for conformity or of passive adjustment to social and cultural constraints. A self-actualizing person is spontaneous in his behavior, changing, growing, and developing in response to the rich stimuli of life around him. Since the self-actualizing person lacks of defensiveness, he is not about possible approbation from others for his behavior.

4. Theory of family
Family is a deep relation between two or more people combined with trust, loyalty, care, growth, and development. According to Pikunas (1976) family is an “enduring social group based on marriage and blood relationship” (p. 60). In a family, the members are commonly, a father, a mother, and children. To another person, family could mean brothers, sisters, father, grandmother, aunts, or uncles. Besides the family members, there are sharing of feelings, thoughts, and problems between the members. Furthermore, a person can lean on each other in the circle of family. Recently, many people agree that family is important thing in life. Family matters commonly come first than others. This relationship makes a family valuable for its members.

Family gives the protection and early training for infants. As Pikunas (1976) believes that family is a chief vehicle for enduring a smooth or rough start in life since family makes up the basis for every society (p. 73). Family is said to be the first place for its member’s learning and teaching. Initially, the infant only listens to their parents. The parents normally take the leadership in dealing with family matters. The leading functions in family are providing affection, support, and companionship. The affection means to raise and bear the children. Parents also give the children enough support on teaching and transmitting norm, culture, religion, education, and moral. In addition, the parents accompany the children on their growth and development of their personalities.

A family has big influence for its members. Since relationship in family happens in two directions mutually, both children and parent could influence each others. The children can give effects to the parents. The parents can also give
effects to the children. They influence each other reciprocally. In the process, they usually learn to understand each other in order to share thoughts. At the same time they will fit themselves with other’s ideas.

Loyalty also lies between the members of the family. According to Boszormenyi-Nagy and Spark (qtd. in Leibig & Green, 1999), family loyalty is being defined as feeling a sense of duty, fairness, and justice to one’s family based on familial expectations. It means family loyalty includes commitment and responsibility (p. 90). The family must meet the individual needs of its member as a commitment. Each member has duty to preserve the family. For the children, Webster (qtd. in Leibig & Green, 1999) believes that the loyalty develops from a child’s recognition that she has receives parental care the quality of being truthful to those persons and ideals that one stands under an obligation to defend or support (p. 89).

B. Findings

a. The Process of Anne’s Self-Actualization

As a person who has experienced of being sexually abused, Anne’s self-actualization develops since she is a child until she reaches her adulthood. Anne grows based on her life experience. From her sexual abuse experience, she gets the bad effects but she has succeeded to fight against them. The bad effects are dissociation and devaluing self aspect of 3-Ds after effects, anti-social, runaway, anxiety, and impaired self-esteem. Even though she needs a lot of time to struggle, she never gives up actualizing herself as she wants. She enters school and
successfully graduates without her family support. She also actualizes herself as a part of her family again even they has betrayed her. In the other line, she can maintain her job as an honorable lawyer for divorce cases without considering who her client is. She is also able to build a deep relationship with a man. In this section, the writer describes the process of Anne’s self-actualization that is revealed in the novel.

1) **Toward openness to experience**

Being open to something or someone sometimes is not easy, particularly for a sexual abuse survivor. Denials and excuses are like friends in this process. A person could make up lies and excuses in her own mind not to open herself for experiences. As a consequence of her sexual abuse, Anne isolates, devalues and dissociates herself. She believes that what happens to her is caused by herself. She also closes her relationship with her family members and friends. In this process, Anne becomes realize that her sexual abuse experience is not caused by herself. In the following paragraphs, the writer elaborates Anne’s sexual abuse briefly then discusses Anne’s process of self-actualization.

During her early adolescence, Anne gets sexually abused by her uncle, Vince Chatham. Anne is about to celebrate her 13th birthday party when Vince rapes her for the first time. Besides, Anne is sexually abused by Vince for about two years. It can be proven from the following statements:

“Anne was thirteen when Vince began coming to her bedroom and opening the door without knocking. He was thirty...” (p.15)

“Could you at least tell me . . . did it go on for a long time?” Anne gripped her hands. “Two years.”

“Two years? My God, you were thirteen when he —?”
Anne’s sexual abuser makes Anne hard to reveal the truth of her sexual abuse experience to her family. Anne’s sexual abuser is her uncle who is admired by everybody. He is the youngest child of Ethan Chatham’s five children. Vince is considered as the most brilliant son of Ethan Chatham. He is the biggest candidate to inherit Chatham Development. Everybody in the Chatham family and even the society adores Vince because of his charm and his ability. Anne respects him as the person who always helps her father, Charles Chatham, in solving problems especially related to the company business. Anne never gives special attention to him before he is sexually abused her. When Anne is sexually abused, she cannot share the truth that she is sexually abused because of the relationship of her and her sexual abuser. Her relationship with Vince makes her doubt to reveal the truth. She is afraid between the possibilities of her family will takes on her side or Vince’s side.

Furthermore, the type of Vince’s sexual abuse includes physical, verbal and emotional components. Vince also forces Anne to keep the story only for them. He also physically forces Anne. Vince always commands some sexual activity to Anne. The following citation proves that Vince rapes Anne:

“... walk her to the grass at the side of clearing and force her to her knees. “No! Uncle Vince—!” she cried, but he pushed her back until she lay beneath him. “Vince!” she cried again. “I don’t want to! Vince, please, please don’t—!” “You want to,” he said harshly. Kneeling over her, he gripped her wrist in one hand ...” (p.26)
In addition, from Anne’s story, the writer also finds that Vince threaten Anne. He poses a threat to kill Anne if she reveals his sexual abuse. Vince’s threat can be proven in the following quotation:

“This is between us. Nobody is going to know about it. You understand me? Of course no one would believe you if you did say anything—they’d say you were crazy; they’d lock you up—but it won’t come to that. You won’t talk to them. I won’t allow it. I don’t want to have to hurt you, little girl, but I would; I’d hurt you or kill you if you disobey me. I’d hate to do it, but I would; in a minute, if I thought you were talking to anybody.” (p. 33)

Anne believes that Vince can really beat her if she disobeys him and kills her if she reveals the truth. Anne hates it but she cannot do anything about it because she is too afraid. Two years later, she can really end Vince torture.

Vince also manipulates Anne’s life. He will hurt her if she disobeys his command. Vince always reminds Anne to keep quite when Anne tries to speak up her mind about anything that against Vince’s idea including his sexual abuse. Even when she has another event to catch up, Vince will ruin it. The evidence of Vince’s manipulation can be seen as follow:

“I want you to be here next Wednesday.”
“Please, Vince.” She felt powerless, sitting naked before him while he stood above her, dressed in his business suit, but she knew he would be angry if she pulled the sheet over her. “I can’t miss this meeting.”
“It’s the only night I have free this week.”...
“No. Don’t argue with me, sweetheart; I’m not about to change my plans just to accommodate you...” (pp. 49-50)

The quotation above shows that Anne is suppressed by Vince. He forces Anne to follow his order no matter what her condition is. Anne always stays in her room whenever he wants and always does what Vince orders. Anne’s response to this situation shows that she is a submissive person. Anne’s sexual abuse characteristic
that is described above based on some aspects; the age at the time abuse, the type of sexual involved, the use of physical force, the relationship between the abuser and the victim by Banyard and William’s (1996) guideline of sexual abuse characteristic.

Anne’s sexual abuse experience influences her physically, sexually, and psychologically. There are impacts of Anne’s sexual abuse in term of psychological effects. Those bad effects are found during her process of self-actualization.

Anne experiences the 3-Ds after effects that are caused by her sexual abuse experience. She experiences two of the three symptoms of the 3-Ds after effects. Those are dissociation and devaluing self aspect. Those symptoms come immediately when she is still sexually abused by Vince.

When Vince sexually abuses Anne, he intrudes her by saying the words like “you want to” (p. 26). Vince intrusive phrases also can be seen in the novel when he said “And you have your bag of treats to keep me happy. To keep both of us happy.” (p. 46). Those intrusive statements are confusing to Anne. It affects Anne to dissociate her own experience. Dissociation is when the person’s sense of being splits off from the self or some aspect of self (O’Hanlon & Bertolino, 1998, p. 8). It leads Anne to contradict with what she feels or experiences. She thinks everything happens because of herself even the fact is Vince sexually abused her because of his intention to Anne. She creates some excuses that Vince abused her because of her own need or her rude behavior to the family member. Moreover, Vince intrusive and manipulating words come frequently in the novel.
Anne feels miserable about every single act of Vince’s sexual abuse. She blames and puts herself down. This is considered as the devaluing aspect of self, one of sexual abuse effects. Devaluing means the victim devalues their aspects of self (O’Hanlon & Bertolino, 1998, p. 9). Anne puts down and blames herself, it can be proven by her thought that is stated in the novel:

“It’s my entire fault. I led him on and enticed him and then I let him into my room and did everything he wanted and I did it over and over again all this time. I can’t say that. I can’t tell them . . . anything.” (p. 56)

Anne attributes negativity to her sexual abuse experience. Anne’s sexual abuse is painfully and emotionally overwhelming. As the consequences she is separating off from her real experience and devalues herself. In this case, Anne blocks herself from being open to herself and her family. It leads her to be an anti-social.

The other effects of Anne’s sexual abuse can be seen in Anne’s behavior on the way she perceives her family and friends during and after her sexual abuse. During two years of enduring sexual abuse, Anne mostly stays in her room. A lot of time she avoids talking to Marian and refuses to eat. She likes to be with herself. The following citation proves Anne’s habit during the abuse:

Marian never got upset. “Of course if you’re not feeling well, you certainly shouldn’t go out. I’ll explain to everyone, and I am sure grandpa will be just pleased with your birthday wishes tomorrow. I recommended that you stay in your room. I’ll have diner sent up. Soup. It’s good for almost anything. Is there anything else you’d like?”

Somebody to talk to. She was crying.

“Anne?”

“No.” (p. 30)

Anne’s relationship with her father, Charles Chatham, is not good. Her father still falls in a deep grieve of Anne’s mother sudden passes away. He does not give Anne and Gail enough attention. He is busy with his business and almost
never talks to Anne. He leaves Anne and Gail in Marian’s house which is the bad idea that ever comes from him according to Anne’s opinion. She says it to him when they meet again after twenty-four years. Anne’s opinion about her father’s betrayal can be seen as follows:

Anne’s eyes were thoughtful. “Yes. I hadn’t realized . . . It seems that violation and loss and betrayal are harder to get over than even the death of a loved one.”
Charles grimaced. “You think we betrayed you.”
“Oh, yes.”
I didn’t mean to. I told you, all I ever wanted is to be a good father. But nothing seemed to work — (p. 240)

Anne relationship with her friends also does not run well. She feels that she is different from them. She no longer knows how to talk with them. This fact is shown in the novel as follows:

That fall she had begun her second year in high school, and she found that she no longer knew how to talk to the girls in her classes. Suddenly it seemed they were all talking about dates and parties and petting; they giggled about how wet their underpants got when they were excited; they groaned about how gross the boys were when started panting like puppies...; they all said they were virgins, Anne stayed away. This is how prostitutes feel, she thought: tired and bored and knowing too much. (pp. 45-46)

For the girls in Anne’s classes, the interesting topics to talk are nearly about sex and boyfriend. It is normal when adolescents talk about the value of love, relationship, and sex. Yet, Anne does not feel comfortable discussing those subjects with them. In result, she does not have friends to discuss about her problem. She even cannot reveal the truth to her aunt, Marian, whom considered herself as Anne’s friend. Anne is afraid to do that because Vince threatens to kill her when she tells someone else. Anne isolates herself from her family and friends.
Anne’s runaway is also one of her sexual abuse effects. Anne thinks that she does not have a place in the family anymore. Her uncle has the total admire and support by the rest of the family. As a result, she runs away from the family. Anne is very sure with her decision, it can be seen from the following quotation:

The sky grew brighter and she was followed by the songs of birds as she walked the mile into town and waited on the railroad platform for the Chicago train. Her eyes were dry. She was dry inside, all shriveled up, too tightly controlled even to feel fear for whatever lay ahead. She stood straight in the fragrant beauty of the April morning, and when the train arrived, she walked onto it, her duffel bag in her hand, and never looked back. (p. 60)

Anne leaves home after giving some advice to her seven-year-old sister, Gail. Anne strongly believes that she can be better even without her family. As Rossow and Laurentizen in Colin (2004) states that clinical sequels following sexual abuse including impaired self-esteem, chronic depression, and suicidality, anxiety phobias and post-traumatic stress, runaway and acting out behavior, sexual terror, sexual promiscuity, eating disorders, and various psychosomatic problems are the symptoms that commonly found in sexual abuse survivor (p. 20). Based on that study, the writer concludes that Anne’s runaway is considered as one of the sexual abuse effects.

Furthermore, Anne also feels betrayed by her family when they do not believe on her. She thinks that no one would help her in this situation while Vince will come to kill her immediately after she reveals about his sexual abuse. The following statements are Anne’s thought before she decided to leave the house:

For a minute she’d thought her grandfather did, and Marian did, maybe, but they didn’t try to help her; they didn’t get mad to Vince; they just looked miserable and not sure of anything. That made her feel more alone than anything Vince had ever done to her (p. 59).
In this situation, Anne needs her family the most to stand on her side. Yet, there is no one in her family believes to Anne, including her father, Charles.

She believes that her family has betrayed her. She does not believe to anyone anymore in this state. For Anne, her family does not loyal to her. Anne’s family does not fulfill her protection needs. According to with Boszormenyi-Nagy and Spark (qtd. in Leibig & Green, 1999, p. 90), the family must meet the individual needs of its member as a commitment. Based on their statement, the writer concludes that Anne family has betrayed her. Then, Anne leaves her family. She runs away because she does not find comfortable and supportive ambiance in her family. She runs away under Vince’s threat of killing her and hatred to her family of their betrayal.

Anne becomes independent because of her family betrayal. She is strong with her decision when she leaves her family. She bravely moves forward without considering her family's feeling. She cuts her relationship with the family. When her family does not protect her, she searches her own shelter by running away.

The following quotation describes that Anne accepts her condition and decides to live without her family:

“I don’t need them. I don’t need anybody; I am not a baby anymore. I can do everything alone. I won’t ask anybody for anything, ever again. I don’t need them. All I need is to be strong and not let anybody hurt me. Ever. And when I grow up, I’ll be better than all of them. And I’ll be very happy.

She pulled her duffel bag from the closet shelf and stuffed clothes into it, ...without looking at them” (p.59)

Anne’s decision to run away indicates that she is open for any misfortune situations that she experiences. Anne actualizes herself by accepting any
misfortune experiences consciously. Runaway is her respond to her family who betrayed her trust, and the runaway is to save her life from Vince. She calculates that remaining to stay at Marian’s home will not comfort and save for her.

Anne’s runaway turns out giving good impact on herself. On her runaway, Anne gets her shelter for her sexual abuse effects. Anne feels comfortable at her new place. In here, she starts her new life. She decides to forget her past and become a new Anne Garnett. She changes her identity and spends her adolescence in Haight Ashbury, San Francisco. This place gives Anne shelter and she feels happy for being there. As portrayed in the following conversation:

“Where did you go?” Gail asked.
“San Francisco.” The sun had been shining, Anne remembered. It had been a beautiful April morning. “There was neighborhood there where people went when they left home,”
“Haight Ashbury.” Gail nodded. “I’ve read about it, I can’t imagine you there; it was so weird.”
“No, it wasn’t. It was the most loving place in the world. After a while it changed, and I went to Berkeley, to college. And then Harvard, for law school.” (p.156)

A person needs a shelter when she gets abandoned or is no longer safe in the place she lives in, for example, when someone experiences abused. Shelter is a place where an individual can feel comfortable and safe from the danger that one avoids. As Wilson (1996) believes that shelter for women who have been battered are the first priority needs, the needs of protection from the abuser (p. 568).

In her shelter, Haight Ashbury, Anne does not feel the pain of her past because there is no one to remind her to her past life. She opens herself to new experiences. Anne actualizes herself by making friends with Eleanor and Don. She and her friends never talk about their past experiences. In Haight Ashbury,
she only has two close friends, and both of them also run away from their home to live a lazy life. Anne’s friends in her shelter can make her feel comfortable as seen in the novel:

“They made it easy, because they talked about themselves all the time. They never asked questions, saying they respected everyone’s privacy; instead they told their life stories and their views of the universe to anyone who would listen.” (pp. 84-85)

Anne’s friends unconsciously support her healing for her past experiences’ pains. Anne stops victimizing herself. Her feeling and thought begin to realize that she is not the cause of her sexual abuse. As the other neighborhoods enjoy their lives, Anne starts to do the same way. Those acts include also in the opens to experience characteristic.

Anne does not take any rehabilitation to cope her sexual abuse effects with therapist. Her devalue and disassociation feeling for herself has cured as she feels comfortable and safe in Haight Ashbury. Therefore, Anne’s decision to be someone new by changing her identity has released her bad feeling for her family betrayal. She does not change her name because she wants to deceive her family, yet because she wants to live a life which is different with how the other Chathams do, particularly on how the member of Chatham family has abandoned one another especially one who experiences terrible case. It can be seen in the novel that Anne’s chooses to use her mother’s family name as her new name:

“... I’d make family trees for school project or sometimes Christmas presents, and I ‘d put the two of us so close together it was almost one name — GailAnne, Gail Chatham Anne Chatham and I kept thinking — what was it?”

Anne was shocking her head. “That isn’t my name. I changed it a long time ago.”

Gail stared at her. “To what?”
“Garnett.”
“Mother’s name? But why?”
I didn’t want to be Chatham anymore. And I didn’t want anyone to find me. Did they even try?”
“...I liked having a new name,” Gail said as they went into the kitchen.
“Did you?”
“Yes. It helped make me free.” (p. 169-170)

Anne’s new name has made her to feel free from her past experience, to be one of the Chatham family members. Her new name somehow makes her to have a brand new life. Anne’s new life will be meaningful for her that will lead her to have new vision, purposes, and ideas in life like continuing her study.

One day after Anne and Eleanor take a ride to Berkeley, Anne figures out something that she has never done after a year living in Haight Ashbury. She decides to continue her school in Berkeley. Furthermore, Anne always keeps her statement when she decides to run away as a motivation in her life, she says “When I grow up, I’ll be better than all of them. And I’ll be very happy.” (p. 91).
This statement has also woken her up to continue her school again. She is able to discover that she needs to be an educated girl to live her new life.

Then, Anne tells her friends about her plan to enter Berkeley College and asks their opinion about it. Eleanor decides to follow her to move and study in Berkeley but Don has a different opinion about his life. Don keeps staying in Haight Ashbury with his lazy life. How Anne expresses her strong willingness to study is described in the following quotation:

Anne saw her flowered bedroom, her packed duffel bag, and the morning light as she walked to the railroad station. I will be better than all of them, she thought. I will be happy.
“I want to know things,” she replied to Don, “I keep asking why. It’s always in my head. Why did this happen? I have to understand things, or I don’t feel right. I don’t feel whole.” (p. 91)
The citation above proves that Anne opens herself to new experiences. She tries to find out the answers of her many questions about life. Even when Don doubts her, she is not affected by Don’s opinion. She keeps going with her plan. Thus, she actualizes herself by making plan freely for better life.

2) **Toward existential living**

Anne has an existential living after she open herself to new experiences. Anne lives an existential live start when she is still in Haight Ashbury. In the next paragraphs, the writer elaborates the analysis of Anne’s existential living.

Anne’s decision to continue her schools in Berkeley then taking law major in Harvard prove that Anne lives an existential living. She understands that live is keep moving on so she needs to actualize herself. It can be seen in the novel:

“... After a while it changed, and I went to Berkeley, to college. And then Harvard, for law school,”
“Law school? You’re a lawyer?”
“Yes. In Long Angeles.”
“What kind of lawyer?”
“Mostly divorce.”
Gail glanced at her. “Are you married?”
“No.”
“Or divorced?”
“No. But you’re married; you and Leo. (p. 157)

Anne can build visions of her own life. Anne enters Berkeley College and continues her study in Harvard University, she takes law as her major. She graduates her law school successfully. Then, she becomes a lawyer in Los Angeles nineteen years later. The writer concludes that Anne has actualized herself by realizing that she needs to keep making plans in order to have a better life in the future.
Nineteen years later Anne’s anxiety as the effects of her sexual abuse still remains haunting her. It haunts her by the time she remembers her sexual abuse experience. She feels a sense of despair at the same time when she sees Vince’s article in the newspaper. Anne’s reactions can be seen in the following citation:

..., when, suddenly, Vince’s face was before her, grinning in boyish triumph. With a cry, Anne dropped the paper. Coffee splashed on her desk as she clumsily put down her mug. She was trembling, and felt a coldness spread through her, a shame and helplessness that she had not felt for years. Stop it, she said silently, stop it, stop it, stop it, and gripped her hands together to force her body into stillness. (p. 126)

Anne is assailed with anxiety caused by Vince sexual abuse. Even though Anne has rebuilt her life and moves on, the long-term effects of her sexual abuse experience still remain. Vince’s face reminds her of how she feels when Vince abused her.

She feels a sense of despair even though she is no longer a sexual abuse victim and far from Vince. She remembers the feeling of having no body to share her bad experience. She remembers when she cries and confuses on herself. She understands that Vince takes advantage of her by sexually abuses her. She is aware of the inner conflict between her desire to speak out and her fear of doing it. It means that her anxiety is in conscious level. She actually needs somebody to share. In her case, she can calculate the consequences if she reveals the truth to the family. However, she is afraid since Vince poses treats to hurt or even kill her if she tells someone about the sexual abuse. In addition, she knows that her father and the rest of the family will take side on Vince instead of her. Anne’s thought about her situation with Vince can be seen in the novel:
Maybe I’ll die. They’ll find me in the morning, dead, and they’ll know it was because of what Vince did, and they’ll punish him. Maybe they’ll kill him. She closed her eyes. I wish they’d kill him. (p. 33)

Her anxiety somehow makes Anne to have overwhelming and intense feelings of depression, guilt, shame, and any other diffuse feelings. These feelings impede Anne’s self-actualization but she fights those feelings whenever they come. Thus, she tries to calm herself since no one around her understands her feeling and her bad experiences. After that, she comes back to her daily schedule.

After twenty four years, Anne decides to become a part of the family again. It happens after she meets Gail and her family in Ethan’s funeral. Ethan Chatham is Anne’s beloved grandfather. Leo, Gail’s husband, tells Anne about Ethan’s words before he passes away. Ethan regrets that he cannot do anything to find Anne. He wants Anne to come back and make her feel safe and loved. Anne is shock because she never thinks that Ethan cares for her. She is sad since all the time she thinks and feels the opposite.

Anne sat very still. Tears filled her eyes, but she was crying more deeply inside herself. All those years, she thought. All those years of thinking no one cared. Ethan cared. I was loved and I didn’t know it. And Gail cared. I never knew that, either. And now Gail’s children. And Gail’s husband.
Her tears had dried. “I wish I had come back,” she said. (p. 176)

After knowing that Gail’s family and Ethan still care for her, she continues to see Gail’s family. She feels safe and loved by them. Even when Ned, Gail’s seven-year-old son, says he hears Vince tells Keith to get rid of Anne, she does not care. Keith is Anne’s cousin who works for Vince. She thinks “This time, if anyone leaves the family, it will be Vince”. (p. 177). Anne decides that she will not give
the family up as she has done before. She actualizes herself by reuniting with her family, although not all of the member of Chatham family.

Thus, the other effect of Anne’s sexual abuse is she impairs her self-esteem. It happens when Anne should make a new and deep relationship with her family. She doubts her decision to show herself and become close to all the members of her family.

Russo and Laurentizen in Colin (2004) states that clinical sequels following sexual abuse include impaired self-esteem (p. 20). Impaired of self-esteem includes losing confidence and making the feeling or truth less effective or weaker than its actual fact. As a result, Anne lacks the ability to trust someone and loses her confidence. Anne wants only to exist in Gail’s family but turns out she has to meet her family and the love of her life.

Anne is loved by Leo’s friend, Josh Durant. She feels the same way to him but she does not express her feeling. She still doubts herself, whether she can keep him as a company or not since she cannot tell Josh about her sexual abuse experience. She is afraid that Josh cannot accept her. She cannot trust Josh easily. She tells Gail about her point of view about relationship, she says “Most of us need a lot less than we think. If we have work that we love, and if we’re interested in a lot of things, we don’t really need anyone.” (p. 160). Anne’s statement shows that she loses her confidence to have someone as a company. Vince humiliation by letting Anne begs for freedom in despair has made her loses her confidence to build a relationship with man. Later, Anne succeeds to overcome her inspired self-
esteem and tells Josh her sexual abuse experience. After that, their relationship grows closer and deeper.

A self-actualizing person is able to live a full life and to respond to any existential situation (Rogers as cited in Schultz, 1991, p. 36). Anne decides to make peace with her past experiences as a sexual abuse victim. In her condition now she can be called a sexual abuse survivor. She accepts her experience although it causes her to anxious and scared among her abuser. Yet, she opens herself to her family that betrayed her, and she can live her life existentially.

3) Toward trust of self

Anne appears as an individual who is capable of developing herself in accordance with the situation she experiences. She comes back to the family with integrity as a single lawyer and Anne Garnett herself. She opens herself to new experiences and lives her life existentially.

Anne also trusts her own self. When a person believes on one’s self, it means that he or she can tolerate weaknesses in self and is not threatened by others’ strengths (Rogers as cited in Schultz, 1991, p. 36). Although, the anxiety feelings keep haunting her and Vince comes to pose a threat to her, Anne trusts herself that she can overcome those problems and keep moving.

Five years after Anne experiences her anxiety feelings, her beloved grandfather, Ethan Chatham, passes away. Realizing the possibility that she may feel her anxiety back again after seeing Vince in the funeral or the possibility that Vince may hurt or kill her, or any other possibilities, Anne still wants to go to
Ethan’s funeral as her last good bye to her beloved grandfather. Anne’s struggle before going to the funeral can be seen in the novel:

The driver drummed his fingers on the steering wheel, and she knew he was wondering what she was waiting for after an hour of sitting impatiently in the back seat while he fought the expressway traffic to get from the airport to Lake Forest by ten o’clock. She was late, but still she stood there, staring at the cold Gothic stones of the chapel, grayer and colder beneath dark clouds that hung over the town. ...All right, I’m going, she snapped at them silently, and walked to the front steps. (p. 9)

Anne’s decision to show up in Ethan’s funeral proves that she believes on herself as an independent and strong woman. She believes that she can handle everything herself and overcome any possibility. She actualizes herself by showing herself up to the family again and ignores her fear. Besides, she also actualizes herself by deciding only what is necessary for her life independently.

As a self-actualizing person, a person actualizes herself by resolving her personal problem as well as social problems. Anne accomplishes this condition even with a lot of doubt in the beginning but she succeeds to overcome the tough process. Anne’s personal problem is Vince’s threat. Thus, Anne’s social problem is on Vince’s another threat after she helping his daughter to win a case. In the following two following paragraphs, the writer describes how Anne actualizes herself through her personal and social problems.

As a self-actualizing person, Anne struggles to maintain her integrity in different situations: as a lawyer and as Anne herself. She understands that she does not want to take revenge to Vince. She helps Dora as her client while at the same time Dora is Vince’s daughter and also another member of her family who needs help. Her effort can be seen in the following quotation:
...But she would win for his daughter. It was more important than ever, now, that she win Dora’s lawsuit. This was her true, the neutral territory where she proved her worth to herself and others. On her own turf she would be triumphant. (p. 208)

She does not refuse or anticipate if any bad things happen because of her decision to help Dora. She does it without considering who Dora is. She actualizes herself not for revenge or to blame others for her past experience. She knows that she has to actualize because she has potentials in herself that could be useful for others. She only wants to win the court for her own pleasure not revenge. It is worth for her if she can fulfill her need to actualize herself and ignore her fear of Vince once again. Thus, she trusts herself that her purpose of helping Dora is genuinely a way of actualizing herself not taking revenge. She can overcome her inner struggling by expressing her potential freely.

Anne’s social problem is caused by Vince’s another threat. After Anne helping Dora, Vince comes to treat her in her apartment. He is afraid that Anne will use his daughter flaws and his sexual abuse to ruin his carrier as a Senator. This is the first time Anne realizes that Vince is afraid of her. The following quotation portrays Vince’s fear:

There was a long silence. “There is nothing I hate more than being helpless,” Vince said softly. “That’s why I didn’t come to you weeks ago, when Dora told me about you: I had to know what my options were. This is what I’ve decided. If you make trouble for me, my dilemma will be resolved. If you broadcast your insane accusations to the press, I’ll have nothing to lose by hiring someone to kill you. And that’s what I would do. In an instant. Is that clear? I would not hesitate. If you’re quite, and disappear again, you should be quite safe. At least save from me.” He smiled. “We’re in this together, Anne. Isn’t that amazing, after all this time? We’re together. We both have a lot at stake. (pp. 229-230)
Even if she realizes that Vince can do anything to hurt her, still she sticks to her first intention to actualize herself by exploring further and advancing her potential and abilities as a lawyer. She learns from her job that she needs to be strong and committed when doing something. She will not stop exploring and advancing the potentials and abilities no matter how hard or easy the condition is.

Being a self-actualizing person means to have an ability to be realistic to what has happened, what is happening and what will happen. Anne accepts all of the reality in her life with good responses. She trusts herself that she needs to actualize herself and she is not the same Anne. She is not Anne the sexual abuse victim, but she is the new Anne Garnett. Anne’s point of view can be seen in the following quotation:

“I think everything leaves a scar,” Anne said. “We changed a little bit, or a lot, every time something happens to us. Sometimes we’re hardly aware of it, and other times we know nothing will ever be the same again.”

(p.160)

Anne pours her point of view about life to Gail. She already opens her heart to Gail. Furthermore, from Anne’s statements, the writer concludes that Anne understands her nature as a sexual abuse survivor and she is ready to overcome obstacles in her life as they naturally come to her life.

She is also realistic to what is happening in her family. Her family is in trouble because of Vince. Although her family does not help her during the time she really needs them but she helps them instead. She already helps Dora, Vince's daughter, winning her court. She also helps her family to get back the Chatham’s companies. In order to help her father’s and Leo’s companies, she conducts research to find out the causes of the companies problems. She finds out that
Vince is behind this situation. Vince wants them to bankrupt in order to get the support for his next election.

Vince also harms Leo’s family and Anne. He plans to kill them by breaking the gondola’s machine. Vince knows that Leo’s family and Anne will take a ride on the gondola since Leo always does that every morning at 7 o’clock. Leo does it in order to check the gondolas’ security for the Tamarack tourists. Thus, Vince’s plan goes well. The gondola which carries them is broken and almost to fall down. The situation is drawn as follows:

The car was dangling from the cable, swaying as they made the slightest movement. “My God,” he whispered. He closed his eyes, trying to think.

Robin’s crying slowed, and Anne loosened her embrace. “Don’t” Robin cried, clutching her. “Don’t let go, Aunt Anne! I hurt, my leg hurts, don’t let go!”


Fortunately, they all save from the incidents. Anne works harder to get the evidences of Vince’s deceit.

Anne saves her father’s company, Chatham Development, as well as Tamarack, Ethan and Leo’s Company. She goes to Senator Riddle of Utah who is deceived by Vince about the Chatham’s development project. She collects the evidence from Senator Riddle that Vince has canceled the company’s project so that will cause bankrupt the Chatham Development. It is described in the following quotation:

“...I remember telling Vince at the time that I was damned impressed that a senator would give up a highway in his family’s state for the good of another state. But you’re telling me even he gave up a highway that would help his brother! And never told me he was doing it! By God, can you believe it? Now that does take the cake!”
“It certainly does,” Anne said. She turned to the photocopied pages to her briefcase, “Thank you, Senator; that gives me a much clearer picture of what happened (p. 444)

Anne keeps actualizing herself although her social life has betrayed her. His father has betrayed her but she does not blame her father for his lack of attention for her and Gail. Anne understands her capability and what she could be. She collects the evidences against Vince deceit and dishonesty to the Chatham. Then, Anne forces Vince to cancel all his plans against the Chatham and Tamarack Companies and make the companies’ condition back into normal. She threats him to reveal his sexual abuse scandal. Vince has no other choice if he still wants to be a Senator then he does as Anne wants him to do. From those situations, the writer concludes that Anne actualizes herself by sacrificing herself for the sake of truth.

Anne understands that she has to protect her family. She does not have any particular reason why she has to do that. She just simply does not want to act in a wrong way and close her eyes to her family conditions. The writer concludes that Anne’s behavior to fight against Vince betrayal to the family proves that she is a loyal member of the family. It also proves that Anne actualizes herself by being loyal to her family. She even sacrifices her pride by blackmailing Vince with his sexual abuse scandal.

Anne has an ability in acquiring herself to be a fully functioning person. As she actualizes herself towards her family, she realizes the motivational force within herself that will encourage her to be a useful individual. She believes in what Ethan and William always say to her. They say that Anne is an amazing person who will always move forward doing good deeds. She remembers it every
time she feels down. William motivates Anne can be seen in the following citation:

“When you grow up young lady, you put your life together the absolute best you can, and do it all the way; don’t dabble and don’t hang on by your toenails to whatever’s safe; plunge in, keep your eyes straight ahead, and never look back, because there’s nothing there: it’s all in the future.” Anne paused. “I’ve never forgotten that. He was so fierce. I thought about that when I was in the Height Ashbury. I missed you most of you—but I couldn’t come back. They made me feel too alone. So I made my own life and I did what William said: I kept my eyes straight ahead and I didn’t look back.” (p. 160)

Anne trusts herself. She believes that she can find her own path with her own decision independently.

Anne’s personality development is reflected through her ability to actualize herself. Her character develops in a positive way dynamically from her bad experience into full of confidence fighting for family. According to Crisp and Tunner (2010) people realize that their behavior is controlled by their mind (p. 19). Anne controls her mind also her anxiety in order to grow and develop herself. She gives good responses to her sexual abuse effects. Instead of staying in comfort zone but still haunted by bad memories, she creates a vision and a sense of future. She imagines her future which is different from what happened in the past. The future vision that she feels strengthens her to get up from the ground and move on from her unproductive life in Haight Ashbury. She has to take actions that would get her to her future. She knows since she is a little girl that she can be whatever she wants, she is just asleep from her consciousness for a while caused by Vince maltreatments.
Anne is the sleeping beauty of this novel. A lot of people know her beauty. When she is a child only Vince who sees her beauty but when she grows up, everyone around comes to realize that she is beautiful not just in her appearance but also in her heart. Charles says that to Anne that she is beautiful when they first met again after twenty-four-years. Charles opinion can be seen in the quotation as follows:

“Yes, I’m all right.” He gestured as if it were not important. “You look wonderful, Anne. You’re so beautiful . . . you look like your mother, you know, but you’re even more beautiful than she was.” (p. 237)

When she was a child, only Vince can see Anne’s beauty. She is attracted for Vince. She is a fearless, beautiful, and smart girl. Yet, Vince cannot keep Anne as his nephew. He makes her his lovely distraction to his boring marriage life. Furthermore, Leo also has different opinion about her sister-in-law. For him, Anne is more sparkling than his wife-Gail. Both of them are beautiful but he loves Gail and he respects Anne as a member of his family. Leo’s compliment to Anne beauty can be seen as follows:

He had compared them on the plane the night before, ... Anne had more of everything. Her hair and eyebrows were darker than Gail’s, her mouth fuller and more sensuous, her cheekbones more prominent ... She was more beautiful, more intense, in every way more dramatic. But somehow she was not quite real. Gail was real (p. 174).

Anne’s bad past experiences can be said as the time she is asleep in her life. She is consciously aware about her bad experience but she cannot actualize herself at that time. Her huge wakeup call is when her family cannot accept her sexual abuse case. She awakes for the first time. She does everything that can help her staying alive and save. She ends her experience up as the sexual abuse victim and
survives for her better future. Thus, Anne is the sleeping beauty character from this novel.
CHAPTER III
CONCLUSIONS, IMPLICATION, AND SUGGESTION

This chapter consists of three sections. The first section presents the conclusions of the whole analysis. The second section is the implications of this study. The third section is the suggestions for future writer or researcher and suggestion for teaching Prose.

A. Conclusions

By applying Rogers’ (1961) theory of self-actualization, the writer concludes that Anne can actualize herself. Based on Rogers’s (1961) processes of self-actualization, Anne actualizes herself toward the openness to experiences, existential living, and trust herself. Toward openness of experiences Anne goes through three self-actualization experiences. Eventhough she is anti-social and impaired her self-esteem that is caused by her bad experiences, she still accepting her misfortune experiences. First, Anne actualizes herself by accepting her misfortune experiences consciously. Even running away is considered as the bad effects of sexual abuse. After she runs away, she can be honest with herself about who she really is. She understands that she is not the cause of her sexual abuse experience. Since she understands that she is a sexual abuse survivor, she is ready to deal with her anxiety feelings and any other obstacles that may come to her life. Second, Anne actualizes herself by making friends with Eleanor and Don. She has
no friends before because she closes herself to others. She accepts her sexual abuse and betrayal experiences. She becomes able to open to new experience. Third, she actualizes herself by making plan freely for better life. She wants to be a better person even without her family and better than her family in terms of personality.

Next process of Anne’s self-actualization is toward her existential living.

In this process, Anne passes through three self-actualization experiences. First, she actualizes herself by realizing that she needs to keep making plans in order to have a better life in the future. She then continues her study on Berkeley and Harvard University, she builds her vision of her own life. Even though Anne has rebuilds her life and moves on, the long-term effects of her sexual abuse experience still remains. Anne also actualizes herself by reuniting with her family.

The last process of Anne’s self-actualization is she can trust herself. She actualizes herself by showing herself up to the world ignoring her fear. Besides, she also actualizes herself by deciding only what is necessary for her life independently. She trusts herself that she can overcome her inner struggling by expressing her potential freely. Anne also actualizes herself by keep exploring and advancing her potential and abilities as a lawyer.

Then, using the theory of family, the writer concludes that Anne is loyal to her family even her family betrayed her. In her family, she actualizes herself by sacrificing her terrible past experience in order to threaten Vince. Her acts prove that Anne actualizes herself by being loyal to her family.
As stated by Rogers (1961) that someone who has a healthy personality will fulfill one’s capabilities and finding a deeper meaning in life. The analysis shows that Anne has actualized herself in many ways. It means that she becomes a Rogers’ model of healthy personality. Anne can cope and overcomes her sexual abuse effect and her family betrayal. Then she builds her self-actualization step by step. Anne’s process is successful because she understands herself concept of actualization and gets the positive regards from her social environment such as Gail and her family and her friends in Haight Ashbury, Eleanor.

Thus, Anne is the sleeping beauty character from this novel. She cannot actualize herself when she is sexually abused by Vince. This fact makes the writer considers Anne as the one who sleeps. Sleep here means cannot do anything to face the fact. Therefore, the writer finds the evidence that Anne is described as a beautiful woman by some other characters in the novel.

B. Implications

Literary works have many moral values especially novels. The story of a novel brings moral value that can be a guidance or motivation in life. Furthermore, a novel can give contribution as a source of learning.

From Anne’s story in *Sleeping Beauty* novel, the writer can conclude that child sexual abuse is really happening in the middle of family. The implication of this story is that people, whether as parents, friends or teachers, and also the writer herself as a teacher candidate should be more aware with this kind of crimes.
Teacher should consider his sexual abuse victim student is the same as his other students. Teacher should treat them the same. It is used to create comfortable ambiance for all the students. Particularly, this act is useful to remind and encourage the sexual abuse victim student to move on.

People should pay more attention to their surrounding, especially their family members that there will be no such crimes happen. People should also pay more attention to their surrounding behaviors or physical changes if maybe their changes are caused by child sexual abuse. If that really happens to one of the surrounding or family, people can approach that one and support him with appropriate manner. This study can give references on how understanding and treating the victim of sexual abuse. It trains the conscience of one’s self.

C. Suggestions

The researcher divides this section into two parts. The first part is suggestion for further study. The second is suggestion for using literature as a source to teach Prose Course.

1. Suggestion for future writer or researcher

Sleeping Beauty is interesting novels. This is a fiction novel that is written by Judith Michele. There are some aspects that can be analyzed by future researcher. Although Anne Garnett is the main character of this novel, the other characters can also be considered to be analyzed. The future researcher can analyze Vince Chatham personality development. Since Vince always uses his charm and ability to harm others, he is considered to be a person who develops in
a wrong direction. The future researcher can analyze his motivation or his personality development by using psychological approach.

2. Suggestion for Teaching Prose by using Judith Michael’s Sleeping Beauty

A literary work can be a source of knowledge for lecturers to implement their activities in educating their students. The researcher recommends the novels to be taken as a possible teaching material in the class. These novels offer potential benefits in teaching English that are the language mastery and vocabulary mastery.

Relating to teaching learning activities, these novels can be a reference for lecturers to teach Prose subject. Prose is one of compulsory subjects that have to be taken by students of English Language Education Study Program in the third semester. These novels can increase students’ interest and improve their ability in reading literary works, in particular English language novels. By reading these novels, the students are able to strengthen their comprehension in reading and increase their vocabulary mastery.
REFERENCES


APPENDICES
Appendix 1: The Summary of Judith Michael’s *Sleeping Beauty*

**Sleeping Beauty**

Anne Garnett was a famous lawyer for divorce cases. Her life was measured by profits and success but her background was full of rejection and loss. Her grandfather's death brought her to come home and make her dealt with her anxiety, even stood to support her family who had betrayed her long time ago. She saved the family empire from bankrupt that was caused by her uncle, Vince Chatham, who was also her sexual abuser back then.

Vince Chatham was Anne’s uncle who raped and sexually abused her for two years since Anne was a thirteen-year-old girl. The sexual abuse continued until Anne's 15th birthday party when she overcame her fear and guilt to accuse Vince at a family gathering. Unfortunately, she accepted skepticism from her relatives and denial from Vince. Then, Anne left her family and ran away to Haight Ashbury. She changed her last name to Garnett, her mother’s name. In Haight Ashbury, she hung out and got lazy with her friends. One day she decided to enroll at Berkeley and subsequently she graduated from Harvard Law School. While Vince was stripped of his position at the Chatham Corporation after Anne ran away that enraged him. He vowed to destroy the rest of the Chatham clan.

Twenty four years later, Anne, although was carrying anxiety feelings, became one of Los Angeles' top lawyers especially in divorce cases while Vince
was a U.S. senator from Colorado. The death of Anne’s beloved grandfather made her return to home and faced the faces of her relatives she had rather forgotten in her painful memories of incest. Yet, she was so happy that she was accepted by her sister, Gail Chatham, and her family.

Embraced by her sister's love, and challenged by a man who offered everything she could want, Anne was confronted once more by Vince. He still waited to harm her. He had an eye on the White House and he was afraid if Anne would stop it since he used the family corporation to reach his goal. He was powerful enough to cause grave financial harm to the family's property in Tamarack and the Chatham Development. When he found out that Anne had risen to prominence and stood beside her family corporation, he coldly plotted a murder for her and Gail’s family.

Anne was no longer a frightened girl. She was a proud beautiful woman who released the paralyzing pain of the past and had discovered her power to win the battle between her and Vince for the sake of family empire, honor, and love. Finally, she could open her heart completely to Josh Durant who always stood beside her and accepted her with whatever she had ever experienced.
Appendix 2: The Biography of Judith Michael

Judith Michael

Judith Michael is the pseudonym of the husband-and-wife writing team of Judith Barnard (born 1934) and Michael Fain (born 1937). Barnard has worked as a journalist, educational film writer, biographer and editor. She received a B.A. degree from Ohio State University and an M.A. degree from Northwestern University. Under her own name, she wrote the novel The Past and Present of Solomon Sorge (1967). Fain has worked as an engineer for NASA. He was the president of an electronics company in Canada and published numerous scientific
articles under his own name. Jointly, under their two names, Barnard and Fain
published articles on marriage and family in Redbook, Readers' Digest, Ladies
Home Journal, and others.

When Judith Barnard and Michael Fain began writing their first novel,
Deceptions, in 1982, they sat at desks three feet apart in the second bedroom of a
tiny apartment and wove words into fantasies. Now, fifteen years and eight
bestsellers later, the couple who writes as Judith Michael (one name is easier for
readers to remember), work in separate offices in elegant homes, one in Aspen
and one in Chicago. As Judith Michael, they already published ten highly
successful contemporary novels such as Deceptions (1982), Possessions (1984),
Certain Smile (1999).

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