



**THE MAIN CHARACTER'S LIFESTYLE AND  
STRIVING FOR LIFE IN SOPHIE KINSELLA'S *MY  
NOT SO PERFECT LIFE***

**A THESIS**

**In Partial Fulfillment of the Requirements of the Requirements  
for S-1 Degree Majoring in English Department,  
Faculty of Humanities Diponegoro University**

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## **PRONOUNCEMENT**

The writer honestly confirms that she compiles this thesis by herself without taking any results from other researchers in S-1, S-2, S-3 and in diploma degree of any university. The writer also ascertains that she does not quote any material from publications or someone's paper other than from the references mentioned.

Semarang, May 2021

A handwritten signature in black ink, appearing to read 'Novita Dwi Rahayu', enclosed in a thin black rectangular border.

Novita Dwi Rahayu

## MOTTO AND DEDICATION

*“If you are happy doing what you love, nobody can tell you, you are not successful.”*

**- Harry Styles**

*“Sometimes you don't need a goal in life, you don't need to know the big picture. You just need to know what you're going to do next.”*

**- Sophie Kinsella**

This thesis is fully dedicated to  
my beloved family,  
my best friends,  
and everyone who help me in completing this thesis.

**APPROVAL**

**THE MAIN CHARACTER'S LIFESTYLE AND STRIVING  
FOR LIFE IN SOPHIE KINSELLA'S *MY NOT SO PERFECT  
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I realize that this thesis is imperfect. Hence, I would be grateful to receive any criticism and suggestion to make this thesis better. I also expect that this thesis will be useful for readers who want to learn about lifestyle and striving for success.

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## ABSTRACT

Everyone was born in a weak condition. This condition makes people feel inferior about their selves and as a compensation for the feeling, they try to set a goal which determines lifestyle to strive for their life. On this thesis, the writer intends to analyze the lifestyle and the striving for success of the main character in the novel *My Not So Perfect Life* by Sophie Kinsella. To analyze the lifestyle and striving for success, the writer analyzes the character and characterization of Catherine Brenner, the setting of places, setting of times, and conflict within the story for the intrinsic elements, while the extrinsic element uses the individual psychology by Alfred Adler. Furthermore, the library research, qualitative, and contextual are applied for the method of collecting data. Based on the analysis, it can be concluded that a person lifestyle can influence on his/her way to strive for success.

**Keywords:** individual psychology, lifestyle, life, striving.

# CHAPTER I

## INTRODUCTION

### 1.1. Background of the Study

People have a goal in their lives, the goal is different from one to another. The goal is usually focus on how people can get the higher, stronger, and superior. To achieve the goal, some people have prepared their ways to strive for their life earlier. In the ways of striving for life, it is possible to change the plans that we have prepared. The decision to change the plan will influence all of the ways for striving for life, so being flexible is needed to take some disparate and unique ways to reach the goal, whereas inflexibility can obstruct and create a trouble in ways to achieve something that people have dreamed of.

Striving for life is the main force behind all human activities. It is typical, and it shows how human is individually unique. The goal that people's plan will be the main motivation for people to act, think, and feel. People will consider all of the things in their life to make the goal happens. In ways to strive for life, people are supported by other aspect such as style of life, feeling of inferior, social interest, and creative power (Adler, 1956: 1-2).

*My Not So Perfect Life* written by Sophie Kinsella was released on February 7, 2017. It tells about a girl named Catherine Brenner who attempts to reach her perfect life. She moves from a country side to London to live according to her dreams. She wants to hide her true identity and creates a new identity as a city girl. She does everything that she needs to adapt with new society and she forces a

lifestyle that proper with her life in London. Katie makes a plan for her life and runs it to reach her success. Unfortunately, she should leave her job and the plans that have been made cannot run perfectly. One day Katie has to leave London because she is jobless. She returns to her home and lives her old life. She becomes the different version of her. She has changed herself again from her fashion, accent, to her hair style. Although, everything has changed but one thing that still remains on her soul is her motivation to strive for success. After a long time, she will get her success through the right ways, by her hard work and motivation, she slowly begins to accept herself, and finally, she gets the success that she dreams of.

Based on the summary of the novel above, the main character works hard to get her success. Therefore, the writer intends to do further analysis about Cathie's lifestyle and striving for success based on the novel "*My Not So Perfect Life*" by Sophie Kinsella to explain how an individual's striving for success determines by the lifestyle. To do the analysis, the writer uses Individual Psychology theory by Alfred Adler.

## **1.2. Research Problems**

The research problems of the study consist of:

- a. How is the character of Catherine Brenner in the novel?
- b. How are Catherine's ways to striving for success?
- c. How are Catherine's lifestyle?

### **1.3. Objectives of the Study**

This research has some purposes to be attained, the purposes are:

1. To describe the character of Catherine Brenner in the novel.
2. To describe how Catherine ways to strive for success.
3. To describe how Catherine's lifestyle.

### **1.4. Previous Studies**

A previous study is written to show that several types of research have been done to analyze lifestyle or striving for success. The previous studies are used to be a guide for the other researchers and justifies the gap. Then, here are some previous studies that the writer found:

This research has conducted by Austen R. Anderson and Blaine J. Fowers in 2020 that written in an article from *Social Science and Medicine Journal* with the title *Lifestyle Behaviors, Psychological Distress, and Well-being: A Daily Diary Study*. It discusses about how lifestyles behaviors are related to the daily behaviors, psychological distress, well-being, and each other.

The second research entitled *Katie's Inferiority Feeling and Her Striving for Success in Sophie Kinsella's My Not So Perfect Life* is conducted by M. Dhoni Zahrul Arifin Malik ( 2019). It describes the inferiority feeling of Katie and her struggle to reach her objectives of life. Her lowly feeling is derived from her social status or background and appearance or physical. From this analysis, it was found that Katie has to hide her old identity, makes friend with someone cool and

famous, changes her appearance, and lives thriftily to adapt with new society and achieve her success.

The third research was conducted by Faisal Mansur (2018) entitled *Analysis of Striving for Success as Reflected by Morrie's Character in The Novel of Tuesday with Morrie: Alfred Adler's Individual Psychology*. In his paper, Mansur observed the character of Morrie with her inferiority feeling and her motivation to be free from inferiority.

The fourth research is done entitled *Striving for Success of The Main Character Depicted in Paulo Coelho's Novel : The Alchemist* (2018). The research analyze the main character striving for success, Santiago. His reason to achieve success is his inferiority feeling, to support his way to get what he wants, he creates final goal and lifestyle. Besides the research tells the treasure that Santiago gets during his journey.

The last research was conducted by Alif Fatqul Hikmah (2016) entitled *Striving for Superiority and Success of Katniss Everdeen in Suzanne Collins' The Hunger Games*. The writer decided to use theory of Alfred about the psychology of individual. The theory is applied to describe the character of Katniss who wants to achieve her success and to understand her characterization. In her way to reach success, she has to fight and face her enemy, also pass the traps and obstacles.

Based on the previous studies above, the research that most related with the writer's research is conducted by Zahrul Arifin Malik (2019). The object of study is similar, that is a novel *My Not So Perfect Life* by Sophie Kinsella and the theory is similar as well, it is a theory of Individual Psychology by Alfred Adler.

Although those two research use the same object and theory, but there is a gap between those research. If Zahrul Arifin Malik analyzed the inferiority feeling of Katie that encourages her to strive or fight for her success, the writer analyses Katie's lifestyle that influence her way to striving for life.

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

On this research, the writer will focus to analyze the intrinsic and extrinsic elements of the novel. For the intrinsic element, she has selected to analyze Catherine Brenner's characterization, characters, conflicts, and the setting of places and times of the novel. For the extrinsic element, the writer will use the individual psychology theory by Alfred Adler, specifically the lifestyle and striving for success.

### **1.6. Writing Organization**

#### **CHAPTER I: INTRODUCTION**

On this chapter, the writer describes about the reason of choosing the object, approach, purpose, problem, previous study and the theory of the study.

#### **CHAPTER II: THEORY AND METHOD**

This chapter presents the theory that applied to analyze the object of the study either to analyze the intrinsic or extrinsic element. This chapter also presents the method that the writer uses to collect and analyze the data.

#### **CHAPTER III: RESULT AND DISCUSSION**



This chapter contains the discussion of the intrinsic and extrinsic element based on the theory that discussed on the previous chapter. For the intrinsic element, the discussions include characters, characterizations, conflicts, and settings. The discussion of the extrinsic element includes Individual Psychology.

#### CHAPTER IV: CONCLUSION

The summary and the conclusion of the study are explained on this chapter.

#### BIBLIOGRAPHY

The sources, references, and works that the writer is used as references to conduct the analysis.

## **CHAPTER II**

### **THEORY AND METHOD**

#### **2.1 Theoretical Framework**

##### **2.1.1 Intrinsic Aspects**

###### **2.1.1.1 Character and Characterization**

Character is a living or nonliving thing that complete a story. The character takes a crucial part in the story. The characters will be adjusted by the writer whether they should be consistent or changed. The character can be divided into flat and round character. The flat character only has one personality and it is constant throughout the story, while the round character shows more personalities and portrayed in more detailed or explanation. In a story, it is acceptable to have multiple characters, but it should have a main character that affect the events or the main conflict (Kennedy & Gioia, 1983: 67-68).

Character which refers to someone who involve in a story is used to describe certain personality such as the good girl, sad boy, poor man. It is used to make a story more realistic, and it presents the personality that exist in real life. When the character is close to real life, the readers will relate with the character easily, and it will stick in the minds and hearts of the readers. The feeling from a character will affect the reader's emotions so that a character will be remembered and even become iconic or successful (Holman, 1985:74-76).

Characterization is utilized to present the personality of an imagine figure in a literary work. The author makes the characterization of a character as real as

possible as if the character exists in the reader's real life. The characterization will influence the character's behavior, feeling, and thought in the whole story. In the literary work, there are three basic methods to present characterization, first, the characterization is presented by the author through the direct explanation in the story. Second, it can be portrayed from the character behavior, action, and etc. The last method, it can be presented through the character's inner self from the response of the action and emotion (Holman, 1985: 76 -77).

#### **2.1.1.2 Setting**

According to Kennedy, a setting can be explained as “the time and place where the story happens.” (1983: 110-111). The setting of time includes day, week, hour, and century, also the setting of places such as a house, city, scenery, and street. The setting will help the readers to understand the main event of the story because it shows the atmosphere, the mood, and creates the story to look more realistic. According to Holman, the setting is a material or nonmaterial that the action of the fiction takes place. There are four types of settings, they are physical environment, time, occupation and manner, and the condition of society (1985: 413).

#### **2.1.1.3 Conflict**

Conflict presents two contrary sides in a literary work. Conflict is the important thing to build the plot or sequence of the story. The conflict raises tension and

engages people's attention or interest in a literary work. Without conflict a story will be boring. Therefore, it should be put in a literary work, such as a short story, film, and novel. Conflict can be divided into two categories, those are internal and external conflict. For internal conflict, it happens between a person and her or his self, because there are two opposing ideas or feelings in a person. Conversely, the external conflict involves three elements from outside force such as conflict against nature, another person, and destiny (Holman, 1985: 98).

### **2.1.1 Extrinsic aspects**

For extrinsic analysis, the writer uses the theory of individual psychology by Alfred Adler. He presents his Individual Psychology with the spirit to live our life together with people in society. Based on his idea, people's behaviors are motivated by striving for success. The ways to strive for success or view of the future are influenced by the social condition and history of people which are created by the uniqueness of each individual. Then, those influences effect in human's present behavior and personality (Adler, 1956: 1-2). The theory can be divided into striving for superiority, style of life, fictionalism, social interest, creative power, which will be explained below:

#### **2.1.2.1 Striving for Superiority**

Adler believed that people are born with weak condition. This inferior condition will lead to inferiority feeling. That feeling encourages a person to fight and strive

for success. The goal of success can determine whether someone is psychologically healthy or not. An individual who fights for personal success has unhealthy psychology whereas an individual who strive for all of human being success has healthy psychology. Moreover, the striving for success is led by a final goal. The final goal has significant impact to make human action or behavior comprehensible. Everyone can create their final goal that is supported by the environment and heredity. The goal itself derives from creative power or human's ability to form their behavior and personality.

People can define their goals from creative power, yet because the babies are weak, small, and feel powerless, to compensate for their weakness, they set goals to be strong and big. The goals that have been planned will reduce the soreness due to inferiority feelings. Thus, the development of a child will greatly influence the goal of a person. If children feel security and affection, they will create a conscious and understood objective of life. Conversely, the children who feel pampered and ignored will set an unconscious goal. It is usually related to something negative, that can give the bad impacts on people (Feist & Feist, 2018: 76-78).

The human's struggle for netter life is innate because human never stops striving, they tend to come up a below to above position. Even though, it is innate, but people should develop it, set the purpose of their success whether for personal or everyone success, and do our best to achieve it. Therefore, it is better to live a good life today and get a good future (Adler, 1956: 103-104).

### **2.1.2.2 Lifestyle**

Lifestyle refers to the general concept to the world that relate to individual's goal, and the way to strive for the goal based on people's unique ways. It also refers to the opinion of people for their selves and the world. It is originated from creative power, it also combines with environment and heredity. People who psychologically healthy are flexible to live their life and easy to adapt with the environment and create their ways of life. They will change and continually improve their selves to fight for the main problem of life such as life, work, and social contribution. Meanwhile, people with unhealthy psychologically are inflexible, hard to adapt to a new environment. Their life is steady and they don't improve their selves.

To know the lifestyle of people, people must see their background of environment. People who live in different places give different responses to the same matter, therefore lifestyle can be seen from certain types of environments. Moreover, the environment is not the only thing that determines lifestyle, creative power of each individual also affects the human lifestyle. The creative power will create ways to live our lives and give response to the obstacles in our ways to strive for success (Adler, 1956: 173-177).

### **2.1.2.3 Feeling of Inferiority**

Children were born with organ inferiorities that put them in inferior position. When they start interact with society, they struggle to be noticed by people. Rather than paying and communicating with their friends, they gradually try to

impress their fellows to show the importance of their existences. Somehow they become aware of their inability to solve the problem of life and exaggerating that feeling will drive them to achieve the peace, security, and purpose of life, and the ways to reach it. Mostly, the goal is to be powerful and dominates between the other fellows. They want to step into the higher position when their life seems precious, then it links to the imagination and creative power to create the paths that they should take to get their goals (Adler, 1927: 69-72).

#### **2.1.2.4 Fictionalism**

A goal to strive for success is the important fiction that and it relates to our perception of life. The fictional goal will lead to lifestyle and affect the actions of people. They will believe the fiction that they create is true, although it is not true. Thus, people do not believe the truth, but they believe their subjective perception. The action or perception focuses on how to deal with past experiences and to plan future goals that affect the present experiences (Feist & Feist, 2018: 79).

#### **2.1.2.5 Social Interest**

Social interest means a unity feeling with all humankind or a feeling of being connected to humanity. It refers to the empathy feeling for the other member of society and the desire to gain success for humanity rather than for individual success. Social interest bonds the society together and makes protection for the human who is born weak, moreover it is natural for humans to bond to their

society because of their inferiority feeling and the feeling of protection that social interest provided.

The social interest is affected by the early social environment. After age 5, the effect of heredity will disappear from human that caused by the social environment. Apart from the influence of human heredity and social environment, it is used to be a barometer to measure the normality of people. The non-normal person will set a goal because they exaggerate the feeling of inferiority that is innate, furthermore, as compensation they make a final goal for personal success, they do not care about the other. On the contrary, a normal person will focus on the progress of society and make a goal for everyone's success, there is satisfaction feeling when they can contribute to the development of the society (Feist & Feist, 2018: 81-84).

#### **2.1.2.6 Creative Power**

Creative power can be defined as the power of people to create their way of life, make their goals, choose the ways to reach the goals, and increase social interest. This power is showed how people have the freedom to live their life. Moreover, people are born with a unique personality that effected by the environment and family. Those two aspects that influence the lifestyle. People have choices to construct their lifestyle whether to live healthily or not. Moreover, creative power influence to the people to decide their life (Feist & Feist, 2018: 85).

## **2.2 Research Method**



### **2.2.1 Data and Data Source**

For the analysis of this study, the data to analyze can be found in form of words between the character, monologue which depicted in the novel. The data source used in this analysis is divided into:

1. Primary data: the kind of data which comes from original observation or analysis of an object of the study and no one has conducted the same analysis. The data of this research come from the novel that the writer chooses to be analyzed, that is *My Not So Perfect Life* by Sophie Kinsella.
2. Secondary data: the data the analysis has been done by other researchers, which can be got from internet and library. For this analysis, the data come from books and articles (Dawson, 2002: 40-42).

### **2.2.2 Method of Collecting Data**

For the method of collecting data, the writer decided to use library research. It is research that is conducted by indicating some sources that present tangible information and an expert idea to answer the research question. The method is used to get the detail, deep information that relates to the analysis. The data can be derived from books, articles, magazines, or other sources whether printed or not (George, 2008:6).

Moreover, the writer also uses virtual library research. This research is expanded from the concept of school library. Because of the development of technology, library is not only physical space but information access which can be accessed through effective media provides online references (Church, 2007: 25).

### **2.2.3 Method of Analyzing Data**

To analyze the data, the writer uses qualitative method. It is one of the methods in which the results are in form of words, photos, symbols, and everything non-numeric. Then, the other method is contextual analysis. It can be defined as an analysis that helps us to understand the particularity of the work, the background of the work such as political, religious, economic, philosophical. Moreover, this method of analysis intends to know the reason why the author writes the work, when and where the author writes it, the influences in the writing process, the way or style of the author's writing, and the intended reader of the work. Those matters can be achieved by reading the text properly (Behrendt: 2008).

## **CHAPTER III**

### **RESULT AND DISCUSSION**

#### **3.1 Result and Discussion**

##### **3.1.1. Intrinsic Aspects: Characters and Characterizations**

###### **3.1.1.1. Catherine Brenner**

Catherine Brenner called Katie or Cat is country girl. She grew up in Anster Farm in Somerset with his father. Her mother passed away when she was a little girl and now she has a stepmother, Biddy. When she was a kid, she wanted to live in London after she mentioned it “It’s worth it. I want to live in London; I want to do this...” (Kinsella, 2017: 3). Therefore, after she graduated from college, she moved to London and has a job in a branding agency, Cooper Clemmow.

Kathie is an ambitious and hard worker girl. She must get everything she wants even she must work really hard for her wishes. For example, when she moves to London, her father prohibits her, but she did not hear him and decides to follow her heart to move to London. Ever since her relationship with her father does not go well and her life in London is not as beautiful as she thinks. Moreover, It is quite hard to live in London, starting from the price, lifestyle, to the people. She cannot afford her life in the city, she forces and survives with her capabilities to live in there.

Furthermore, Katie is not confident whether with her background or her ability, she has low self-esteem. She hides her real identity because she doesn’t want people know that she is a country girl who lives in farm, it is convinced by this

explanation “I grew up on a dairy farm. But something’s stopping me from speaking. The memory of those girls in Birmingham calling me “farrmer Katie” flashes into my brain, making me wince” (2017: 72). Katie wants people to know her as a city girl who has an ideal life. She changes everything to make her differ because she thinks that “Changing from Katie to Cat is just the latest stage. Katie is the home me...I’ve wanted out of Somerset. I’ve wanted London...” (2017: 14). Her lack of confidence leads her to have a pessimistic feeling. Although she has talent in branding products, she is frightened to show it. When she finally comes to a meeting in her office, she barely speaks though she knows the topic of the meeting and she has an idea to be conveyed.

Because of Katie’s low self-esteem, she thinks that her life is pathetic. She envies with the others. She envies Demeter, her boss because she is smart, talented, rich, fashionable, and famous. Afterward, she also envies her friend, Flora, as she says that “I feel a tiny small of emotion I don’t want to admit to, like envy, or possibly even just for a nanosecond hatred” (2017: 99). She comes from a rich family, has a beautiful house, gets everything she wants easily from her parents. Conversely, Katie must work hard to get everything she needs. Her struggle to suffice her needs shows how independent she is, she never asks her father to give her some money, she buys everything with her own money.

Although Katie’s career is constant, she is a talented girl. It can be proven from her idea of her family business, glamping, which gets success. She creates the main idea of the glamping, from the yurts, activities, designs, leaflets, and websites. She thinks of all of the ideas by herself. She gets the knowledge from

Demeter, she always sees her, and it is proof that she is a fast learner and talented. Before design a leaflet for the glamping, she already designs or thinks about the branding idea when the company has new clients or projects, but she doesn't have an opportunity to show her designs and ideas to Demeter, therefore her colleagues and bosses do not recognize her talents. One time, Demeter sees Katie's design and she admits it that "You've got talent, Katie. The truth is, I should never have let you go" (2017: 279).

However, Katie is an adaptable person. She can adapt to the new condition easily. When she is in London, she tries to be Cat with all of the things that make her look like Cat from London. While she lives in Somerset, she becomes the old her with curly hair, bare face, and West Country accent. She can occupy herself in a new place easily, behave properly based on the place she lives, and respond to the surrounding.

### **3.1.1.2 Demeter**

Demeter is Katie's boss in Cooper Clemmow. Katie describes her as followed "she's tall and slim and has shiny brunette hair and, as I already mentioned, amazing eyebrows..." (2017: 10). She is forty-five and a creative director in the company. She is very talented especially in design and packaging, it can be proven from Katie's explanation that "her office is full of awards and framed photos of her with illustrious people, and displays if products she's helped to brand" (2017: 10). As described in the quotation that she meets a lot of people that is why she has many connections. Other than her millions friends, she is rich. She

wears branded clothes and lives in a house that paid more than two million. She lives there with her family, her husband James and her children, Coco and Hal. Moreover, she is the type of person who gets everything first more than anyone and her name is so typical, when people mention Demeter, it only refers to her.

However, Demeter is still human. Her life is not as perfect as people think. She is old school and bad to remember someone's name. People in the office hate her, they bullied her, especially Sarah, Flora, and Rosa. They manipulate her works to make her lose the job. On the other side, her children ignore her, they do not close to her, because she spends most of her time in the office and she misses a lot of moments with her children, hence they call her "Mrs. Invisible," and they are closer to their father. Meanwhile, having a house is not as delighted as people think, because the pay is too much, then she cannot move since her children love the house. Therefore, she promotes her house by participating in a television program that shows her house, if people like to rent the house for a photo shoot, she can get more money.

### **3.1.1.3 Alex**

Alex Astalis is Katie's boss in Cooper Clemmow. He is the son of Aaron Astalis who is a partner of the company but Alex works abroad not in London, so the employees rarely see him. He is depicted in the novel as followed "*He has brown hair, not noisy brown but proper chestnut. He looks thirty and has wide-open, appealing faces that you get when you have good cheekbones and a broad smile*" (2017: 41). He is young, tall, good-looking, genius, and cool. Alex is Katie's type

and she says “I really likee him...” (2017: 56). He is the man that Katie has been looking for. Through the explanation of Demeter, every woman who has relationship with Alex, she will be ended with broken heart because he cannot have commitment with any woman, he will leave the woman. He likes to travel around the world, tries something new, and needs novelty. He cannot stay in one place and he never comes back to any girl he leaves behind, therefore he has a nickname “One way Alex.”

#### **3.1.1.4 Mick**

Mick is Katie’s father. He is the kind of person who always attracts people’s hearts with his beautiful smile, no wonder he can meet another woman, Bidy, after her wife passed away. Katie also adds that “...he’s as soft as butter” (2017: 123). He is always patient and protective of someone he loves, especially to Katie. When something happens to Katie, he exaggerates and overreacts it, for example when Katie has a fever, Mick is so worried, and “he took my temperature about thirty times in an hour” (2107: 124). Moreover, he cannot let things go easily, he still remembers a boy who broke her daughter’s heart when she was in sixth grade. Besides his overreaction to something, he has bottomless optimism. When he starts a new schema to make money, he always comes up with an ancient idea because he is quite an old school, and the business fails. Although his business is falling, he never gives up to come up with new ideas. Finally, his family business, glamping, is running well with her daughter’s help.

### **3.1.1.5 Biddy**

Biddy is Katie's stepmother. After Katie's mother died, it was only Katie and Mick, then Biddy came before Katie went to college. She describes Biddy as "she's a quiet, persistent, sensible person" she adds that Biddy "she is fair. True and fair" (2017: 123). Her dark skin, brown eyes, and graying hair make her look beautiful in her way. She was a chef but as she is being old, and she decided to resign from her work. Now, she sells jam at fairs patiently for six hours and she is always happy while chatting with her customer.

Biddy is the only woman who can understand Mick. If other women choose him because of his charisma, Biddy chooses him because of their connection. She talks directly and never flirts. Her personality makes Mick connects easily with her and depends on her. Furthermore, Biddy is very supportive. When Katie comes home, she always motivates her with supportive words such as "*we are so proud of you, love, with your job and your amazing life, aren't we, Mick?*" (2017: 129). She is so careful about things between Katie and Mick, she does not interfere with the problem between them because she knows how close they are, and she is a new member of the family. She is neutral between them.

### **3.1.2 Setting of places**

#### **3.1.2.1 London**

This story takes place in two different settings. The first setting in the novel happens in London. This city is the place where Katie works. She works in



Chiswick, primarily in the Phillimore House, building. While Katie's flat is in Catford, which quite far from her office but it is cheaper rather than Chiswick, but she regrets her choice to live in Catford, it can be proven by the following sentence "if I'd known I was going to end up working in Chiswick, I wouldn't have chosen to rent in Catford.." (2017: 6). Living in London is expensive as Biddy says "you know, we're not stupid. We know life in London is tough and expensive and all the rest of it" (2017: 357).

London is depicted in the story as a place where Katie wants to live since she was a child. As a country girl, who lives in a farm, she likes to see the modernity that London provides. Every place seems like movie sets that she has watched in a million films and it includes one of the top ten cities in the world. London is the kind of place that everyone all over the world would like to choose to live the rest of their lives, although Katie's dad does not like London and he said to Katie "And you are really happy in Big Smoke, Katie my love" (2017: 17). Katie says that "...but if you can't fell London, all you see are traffics and fumes and expense..." (2017: 18). From the citation above, we can see that London is a big city where we can find many industrial factories and vehicles in the street from the traffics and fumes. For some people, London is too crowded and they do not like it, they prefer to love in another place. Conversely, Katie does not take that as a big problem that prevents her to do what she wants, she loves to live there.

### **3.1.2.2 Somerset**

The second setting described in this story is in Somerset, West Country. The place where Katie grew up with her father and her late mother. Her house reminds her with her mother, how people pity her because her mother has passed away. She lives in Ansters Farms and her house is in a valley, she adds that “I’m at home in the country, and London seems a lifetime away...we live in a farm in a part of Somerset which is so remote” (2017: 120). The condition is different from London. If London provides its modernity, Somerset provides neutrality. The air is so fresh, no fumes or traffics like in London, the environment is so natural with the field around the house and Hexall Hill in distance. The house is in the valley and from the kitchen’s window, we can see cows, sheep, and chickens in the field. In this place, Katie, her father, and her stepmother create a glamping business. The glamping is created with the combination of the natural environment and modern facility.

### **3.1.3 Setting of time**

The first setting of time “I couldn’t get here straightaway. The only offer I had after uni was in a tiny marketing firm in Birmingham. So I moved up there and immediately started creating a new personality” (2017: 15). That quotation shows when Katie moves to London. After graduates from university, she does internship in Birmingham, and after that she moves to London to work and get success for her life.

The second setting is “Its midday on Christmas Eve, and I'm at home in the country, and London seems a lifetime away” (2017: 120). It is Christmas holiday,

so Katie backs to Somerset to celebrate Christmas with her family. This time shows how Katie relationship with her father does not go well. Her family also discusses a glamping business and asks Katie's suggestion.

The third setting of time “It’s the last week of February and I don’t have a job” (2017: 165). It happens when Katie is fired by her boss and she is jobless now, but she tries to applies in other companies. Then, Biddy calls her, she asks her to help her in glamping. Katie decided to backs in Somerset because she has no money to continue her life in London.

The fourth setting of time “three months later” after she is being fired, that is on May, Katie already in Somerset to run the glamping business. She still applies in other companies, but she is not accepted yet.

The fifth setting happens when Katie meets Demeter and their problem is solved, Demeter asks her to apply in Cooper Clemmow again and “by four o'clock, we're in W6. By half past four 8 I’m sitting outside Adrian's office”. She passes the interview and works again in her old company.

### **3.1.4 Conflicts**

The conflict in this novel includes the internal conflict between Katie and herself. External conflict includes with the other person such as her father, Demeter, and Alex.

#### **3.1.4.1 Katie vs Herself**

The conflict between Katie and herself happens when Katie changes herself after moving to London. She must create a new branding of herself. If she still looks like the old her, she is afraid that she will be insulted by her friends because of where she comes from when she has a job in Birmingham “I was in the loos in my first job in Birmingham, and I heard two girls talking. Talking the piss out of me. ‘Farrrrmerr Katie’ they called me. I want to burst out and slap them.” (2017: 324). It hurts her and she hopes that it never happens again. In London, she becomes Cat, but being Cat is an effort because she must pretend to be someone who is not her. She always straightens her hair, wears sunglasses, make up, fashionable clothes while being Katie, it is easier for her because she says that “I’m not trying to be a girl, with straight, tortured, unfamiliar hair. I’m being me” (2017: 420). With that statement, it is clear that she prefers to be the old her.

#### **3.1.4.2 Katie vs Her Father (Mick)**

The conflict between Katie and her father happens after Katie decides to move to London. Her father does not understand why Katie wants to live in London. One day, he comes to London to visit Katie and he gets some bad experiences there. They intend to watch a show, but the tube was late, so they cannot watch it, and in a street, Mick is pushed by a group of young men and he is scared. Then, after that Katie afraid that her father will be more hate London, she says “he hates London; he hates that I’ve chosen to be there...” (2017: 304). On the other side, Katie finds that living in London is exciting. The history, sky, and iconic places that she has

been seen in a movie, it is like living on a movie set. Her father thinks that she hates Somerset, but she loves Somerset. Living in London is her choice.

Katie says that “since then, we've danced warily with each other” (2017: 126). It shows that they are not quite close after that. So, she sorts of things about her life to her father just like she says “we don't talk a lot about my life in London” (2017: 136). She never tells her struggle to live in London with her little salary. Formerly, they were very close and she told everything to him, but after this conflict, she keeps everything for herself and barely talks to him. Moreover, she knows that he will overreact if he knows how Katie life in London is, he will be miserable. This problem creates a bad relationship between her father and her, she also says that “from the outside, you'd think we were a father and daughter reuniting happily on Christmas Eve. You'd never sense the waves of hurts and guilt bouncing invisibly between us” (2017: 125).

### **3.1.4.3 Katie vs Demeter**

The conflict between Katie and Demeter starts when Katie works Cooper Clemmow, with Demeter head of the department. The more Katie knows her boss, the more she wants to live like her. She starts to pay attention to Demeter's works and actions. Meanwhile, her action in the office is bad. A lot of employees complain about her attitude. They think that Demeter is a nightmare because she does not let her employee improve their career, she forgets about job matters, always asks her assistant to do so many works, does not pay attention to her employees, and she is impolite.

Katie tries to be close with Demeter, she says “I was trying to impress you” (2017: 161). She wants to show her designs to her, but she always ignores them. After she gives the design, she says that she will check them out later, yet she never sees Katie’s designs. She wants to step on a higher ladder for her future and needs a chance to show her skills. But, it turns out that Demeter ignores her, even she always forgets to remember Katie’s name.

The worst thing happens, when Demeter fires Katie and she forgets if she has fired her yet or not. After she fired Katie, she gives her motivation to continue her life and never give up because she is still young. Those motivations turn to make Katie’s heart hurts because she has imagined working there until she is getting older, she loves her job. Cooper Clemmow is her dream office. She believes that she has done one step closer to get her success. Then, suddenly she loses her job. How she can live in London without a job, how can she hold on without salary. Those thoughts make she hates Demeter.

Katie comes back to Somerset. She runs a glamping business with her family. One day Demeter comes to the glamping, and she does not remember Katie, this chance will not be wasted by Katie to take revenge. Then, Alex comes to the glamping, Katie assumes that he comes for Demeter. There is a rumor that Alex is Demeter’s lover. People in the office have known it and it makes Katie jealous, she likes Alex. The hatred of Katie toward Demeter increases. How Demeter has everything in life “she bloody has it all. The job, the house, the husband, the children, the fashionable paint shades and Alex” (2017: 106).

#### **3.1.4.4 Katie vs Alex**

Katie and Alex meet in the office when she wants to stop him from meeting Demeter. Katie does not know who he is and she finds that Alex is her boss. After the first meeting, they communicate by email and become closer. They spend some beautiful moments together. Katie has feeling for him and she thinks Alex has the same feeling for her. Later, she finds out that he has a connection with Demeter like what Flora says “They’ve been having a totally un-secret affair, like forever.” (2017: 105). She is mad, how Demeter can get everything including Alex. After back to her home, they never meet until Alex comes to glamping. Katie is a misunderstanding that he comes to meet Demeter for love matters, he wants to meet Demeter for job matters. She cannot hide her desire for Alex, they are together again. Then, Katie has been warned by Demeter that Alex will leave her, he says to Katie “I run. I always fucking run” (2017: 412). What Demeter says about Alex is true, because Alex leaves Katie again for New York. She tries to set her feeling not to expect that Alex will back to her, but she always thinks about him.

#### **3.2.1 Extrinsic Aspects: Lifestyle**

According to Adler, lifestyle is “consistent movement toward the goal a plan of life” (1956: 173). Lifestyle can be seen under certain environment because different environment will create different lifestyle, for example people who live in country will has different lifestyle with people who live in a city. Every person

has typical ways to live and people who are in difficult conditions will show the style of life because in difficult situations people will try to overcome their problem and they activate creative power to create solutions for the problem, which is typical of the self (1956: 173).

In this analysis, Katie's lifestyle is influenced by where she lives. She lives in London and Somerset, she has different ways of life in those places. Katie works in London. It is a large and modern city with a high population. We can see many types of people in London and Katie adds that "you can be anyone you want to be" (2017: 15). Living here is so exciting, the buildings are so beautiful, the places are full of history, the food is amazing, the stores are the best, and everything we want available there. Although it has limitless choices of food to eat, places to go, and things to do, the standard of living there is high, living there can be so expensive.

After moving to London, Katie "...immediately started creating a new personality" (2017: 15). She tries to live like the other Londoners in the office, she changes her actions, looks, name, and accent. The background difficulty leads her to feel inferior, and her creative power directs her to solve the problem by hiding her identity and pretending to be a different version of Katie. She follows how the Londoner's way of life. The brand new Katie is called Cat. She looks and feels different as Cat, as she explain that "I straightening my hair every day and putting it in a smart knot. I bought my self a pair of black glasses with clear lenses. I even started do make-up differently" (2017: 16). She also lose her country accent, she explain that "It was in Birmingham, that I decided to lose my West Country



accent” (2017: 16). She buys beautiful clothes, but she cannot afford the real one, hence she buys the fake one.

Not only change her look, she also acts like rich Londoners. When she lies to her boss, she says that she has eaten in famous restaurant to impress her boss. Actually she cannot afford to buy the food in there, she only reads the review on a blog. They also discuss books, Katie acts like she has bought the books, even she only buys the copies. She creates herself as Cat who is rich and cool. The lies that she creates not only in real life, but in social media as well. On Instagram, she posts some feeds which show that she live her perfect life in London and she uses filter “well my filter is, this is I like to be” (2017: 70). Because in this era, social media is one of platforms that can be used to show how is our life and her posts are noticed by her friend in London, Fi. She says that Katie’s life in London is fun.

Her real life in London is not that exciting. Cat that she has created is not her, because she is broke and tight with money while living in London. It can be proven, when she goes shopping with Flora for a Christmas party in the company, she has no money to buy something expensive and when they come to an expensive restaurant, Katie runs away without talk Flora. She cannot pay the bill, and when Flora comes to her, she says that she is I’ll. She does not admit it because “Lame is better than broke” (2017: 108). Her life is just flat, she comes to work on weekdays and stay in the flat on weekends, she has no close friends to hang out with and she cannot afford the price to hang out in a cool place.

Her life in London is disparate with her life in Somerset. When she backs in her hometown, she becomes herself without pretending or lying. She says that “I’m Katie here to everyone. I’d never even try to be Cat” (2017: 188-189). She sees the place where she lives and adjust her lifestyle with the others because living in country is different with city. In the place where the place is natural, she does not need the similar styles as she lives in London. She needs no make-up, straightening hair, glasses. She does not need to pretend and she enjoys being the old Katie. Her looks are different, she almost cannot recognize herself. She clarify that “My London accent has gone. No trying to sound urban here.” (2017: 189). She also adds “The hairstyle was so bloody needy. It is not even feasible now that I’m not straightening my hair every day.” (2017: 189). Those new style of her make her thinks that “You couldn’t exactly say I have a “look” anymore. Well maybe I look like a different me” (2017: 189).

Her lifestyle also can be affected by her opinion of life and her methods to overcome the problem of life are influenced by her view of the world. When she does not admit where is her hometown. She thinks that people like city rather than country. Her friends from the city never bullies because of their hometown but she did. They assume that country is full of cows. They hate cows because “they were dangerous and the smell...” (2017: 72). With that prove, it can be concluded that they think country is disgusting place where people do not prefer to choose as a place of living. Those opinions, she finds ways to resolve her hometown problem, it is better to lie and make herself as a city girl. Furthermore, her opinion of life also leads her to fake her life by posting fancy life in social media because

looking cool on Instagram is necessary. She also attracts her boss by lying about things that she experiences and likes the same things as Demeter. If she likes the same things as Demeter, it means that she also has the good tastes and it will create a good image in front of Demeter.

Based on the explanation above, it shows that Katie has flexible lifestyle. She is flexible to attempt a new way when she faces a problem in a way of striving for her life. The ways she solve the problem is so typical of her by pretending and lying, it also happens when she loses her job, she hides it from her parents, she admits to her parents that she is on sabbatical work when she likes Alex, she does not confess it, she hides her love towards him until her friend spills he feeling for Alex.

### **3.2.2 Striving for Life**

#### **3.2.2.1 Career Orientation**

Adler (1956) defines that striving for life is innate because we want to overcome problem and reach a goal to make us feel complete, strong, and superior. She has planned her future life since she was young. When she lives in Somerset, she has imagined to work in London. When the other girls have posters of bands, Katie has poster of London. The goal is identical to herself, then it takes her to do some acts to strive for her final goal and it starts with moving in London. In London, she works in a company where it creates campaigns and designs for a product, it is called Cooper Clemmow. Her flat in, East London. Every weekday, she must

come to work early, because the tube will be full of people who go to work as well, and it will be crowded. She does not want to be late for work. She jostles with others and if she is not strong enough, she cannot get in or stand in the tube.

One of her ways to for her better life is hiding her identity, she assumes that it is better to hide her identity as a country girl. She makes a new brand of herself. To make people believe, she changes herself totally from Katie to Cat. If Katie is a country girl from Somerset, with curly hair, freckles cheeks, no make-up, and a country accent, Cat is a city girl with straight hair, eyeglasses, make-up, and London accent. Those changes make people believe that she is Cat, as she says “I’m totally Cat Brenner from London” (2017: 16). She also creates her image on social media, especially on her Instagram. From her account, people will know how her life is and she creates a perfect image of her life, which make people thinks the same. By hiding and pretending her identity she can get along with the others without being degraded with others.

Meanwhile, in the office, she tries to make friends and gets along with Sarah, Flora, and Rosa, because they are one of the cool gang. They always have a small meeting in the café every Wednesday and she wants to join in it. Katie gets much information about Demeter from them, so she knows that they hate Demeter as well. This similarity of hating Demeter becomes one of her ways to get close with them. Furthermore, Katie plans to seek her boss’s attention. She needs to get close with her boss, so she can show her works, and hopefully, she will get a chance to involve in a project or get a better position as she says when her boss calls her to do something “whatever it is, its my chance. This is my wave” (2017: 30). To

attract Demeter, she tells her about famous restaurants, food, books, and everything that makes her amazed.

Another way to strive for success is by saving her money. She is so tight with money. She lives in London by relying on her own money. Her salary is not quite high, so she must arrange her money and spend it properly. Starting from wearing cheap clothes, renting cheap flat, and eating cheap food. These quotation from the novel show how Katie's way to striving for success “My coat's pretty warm, even though it costs £9.99 and come from the market. It had a label in it, ‘Christin Bior’, but I cut it out as soon as I got home” (2017: 3). She cannot afford to buy the original brand, so she buys the fake one in the market. The other prove that show how Katie saves her money is how she lives in small flat “My room is so small, there isn't any room for cupboard, so I keep all my stuff in a kind of hammock thing slung above my bed” (2017: 67). Moreover, to save more money, she only eats cheap food like omelet, even she cannot buy a cup of hot chocolate. When she goes to a restaurant with Flora, she cannot pay the food which costs £34.85 “Its far worse than I imagined. Thirty five pounds? For snacks? That’s a week’s supermarket shopping. I can't” 2017: 107). Then, she runs away.

Her striving success never stops, she keeps forward and never gives up. After a few moments of works in the company, Demeter fires her. Although she is sad it does not bring her down, it can be proven that “I’ve written an individual email for each application researched every single company in the UK that I might suit” (2017: 164). While she is waiting for the job, she backs to her home to help her parents running a business, and it is getting better. Her parents ask her to stay in

Somerset and do the business because she is the one who has the big idea for the business. Although the business is fun, it is not her passion.

One day, Demeter comes to glamping. Katie helps Demeter to solve a problem and they are getting closer. Their misunderstanding problems are solved and Demeter asks Katie to apply in Cooper Clemmow for better position, finally she gets the job. She backs to her old company but this time she does want to be Cat anymore, she says “I'm doing London differently this time. More confidently. I'm not trying to be a girl with straight, tortured, unfamiliar hair. I'm being me” (2017: 420). She has learned from Demeter while she stays in glamping. She finds new facts about Demeter. Her life is not good as she thinks. Demeter is only a human who wants to try her best in everything she does. Therefore, Katie thinks that “I've finally worked out how to feel good about life. Every time you see someone's bright and shiny, remember: they have their own crappy truths too. Of course, they do” (2017: 417). She has gotten her job that she wants while being herself, she does not need to pretending or lying again because she accepts herself the way she is and get the success in her carrier.

### **3.2.2.2 Love Life**

Katie's dream to be successful not only in her career but in her love life as well. She meets Alex, the guy who has everything she likes. They meet in Cooper Clemmow's office. He is rich, smart, good-looking, and funny. She admires him since the first time they met and she regards that Alex feels the same after they experience good things and finds chemistry between them, she says “I really like

him, I admit to myself. And he must like me, or why else did he email me so quickly?" (2017: 56). She tries to getting closer with him. Unfortunately, it does not go well because of a rumor that Alex has a love affair with Demeter.

One day, Alex comes to Katie's family glamping, and she assumes that he wants to meet Demeter, she says "and now I'm torturing myself, imagining Alex, and Demeter in the yurt. Candles lit. Writhing around athletically on the sheepskin" (2017: 257). Although it is true that Alex wants to meet Demeter, but it is not as a lover but as a colleague, because he wants to fire her, he ensures "I have to tell Demeter she's being let go from Cooper Clemmow" (2017: 285). After the misunderstanding is solved, Katie and Alex are getting closer again.

Katie has been warned by Demeter that Alex cannot commit to a woman, he tends to travel around the world and he never gets back to a woman who he leaves behind. Katie ignores Demeter's advice. Then, she says "how I ended up letting him into my heart" (2017: 415). She regrets her choice to love Alex, because Alex leaves her and goes to New York. Katie tries to move on, there is man, Jeff, that is close to Katie, but she always thinks about Alex, she says " Alex is in New York on his one way lifelong spree around the world. I haven't heard word from him. Whereas Jeff is here, in Bracknell, actually being interested In my life" (2017: 422). When Katie begins to move on, Alex suddenly comes, he assures Katie that "Katie, I've finally realized. I don't want what you and your dad have. I want...you" (2017: 431). He regrets leaving Katie and that is not his style as he adds "this isn't my style. Its really not my style. Coming back" (2017: 431). Finally Katie and Alex are together again.

## **CHAPTER IV**

### **CONCLUSION**

#### **4.1 Conclusion**

Katie has been through a lot of things to strive for her life. Her lifestyle determines her striving for her life, she has a flexible lifestyle which simplifies her to adapt to her place and society and find ways to solve the difficulty. With that lifestyle, Katie can get what she wants either be success in career or love life. This research shows how the character of Katie follows the concept of Individual Psychology by Alfred Adler, especially theory of striving for success and lifestyle that people's lifestyle will influence their ways to strive for their life.



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