

## CHAPTER IV

### CONCLUSION

The influence of individuals' attachment to their parents plays an important role for personality development, shaping the way they grow, make decisions, and build their self-confidence. In this study, the writer chooses *For One More Day* by Mitch Albom to be discussed. Published in 2006, it explores the life of Charley "Chick" Benetto. The novel presents the theme of family, regret, and redemption.

This thesis focuses on the influence of attachment to parents on the personality development of Charley, the main character in *For One More Day*. Charley is a man who suffers emotionally and faces many failures in his life, especially after his mother's death. Unable to face conflicts with others and filled with useless feelings with low self-esteem leads him to attempt suicide. Before he succeeds in killing himself, he meets his "ghost" mother and spends a day with her. Charley's personality development begins when he realizes many things after spending a day with his "ghost" mother. The development of his character primarily centers on building self-esteem, regulating emotion, and breaking an unhealthy attachment.

Charley's downfall stems from his insecure attachment to his father. This attachment influences his personality and causes emotional unsteadiness. His insecure attachment is portrayed in his attempts to gain his father's approval, especially by pursuing a baseball career. However, his decision to drop out of college and join a baseball league only brings short success. Consequently, he ends up with no option other than becoming a salesman. Nevertheless, Charley continues

to show effort to please his father by choosing a baseball game over brunch with his mother, a choice he deeply regrets. His guilt arises when he loses his mother on the same day. This guilt contributes to his emotional collapse, alcohol addiction, and withdrawal from his family.

Charley's turning point begins with a magical day he spends with his "ghost" mother after his suicide attempt. This experience triggers his secure attachment with his mother to take the lead in his life. The healthy bond with his mother provides emotional healing and leads to his personal growth. Charley's self-esteem is rebuilt when his mother reminds him how important he is to her. Furthermore, Charley's detachment from his father is portrayed when his mother reveals the truth about his father's unfaithfulness and the existence of his father's other son with another woman. This revelation leads Charley to abandon his idealized view of his father, realizing that his loyalty was misplaced. Ultimately, Charley embraces the secure attachment he has with his mother. Charley realizes that his mother never leaves him alone, from his childhood until his adulthood. He believes that the magical day is a chance from his mother to feel her love once again. This reflects the behavior of secure attachment, believing the person they are attached to will always be there for him.