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Abraham Maslow's Humanistic Psychology Study on The Character Ale in The Novel *Seporsi Mie Ayam Sebelum Mati* by Brian Khrisna

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Abstract

This study, entitled "An Analysis of Abraham Maslow's Humanistic Psychology in the Character Ale in Brian Khrisna's Novel *Seporsi Mie Ayam Sebelum Mati*," aims to identify the forms of need fulfillment carried out by the main character in accordance with Abraham Maslow's humanistic psychology theory. Maslow's hierarchy of needs includes physiological and psychological needs. Physiological needs include food and drink, clothing, shelter, rest, and sexual needs. Psychological needs include the need for safety, love and belonging, self-esteem, and self-actualization. The method employed in this study is a descriptive qualitative approach, aimed at understanding and describing the phenomenon in depth. The research data sources comprise the dialogues, sentences, phrases, and words of the main character found in the novel *Seporsi Mie Ayam Sebelum Mati*, published by Gramedia Widiasarana Indonesia (Grasindo) in 2025. The researcher acted as the primary instrument, while data collection was conducted using the read-and-record technique. Based on an analysis of Abraham Maslow's humanistic psychology theory, 30 related data points were identified, indicating that the character Ale made various efforts to fulfill his hierarchy of needs. However, not all of these needs could be fulfilled, particularly the needs for clothing, rest, and sex. Meanwhile, other needs were gradually fulfilled as the story progressed.

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INTRODUCTION

Language is one of the meaningful communication tools used in society in the social environment (Lutfiana & Utomo, 2022). Through language and stories, literature presents a realistic picture of human life, while providing a profound reflection on the complexity of human emotions, thoughts, and social interactions (Gabriel, 2020; Hidayati, 2024). This understanding is also in line with the opinion (Astini et al., 2023) which states that literary works are expressions of an author's thoughts, feelings, and experiences that contain beauty and are presented through spoken or written language. One of the literary works presented through written language is novels. Novels are one of the literary works whose existence is readily accepted by the public because of their proximity to daily life. In his writings Saragih et al., (2021) said that the novel is a form of literary work that presents characters and displays a series of events in an orderly manner. Still, the storyline can be a life experience that educates the reader. The novel has a clear storyline and is undergoing development. Interestingly, the stories in novels often feel real, as if the reader can feel the atmosphere and taste.

Novels and short stories as works of fiction have the same structure, namely built by intrinsic and extrinsic elements, both contain events, characters, settings, and points of view as essential parts of the narrative (Nurgiyantoro, 2018). In more detail Ate et al., (2022) explains that intrinsic elements are the elements that build a literary work from within, which include structure (theme, plot, setting, characterization, writing style), as well as linguistic elements (vocabulary, phrases, clauses, and sentences). On the other hand, extrinsic elements are elements that build literary works from the outside, such as economic, social, educational, religious, cultural, political, and value systems in society. It can be concluded that, in general, intrinsic elements include elements that build the story from within. In contrast, extrinsic elements encompass aspects outside the text that contribute to the overall tone and color of the story. Literature and psychology are closely related, as both disciplines explore the complexities of human beings. One of the dimensions of human experience that is often discussed in literary texts is the complexity of human psychology (Larasati & Kurnia, 2025). Through literary works, readers can gain insight into the author's inner state or psychological perspective. On the other hand, the psychological approach also allows a person to understand the meaning and content of literary works in more depth. Literary psychology has three primary schools of thought that are essential

milestones in the development of modern personality theory. These three schools include the schools of psychoanalysis, behaviorism, and humanistic psychology. Relevant approaches to understanding the characters in Brian Khrisna's work, Seporsi Mie Ayam Sebelum Mati, are deeply rooted in humanistic psychology, presenting a different view of human beings than those determined by psychoanalysis and behaviorism. (Kurrotuain et al., 2024).

Literary psychology was initially associated with a psychoanalytic approach, originating from Sigmund Freud's theory. As it develops, the study of literary psychology is not only limited to psychoanalysis, but also utilizes other techniques, such as humanistic psychology, which examines human personality and behavior based on motivational impulses to achieve specific goals (Maslow, 1954; Minderop, 2013). Human behavior is primarily influenced by the drive to achieve specific goals, making an individual's life more meaningful and fulfilling. This is reflected in the concept of *Hierarchy of Needs*, which is compiled based on empirical facts, clinical experience, as well as the results of observations and experiments (Amalia & Yulianingsih, 2020). The theory of the humanistic perspective serves as an alternative to the mechanistic or reductionistic explanation of personality, based on elements that are separate and unchanging from observable behavior, such as self-potential (Bland & DeRobertis, 2019). At the same time, humanistic psychology, as well as Maslow's hierarchy of needs (Rostanawa, 2019), categorizes human needs into two main types: physiological and psychological needs. Physiological needs are the most basic and urgent necessities, including food, drink, clothing, rest, sex, and shelter, which must be met first for the individual to proceed to the next level of need. Meanwhile, psychic needs encompass four primary aspects: the need for a sense of security, the need for love and belonging, the need for self-esteem, and the need for self-actualization. If the hierarchy of needs is fulfilled comprehensively, individuals will experience life as a whole, integrated, and complete human beings—humanistic psychology places self-actualization as the peak of fulfilling human potential (Samsara, 2020). Therefore, Abraham Maslow's humanistic psychological theory is considered highly appropriate for analyzing the main character in the novel Seporsi Mie Ayam Sebelum Mati by Brian Khrisna.

Broadly speaking, this novel tells the story of Ale, a 37-year-old man who suffers from acute depression. Ale works at a company in the capital. Since childhood, Ale has been a victim of bullying both physically and verbally, which has caused him

to lose his confidence. He has made various efforts to be accepted by the people around him. However, his efforts ultimately came to nothing. Until one day, right after his birthday, Ale planned to end his life by taking all the medicine from the psychiatrist he had. When he was about to take all the medicine, he accidentally read the writing on the medicine package, which stated that the medicine must be taken after meals. Therefore, he plans to eat a bowl of his favorite chicken noodles as his last meal before his death. Unexpectedly, that simple decision became a turning point in his life. His encounters with many people he had never imagined before actually paved the way for Ale to find the meaning of life and answers to various questions that he had been hiding.

Previous research relevant to this research approach has been conducted by Kurrotuain et al., (2024) who examined the novel *Timeline* by Fiersa Besari using Abraham Maslow's humanistic psychology approach. The research focuses on fulfilling the hierarchy of human needs in the main character. As for the novel *Seporsi Mie Ayam Sebelum Mati*, Brian Khrisna's work has been researched through various approaches, including character development, the sociology of Alan Swingewood's literature, semantic studies, Sigmund Freud's psychoanalysis, the study of characters' desires, trauma, and absurdity, and the existentialism of Jean-Paul Sartre. (Alfia & Syihabuddin, 2025; Armin et al., 2023; Hammami et al., 2025; Kadir et al., 2025; Mukti & Rengganis, 2025; Saputri & Karlina, 2025). However, until now, there has been no research that examines the novel using Abraham Maslow's humanistic psychology approach. Thus, this research was conducted to fill the gap in the study.

Based on the background description presented, the problem in this study is: "What is the hierarchy of needs contained in the novel *Seporsi Mie Ayam Sebelum Mati* by Brian Khrisna?" Based on the formulation of this problem, the focus of this research is to analyze aspects of humanistic psychology in the novel with reference to Abraham Maslow's theory. The purpose of this research is "Identifying the form of meeting the needs carried out by the main character based on the humanistic psychology theory of Abraham Maslow". Through this goal, it is hoped that this research will provide a more comprehensive understanding of the psychological dynamics of the main character and their contribution to the development of the conflict and the overall meaning of the story.

METHODS

This research uses a qualitative approach with a descriptive method. Abdussamad, (2021)

stating that qualitative research is descriptive, which means that it can uncover and explain the meaning of the data or phenomena captured by the researcher, accompanied by supporting evidence. The data obtained will be identified, analyzed, described, and interpreted in accordance with the research focus. The data collection process is carried out through reading and recording techniques. According to (Mujarod, 2022) The reading and taking notes technique is a method that involves carefully reading the text and then recording the parts relevant to the problem being studied. The read-note technique goes through several stages. First, the novel is read exploratively to identify. Second, the novel is read using a focused reading technique, where relevant quotes are marked that relate to Maslow's hierarchy of needs. Third, thematic grouping based on the type of resistance that consists of physiological and psychological needs according to Maslow (Widiyanti & Supriadi, 2025).

The primary data source in this study is the novel *Seporsi Mie Ayam Sebelum Mati* by Brian Khrisna, published by Gramedia Widiasarana Indonesia (Grasindo), in its 16th edition of 2025, which comprises 210 pages. This novel was chosen because it addresses social issues related to bullying and mental health through the main character, Ale, who, on his journey, discovers the meaning of life after a simple experience that alters his perspective on life. Data analysis was carried out using a model developed by Miles and Huberman (Sugiyono, 2013). This model is carried out interactively and continuously until the data is considered adequate. There are three main components in this model: data reduction, data presentation, and conclusions drawn. The data obtained will be developed factually, systematically, and accurately, with a direct relationship to research needs (Ariyadi et al., 2020; Mundafa et al., n.d.). Data selection is conducted through discussions with fellow readers to gather relevant information. Furthermore, the data is selected and grouped according to Abraham Maslow's hierarchy of needs theory. The citations that are considered most appropriate are then analyzed and coded. The validity of this study is strengthened through data triangulation, which enhances the validity of the results (Utomo et al., 2025). Triangulation in credibility testing is interpreted as the process of repeatedly checking data to ensure that the data obtained is accurate and accountable. The following is a visual representation of the research flow, presented as a flowchart.

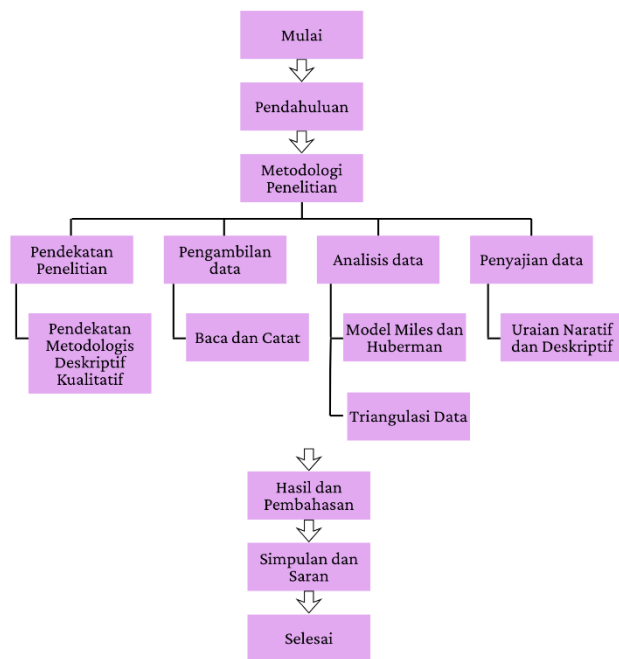


Figure 1. Flowchart

RESULTS AND DISCUSSION

Novel *Seporsi Mie Ayam Sebelum Mati* Brian Khrisna's work in this study is analyzed using the humanistic psychology approach developed by Abraham Maslow. Through the lens of humanistic psychology, Maslow viewed humans as creative beings not controlled by unconscious forces but by their own values and choices (Hamdi & Santoso, 2021). This theory posits that human needs are arranged hierarchically, progressing from the most basic to more complex needs. Maslow grouped these needs into two main categories, namely physiological needs and psychological needs. These two needs are the basis for the analysis of the characters in the novel, which will be discussed further in the following sections:

Physiological Needs

Physiological needs are the most basic, most needed, and urgent needs, so that their existence cannot be postponed, because they are directly related to survival (Jumiati et al., 2022). The fulfillment of physiological needs must take precedence before an individual can move on to fulfill their psychological needs. If these needs are met, a person will generally be encouraged to meet needs at a higher level, as physiological needs are the most dominant source of motivation. Thus, a person living in a state of deprivation tends to be more focused on fulfilling these basic needs. If physiological needs have not been met, individuals will not be encouraged to achieve their next needs and have the potential to experience psychological disorders and behavioral inequality, which can hinder their life development or even lead to

increasingly negative deviations. Therefore, physiological needs form the primary basis for fulfilling all subsequent needs. In this study, the data will be mentioned with a coder in the form of *PH/F*. The needs in question are as follows:

Food and Drink Needs

The need to eat and drink is the most basic physiological need that every human being requires to sustain their life. This need is vital because it is directly related to human survival; without adequate food and fluid intake, the body cannot sustain its biological functions. If the needs of eating and drinking are not met, then the individual's entire energy will be drained just to sustain his life, making it impossible to focus on psychological or social growth. In this study, the data will be mentioned with the *code PH/F/MM/0*. Overall, the main character's food and drink needs have evolved, initially not being fulfilled but met over time. This shows a transformation in meeting the eating and drinking needs of Ale characters. The following quote can evidence this change:

Data : PH/F/MM/01

"Aku mengambil sebungkus mie instan dari dalam laci lalu mulai memasak air dan membakar sebatang rokok yang lain. Ketika sedang menunggu, mendadak kompor mati. Gasnya habis saat aku baru saja memasukkan mie instan ke dalam air yang tanak. Bahkan untuk memasak mie instan saja aku gagal (I took a packet of instant noodles from the drawer and started cooking water and burning another cigarette. While waiting, suddenly the stove died. The gas ran out when I just put the instant noodles in the boiling water. Even to cook instant noodles I failed)" (Khrisna, 2025, p. 16)

Data : PH/F/MM/02

"...Gerobak mie ayam yang biasa aku sambangi itu masih terbungkus rapi dengan terpal. Tidak ada pekerja korporat yang mengantre seperti biasanya. Tempatnya sepi. Mie ayamnya tutup ("...The chicken noodle cart that I usually visit is still neatly wrapped in a tarpaulin. No corporate workers were lining up as usual. The place is quiet. The chicken noodles are covered)" (Khrisna, 2025, p. 26)

Data : PH/F/MM/03

"Penjual bodoh di warung itu meloncat dengan kasar melewati etalase kayu sampai seluruh gorengan dan kopi pesananku jadi berhamburan. Gelas terpelempar dan pecah berkeping-keping. (The stupid vendor in the stall jumped rudely past the wooden storefront until all the fried foods and coffee I ordered were scattered. The glass bounced and shattered into pieces.)" (Khrisna, 2025, p. 43)

In this part, it is evident that at the beginning of the story, the character Ale fails to meet his basic needs for food and drink. It can be seen that to cook instant noodles, Ale has failed so much that he feels frustrated. The next effort he made to meet his food needs was to buy his subscription to chicken noodles, which also ran aground. Furthermore, to meet his drinking needs, it turned out that Ale also failed, as evidenced by the quote "My ordered coffee is scattered." This lack of food and drink serves as a sign of Ale's frustration, indicating that he has reached the lowest point in his life, where even the most fundamental aspects of life are challenging to attain. After experiencing several failures in meeting his food and drink needs, Ale transformed, thanks to his own efforts and the help of people around him, whom he did not expect. The following quotes can prove this:

Data : PH/F/MM/04

"Ipul menaruh secangkir kopi yang mengepul panas di hadapanku. Membubarkan segala pikiran kelam yang sedari tadi bercokol di kepalaku (Ipul put a cup of hot coffee in front of me. Dissolving all the dark thoughts that had been entrenched in my head)." (Khrisna, 2025, p. 118)

Data : PH/F/MM/05

"...Sekarang di tangannya membawa semangkuk nasi beserta lauk sederhana: tempe, tahu, dan sayur jipang. Ia memberikannya kepadaku... (...Now in his hand he carries a bowl of rice along with a simple side dish: tempeh, tofu, and jipang vegetables. He gave it to me...)" (Khrisna, 2025, p. 143)

Based on the two quotes above, it can be seen that Ale's food and drink needs are met. It is also evident that there is concern and empathy from other figures for fulfilling the physiological needs of the Ale character. If it is connected to other physiological needs, this action can be interpreted as the first step in fulfilling the need for security and love, as attention and social relationships begin to form. The food and drinks given can be seen as a symbol that Ale deserves attention and love when he is in a slump.

Clothing Needs

Clothing not only serves as a body protector from heat, cold, and extreme weather, but also becomes a symbol of a person's social identity and psychological state. According to Maslow, clothing is categorized as a basic necessity because it plays a crucial role in maintaining the physical well-being of the body and protecting it from environmental disturbances. Individuals who are not met with the

need for proper clothing have the potential to experience disorders not only physically, but also emotionally and socially, such as shyness and loss of confidence. Through the choice of clothes, a person's personality is certainly reflected. In this study, the data will be referred to with *the code PH/F/PK/0*. In the novel *Seporsi Mie Ayam Sebelum Mati* by Brian Khrisna, the author does not mention much about the clothes worn by the Ale character. However, some quotes can show this, as follows:

Data : PH/F/PK/01

"Aku mengganti pakaianku dengan pakaianku lain yang tak kalah bagus. Kemeja hitam dan celana hitam. Seperti seseorang yang akan melayat ke pemakamannya sendiri (I changed my clothes with my other clothes which were no less good. Black shirt and black pants. Like someone who will mourn at his own funeral)" (Khrisna, 2025, hlm. 27)

Based on the quote, it reflects that Ale's choice of all-black clothes is synonymous with the atmosphere of grief or death. This reveals Ale's inner feelings, which are gloomy and hopeless. The phrase "*Like a man who will mourn to his own funeral*" is symbolic of the desire to end life, which indicates that Ale has felt that he has lost his purpose in life. The style of dress she wears becomes a nonverbal expression of the psychological condition she is experiencing. It can be concluded that the need for Ale clothes is met, even though there are not many quotes. However, in other quotes, it can be seen that Ale's clothing needs are not met. The following quotes can prove this:

Data : PH/F/PK/02

"Bajuku dirampas, aku dibiarkan tak berpakaian lalu disiram air dingin berkali-kali, persis seperti bagaimana waralaba memperlakukan ayam hidup agar bulu-bulunya habis hanya dalam satu kali celupan air panas (My clothes were ripped off, I was left undressed and then doused in cold water many times, just like how franchises treat live chickens so that their feathers are gone in just one dip of hot water)." (Khrisna, 2025, p. 46)

Data : PH/F/PK/03

"Tanpa membuang waktu, aku langsung pergi dan buru-buru menghirup udara bebas. Dengan kemeja hitam yang kancingnya sudah hilang tiga, celana yang kotor, dan badan yang bau sekali lantaran tidak mandi selama lima hari, aku tergopoh dan menarik napas lega di depan kantor polisi (Without wasting any time, I immediately left and hurriedly breathed free air. With a black shirt that had lost three buttons, dirty pants, and a body that smelled

so bad because I had not showered in five days, I was stunned and breathed a sigh of relief in front of the police station." (Khrisna, 2025, p. 59)

The two quotes above show that the clothing needs of the Ale characters are not met. This was initially caused by the arbitrary treatment of the prison warden, who thought Ale was a drug courier, so his clothes were confiscated. When Ale was released from prison, it was said that his clothes looked shabby, marked by the loss of three buttons on his shirt, as well as dirty pants. Even though Ale is still wearing clothes, in terms of both feasibility and aesthetics, the clothes no longer fulfill their intended function as clothing should. The clothes worn by Ale are unable to provide a sense of comfort, security, or maintain their dignity as human beings. Therefore, it can be concluded that the clothing needs of the Ale characters are not met.

Need for Rest

The body and mind require adequate rest to replenish themselves after engaging in daily activities. These rest needs include sleep, relaxation, and calmness for energy recovery. Without enough rest, a person's body condition and cognitive function will be impaired. Prolonged fatigue can impact emotions, concentration, and productivity, thereby hindering the fulfillment of other essential needs. In this study, the need for rest will be mentioned with the code *PH/F/IS/0*. The following is a supporting quote:

Data: PH/F/IS/01

"Sekarang yang aku inginkan hanyalah beristirahat, tetapi aku tidak tahu istirahat seperti apa yang harus aku ambil agar bisa lepas dari semua perasaan busuk ini. Yang bisa aku lakukan selama ini hanya terus berpura-pura bahwa semua baik-baik saja (Now all I want is a rest, but I don't know what kind of rest I should take in order to get rid of all these bad feelings. All I can do all this time is keep pretending that everything is fine)." (Khrisna, 2025, p. 17)

Data: PH/F/IS/02

"Setelah pintu tertutup, aku langsung terjatuh di lantai. Perutku nyeri, wajahku masih perih akibat dipukuli polisi. Ubun-ubun kepalaku masih lengket oleh darah. Dan sekarang aku terperangkap di keadaan yang dulu hanya pernah aku lihat di film-film mafia Hongkong tahun '90-an. HIDUP APA INI, YA TUHAN?! AKU INGIN MATI!!! BUKAN INGIN HIDUP DI TEMPAT SEPERTI INI!!! (After the door closed, I instantly fell to the floor. My stomach hurts, my face is still sore from being beaten by the police.

The crown of my head was still sticky with blood. And now I'm trapped in a situation that I used to only see in Hong Kong mafia movies in the '90s. WHAT KIND OF LIFE IS THIS, OH GOD?! I WANT TO DIE!! DON'T WANT TO LIVE IN A PLACE LIKE THIS!!!)" (Khrisna, 2025, p. 69)

In the data excerpt above, it is evident that the main character experiences excessive psychological and physical fatigue. This fatigue is evident in Ale's confusion about what kind of rest to take to alleviate the fatigue and sweat he feels. This confusion indicates that Ale's mental state is depressed and unstable. In the second quote, the body condition full of wounds and pain indicates that he has previously engaged in activities that are draining and tiring. In these circumstances, Ale desperately needs a suitable rest to recover his physical and mental condition. However, its inability to obtain safe and appropriate resting opportunities indicates that the most basic need, namely a sense of security to sleep or rest, is not being met.

Sex Needs

The next physiological need is sexual. This need is directly related to human qualities. The deepest, familiar, intimate feelings from the deepest heart can also be in the form of recognition, acceptance, and self-expression of human beings as sexual beings (Rostanawa, 2019). Sexual needs are typically related to biological, physiological, psychological, social, and cultural norms. As normal beings, the fulfillment of these needs must also be considered in a good, wise, and careful manner. Sex, which is a physiological or fundamental relationship, is also an option for every individual. Here is a quote with *PH/F/SK/0* encoding that relates to sexual needs:

Data: PH/F/SK/01

"Aku menggeleng, tetap teguh pada pendirianku, "Enggak, Mam. Makasih (I shook my head, staying true to my stance, "No, Mom. Thank you)." (Khrisna, 2025, p. 100)

The above quote shows that Ale consciously rejected Mami Louise's offer; this shows that sexual needs were not Ale's priority at the time. Ale, who knows that having sex with a woman who is not in a marital status can cause sin, so he chooses to reject it. It was concluded that Ale's sexual needs were not met.

Housing Needs

Housing needs are fundamental necessities that provide protection, security, and comfort. A residence can be interpreted as a building, but it can also be viewed as a space for rest, socialization, and the formation of one's identity. According to Maslow, housing is a fundamental need that must be met before a person can achieve a sense of psychological and social security. Homelessness can create unstable conditions and cause anxiety. In this study, the researcher used *the code PH/F/TT/0*. The following is a supporting quote:

Data: PH/F/TT/01

"Aku mulai bergerak membersihkan kamarku. Setidaknya ketika besok aku mati, aku akan ditemukan di dalam kamar yang bersih. Aku tidak ingin mereka yang menemukanku melihat isi ruangan yang kotor (I started to move around cleaning my room. At least when I die tomorrow, I will be found in a clean room. I don't want those who find me to see the contents of a dirty room)." (Khrisna, 2025, p. 21)

Data: PH/F/TT/02

"Aku memutuskan pulang ke apartemen. Tower 20, lantai 34a. Pintunya tidak terkunci. Begitu aku masuk, udara lembab menguar menerpa hangat wajahku. Aku mengedarkan pandangan. Suasananya masih sama seperti saat kutinggalkan tiga minggu lalu (I decided to go back to the apartment. Tower 20, 34th floor. The door is unlocked. As soon as I entered, the humid air spewed warm on my face. I circulated views. The atmosphere is still the same as when I left three weeks ago." (Khrisna, 2025, p. 199)

Both quotes show that the need for a residence for the Ale character is still functionally met. The residence can be a symbol of the character's mental state; a dirty room reflects the chaos experienced, but the desire to clean it indicates the rest of Ale's concern for his dignity in front of others in the future. Meanwhile, his return to the apartment shows that Ale still needs a safe space. It was therefore concluded that the housing needs of the Ale character were met.

Psychic needs

Psychological needs are needs that are sought after the fulfillment of basic or physiological needs. This need is present as a form of search for aspects of life that have not been met. Individuals will naturally strive to fulfill their psychic needs to achieve a more balanced and meaningful level of life. The psychological needs are as follows:

The Need for a Sense of Security

After physiological needs are met, other needs emerge, namely the need for a sense of security. This need relates to the individual's efforts to achieve peace, stability, and order in their life. Every individual tries to achieve a sense of security for themselves and avoid danger and discomfort. If these needs are met, individuals will focus more on meeting other psychological needs. In the early part of the story, Ale's character often feels insecure due to the various treatments he receives. This situation indicates that Ale has not yet gained a sense of security, both physically and mentally, which causes him to feel threatened and uncomfortable in his daily life. This condition can be seen through the following quotes:

Data: PH/P/RA/01

"Aku buru-buru bersiap melemparnya agar tidak dijadikan tersangka salah tangkap, tapi salah satu intel itu melihat dan langsung mencengkeram pergelangan tanganku. Aku dihantam dan dipukul berkali-kali. Perutku ditendang. Aku langsung diborgol. Badanku yang gendut dan lenganku yang besar membuatku susah diborgol di belakang. Alhasil tanganku diikat dengan *cable ties* (Aku buru-buru bersiap melemparnya agar tidak dijadikan tersangka salah tangkap, tapi salah satu intel saw and immediately grabbed my wrist. I was hit and hit many times. My stomach was kicked. I was immediately handcuffed. My fat body and big arms make it difficult for me to be handcuffed behind my back. As a result, my hands were tied with *cable ties*)" (Khrisna, 2025, p. 44)

Data: PH/P/RA/02

"Sekali lagi ia berbalik menatapku, "Blek, jangan pernah sekali-sekali kepikiran buat kabur. Sekalinya gue tahu lo kabur dari tempat ini, gue bakal cari, dan gue sendiri yang bakal ngubur lo di tanah kosong belakang kampung. Ngerti?! (Once again he turned to look at me, "Blek, don't ever think about running away. Once I know you have escaped from this place, I will look for you, and I myself will bury you in the empty land behind the village. Understand?!)" (Khrisna, 2025, pp. 68–69)

Based on the quote above, it can be seen that at first Ale experienced physical violence committed by intel, which shows that his need for security was not met. In addition to physical violence, Ale also experienced verbal threats from Murad, which suppressed his psychological condition. These inhumane treatment makes Ale live in an unsafe situation due to the people around him. However, in the later stages, Ale experiences a more positive development along with the behavior

of the people around him. The development can be observed through the following excerpts:

Data: PH/P/RA/03

"Ternyata benar, terkadang kita justru bisa mendapatkan hal yang indah di tempat-tempat yang tidak pernah kita duga sebelumnya. Seseorang yang baru kutemui dua minggu lalu justru adalah orang yang paling banyak memberikan pelajaran ketimbang seseorang yang sudah aku kenal puluhan tahun sekalipun (It turns out to be true, sometimes we can actually get beautiful things in places we never expected before. The person I met two weeks ago was actually the one who gave the most lessons than someone I had known for decades)." (Khrisna, 2025, p. 111)

The above quote illustrates the development of Ale's character, who is no longer dominated by fear and anxiety. As a result, Ale begins to find a sense of security through the acceptance he experiences and feels. Ale began to feel a sense of concern for others for him that he had never expected before. In this context, Ale began to show that the need for a sense of security would be met.

The Need for Love and Belonging

The need for love and belonging emphasizes the fundamental nature of human beings as social creatures who require positive and affectionate emotional connections. A sense of love is typically accompanied by a desire for exclusivity and a reluctance to share one's affections. Of course, every human being wants to be loved and wants to be loved in return. The data derived from this novel is encoded with PH/P/CM/0. Based on the data found, the novel *Seporsi Mie Ayam Sebelum Mati* by Brian Khrisna does not reveal much interest in someone or the appearance of romantic seeds in the story. The following quotes can reinforce the statement:

Data: PH/P/CM/01

"Kekasih? Mana ada yang mau menghabiskan waktunya menemani lelaki menyedihkan ini. Jadi, ketika suatu hari nanti aku mati, aku akan sangat mudah digantikan (Lover? No one wants to spend their time accompanying such a sad man. So, when I die one day, I will be very easily replaced)." (Khrisna, 2025, p. 9)

Data: PH/P/CM/02

"Bicara tentang wanita, seumur hidupku, aku hanya pernah sekali berpacaran. Tidak ada hal baik yang bisa aku ceritakan dari hubungan itu. Mungkin, dulu ia menerimaku karena kasihan. Dalam

hubungan itu, hanya aku yang tampak berjuang dan bertahan mati-matian. Sementara ia, acuh tak acuh dan merasa kalau kehilanganku bukanlah kerugian sama sekali (Speaking of women, in my life, I've only dated once. There is nothing good I can tell you about the relationship. Perhaps, he used to accept me out of pity. In that relationship, I was the only one who seemed to struggle and persevere. Meanwhile, he was indifferent and felt that my loss was not a loss at all)." (Khrisna, 2025, p. 11)

Data: PH/P/CM/03

"Saya rasa saya bakal tetap sendiri seumur hidup saya, Mam... ("I think I'm going to be alone for the rest of my life, Mom....)" (Khrisna, 2025, hlm. 101)

Based on the three quotes above, it can be seen that Ale feels a loss of confidence and believes he is not worthy of love or lacks emotional closeness with a woman. Ale had indeed dated a woman, but for him, the relationship was one-sided; he was the one who struggled, not his partner. The relationship ended on bad terms. This shows that the need for love and belonging has not been met. However, the character of Ale undergoes a development shown as follows:

Data: PH/P/CM/04

"Aku mengangguk dan tersenyum menanggapi kekhawatiran Ipul. Ada rasa teduh saat ada orang yang memedulikanmu dengan tulus seperti ini. Aku pun mengiakan semua permintaan Ipul sebagai rasa terima kasih karena sudah mengkhawatirkan keadaanku (I nodded and smiled in response to Ipul's concern. There's a sense of shade when someone cares about you sincerely like this. I also asked all of Ipul's requests as a thank you for worrying about my situation)." (Khrisna, 2025, p. 119)

Data: PH/P/CM/05

"Mulutku mengatup. Mataku berair. Aku mengambil kedua tangannya dan menangkupkannya di wajahku. Berterima kasih atas semua yang sudah terjadi (My mouth is shut. My eyes were watery. I took both of his hands and cupped them on my face. Be thankful for everything that's happened)." (Khrisna, 2025, hlm. 203)

The two quotes above show a significant change in the mental state of the Ale character. The concern for Ipul and Bu Murni that Ale felt symbolized positive things and a warm relationship. Ale finally began to feel affection and acceptance from others. The feeling of love and belonging is not only derived from the partner, but it is also likely to be obtained from the people

around you. This moment is a sign that the psychic need for love and having begins to be fulfilled as the characters in the story develop.

Self-Esteem Needs

Self-esteem needs refer to an individual's desire to be appreciated, both by oneself and by others. When this need is not met, there is a feeling of a lack of confidence, which leads them to withdraw from the social environment. Therefore, every individual will naturally strive to meet their own needs for self-esteem. The data derived from this novel is encoded using PH/P/HD/0. At the beginning of the story, the character of Ale often feels unappreciated and demeaned by others. This can be seen from the following quotes:

Data: PH/P/HD/01

"Bagi mereka, perasaanku tak lebih dari tisu bekas buang ingus. Tak berguna dan perlu diabaikan (To them, my feelings are nothing more than snot tissues. Useless and should be ignored)." (Khrisna, 2025, p. 7)

Data: PH/P/HD/02

"Setelah menarik napas panjang, aku kemudian bangkit. Tampaknya lagi-lagi aku kalah dan harus mengalah (After taking a deep breath, I then got up. It seems that again I have lost and have to give in)" (Khrisna, 2025, p. 33)

Data: PH/P/HD/03

"Berisik! Gak usah banyak bacot! Wajahmu saja mirip penjahat!" bentak satu intel yang menduduki tubuh gempalku (Noisy! No need to bacot! Your face just looks like a villain!" yelled one intel who occupied my fat man's body)." (Khrisna, 2025, p. 44)

Based on the three quotes above, it is evident that the character of Ale often receives unpleasant treatment. This condition marginalizes Ale and forces him to always give in to various situations. In addition, his pride is often degraded by arbitrary people's words, especially related to his black and large physical condition. This treatment often causes Ale to be looked down upon without considering that he is also an individual who deserves to be honored as a human being. These quotes reflect the identity crisis and Ale's inability to feel self-esteem. However, after going through a long process, the character of Ale slowly shows development in a more positive direction, as reflected in the following quotes:

Data: PH/P/HD/04

"Tiga puluh tujuh tahun aku hidup, ini kali pertama aku merasakan sebuah perasaan yang tak bisa aku jelaskan bagaimana besarnya kebanggaan itu di hatiku. Perasaan itu justru hadir dari orang terburuk yang pernah aku kenal. Namun hangatnya jauh lebih terasa dibandingkan perasaan hormat yang diberikan oleh orangtua yang melahirkanku (In the thirty-seven years I have lived, this is the first time I have felt a feeling that I cannot explain how great the pride was in my heart. That feeling actually comes from the worst person I've ever known. But the warmth was much more felt than the feeling of respect given by the parents who gave birth to me)" (Khrisna, 2025, p. 82)

Data: PH/P/HD/05

"Lucunya, justru di tempat paling tidak manusiawi ini, untuk pertama kalinya aku merasa dimanusiakan. Benar kata orang-orang, terkadang kamu justru bisa menemukan harta karun di tempat yang tidak pernah kamu sangka- sangka sebelumnya (Funnily enough, it was in this most inhuman place that I felt humanized for the first time. People are right, sometimes you can actually find treasures in places you never thought before)" (Khrisna, 2025, p. 84)

Data: PH/P/HD/06

"Apakah ini rasanya menjadi manusia yang dihargai? (What is it like to be a valued human being?)" (Khrisna, 2025, p. 158)

The three quotes above show a positive development in the Ale character. Ale begins to feel like he is being treated like other human beings, and begins to question whether this feeling is a form of appreciation that he has never earned. Regardless of where an Ale feels valued, the most important thing is that he has felt treated as a whole human being. This change suggests that the Ale character's need for self-esteem is beginning to be met. Interestingly, the fulfillment of these needs actually occurred in an unexpected place, and I had never imagined it would happen there. It can be concluded that the need for the self-esteem of the Ale character is met.

The Need for Self-Actualization

The last need in the hierarchy of needs is self-actualization. This need is related to the continuous drive to actualize one's potential, develop creativity, and gain freedom in realizing the best version of each individual. Thus, the need for self-actualization is a need that encourages individuals to display and develop their potential after the needs at the previous level are met.

Fulfilling this need requires individuals to develop their abilities according to their capacity to obtain self-satisfaction. The data derived from this novel is written with *the coding PH/P/AD/0*. The quotes that support the presentation are as follows:

Data: PH/P/AD/01

"Tidak ada yang menantiku di rumah. Di kota yang penuh gegap gempita ini, entah kenapa aku merasa sepi sekali. Hari-hari monoton dan ditutup dengan kesendirian, tampaknya lambat laun mulai membuat hidup tak lagi menjadi sesuatu yang menyenangkan untuk dijalani (No one is waiting for me at home. In this city full of excitement, for some reason I felt very lonely. The days are monotonous and closed with solitude, it seems that gradually life is starting to make life no longer something pleasant to live)." (Khrisna, 2025, p. 2)

In the first quote, the character Ale feels consumed by failure, loneliness, and sadness. The day he went through, it contained only a burden of thoughts that did not bring him happiness. No one was proud; everything he did was just his daily routine. Ale realizes that his best achievement is just his job, which is written in the following quote:

Data: PH/P/AD/02

"Satu-satunya berita baik yang ada di hidupku hanyalah aku berhasil menjadi karyawan tetap di salah satu gedung perkantoran di tengah Ibukota (The only good news in my life is that I managed to become a permanent employee in one of the office buildings in the middle of the capital)." (Khrisna, 2025, p. 7)

The above quote shows that Ale's single most outstanding achievement initially was being able to work in one of the office buildings in the center of Jakarta's capital city. However, along with the journey of his life, Ale underwent a significant change in his attitude and personality. Ale develops into an individual who is more courageous in defending his stance and can express his views out loud. The change was a significant milestone in Ale's life, marking the final stage at which the character's need for self-actualization had been met.

Data: PH/P/AD/03

"Tanpa pikir panjang, aku langsung berlari dan berdiri meregangkan tangan di depan Murad, mencoba melarangnya. Murad mengernyit, menatapku dengan tatapan marah (Without thinking, I immediately ran and stood stretched out in front of Murad, trying to forbid him. Murad

frowned, looking at me with an angry look)." (Khrisna, 2025, p. 83)

"Bang, saya gak mau kerja kalau kayak gini. Ada batasan, Bang." Aku mengumpulkan seluruh keberanian dalam hidupku hanya untuk melontarkan kalimat pendek itu (Oh my gosh, I don't want to work like this. There are limits, Bang." I mustered up all the courage in my life just to say that short sentence)." (Khrisna, 2025, p. 83)

Based on the research analysis described in the previous section, the following table presents a more systematic picture of the level of fulfillment of the physiological and psychological needs of Ale characters. Through the presentation of data in this table, it is hoped that readers can clearly understand the needs that have been met and those that have not, allowing the results of the analysis to be reviewed in a more structured and comprehensive manner.

Table 1. Analysis Results

No.	Needs Category	Type of Requirement	Fulfilled	Unfulfilled
1.	Physiological needs	Food and beverage needs	✓	
		Clothing needs		✓
		Need for rest		✓
		Kebutuhan seks		✓
		Housing needs	✓	
2.	Kebutuhan Psikis	The need for a sense of security	✓	
		The need for love and having	✓	
		Self-esteem needs	✓	
		Self-esteem needs	✓	

CONCLUSION

Based on the results of novel analysis, *Seporsi Mie Ayam Sebelum Mati* Brian Khrisna's work, in conjunction with Abraham Maslow's humanistic psychology approach, it can be concluded that there are both met and unmet needs in the main character, Ale. The physiological needs that are met are the need for food and drink, as well as the need for housing. Physiological needs that are not met are clothing needs, rest needs, and sexual needs. However, the unfulfilled sexual needs are a conscious decision that the character Ale makes to reject them. As for the psychological needs, which include the need for a sense of security, the need for love and belonging, the need for self-esteem, and the need for self-actualization, all of these needs are ultimately fulfilled as the storyline develops. Although at first the character

Ale finds it challenging to meet his psychological needs, he eventually manages to do so.

If viewed through the selection of diction contained in the novel *Seporsi Mie Ayam Sebelum Mati*, Brian Khrisna's work demonstrates potential for further study through a stylistic approach. Further research can focus on language analysis as a means of aesthetic and ideological expression by authors, examining the linguistic elements that construct literary texts, such as diction, sentence style, imagery, and narrative structure. Through stylistic studies, researchers can interpret distinctive linguistic characteristics, identify dominant language usage patterns, and distinguish the language system used by authors from literary language systems in general. In addition, this study enables a more in-depth analysis of the linguistic elements present in the text, thereby revealing the relationship between language choice and the portrayal of characters, atmosphere, and the novel's overall meaning. Thus, stylistic research is expected to contribute to enriching the understanding of the linguistic and aesthetic aspects of the novel.

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