

## CHAPTER 2

### THEORY AND METHOD

#### 2.1 Intrinsic Aspect

In this part of the study, the writer is talking about the intrinsic elements which are used for the discussion later in the further discussion. The intrinsic elements used are character and characterization, setting, and conflict. The definition of each of the elements are taken from M.H. Abrams and Geoffrey Galt Harpham's book entitled *A Glossary of Literary Terms* (2009), William Kenney *How to Analyze Fiction* (1966), and Kirszner Laurie G and Stephen R. Mandell book entitled *Literature: Reading, Reacting, Writing* (1991).

##### 2.1.1 Character

According to Abrams, characters are people who appear in dramatic or narrative work and are regarded by the reader as having distinctive moral, intellectual, and emotional attributes by conclusion. (Abrams, 2009:42). After all, through characters an author can best propel the story forward. Each character should be developed with distinctive characteristics, description, mannerisms, abilities, and shortcomings that not only make them stand out from the crowd, but also dictate their interaction with the plot and world around them.

According to Abrams, there are several types of character, namely major character and minor character. Major character or a protagonist is a literary work's main character who is depicted in more depth and with more attention (Abrams, 1999:33). A major character usually appears in the whole story or is also called the

main character. The main figure around whom the narrative is centered to it. Meanwhile, minor characters are those who played as supporting role that support the development of the major character.

### **2.1.2 Characterization**

From both major and minor characters, a writer usually gives a description of the character's personality called characterization. This is what becomes the identity or characteristics of each character played. Characterization helps individual to experience and respond to character personality. Abrams states that characterization is the behavior and personality that can be seen from the characterization method of showing and telling (Abrams, 2009:43). In showing, the author simply presents the characters talking and acting and leaves the reader to infer the motives and dispositions that lie behind what they say and do (Abrams, 2009:43). Meanwhile in telling, the author intervenes authoritatively in order to describe, and often to evaluate the motives and dispositional qualities of the characters directly (Abrams, 2009:34). In telling, the author intervenes authoritatively to describe, and often to evaluate the motives and dispositional qualities of the characters directly.

### **2.1.3 Setting**

Setting reveals the place and time of events in the story. In other words, setting refers to the point in time and space at which the events of plot occur (Kenney, 1966:38). Kenney defines "setting" as the composite of the physical, temporal, and social environments in which a story takes place. According to Kenney, there are several types of setting which consist of psychological setting,

temporal setting, and social setting. Psychological setting is the geographical location where the story takes place, including specific details like landscapes, buildings, weather, and time of day (Kenney, 1966:45). Temporal setting is the time period in which the story occurs, including historical era, season, time of day, and duration of events (Kenney, 1966:47). Social setting is the social environment, including the cultural, economic, political, and social conditions of the time (Kenney, 1966:50).

#### **2.1.4 Conflicts**

The plot is the structure of events and the character's actions in a story. According to Kirsznner, conflict is the struggle between opposing forces that emerges as the action develops (Kirsznner, 1991:67). There are two varieties of conflicts. Internal conflict and external conflicts. according to Kirsznners, Internal conflict occurs when a character struggles with their opposing feelings, beliefs, or desires, creating a tension that needs to be resolved." (Kirsznners, 2012:102). In comparison, external conflict is a conflict that occurs between the main character and another minor character. External conflict drives the plot's action, pitting the protagonist against an antagonist, societal norms, or natural elements (Kirsznners, 2012:104).

#### **2.2 Extrinsic Element**

This part of the study is talking about the theory which is used for the main discussion. It consists of the definition of the concept of self-discovery, and the main self-discovery concept by Tyrone M. Robinson from his book entitled *The*

*Light Within Us All: Life Lessons Through Self-Discovery* (2016), that talks about the causes, the process, and the impacts of self-discovery.

### **2.2.1 Concept of Self-Discovery**

Concept of self-discovery by Tyrone M. Robinson is a concept that involves continuously exploring and understanding one's true identity, values, beliefs, and purpose in self-discovery. Robinson stated that self-discovery is an ongoing process of internal reflection that is directed to the finding of one's identity (Robinson, 2016:3). This quotation shows Robinson's concept of self-discovery is closely related to psychological approaches, where self-discovery is vital for individual mental health. The psychological approach provides tools and a framework to analyze the concept of self-discovery. The psychological approach focuses on understanding the mind and emotions of humankind. Therefore, the psychological approach makes it ideal to analyze the concept of self-discovery.

Robinson stated that self-discovery is necessary. Otherwise, people are at risk of disconnecting from their true selves and motivations. As Robinson stated, “Self-discovery is the first step toward creating harmony within yourself and fulfilling your life’s meaning. Many people allow themselves to get so busy and wrapped up in their lives that they fall” (Robinson, 2016:42). This quotation shows that Robinson puts great significance on self-discovery as the core pillar of an individual’s ability to achieve balance and fulfillment in an individual’s life. He observes that many people have a busy schedule in their life and external expectations that influence their life balance. People often forget about their inner selves.

## **2.2.2 The Causes of Self-Discovery**

In this part of the study, the writer explores the reasons why individuals achieve self-discovery, as explained by Tyrone M. Robinson. There are three causes include the internal desire for authenticity, the need for personal growth and greatness, and the search for life's purpose and meaning. The definitions of these three causes are explained below.

### **2.2.2.1 Internal Desire for Authenticity**

According to Robinson, the deep reason for self-discovery is the human craving to live in harmony with one's character, values, and beliefs. Robinson explains that too many people get caught up in daily routines and pressures from the world around them, and they forget to connect in reflection and need to be in touch with themselves. Robinson says, "Without self-discovery, you are basically wandering through life and becoming the projection and sum of other people's opinions (Robinson, 2016:21). This quotation shows that if people do not take the path of self-discovery, they might start living based on others' opinion rather than their values. Therefore, the desire for authenticity drives people to explore who they are, starting the search for self-discovery.

### **2.2.2.2 The Need for Personal Growth and Greatness**

Another definition of self-discovery is the realization of someone's potential and growth. According to Robinson, each human being has a level of greatness that normally goes unrealized even by themselves. Robinson stated,

"You possess a level of greatness higher than what you are currently expressing. It is possible that you may not even be able to conceive the true capacity of your greatness until you begin to take the steps toward realizing

it" (Robinson, 2016:21).

This quotation shows further suggestion that people may not realize their full potential until they put themselves in an environment that encourages self-discovery. Awareness of unrealized potential encourages individuals to express their talents, develop their personalities, and fully understand what they can be.

### **2.2.2.3 The Need to Define Life's Purpose and Meaning**

Robinson stated that the need to define life's purpose and meaning is one of the causes of self-discovery. Robinson stated, "Self-discovery is the first step toward creating harmony within yourself and fulfilling your life's meaning" (Robinson, 2016:20). This quotation shows that the journey to find life's purpose and meaning is a catalyst to reach self-discovery. Therefore, it can be defined as the cause of self-discovery. Finding meaning and direction in life drives individuals to explore their true selves, helping them define their goals, values, and the reasons behind their actions.

### **2.2.3 The Process of Self Discovery**

According to Tyrone M. Robinson, there are seven steps in the process to achieve self-discovery. The following steps, as outlined by Tyrone M. Robinson, offer a comprehensive guide to understanding and realizing self-discovery. Here are the steps of it:

#### **2.2.3.1 Appreciating Origins**

Appreciating origin is the initial step in self-discovery involves honoring one's origins without exception. This pivotal stage centers on acknowledging that the present self is a product of past experiences. By embracing and distilling the

positive aspects of the past, individuals can leverage these insights to propel their journey of self-discovery. Robinson says, “Discovering yourself involves appreciating your origins, no matter what they are.” (Robinson. 2016:15). This quotation shows that humans cannot be separated from culture, and who they are from their place of origin. Robinson believes that if humans cannot accept where they come from or even refuse to accept their place of origin, it can cause conflict within themselves. This conflict within them will continue to exist if each individual does not accept where they come from. Robinson explains that when humans are willing to accept where they come from or at least reconcile themselves to their place of origin, it will be able to make every human being who does that find their true self.

### **2.2.3.2 Overcoming Negative Past Experiences**

Robinson believes that in order to achieve self-discovery, each individual needs a treatment or a way to overcome their past negative experience. Overcoming past experiences requires a deep introspection of each individual. For that, honesty is needed in each individual, and mature consideration is needed to overcome the guilt, shame, or despair that comes from negative experiences in the past. Robinson stated, Each minute brings a new opportunity for you to change how you view and use your past experiences and turn them into present and future advantages. (Robinson, 2016:18). This quotation shows that self-discovery is not just about accepting the past but actively transforming it. By transforming the past negative experience, individuals can change their past negative experiences into catalysts for change in themselves to find their self-discovery.

### **2.2.3.3 Defining Self**

The next step to achieving self-discovery is defining self. Defining self is deeply understanding each individual's character, values, and beliefs. This step focuses on identifying the true purpose and meaning of each individual's life, which allows the individual to live in the present moment. Robinson states, "Try to focus individual energy on defining, approaching and completing your tasks or goals with the TIME acronym in mind" (Robinson, 2016:66). Based on Robinson's quotation, Robinson believes that when an individual can find and define their identity, the individual will be able to align with their goals in the long term. For example, when an individual believes in honesty, they will hold on tightly to their identity as an honest individual. This individual belief can help the individual achieve self-discovery based on the character/values they hold throughout their life.

### **2.2.3.4 Understanding Purpose ("Why")**

The context of "why" is basically the purpose or the reason for which individual exists. It is the map for their voyage to achieve self-discovery, keeping them fixed on a path when scurrying through life's journey. It can be interpreted as "why" synonymously same with "understanding purpose" in someone's life. Understanding purpose and the rationale behind one's decisions is necessary to achieve self-discovery. Robinson stated,

"Your 'why' is the most dominant contributor to the direction and meaning of your life. It is the freedom to live as you've been made to, for reasons that are inherently yours. Your 'why' is free from doubt, deception, perturbations, opinion and fear. It is what nature intended for you to be doing. It is cause and reason in harmony with passion and purpose" (Robinson, 2016:34).

This quotation shows the importance of "why" or understanding purpose in

self-discovery. it matters to know each individual's "why," in other words, what the meaning of purpose of the individual. Understanding purpose reminds people that they already have a reason for being alive, it deepens individual understand of their reason of being alive. When individuals live into their "why" or deepen their understanding of their purpose, they possess clarity of themselves and direction that allow for decision-making that are consistent with their integrity and ultimate goals when facing complex life situations. This understanding results in freedom as it helps people escape from lies and manipulation from external factor

#### **2.2.3.5 Continual Self-Assessment**

Self-discovery is a continuous process that also requires continual self-assessment of each individual at various points in life. Robinson believes that some individuals have opportunities at different points in their lives to assess what, where, and who they are. Continual assessment includes constantly checking motives, goals, plans, and relationships. In order to make sure that they work with their ambitions and at the same time are not affected by external influences. Robinson stated,

"The best way to find your purpose is through your commitment to self-discovery, self-development and continual exploration of your talents and gifts. the wisdom and understanding gained from this continual examination of yourself should reasonably aid you in your ability to foresee a change in your mood or disposition" (Robinson, 2016:29).

This quotation just sums up perfectly what Robinson stated of the use of continual assesment to achieve self-discovery. As long as individuals live their life, they are learning about themselves. Individuals need to do continual self assesment regularly. It reminds that self-discovery is not achieved by one night but rather an

ongoing journey of learning, development and continual self assesment. By consistently evaluating their motives, goals, and plans, individuals can ensure they are on the right path toward fulfilling their purpose and living a meaningful life.

#### **2.2.3.6 Embracing Strengths and Addressing Weaknesses**

Self-discovery requires self-awareness from an individual to address both their strengths and weaknesses. This means acknowledging and encouraging individual strengths while also identifying other areas that can be thought of or seen as weakness. Robinson stated,

You must learn to acknowledge, love and embrace yourself while appreciating all of the gifts and greatness you already possess. In fact, if you are able to love and value yourself, you will develop a better sense and appreciation of your achievements and motivations, and undoubtedly increase your self-knowledge. Self-knowledge is created through learning, understanding, listening to yourself and embracing your fears, abilities, strengths and weaknesses. (Robinson, 2016:49).

This quotation shows that achieving self-discovery requires active engagement in reflection, where individuals honestly assess both their strengths and vulnerabilities. Robinson believe self-discovery comes from being willing to face not just the strengths that individuals have but also the parts that may be seen as weaknesses. Robinson's mention of "listening to yourself" points out the importance of introspection in maintaining a balance between personal strength and weakness. By integrating both strengths and weaknesses, individuals get a more complete and balanced view of themselves in the self-discovery process throughout their lives.

#### **2.2.3.7 Finding Purpose**

The result of the self-discovery process is closely tied to the identification

and fulfillment of individual life purpose. This purpose should be intrinsically motivated and resilient to external conditions. Through self-discovery, individuals can achieve long-term happiness and inner peace. As Robinson stated,

“The best way to find your purpose is through your commitment to self-discovery, self-development and continual exploration of your talents and gifts.” (Robinson,2016:29)

This quotation shows finding purpose as a final process of achieving self-discovery. Robinson believes purpose is not instantly discovered by an individual. But individuals need to find purpose progressively as a final process of achieving self-discovery. Robinson believes that a meaningful purpose comes from inside, through continual self-exploration that is unaffected by external conditions or setbacks. Therefore, finding purpose marks the conclusion of the self-discovery journey in each individual, offering clarity, direction, and sustained personal well-being.

#### **2.2.4 The Impacts of Self-Discovery**

In this part of the study, the writer explores the impacts of self-discovery, as explained by Tyrone M. Robinson. Achieving self-discovery has a powerful effect on shaping an individual’s life and identity. The definitions of these impacts are described below.

##### **2.2.4.1 Living an Authentic Life**

Robinson asserted that the process of self-discovery enables individuals to live authentically by aligning their decisions with their core values and beliefs. He argued that "the impact of self-discovery is seen in how lives are lived authentically, with decisions being made that reflect true values and beliefs" (Robinson, 2010:21).

This principle finds resonance in the character of Kim in *Kim* by Rudyard Kipling. Throughout the narrative, Kim undergoes a profound journey of self-discovery, culminating in his recognition and acceptance of his bicultural identity. By embracing both his Indian and British heritage, Kim embodies Robinson's notion of living authentically. This alignment of Kim's identity with his actions allows him to transcend the external pressures of societal expectations, thereby embodying the essence of self-discovery as a liberating force.

#### **2.2.4.2 Greater Inner Peace and Mental Health**

Robinson stated that self-discovery plays a pivotal role in enhancing mental health and emotional well-being. He observes, "better mental health is achieved through self-discovery, as those who know themselves are better equipped to handle life" (Robinson, 2010:43). This quotation is reflected in Kim's psychological evolution throughout the novel. As Kim becomes more self-aware, particularly through his spiritual journey with the Lama, he experiences greater inner peace. His mental and emotional well-being improves as he reconciles his internal conflicts, a transformation that aligns with Robinson's view that self-knowledge leads to greater emotional stability. Thus, Kim's journey underscores the intrinsic link between self-discovery and improved mental health, as posited by Robinson.

#### **2.2.4.3 Improved Relationships and Communication**

Robinson argued that self-discovery enhances interpersonal relationships by enabling individuals to communicate their needs and boundaries more effectively. He writes, "self-awareness is said to improve communication of needs and boundaries in relationships" (Robinson, 2010:43). This quotation shows the evolving

dynamics between Kim and the characters around him, particularly his relationship with the Lama. As Kim's self-awareness deepens, his interactions with others become more authentic and meaningful. His ability to communicate with clarity and assertiveness mirrors Robinson's claim that self-discovery fosters stronger, more fulfilling relationships.

#### **2.2.4.4 Freedom from External Pressures and Societal Expectations**

Finally, Robinson highlights the liberating effect of self-discovery, which frees individuals from external pressures and societal expectations. He asserts that "individuals are freed from external pressures and societal expectations" through the process of self-discovery (Robinson, 2010:21). This quotation vividly portrayed as Kim navigates the complex cultural landscape of British-ruled India. Through his journey of self-discovery, Kim transcends the societal constraints imposed by both British and Indian cultures. By embracing his unique identity, Kim achieves a sense of personal freedom that enables him to pursue his own path. This reflects Robinson's contention that self-discovery liberates individuals from the weight of societal norms, allowing them to lead a life of greater autonomy and fulfillment.

### **2.3 Research of Method**

In this part of the study, the writer explains the research methods used to analyze the topic of self-discovery. This research combines a psychological approach, as described by M. Atar Semi, and a library research method, as described by Mary W. George. These methods provide a comprehensive framework for understanding and analyzing the concept of self-discovery, focusing on its relevance to the literary work *Kim* by Rudyard Kipling.

### **2.3.1 Research Approach**

This research employs a psychological approach, specifically utilizing Robinson's concept of self-discovery to provide context and analysis. The psychological approach is used to apply relevant psychological theories to the subject matter. The psychological approach is a perspective or way of viewing human behavior that is based on assumptions and prior observations.

### **2.3.2 Method of Data Collection**

The method of data collection for this study is library research. According to George, library research is a series of activities related to the method of collecting library data involves systematically seeking, evaluating, and utilizing various information sources to address specific research questions (George, 2008:10).

In order to use library research as a method of collecting data, this research needs sources primary data and secondary data. George stated, Primary data is source of data which is related to the subject of this study that is taken through the researcher directly. (George, 2008:41). Secondary data is a source of data that is taken by the researcher indirectly from the subject. "a secondary source is a later comment about it by someone else." (George, 2008:56) The primary data of this research is Rudyard Kipling's *Kim*. The secondary data of this research is the journals.