

HARRIET KILPATRICK'S SEARCH FOR HAPPINESS IN EMILY HENRY'S IN THE *HAPPY PLACE*

A THESIS

**Presented in a Partial Fulfillment of the
Requirements for Completing the
Sarjana Degree in Department of English Literature**



By:

**TWISSYLIA FILLARICA NESSY
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**FAKULTAS ILMU BUDAYA
UNIVERSITAS 17 AGUSTUS 1945 SURABAYA**

2025

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This is to certify that the Sarjana Thesis of **TWISSYLIA FILLARICA NESSY** entitled "**HARRIET KILPATRICK'S SEARCH FOR HAPPINESS IN EMILY HENRY'S IN THE *HAPPY PLACE***" has been approved by the thesis advisor for further approval by the Examining Committee.

Surabaya, 24 June 2025
Advisor,



Drs. Danu Wahyono, M.Hum.,

APPROVAL SHEET II

This is to certify that the Sarjana Thesis of **TWISSYLIA FILLARICA NESSY** entitled "**HARRIET KILPATRICK'S SEARCH FOR HAPPINESS IN EMILY HENRY'S IN THE *HAPPY PLACE***" has been examined and approved by the Examining Committee as the requirement for Sarjana Degree

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ABSTRACT

This study entitled Harriet Kilpatrick's Search for Happiness in Emily Henry's *Happy Place* explores the main character's journey personal happiness using a psychological approach, specifically Martin Seligman's PERMA theory. The objective is to examine the causes and effects behind Harriet Kilpatrick's search for happiness. As a perfectionist and aspiring surgeon, Harriet's emotional conflict shaped by her unresolved relationship with Wyn plays a central role in her internal struggle. The problem statements of this study are: (1) What causes Harriet Kilpatrick's search for happiness in *Happy Place*? and (2) What effect of search for happiness Harriet Kilpatrick's? Using a qualitative method, the analysis is presented descriptively to explore Harriet's emotional conflict. The findings reveal that although Harriet initially avoids vulnerability, her journey eventually leads her to fulfill all five elements of happiness within the PERMA model: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. By confronting her past and rebuilding meaningful relationships, Harriet achieves a more authentic and lasting sense of personal happiness.

Keywords: *search for happiness, personal happiness, family pressure, emotional conflict*