

ALTRUISTIC BEHAVIOR FOUND IN JOJO MOYES'S AFTER YOU

by Adelia Savira Wicaksono

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ABSTRACT

This study aims to find out causes and effects of altruistic behavior that appear in the After You novel. This study also talks about the effects of altruistic behavior that influence the characters in the After You novel. This study aims to provide two points: causes of altruistic behavior and effects of altruistic behavior in After You written by Jojo Moyes. This study uses the psychological approach of literature as it helps to find out how altruistic behavior in the characters can have any effects on the characters too. Moyes's After You is used as the source of the data. In conducting the thesis, the writer uses qualitative research. Some quotations will be added to support the analysis. The results of the study is the writer finds seven causes that belongs to environmental cause of altruistic behavior. Where there are causes, there are effects. The writer also found seven effects of altruistic behavior. Altruistic behavior founded by writer gives good effects on some characters. Each character gets their happiness because of the effects caused by altruistic behavior.

Keywords: *altruistic behavior, causes of altruistic behavior, effects of altruistic behavior.*

ABSTRAK

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Penelitian ini bertujuan untuk mengetahui sebab dan akibat dari perilaku altruistik yang muncul dalam novel After You. Penelitian ini juga membahas tentang efek dari perilaku altruistik yang mempengaruhi karakter dalam novel After You. Penelitian ini bertujuan untuk menjelaskan dua poin: penyebab perilaku altruistik dan efek perilaku altruistik dalam novel After You yang ditulis oleh Jojo Moyes. Penelitian ini menggunakan pendekatan psikologis sastra dalam membantu untuk mengetahui bagaimana perilaku altruistik dalam karakter dapat memberikan efek pada karakter juga. After You

Moyes digunakan sebagai sumber data dalam penelitian ini. Dalam meneliti penelitian ini, penulis menggunakan penelitian kualitatif. Beberapa kutipan ditambahkan untuk mendukung analisa. Hasil penelitian ini menunjukkan bahwa penulis menemukan tujuh penyebab terjadinya perilaku altruistik dimana seluruh penyebab perilaku altruistik yang ada di novel disebabkan karena penyebab lingkungan. Dimana ada penyebab pasti selalu ada efek yang ditimbulkan. Penulis juga menemukan tujuh efek dari perilaku altruistik. Perilaku altruistik yang ditemukan oleh penulis memberikan efek yang baik pada beberapa karakter. Setiap karakter mendapatkan kebahagiaan mereka karena efek yang disebabkan oleh perilaku altruistik.

Kata Kunci: *perilaku altruistik, penyebab perilaku altruistik, efek perilaku altruistik.*

INTRODUCTION

Altruistic behavior is a behavior that helping others without expecting any kind of rewards. Usually, this behavior performed with sincere. Filkowski, Cochran, and Haas stated that altruistic behavior is an action with the intention to help other people (2016: 65). Meanwhile, Reznikova also stated that altruistic behavior is a behavior that focused to helping and considerate others. (2012: 203). De Waal explained if a behavior is called altruistic if the actions are benefits to another people even if it also benefits to the person or not (2008: 280). According to Li, Kirkman, and Porter, altruistic behavior is behavior that acts voluntarily although without coercion from people who ask a help. (2014: 66).

Altruistic behavior can be found in Jojo Moyes's novel, *After You*. The novel tells about a woman named Louisa Clark who suffers a difficult life. Will Traynor, a man who has a quadriplegic disease that she loved so much has passed away. In the first nine months, Louisa feels daze. She moves to the Paris without her parents permission with the appetites that Will has directed to her. She always feels haunted by Will, as if she is seeing it all through her eyes, hearing his voice in her ears. Six weeks later she comes back to England. Louisa gets an accident that she never wants before. When she is in the rooftop enjoying the night view, she is shocked and her foot slips when she realizes that there is a girl in her rooftop. One day, she appears and confesses that she is Will's daughter. It is the beginning of all the stories in this novel. Louisa's Mum has told her that being with Will at the end will affect the rest of her life. She recommends Louisa to join The Moving On Circle Community where this community consists of some people who have lost their beloved ones and share their stories together to reduce buried burdens. Louisa's life also begins to change since joining this community, and meet Sam is all this story begins.

The writer is interested in studying altruism from the *After You* novel by Jojo Moyes because the story that is packaged into *After You* novel is interesting. We can also learn how altruistic behavior can affect a person's life. Altruistic behavior includes positive actions because people who have altruistic behavior have a sincere sense of helping people. He or she feels happy if they can help someone to sacrifice something for that person.

OBJECTIVES OF THE STUDY

Based to the problem of introduction above, there are two objectives of the study

1. To analyze the causes of altruistic behavior in Moyes's *After You*
2. To analyze the effects of altruistic behavior in Moyes's *After You*

THEORITICAL REVIEW

Causes of Altruistic Behavior

There are some causes of altruistic behavior to emerge: biological cause, neurological cause, environmental cause, social norms, and cognitive cause.

Cherry explained if biological cause happens when someone help someone who has a same blood just like brothers or sisters. She also explained when someone already closer each other, more desire to help others (2018: 2).

According to Cherry, Neurological cause happens when someone seeing other people who needs help (2018: 2). They reflected to helping other because it comes from brain, they feels happy after helping other (2018: 2).

Cherry stated that environmental cause happens when someone else wants to help another person because they know that person (2018: 2).

She also explained that society rules and norms can also influence people who have altruistic behavior or not. According to Sisco and Weber, when someone was helped by other people, they feel obligated to help that person, it is a social expectation. (2019: 2).

Cognitive cause happens when someone help others but that person has desire to be seen as a good person. Cherry (2018: 2).

Effects of Altruistic Behavior

According to Hu, Li, Jia, and Xie, positive psychological caused of altruistic behavior (2016: 2). They also explained Altruistic behaviors increase physical warmth, warmth is the most humans and another creatures needs (2016: 2). For the example giving donations to people who needs money for their requirement, giving gifts to homeless kids, giving away some unused items, and and many more activities that can be create happiness. Dunn, Aknin, and Norton (2008: 1687).

RESEARCH METHOD

This thesis uses a psychological approach. The psychological approach of literature is a study that discusses how to analyze a character, their life, and the way of thinking of a character in a novel. This approach can help the writer to solve the statements of the problem from a study. In conducting the thesis, the writer uses qualitative research. The qualitative research is focusing on the main characters which is Louisa, Sam, Nathan, and Lily.

Jojo Moyes's novel *After You* is the main source of the data. *After You* novel contains 406 pages in 30 chapters. The data source is focused on three characters. The writer analysis Louisa, Lily, Nathan, and Sam to discuss causes and effects of altruistic behavior that appear in some characters from the novel. The data which is used for this study is taken from *After You* novel by Jojo Moyes as the primary data source. In addition to the primary data source, the writer needs a secondary data source to complete the data. The writer also gets some data from some journals, literary books, and the internet. After the data is collected, the writer identifies what causes of altruistic behavior that appear in the *After You* novel. After finding the causes of altruistic behavior, the writer also identifies what effects of altruistic behavior that appears in the *After You* novel. After the data are collected, the writer applies the procedure of data analysis.

First, the writer reads several times and understands the novel. Then, the writer collects the data from the data source *After You* novel. After read and understanding the data, the writer identifies Louisa Clark's character, Lily's character, Nathan's character, and Sam's character in the novel. After the writer analyzes the characters, the writer analyzes what causes altruistic behavior and the effects of altruistic behavior that applied in the novel. The last step is the writer writes down the analysis data from the novel, and then makes the conclusion of data analysis.

RESULT OF THE ANALYSIS

After reading and analyze the novel, the writer finds seven causes that belongs to environmental cause. First cause happened when Louisa sees Lily in the doorway of her block, Louisa wants to help her by sending her home by taxi. But her plan is failed because there is a man who is trying to bother Lily. Lily asks Louisa to help her drive away from the young man who is bothering her, then Louisa helps her. She feels pity after seeing Lily that looks messy. Louisa reflexes to help Lily because she is Will's daughter. Second cause happened when Lily invites some friends that she knows from the club to a drugs party on Louisa's flat, Louisa gets so angry and upsets because Lily invites some friends who essentially are strangers to her flat to make a mess and without her permission. Louisa also shocked because her things are missing. Louisa gets so angry with Lily because her friends have stolen her things. She kicks Lily out of her flat. But behind it all, Louisa not just kicking Lily away. She still gives money to Lily even though she makes a mistake.

After Louisa kicked Lily out, she felt guilty and she blames herself for this incident. Nathan calls her in the middle of the night. Louisa told Nathan everything. Seeing Louisa's condition that was down and sad. Nathan wants to help Louisa to forget what happened. Then, Nathan gives Louisa a job. He hopes that she has a busy schedule and can forget Lily for a while. Nathan helped Louisa because he knew Louisa well. Nathan knew Louisa when Will was still alive and he was the only one who knows how Louisa loved Will. Nathan had regarded Louisa as his own sister. That's why he wants to help Louisa so she can be happy again. Louisa realizes that she is wrong kicking out Lily from her flat, Louisa thinks that she is too far. Even though she can talk to Lily nicely. She tries to texts Lily several times but she doesn't reply at it and she doesn't want to take her calls too. Louisa worries about Lily. She decided to looking for Lily rather than her job. Louisa becomes distracted when she doesn't know where Lily is. She needs to find her because something could happen to Lily.

Sam who knows Louisa is worried and always thinks about Lily to calm her down by helping Louisa find Lily. Sam shows his attention to Louisa. He tried to help Louisa to find Lily. Sam helps Louisa so that she doesn't think too much about Lily. Sam will not let Louisa sad and worried. Sam will do anything to help Louisa. After Lily is missing, she is found by Louisa and Sam, she apologizes to Louisa for her mistake and Louisa forgives her. Then Lily tells her if she has a serious problem. Her disgrace photo is spread on social media. Lily feels pressured, even though it is her own mistake. She tasks Louisa for help to catch Mr. Garside who has a handphone that contains her photo. Louisa has her empathy, she wants to help Lily to clean her mistake. Not only Louisa helps her, but Sam and Donna help her too. So she gets three bits of help. We can see that there are still many people who still care about Lily. Lily should be thankful for them because they help her to clean the bad impact of her action.

When Lily has returned, she still wants to live with Louisa. At first, she agrees. But she thinks if Camilla Traynor, Will's mother will be better to take care of Lily. Besides her economic is good, Louisa thinks if Mrs. Traynor has more experience in taking care of children. Louisa believes in Mrs. Traynor. Lily is her granddaughter, she can take care of Lily well. Louisa wants to give the best for Lily, because Lily is Will's daughter, and Louisa doesn't want Will disappointed to her. It turns out that this special relationship between grandmother and granddaughter has great advantages too. In fact, when grandmother spends time with her granddaughter, it is helping her own health. After moving out with her Grandma, Louisa hopes that Lily can change her behavior and attitude.

Then, the writer also finds seven effects of altruistic behavior from the character. First effect is after the young man who bothers Lily has left, Louisa immediately puts her hands under Lily's armpits and bring her to her flat. Lily has a place to stay for a while. Not only accept Lily stay, but Louisa also cares for her when she is sick. Louisa's effect of treating Lily when she is sick makes Lily gets attention and care from Louisa. Finally, some people want to take care of her when she's in trouble.

Lily asks permission for Louisa to stay in her flat again. When Louisa realizes that Lily doesn't feel comfortable living in her house anymore, she allows Lily to stay in her flat for the second time. This is an advantage for Lily because she can stay with Louisa and doesn't need to sneak into someone's house anymore. Lily feels cared by Louisa even though she is ignored by her own mother, at least she is fine with Louisa.

When Louisa chooses to look for Lily rather than her job, Lily got the benefit from Louisa's altruistic behavior. She is found by Sam and taken to the hospital. Louisa chooses to look for Lily rather than her job, and Sam helps Louisa so she will not look for her alone. This is the effect of Louisa's altruistic behavior. If Louisa prefers her job than Lily, maybe Lily won't be found quickly. And automatically, Sam also doesn't find Lily. The reason why Louisa chooses to look for Lily rather than her job is that she feels sorry for kicking Lily out. She is afraid that Lily will hate her. Besides that, she is Will's daughter. When Lily has returned, Lily asks Louisa to help delete her photo in Mr. Garside because it really disturbs her life. Louisa and her friends have been helped Lily to delete her photo. Finally, the photo that disturbs Lily is deleted. That is a good impact on Lily. Lily doesn't need to worry about Mr. Garside anymore because he already doesn't have that photo.

After lunch ends, Louisa, Lily, and Camilla have a conversation. Mrs. Traynor says if she thinks she has lost everything. But when she finds out that Will has a daughter, she realizes that she has not lost everything. There is Lily, Will's daughter who will make her life is not dark anymore. Besides brings a

good impact for Camilla, it also brings a good impact on Lily. Because Lily can feel how she lives with a real family. Lily also receives affection through her Grandma. Lily's presence doesn't make Camilla lonely anymore. Every day, Camilla cooks not only for herself but for Lily too. She will always listen to Lily's story. Camilla can't wait for Lily to live with her.

Because Louisa gives Lily to Mrs. Traynor, Lily gets a good impact from Louisa's altruism. Lily has a new family that makes her find happiness. She is lucky because she is helped by Louisa. She can not imagine if Louisa doesn't help her, maybe she will be displaced out there. Lily is happy because of Louisa. Louisa has helped her to find her happiness. She gives her to Mrs. Traynor who also Lily's Grandma. Mrs. Traynor receives Lily with sincerity. Lily has felt how she lives with the real family. Lily also receives love from her grandmother and aunt. Besides getting love from Mrs. Traynor and Georgina, Lily also comes back to school near her Grandma's house. When Nathan offers Louisa a job, it gives a good effect on Louisa. Because of an offer from Nathan, Louisa got a job even though Louisa left her job just to look for Lily. Nathan gives a good effect to Louisa because she gets a job. From that job, Louisa not only gets some money to help her family's finances, but Louisa gets decent work. Even though Louisa sacrifices her job to looking for Lily, but because of Mr. Gopnik's kindness, Louisa is accepting in his company.

Sam tries to convince Louisa that he is a good man and won't hurt her. The story also shows that Sam always there when Louisa needs him. When she is alone, Sam always accompanies her. Louisa finally accepts Sam and begins to forget Will. Forgetting the past can make her having a new life better than before. Louisa has accepted Sam into her life. She realizes that Sam is the answer to all questions that cannot be searched. She thanks Sam because he is always patient with her. Then she also thanks Sam because he makes her realize that thinking of the past is not good.

CONCLUSION

Some reasons that cause altruistic behavior happened. There are biological cause, neurological cause, environmental cause, social norms, and cognitive cause. From the data analysis above the writer found only one cause, that is environmental cause. In the discussion, the writer found the answer from the problem of the statement described in two sub-bab. There are causes of altruistic behavior in Moyes's *After You* and the effects of altruistic behavior in Moyes's *After You*. The writer found eight causes that appear from characters. Some causes are when Lily asks Louisa to help her drive away from the young man who is bothering her even though she just knows her, Louisa gives money to Lily even though Lily makes a mistake, Nathan gives Louisa a job, Louisa prefers to find for Lily rather than her job, Sam helps Louisa to find Lily, Louisa helps Lily to delete her disgrace photo on Mr. Garside's phone, when Louisa gives Lily to Mrs. Traynor and when Sam wants to help Louisa to forget her past and continue her life.

Besides that, the writer also found eight effects from these causes of altruistic behavior. The effects of altruistic behavior are when Louisa brings Lily to her flat and also cares for her when she is sick, Louisa allows Lily to stay in her flat for the second time because Lily doesn't feel comfortable living in her house anymore, Louisa gets a job, Lily was founded by Sam and taken her to the hospital, Louisa and her friends have been helped Lily to delete her photo so she doesn't need to worry about Mr. Garside anymore, Camilla realized that she doesn't lost anything because Lily and life with her Grand Daughter,

Lily has a new family, and Louisa finally accepts Sam and begins to forget Will. At the end of the story, Lily is happy with her family. She lives with her Grandma, Camilla Traynor. She gets full affection from her Grandma, she also starts to school again. Louisa is happy to see Lily has changed. Louisa is also happy with her new life. She goes for a date with Sam, a man that she chooses. Altruism that contains in this novel has influenced the characters.

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