

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

Building bonds with parents is important to support individuals' development. These bonds, also known as attachment, help individuals to define their self-concept, emotional health, and social skill. According to Ainsworth, there are two primary styles of attachment, secure and insecure. Both of which are influenced by the amount of affection parents provide to their child (in Mooney, 2010:29). Furthermore, individuals' attachment style influences how individuals behave and respond to their life experiences. Therefore, individuals who lack parents' affection will find difficulty in developing personality.

Mitch Albom's *For One More Day* is one of the literary works that explores the complexities of parents-child relationship. Focusing the narrative on Charley "Chick" Benetto as the main character, the story shows how his life is affected by parents' divorce. Living apart from his father, Charley grows up longing for his father's approval. It makes him difficult to recognize love from others, especially his mother. He dedicates his life to please his father yet never feels truly accepted. His desire to get his father's approval indirectly makes him leaves his mother in her last day, which causes guilt that always haunts him. At the beginning, the story presents Charley's lowest point in life and how it leads him to attempt suicide. However, he gets a magical chance to spend a day with his "ghost" mother. This day becomes a turning point of his self-reflection journey and the way for him to uncovers truths about what happens to his family in the past.

*For One More Day*, published in 2006, is a fiction that explores the theme of family, regret, and forgiveness. Like many of Alбом's works, it combines elements of fiction and emotional insight. He writes *For One More Day* in a reflective and emotional tone with several flashback to the main character's past moment. This writing style allows reader to gain deeper understanding about how the main character feels throughout the story.

Mitch Alбом's *For One More Day* becomes a well-known novel, drawing attention from both readers and scholars for its thoughtful reflection of essential moral values and emotional issues. While many previous studies have concentrated on the novel's themes and conflicts, this thesis offers a new perspective by analyzing the psychological aspects of Charley "Chick" Benetto, the main character. The writer discusses about the attachment. Particularly, the writer discusses how Charley's attachment styles with his parents influence his personality by using Bowlby's attachment theory.

The thesis highlights this topic due to the writer's interest in understanding how relationship in family shapes individual's personality. The writer believes that analyzing attachment to parents, especially through the story of Charley Benetto in *For One More Day*, provides meaningful insights related to personality development. It is expected that the readers will perceive more awareness of the importance of the significant influence of attachment in shaping personality.

## **1.2 Research Questions**

This research examines the challenges faced by Charley Benetto, the main character of Mitch Albom's *For One More Day*.

1. What is Charley's pattern of attachments to his parents?
2. How does insecure attachment influence Charley's personality?
3. How does secure attachment influence Charley's personality development?

## **1.3 Research Objectives**

Based on the aforementioned research questions, the objectives of this study are:

1. To identify Charley's pattern of attachments to his parents.
2. To analyze how insecure attachment influences Charley's personality.
3. To analyze how secure attachment influences Charley's personality development.

## **1.4 Previous Studies**

There are several earlier works of research related to this thesis that use the same novel, Mitch Albom's *For One More Day*, as the object. The first prior study is an undergraduate thesis entitled "A Psychological Analysis: Frustration and Self-Adjustment as Main Character in a Fiction *For One More Day*" by Jannatin from UIN Jakarta. The study explores specifically about Charley's frustration and self-adjustment, explaining the causes and Charley's responses about it.

The second prior study is a thesis entitled "A Study of Chick Benetto's Conflict in Mitch Albom's *For One More Day*" by Esti Dewanti from Sanata Dharma University. It discusses Charley's conflicts that make him want to end his

life. Using critical approach theory and conflict theory, the author tries to elaborate what conflicts Charley faces and how he deals with them.

The third prior study is an undergraduate thesis entitled “A Psychological Analysis of Charley "Chick" Benetto in Mitch Albom's *For One More Day* Novel (Viewed from Maslow's Theory)” by Rafi Anas Hafifi from UIN Maulana Malik Ibrahim. By applying a psychological approach, this study focuses on the characterization of Charley. Furthermore, the writer adds Maslow theory about the hierarchy of needs to discover Charley’s frustration causes and his unfulfilled needs.

The fourth prior study is a thesis journal entitled “The Analysis of Psychological Conflict of The Main Character and Moral Values as Seen in Mitch Albom's Novel *For One More Day*” by Wia Annisa from Mataram University. It describes how Charley is led by Id and the moral value in the novel, including the bad and the good morals.

The fifth prior study is an undergraduate thesis entitled “Child’s Personalities of Divorced Parents: A Psychoanalytic Study On Mitch Albom’s *For One More Day Novel* (2014)” by Mutiara Agun Raharja from Universitas Muhammadiyah Surakarta. This research analyzes how divorced parents can affect a child's personality in handling conflict.

The sixth prior study is an undergraduate thesis entitled “Personality structure of the main character in Mitch Albom's *For One More Day*: A Freudian

psychoanalysis” by Nandika Tahta Aulia from UIN Maulana Malik Ibrahim. This study identifies Charley’s characterization as Id, Ego, and Superego.

Although the character that is being analyzed is the same, that is Charley Benetto, this research is different from the previous research studies. In this research, the writer directs attention to different focus. The writer focuses on Charley’s attachment patterns to his parents, the influence of insecure attachment on his personality and the influence of secure attachment on his personality development.

### **1.5 Scope of the Study**

In this research, the writer concentrates on the influence of attachment patterns to the main character’s personality development. The writer involves intrinsic and extrinsic elements correlated with the personality development of the main character. The intrinsic elements that will be explored are character and characterization, setting, and conflict. Meanwhile, the extrinsic elements include Charley’s pattern of attachment to his parents, the influence of insecure attachment on Charley’s personality and the influence of secure attachment on Charley’s personality development.

### **1.6 Organization of the Writing**

This thesis is divided into four chapter as follows:

## **CHAPTER I**

### **INTRODUCTION**

This section includes the background of the study, research questions, research objectives, previous studies, scope of the study and organization of the writing.

## **CHAPTER II**

### **THEORY AND METHOD**

This section is divided into two main points: theoretical framework and research method. The theoretical framework is classified into two elements: intrinsic elements and extrinsic elements. The intrinsic elements consist of character and characterization, setting, and conflict, while the extrinsic elements consist of theory of attachment, theory of personality, theory of personality development, and influence of parental attachment on someone's personality. The research method includes data and data source, method of collecting data, and method of analyzing data.

## **CHAPTER III**

### **ANALYSIS**

This section is broken down into two elements: intrinsic and extrinsic elements. The intrinsic elements explore the character and characterization, setting, and conflict. Meanwhile, the extrinsic elements explore Charley's pattern of attachment to his parents, the influence of insecure attachment on Charley's personality, and the influence of secure attachment on Charley's personality development.

## **CHAPTER IV      CONCLUSION**

This chapter consists of the conclusion of the analysis.

## **REFERENCES**