**LARA CAMERON’S STRUGGLE FOR GETTING AN OBSESSION**

**IN SIDNEY SHELDON’S *THE STARS SHINE DOWN:***

**AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

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**Abstract**

This research is descriptive qualitative research. The objectives of this research is to analyze Lara Cameron’s struggle for getting an obsession reflected in Sidney Sheldon’s *The Stars Shine Down* based on the individual psychological approach and to analyzed how the novel can be used for motivating the senior high school students in getting their ideal life. The object of the research is the novel entitled *The Stars Shine Down* written by Sidney Sheldon. The source of data are *The Stars Shine Down* novel and some datas from dictionary, internet in the form of articles that contain comments and opinion. The result of this research shows that the Lara Cameron’s obsession leads her to become a successful woman in real estate business. To be a successful woman in real estate business, she has to do many ways. Her character is in accordance with the principles of individual psychological approach. Besides, the experiences of the major character can motivate the students in getting their ideal life. The examples of Lara Cameron’s experiences are she never gives up when she finds the problems and solves them, she makes a good relationship with the others, she borrows some money to begin her business, and she does not forget to help the others.

Keywords: *Obsession, The Stars Shine Down, and Individual Psychology Theory*

1. **Background**

Everybody living in the world wants to be a successful person. However, to be a successful person is not easy. They have to do anything and everything to get their goal. The big goal will make people struggle. Sometimes, they do not think whether the ways that they use are good or not. It sounds like an obsession. Obsession is like something or someone that people think about all the time. This case has in accordance with striving for success or superiority principle in Individual Psychology theory. This principle states that everyone begins life with feeling inferiority that motivates a person to strive for either superiority or success. According to Adler in Feist-Feist (2005: 70) people strive toward a final goal of either personal superiority or the goal of success for all humankind. The Individual Psychology is a theory of personality that is proposed by Alfred Adler. The processes that people overcome their limitations and struggle to reach their goals of life. Stimulated by the case above, the researcher intends to conduct a study on psychological aspect, with the problem of the obsession of the major character in Sidney Sheldon’s *The Stars Shine Down*. That major character is Lara Cameron. She is from a poor family, but she has an obsession to be a successful woman in real estate business.So, the researcher wants to analyze the major character in Sidney Sheldon’s *The Stars Shine Down* by using an Individual Psychological approach.

1. **Research Methodology**

This research is descriptive qualitative research. The objectives of this research is to analyze Lara Cameron’s struggle for getting an obsession reflected in Sidney Sheldon’s *The Stars Shine Down* based on the individual psychological approach and to analyzed how the novel can be used for motivating the senior high school students in getting their ideal life. The object of the research is the novel entitled *The Stars Shine Down* written by Sidney Sheldon. The source of data are *The Stars Shine Down* novel and some datas from dictionary, internet in the form of articles that contain comments and opinion. The data collecting technique of this thesis is noting technique. The researcher reads the novel, makes a study about the theory of individual psychology, makes the relationship between the individual psychology theory and the study inside the novel, then takes a note and identified the major character’s struggle for getting an obsession found in the novel.

1. **Research Finding**

In this chapter the researcher tries to analyze the psychological aspect of the novel, based on Alfred Adler’s theory of Individual Psychology and to analyze the way of the novel for motivating the senior high school student. Besides, the researcher also gives the explanation about literature class in Senior High School Curriculum.

1. Development of Lara Cameron’s Personality
2. Striving for success or superiority

Each individual is forced by motivates to be superior and powerful. This is the response of the feeling of inferiority. A person will strive to cover his or her weakness to be perfect or superior (Feist, 1985:68). As the point is that they want to have a better life.

Lara Cameron comes from a poor family. She meets Bill Roger who teaches her about real estate business. She is interested with it. Then, she has an obsession to have many building around the world. She realizes that she does not have much money to put up the building. So, she has to struggle in making her dream comes true. Then, she gives her virginity to Sean MacAllister in order to get a loan from him to put up her first building in Glace Bay.

1. Subjective Perceptions

A fiction can make people try to change their life to be better, and the way that can make them have a better life is not shaped by reality, it is shaped by human’s subjective perceptions of reality, by fiction, and or expectation of the future.

Lara Cameron has the fictions. Her first fiction is she wants the own land because her father never owned anything. He has to live off other people's favors all his life. Her second fiction is she wants to find her *Lochinvar* or someone who comes and rescues her.

1. Unified and Self-consistent

This principle explains about when people have a big goal, sometimes they behave erratically or unpredictably. Although their behavior may appear inconsistent, when they are viewed from the perspective of a final goal, they appear as clever but probably unconscious attempts to confuse and subordinate other people.

Lara Cameron wants to be a successful woman who has many buildings around the world. She has many employees and partners. She wants all her employees work as she wants. She has the conscience to fire or be angry if her employees make the mistakes. However, sometimes, she is very kind with her employee.

1. Social Interest

Social interest is the natural condition of the human species. An individual was born with the feelings of inferiority. The natural inferiority of individuals necessitates their joining together to form a society. If they want to get a better life in society, they have to interact one another.

Lara Cameron is very skillful in communicating with the society. She likes to join with the other boarders who gather in the large dining room after they get breakfast or supper.

1. Style of Life
2. Ruling Type

Ruling type leads people to do everything that can support their ways to get their goal. They also will dominate all the things and try to be the one in every situation.

Lara Cameron always dominates all the things. When she wants to put up the buildings in Kedzie Avenue that consists of more than a dozen small stores and shops, Howard Keller, as her partner, gives her opinion to her, but she keeps her own opinion.

1. Getting Type

Getting type explains the ways of people use to get what they want. They will do everything to make their dream come true even by a good way or a bad way.

To get a success is not easy. Lara Cameron has to compete with the other real estate developers who are dominated by men. She also gives her virginity to Sean MacAllister in order to get a loan from him to put up her first building in Glace Bay.

1. Avoiding Type

Avoiding type explains how people try to avoid all the things that can make them in danger or unsatisfied.

Lara Cameron is a strong woman. Working in real estate business who is dominated by men is not an easy job. There are many people who try to make her in dangerous situation and to make her fail in her business. However, she always tries to solve that problem.

1. Socially Useful Type

Socially useful type explains how the people try to be useful around her environment in order get an easy way to get her wish.

Lara Cameron is a helpful woman. She is not stingy to give money to some instances. When she gets the invitation from an instance or a group, but she cannot be present or does not want to be present there, she will send some money.

1. Creative Power

Creative power gives a meaning to life and creates the goal as well as the means to the goal. It produces perception, memory, imagination, fantasy and dreams.

The creative power of Lara Cameron is when her father is sick in the hospital, and he cannot do his job as a collector of the rent of the boarding house, she has a good initiative to do that job. She does it in order not to be expelled by Sean McAllister from the boarding house.

1. Motivation

After reading this novel, they can learn from Lara Cameron’s experiences. She belongs to a poor family. She does not have some money and her own land. Nevertheless, she can be a successful real estate developer. It is because she struggles hard in getting her obsession comes true. As a student who has the ideal life, firstly, they have to know what they want is. So, they will know that they have intrinsic motivation or extrinsic motivation. If they wants to make it comes true, they also have to struggle in their life. Like Lara Cameron who optimizes that she will make her dream come true, the students have to optimize that they will make their ideal life to be real. Secondly, if the students find the problem, they have to try to solve it. Thirdly, they also have to make a good relationship with their teachers, friends, families, etc. and ask their help. Like Lara Cameron, when she gets the problems, she asks help with her partners, her employees, and her lover. Then, the students should not spend their time to play something useless. They have to study hard every day. Besides, they must pray to God. So, it is not impossible to them in making her ideal life comes true.

1. Literature Class in Senior High School Curriculum

Concerning this study, literature gives the positive effect for the institution of school. In teaching learning activity, the teacher can give the material of literary work, namely a novel as the media of reading text for teaching reading. Therefore, literature is really needed to improve students’ understanding about literary work and interpretation about it.

Based on Lazar (1993: 14), there are many reasons why literature should be used with students because it is very motivating, authentic material, has general educational value, helps students to understand another culture, develops students’ interpretative abilities, students enjoy it and it is fun, highly valued and has a high status, expands students’ language awareness, and encourages students to talk about their opinions and feelings.

It is very important to give literature class, especially a novel as the teachers’ material for teaching reading to senior high school students.

1. **Conclusion**

Based on the analysis, the outcome of this study shows that the major character’s obsession leads her to become a successful woman in real estate business. To be a successful woman in real estate business, she has to do many ways. Her character is in accordance with the principles of individual psychological approach. Besides, the experiences of the major character can motivate the students in getting their ideal life. The examples of Lara Cameron’s experiences are she never gives up when she finds the problems and solves them, she makes a good relationship with the others, she borrows some money to begin her business, and she does not forget to help the others.

Finally, the researcher hopes that this study will give great values for the teacher to use a novel as the material in teaching learning activity, for the student to enrich their knowledge, for the readers to analyze Sidney Sheldon’s *The Stars Shine Down* using different approaches.

1. **Reference**

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