

The Potrayal of Rachel in Fulfilling Her Love and Belonging Needs in *The Girl on The Trains Novel*

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Abstraks

Penelitian ini bertujuan untuk mengetahui gambaran Rachel Watson sebagai tokoh utama dalam novel *The Girl on The Train* dalam memenuhi kebutuhan kasih sayangnya dengan menaiki kereta api setiap hari dan bagaimana Rachel menurut teori *Hierarchy of Human Need*, Abraham Maslow. Dengan metode kualitatif dan teknik analisis deskriptif, penelitian ini menemukan bahwa Rachel Watson sebagai tokoh utama memiliki beberapa karakter yang nampak seperti imajinatif, pemabuk dan pembohong. Karakter tersebut membuat Rachel memenuhi kebutuhan rasa aman tersebut dengan membunuh mantan suaminya, akan tetapi sebelumnya Rachel ingin memenuhi kebutuhan rasa kasih sayang dengan mencari perhatian dari mantan suaminya, Tom Watson dan Scott Hipwell dengan menaiki kereta api setiap hari. Namun, Rachel gagal mendapatkan rasa kasih sayang dari Tom dan Scott. Rachel justru menyadari bahwa rasa kasih sayang tersebut didapat dari sahabatnya, Cathy, yang merupakan tingkatan kebutuhan yang ketiga "Love and Belonging Needs".

Kata Kunci : Abraham Maslow, Potrait character, Love and Belonging Needs, *The Girl on Train*, Novel

Abstract

The aim of the research is to understand Rachel Watson as the main character in *The Girl on the Train* novel is trying to fulfill her love and belonging needs by riding the train every day. This research is using qualitative method and descriptive analysis to analyze the love and belonging needs of the main character, Abraham Maslow Theory "Hierarchy of Needs". The result of this research is Rachel Watson as the main character has some noticeable characters such as imaginative, alcoholic, and liar. Those character make Rachel killing her ex-husband. However, she fulfills her love and belonging needs by trying to seek attention from her ex-husband, Tom Watson and from her friend, Scott Hipwell before by riding the train everyday. Finally, Rachel realizes that she failed to get her love and belonging needs from her ex-husband and her friend. She get love from her friend, Cathy. It means that Rachel successfully satisfies her needs until the third stage of the hierarchy: love and belonging needs.

Keywords : Abraham Maslow, Potrait, Love and Belonging Needs, *The Girl on The Train Novel*

A. Introduction

Every human wants to fulfill the Hierarchy of Needs in their life successfully. The term Need is a term that used to describe a situation when a person experiences a deficiency of a particular thing. There are many definition of a term Need, firstly, is according to Henry Murray said that a need is “*a state of tension within a person*” (Larsen, 2008). Need also can be defined as “*a lack of something that is required for survival*” or “*a motivational state resulting from the lack of something that an organism requires or desires, also called a drive* (2015).” In other definition, need is a state in which a person is in a deficiency of something required or wanted. A certain thing that a person wants and an action that a person does is organized by his or her needs. For example, a person who needs love may try to give orders to other people around him or her in daily life. Another example is a person who works hard and often sacrifices in something he does, may have a need to achieve successful (Larsen, 2008). In Murray’s opinion when a need is fulfilled or satisfied, the tension will be reduced. Thus, The process of reducing tension is satisfying for a person (2008).

Beside fulfilling a need, a person also have a motivation on their life. The Definition of motives according to Larsen are “*internal states that arouse and direct behavior toward specific objects or goals* (2008).” Motives are also based on needs which caused by a deficit or a lack of something. Larsen also said that “*deficits lead to a need, which leads to a motive to satisfy that need, either in reality, by fostering specific actions, or in fantasy, by creating thoughts that are satisfying* (2008).” In other words, a need can be fulfilled either by doing certain action or thinking about something satisfying, for example, a person who have not eaten

anything today has a need for food and a motive of hunger. To satisfy the hunger, the person can either do something to get a food or only thinking about food.

Abraham Maslow is one of the psychologists who develops the theory of motivations and needs. He is a part of the humanistic psychology theorist and a person behind the hierarchy of needs theory. Humanistic perspective focuses on a person’s personal growth, positive human qualities, and freedom to choose a person’s destiny (Santrock, 2005). He determines the needs by their goals. The basic needs; food, water, and air are placed on the lower hierarchy and the highest need or self-actualization is on the top; the greatest human potential in life. It’s like a pyramid hierarchy of human needs. Larsen (2008) also said that The Maslow’s hierarchy from the bottom to the top are physiological needs, safety needs, love and belonging needs, esteem needs and the last is self-actualization that will be explained in the next chapter. The purpose of making this hierarchy is to focus on optimizing a person’s strength and to be a self-actualized person (Setiawan, 2014).

The issue about human needs and how human fulfill his needs often appear in the novels. One of them is the Novel *The Girl on The Train* by Paula Hawkin. It was published by Riverhead Books in 2015. Hawkins is a British author who once worked as a journalist at The Times for London. She also wrote a romantic comedy book “*Confessions of a Reluctant Recessionista*” under her pen name, Amy Silver but it did not succeed. She decided to write in her own way with dark character and criminal issues (Rustin, 2016). Taken from the Penguin Random House Canada website, *The Girl on the Train* was the #1 Globe and Mail Bestseller, A New York Times Top Book of 2015 and A Publishers Weekly Best Book of The Year. The major motion picture version of this book

starring Emily Blunt is already released in United States and United Kingdom in October 2016.

The Girl on the Train is about Rachel Watson, as the main character, a 32-year-old woman who experiences a failed marriage with her ex-husband, Tom Watson. The inability of Rachel to be pregnant and also Tom's affair with Anna were the reason of their divorce. Because of that, she became an alcoholic to cope with her stress and loneliness. Rachel still remember their marriage with Tom. It can be seen when she rides the train every day from Ashbury to Euston only to take a look at her old house from the train window. However, when the train stops at a signal at Witney, she sees a happy couple that she named Jason and Jess who live a few houses away from Tom's house. Jason and Jess are Tom's neighbor who moved there two years ago after Rachel left the house. She always imagines Jason and Jess life such as their job, what they are doing at home, and their family. One day, Rachel sees Jess kissing another man in her house. Later, she read in the news that there is a woman missing from the news and turns out it is Jess that she sees every day. Rachel tries to help looking for Megan because she holds important information about Jess. Rachel's unsatisfied safety needs and love and belonging needs makes her trying to get involved in Megan's case.

From the story above, the writer concludes that Rachel is trying to fulfill her unsatisfied needs, getting love and belonging needs again by riding the train every day. Before the divorce, her safety and love and belongingness are satisfied. But after the divorce, she lost both her safety needs and love and belonging needs. This is caused by Rachel's opinion that thinks Tom is not only her lover but also her protector in her life.

Therefore, the writer wants to analyze Rachel Watson as the main character in The Girl on the Train novel on how she fulfill her lost needs particularly the love and belonging needs using the hierarchy of needs theory by Abraham Maslow. Before that, the writer analyzes the character of Rachel using DiYanni (2002) about the characterization; the reader can understand Rachel's character by reading the character's description given by the author, physical appearance, the character's actions, and the character's speech. In the writer's believes that, hierarchy of human needs theory can explain human behavior particularly Rachel Watson as the main character of the novel. As a result, Rachel's behavior throughout the story can be understood using this theory.

B. Discussion

The Character Analysis of Rachel Watson

According to DiYanni, main character or major character is the character that appears the most and drives the whole story (2002). Rachel can be said as the main character or major character because the story focuses on Rachel's life. This book is narrated from the perspectives of three women characters in which Rachel gets the most part of all. The story told by Rachel takes 323 pages while Megan Hipwell and Anna Watson, has 90 and 62 pages respectively.

Before going to the analysis of Rachel's character by Robert DiYanni's six characterization, Rachel Watson will be identified by her sex, age, nationality and occupation as Beaty et al said (2006). Rachel is an English woman living in Ashbury with her flat mate, Cathy. The setting is in England that can be proven through the name of the places such as "the 8:04 slow train from Ashbury to Euston (2)." Ashbury is a fictional town

located in Buckinghamshire, England (Bajekal, 2016)) and Euston is the name of a train station in London. Another location is “...*Witney station ... (9)*” which is one of the train station in England. Rachel is around 33 years old. In the novel, Rachel’s age is not stated clearly but by looking at the novel’s setting in 2015 and her marriage in seven years ago when she was “*at the tender age of twenty-six (75)*,” it can be said that she is now 33 years old. Rachel used to work at Huntingdon Whitely but now she has no occupation because she “*lost my job months ago (108)*.”

The first characterization of Rachel Watson appears through the narrative summary without judgement. According to DiYanni, the reader can understand Rachel’s character by reading the character’s description given by the author (2002). From the first page of the book, Rachel is described as imaginative woman as she said when she was sitting on the train leaving Euston to London “*My mother used to tell me that I had an overactive imagination; Tom said that, too*” (1).” From this quotation, it is clearly stated that Rachel is an imaginative person. While sitting on the train, she always looking at a number twenty-three house that turns out to be her old house near the train tracks and her favorite couple’s house. Her imagination can also be seen from the quotation below where she imagines life of the couple from the train window.

“... the occupants of this house, Jason and Jess, sometimes climb out of the large sash window to sit on the makeshift terrace on top of the kitchen-extension roof. I don’t see Jason quite so much, he’s away a lot with work. But even if they’re not there, I think about what they might be up to. Maybe this morning they’ve both got the day off and she’s lying in bed while he makes breakfast, or maybe they’ve gone for a run together,

because that’s the sort of thing they do (6).”

Because Rachel takes the train every day, she always pays attention to that house. She often imagines the life of a couple that she named Jason and Jess. She imagines what they do every day based on her observation. Like the quotation above when Jason cannot be seen from the train tracks, Rachel thinks that Jason is working. She also imagines their activity this morning such as Jason makes breakfast for his partner and the couple going for a run. Rachel not only imagines Jason and Jess’ daily life but also imagines their occupation.

“Jason may be away working. He’s a doctor, I think, probably for one of those overseas organizations. He’s constantly on call, a bag packed on top of the wardrobe; there’s an earthquake in Iran or a tsunami in Asia and he drops everything, he grabs his bag and he’s at Heathrow within a matter of hours, ready to fly out and save lives. Jess, with her bold prints and her Converse trainers and her beauty, her attitude, works in the fashion industry. Or perhaps in the music business, or in advertising—she might be a stylist or a photographer. She’s a good painter, too, plenty of artistic flair (13).”

Rachel imagines Jason as doctor for some organizations who help people in various countries because he looks strong. Meanwhile, Rachel sees artistic side from Jess’ appearance therefore she assumes that Jess is working in art industry. Rachel actually realizes that it is all just in her imagination. She does not know Jason and Jess in real life because she never seen any of them right in front of her face. Their life becomes so important for Rachel because she is always looking at their happy marriage and Rachel hopes her love life to be like

them. Even though Rachel called Jason and Jess in her imagination, those are not their real name.

“I don’t know their names, either, so I had to name them myself. Jason, because he’s handsome in a British film star kind of way, not a Depp or a Pitt, but a Firth, or a Jason Isaacs. And Jess just goes with Jason, and it goes with her. It fits her, pretty and carefree as she is (14).”

Rachel named the couple as Jason and Jess. She named him Jason because he is just like British film star and she thought the name Jess is perfectly fit with Jason. The name Jess is fit with Jess’ beautiful appearance. In reality, Jason and Jess’ real name are Scott Hipwell dan Megan Hipwell. Rachel knows their real name when she was reading the news about missing Megan at Yahoo Mail. The quotation about Jason and Jess occupation and Rachel gives them the name Jason and Jess can also be categorized as the characterization through the character’s consciousness as Rachel thoughts and feelings are revealed by thinking about Jason and Jess.

The second characterization of Rachel Watson shows through the surface details of dress and physical appearance. From her appearance, Rachel is described as a plump woman with swollen face caused by her drinking habit and sleep deprivation. It can be seen from the quotation below.

“It’s not just that I’ve put on weight, or that my face is puffy from the drinking and the lack of sleep... (15).”

“I’ve seen pictures: all huge dark eyes and generous curves—but now she’s just run to fat (354).”

Rachel is not treating her body well by letting her weight out of control, drinking alcohol, and not getting enough

sleep. The second quotation is from Anna’s point of view. She has seen Rachel’s pictures before she marries Tom. According to Anna, Rachel was a curvy woman with dark eyes who turns into a fat one. Rachel is often seen wearing jeans for her everyday clothes. She likes to dress casually.

The reader can also understand Rachel character by the third characterization or from the character’s actions. Rachel’s character will be revealed through the things she does. In this novel, Rachel described as someone who loves to drink. In the third page, she easily finishes a can of premixed gin and tonic and still have three cans in her possession as seen from the quotation below.

“The premixed gin and tonic fizzes up over the lip of the can as I bring it to my mouth and sip ... the can’s already half empty, but it’s OK, I have three more in the plastic bag at my feet (3).”

As the story goes, Rachel is always drinking various kinds of alcohol such as premixed gin and tonic, beer, wine, and whiskey.

“We sat in the kitchen drinking beers and I listened to him talk.” (320)

“Cathy was out when I got home, so I went to the off-licence and bought two bottles of wine. I drank the first one... (16).”

“I went to the Wheatsheaf, the big, anonymous pub just off High Street, and I drank three large glasses of wine. I had two shots of Jack Daniel’s (55).”

Drinking alcoholic drinks is considered normal in Western countries especially in United Kingdom according to the Drinkaware (“Drinkaware,” n.d). It is not unusual to see people no matter what their gender is, drinking together at home or at the pub. But Rachel herself

said that she *“drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk (118).”* This quotation shows that even though drinking alcohol is normal, but there is no one who wants to be around a drunk. Being a person who constantly drunk may be considered as a bad thing.

Her drinking habit plays a big part in this novel. She often gets drunk and experiences black out. It is a condition which she cannot remember anything at all including the things she have done or seen. For example, Rachel does not remember what happened at the day when she went to Witney to go to Scott’s house because she is drunk. That day is the day when Megan is reportedly missing. Rachel actually sees Megan and Tom at that time but she is unconscious. Therefore, she does not realize that it was Megan. If Rachel was sober at that time, she will be helpful to Scott and the police by informing that Megan was with Tom.

The last characterization is from the character’s speech. The reader will know Rachel’s character from the things she said. Another easily recognizable characteristics of Rachel is she lies a lot that she can be said as a liar. The woman that Rachel sees every day from the train window, Jess or Megan Hipwell, is reportedly missing. When the police are looking for Megan’s whereabouts, Rachel is investigated as a witness because according to Anna she was seen in Megan’s neighborhood on the day when she went missing. The police asked some question to Rachel. She lied when the police mentioned about her job.

“As Gaskill nodded sombrely at Cathy, preparing to leave, I slumped back into the sofa. I could feel my heart rate starting to slow, and then it raced again as I heard him ask me, “You work in

public relations, is that correct? Huntingdon Whitely?”

“That’s right,” I said. “Huntingdon Whitely.”

He is going to check, and he is going to know I lied. I can’t let him find out for himself, I have to tell him (107).”

Rachel is now unemployed but she keeps taking the train to London every day to pretend that she is still working because she is hiding it from Cathy. She is hiding it because she thought Cathy would be worried about the money for their flat. That is why she lied to the police when asked about her job. Even though she lied to the police, at the next day she decides to confess to the police that she is now jobless. Rachel tells everything to the police because she knows that there is no point of lying because the police will find out by themselves. The only people who know that she was fired are her co-workers from Huntingdon Whitely. She met her colleagues’ days before she is investigated by the police at the coffee shop and she also lied to them.

“Rachel!” Martin said, arms outstretched, pulling me into a hug. I wasn’t expecting it, my hands were caught between us, fumbling against his body. Sasha and Harriet smiled, gave me tentative airkisses, trying not to get too close. “What are you doing here?” For a long, long moment, I went blank. I looked at the floor, I could feel myself colouring and, realizing it was making it worse, I gave a false laugh and said, “Interview. Interview (46).”

Rachel coincidentally met Martin Miles, Sasha and Harriet who were her co-workers in Huntingdon Whitely. She lied to Martin that she was going to have an interview when in fact she was just going to grab a coffee. When asked about the company, she cannot name any

company she knows and at that time they realized that Rachel was lying. Martin tried to save Rachel by saying “*Top secret, is it? Some firms are weird like that, aren't they? Don't want you saying anything until the contracts are signed and it's all official* (47).” and Sasha and Harriet pretended to believe it.

There are another proof that shows Rachel is lying often. After reading the news that Megan is missing, Rachel tries to contact Scott by email telling him that she has an information about Megan. Scott replies the message and asks her to come and tell him the information. The quotation below is when Rachel is already arrived in Scott's house. Rachel said she knew Megan from the gallery.

“You're a friend of Megan's?” he said at last...

“Yes,” I said. “I know her . . . a little. From the gallery.” (172)

From the quotation above, it can be seen that Rachel is lying by saying she knows Megan from the gallery. In fact, Rachel has never met Megan before or even coming to Megan's gallery. In Scott's email reply to Rachel, he said that he does not know any of Megan friends that named Rachel. But he does not feel suspicious about Rachel and he immediately believe in her. In order to make Scott believe in her, she lied repeatedly.

“Drunk Rachel—wanting to be part of the story, needing a way to persuade Scott to talk to her—she lied. I lied (158).”

The quotation above is a strong evidence that Rachel purposely lying in order to make Scott believe in her information that she saw another man that kissed Megan in the house. Rachel wants to be a part of this case because

Jason and Jess or Scott and Megan Hipwell is her favorite couple and she does not want them to be apart.

From the explanation above, it can be concluded that Rachel Watson is the main character of this novel. The story goes around Rachel and she also has the most part of this book. Based on the character and characterization by Robert DiYanni, Rachel Watson has some noticeable characteristic. The first is imaginative where she imagines all the things she sees everyday including other people's life such as Scott and Megan Hipwell's life. The second is alcoholic. She is often get drunk caused by stress that leads to her blackout where she is not able to remember anything. The last characteristic is liar. Rachel often lies to protect herself and to control the situation around her. Rachel being alcoholic, imaginative, and liar is her characteristics in order to fulfill her unsatisfied safety needs and love and belonging needs.

Rachel Watson's Love and Belonging Needs

The writer uses Hierarchy of Human Needs Theory by Abraham Maslow in order to analyze the Love and Belonging needs. The love and belonging needs is including the need to give and receive love from others to avoid loneliness. Maslow also stated that love is a healthy relationship and loving affection between two people, including trust to each other (Goble). It's like Rachel Watson is trying to fulfill the two needs at the same time. This is possible because according to Setiawan (2014), a person's behavior is affected not only by one set of needs but also some or all the basic needs which appear simultaneously. A person does not need to fully satisfy certain needs in order to fulfill the next needs in the hierarchy. The writer will explain what needs that Rachel is trying to fulfill and how she fulfills those needs.

Love and Belonging Needs.

In this novel, Rachel also tries to fulfill her unsatisfied love and belonging needs. Love and belonging needs which placed at the third rung of Abraham Maslow's hierarchy can be defined as the needs to give and receive affection (Harper & Guibault 2008). The writer will explain how Rachel fulfill her love and belonging needs.

Rachel lost her love and belonging needs since her divorce with her husband five years ago. Rachel and Tom have a happy and joyful life that can be proven from the quotation below.

"In the old days we might have driven to Corly Wood with a picnic and the papers, spent all afternoon lying on a blanket in dappled sunlight, drinking wine. We might have barbecued out back with friends, or gone to the Rose and sat in the beer garden, faces flushing with sun and alcohol as the afternoon went on, weaving home, arm in arm, falling asleep on the sofa (3)."

The quotation above shows the enjoyable things that Rachel and Tom did when they were still a couple. They had picnic at Corly Wood while enjoying wine under the tree, joined a barbecue party with their friends, and had some beer in the beer garden. It indicates the happiness of Rachel and Tom's marriage. Until one day Rachel looked into Tom's computer to check on his schedule because she was about to give a surprise anniversary party to Tom. She was not supposed to touch the computer because Tom afraid that she would accidentally delete important documents. But that day Rachel saw a good opportunity to check his schedule so she decided to look in his computer calendar. After she noted down some dates, she was about to leave but his email inbox was opened.

"There was a message at the top from aboyd@cinnamon.com. I clicked. XXXXX. That was it, just a line of Xs. I thought it was spam at first, until I realized that they were kisses... I read through his messages: there were dozens, hidden in a folder entitled "Admin (44)."

From the quotation above, it can be seen that Tom is cheating. Rachel discovered that woman's name, Anna Boyd through the messages. They communicated by emails so Rachel would not know because Rachel is bad at using computer. In addition, the folder where he saved the messages from Anna is a strong evidence that he is cheating. He named it as "Admin" in order to make people less suspicious about the contents of the folder. Upon knowing that, Rachel decided to end her marriage with Tom. Not long after that, Tom married Anna and move her in into Rachel and Tom's house so Rachel have to leave. From the explanation, the writer believes that Rachel Watson's love and belonging needs are not fulfilled. It was satisfied when she lived happily with her husband but she lost it when they divorced. She is no longer acquire the love from Tom because he is now with another woman. According to Maslow, the absence of friends or a partner can make a person strongly wants love and affection. As a result, that person will try hard to achieve a love or belongingness (1954). In this part, the writer will explain Rachel's efforts to satisfy her love and belonging needs and how she fights with loneliness.

The first thing that Rachel does to overcome her loneliness is riding the train every day from Ashbury to Euston and taking a glance over her old house that is now occupied by Tom and Anna near the train tracks. This can be proven from the quotation below.

“That was my first home. Not my parents’ place, not a flatshare with other students, my first home. I can’t bear to look at it. Well, I can, I do, I want to, I don’t want to, I try not to. Every day I tell myself not to look, and every day I look (9).”

That house is Rachel’s first house and she also lives there after marrying Tom. But after the divorce she stays with Cathy, her friend from the university. Rachel keeps on trying to not look at that house because her heart hurts to see Tom and his new family. But she is still looking at the house because there are many good memories that she had with Tom. Rachel tries to fight her loneliness by remembering the good times with Tom. Besides looking at her house, Rachel is also trying to get Tom’s attention. There are various things done by Rachel to have Tom’s attention such as calling Tom almost every day. Rachel usually calls Tom when she was drunk.

“After they’d both gone to bed I remembered that I hadn’t drunk the second bottle, so I opened that. I sat on the sofa and watched television with the sound turned down really low so they wouldn’t hear it. I can’t remember what I was watching, but at some point I must have felt lonely, or happy, or something, because I wanted to talk to someone. The need for contact must have been overwhelming, and there was no one I could call except for Tom. There’s no one I want to talk to except for Tom. The call log on my phone says I rang four times: at 11:02, 11:12, 11:54, 12:09 (17).”

From the quotation above, it can be seen that Rachel feels lonely. She copes with her loneliness by drinking wine while watching television from the sofa. But unfortunately, it cannot ease her feelings. Rachel needs someone to

talk to. Therefore, she calls Tom four times in a row. It seems like Rachel was drunk when she called Tom because she cannot remember anything at all about the phone calls. Besides calling Tom at night, Drunk Rachel also sends him emails.

“I take a deep breath and open my Gmail account. I’m relieved to see I have no messages. But when I click on the Sent folder, there it is: I have written to him, he just hasn’t replied. Yet. The email was sent just after eleven last night; I’d been drinking for a good few hours by then (153).”

Here is the email that Rachel sent to Tom:

“Could you please tell your wife to stop lying to the police about me? Pretty low, don’t you think, trying to get me into trouble? Telling police I’m obsessed with her and her ugly brat? She needs to get over herself. Tell her to leave me the fuck alone (153).”

From the passage above, it is clear that Rachel is still trying to have Tom’s attention and this time she sent email to Tom. Rachel sent the email unconsciously because she is drunk at that night. That email contains Rachel’s request to Anna to stop lying to the police about her. Anna tells the police that Rachel is obsessed with Anna and her daughter. Rachel even called Anna’s daughter as “ugly brat (153).” Rachel feels ashamed after reading the email she sent to Tom. She is also frightened that Tom would report her to the police. This email can be an evidence of Rachel obsessive behavior. According to Anna, Rachel had once tried to kidnap her baby. Rachel went into Watson’s house when Anna was sleeping and took Evie outside. The baby cried in Rachel’s arms. Anna suddenly woke up and discovered Rachel running while carrying Evie.

Anna hurriedly chased Rachel and succeed in getting Evie back. But she still wants Rachel to be arrested for kidnapping Evie.

Maslow said that because humans are social creatures, they need other people in their life. Humans have tendency to be together, to be a part of a group, and to have a relationship with other people (Setiawan, 2014). Since Rachel has no partner and does not consider Cathy as her close friend, therefore Rachel feels lonely and it affects her love and belonging needs. Rachel still manages to fulfill her needs.

Another thing that Rachel does to overcome her loneliness is observing a couple from the train window. If the train stops at a signal, she usually looking at the number-fifteen house which located near her old house in number twenty-three. It is her favorite trackside house because she always looks at a seemingly happy couple from her seat. The house owner is a couple that she named them Jason and Jess. She imagines their life as explained in the character analysis. In Rachel's opinion, *"they are a perfect, golden couple (6)"* even though Rachel never met them before. Jason and Jess is her dream couple.

"They're a match, they're a set. They're happy, I can tell. They're what I used to be, they're Tom and me five years ago. They're what I lost, they're everything I want to be (14)."

From the quotation above, it can be seen that Rachel wants to be like them. Her failed marriage five years ago left her with sadness and she still cannot go over it. She cure her sadness and loneliness by looking at Jason and Jess's happiness every day from the train window. It is also her way to fulfill her love and belonging needs. She really wishes her relationship with Tom would

be like them. That Friday, as usual Rachel rides the train to London and she takes a look at Jason and Jess' house but she sees something strange.

"...I look at him and realize that it isn't Jason. This man is taller, slender, darker. He's a family friend; he's her brother or Jason's brother. He bends down, placing the mugs on the metal table on their patio. He's a cousin from Australia, staying for a couple of weeks; he's Jason's oldest friend, best man at their wedding. Jess walks towards him, she puts her hands around his waist and she kisses him, long and deep (42)."

Rachel sees Jess kissing with another man in the house. It makes her surprised and angry when she realizes that man is not Jason. She feels betrayed because she thinks Jason and Jess is a perfect couple. They are Rachel's role models but Jess is seen with another man. She feels sorry towards Jason because she knows how terrible it is to be cheated. When Rachel sees the news about a missing woman in Witney in the Yahoo mail news page, she realizes that the woman is Jess whose real name is Megan Hipwell. The day Megan disappeared is the same with the day Rachel caught her kissing with another man in her house. Rachel immediately thinks Megan is kidnapped by that man. She decides to tell Jason or Scott Hipwell about this incident and contacted him by email.

Another proof that shows Rachel still cannot get over Tom revealed in this part. The police come to Rachel's house to gain some information regarding Megan's disappearance because Anna Watson told the police that she saw Rachel in the neighborhood at the day Megan disappear. Rachel lies to Gaskill the police officer that she was there to see her ex-husband. When in fact, Rachel was actually wanted to meet

Scott Hipwell and tell him about what she saw yesterday. There is a proof that Rachel is still into Tom. It is revealed when the police ask her about her name and ring on her necklace.

“Your husband?” he said. “You mean your ex-husband? Tom Watson?” Yes, I still bear his name. It was just more convenient. I didn’t have to change my credit cards, email address, get a new passport, things like that.” (103)

“Right. And the ring—the one on a chain around your neck. Is that your wedding band?”

“No,” I lied. “It’s a . . . it was my grandmother’s (123).”

It is proven from the conversation above that Rachel is still keeping things related to Tom. She is still using Watson as her last name because she does not have change the name on her cards, email, and passport. She tells the police that the ring on her necklace is her grandmother’s when in fact it is her wedding ring. It can be seen that up until now Rachel cannot let go of Tom as if Tom is still a part of her life. Detective Riley also said that she is *“unwilling to move on and refuse to accept (124)”* that Tom is now having a new family.

Rachel’s effort in fulfilling her love and belonging needs does not only limit to Tom but also to Jason or Scott Hipwell that she sees every day from the train. After knowing that Megan is missing, Rachel immediately contacts Scott by email in order to tell him what she saw that Friday. After Rachel gets the message reply from Scott, she agrees to come to Scott’s house. She lies to Scott by pretending that she is Megan’s friend from gallery in order to make Scott believe in her. She explains what she saw that day to Scott. Turns out the man that she saw is Megan’s therapist, Kamal Abdic. A few days later the

police successfully find Megan buried in the woods. Rachel keeps herself being updated with Megan’s news to find the murderer. At the same time, Rachel and Scott often spend their time together and grow closer. Rachel wants to be like Jess who is being loved by Jason or Scott.

“It hits me like a wave, I can feel blood rushing to my face. I remember admitting it to myself. Thinking the thought and not dismissing it, embracing it. I wanted it. I wanted to be with Jason. I wanted to feel what Jess felt when she sat out there with him, drinking wine in the evening (321).”

Rachel just realizes that she is happy to be around Scott. It seems like she already found a partner for her life. After being separated from Tom, Rachel needs affection from the others as a substitution for Tom. Rachel wants to feel what Jess or Megan feels when she is with Jason or Scott Hipwell. Rachel wants to be treated like Megan because she feels that she lost affection from a partner after the divorce with Tom. Every day, she sees how Scott treats Megan with love. Now that she knows Megan is not there anymore, she thinks she can be together with Scott and feels how is it to be Megan so that Rachel can fulfill her unsatisfied love and belonging needs. Based on the quotation below, Rachel seems to interpret Scott’s gestures as love.

“We drank and watched the trains go by and talked about nothing: television and work and where he went to school, just like normal people. I forgot to feel what I was supposed to be feeling, we both did, because I can remember now. I can remember him smiling at me, touching my hair (321).”

From the quotation above, it can be seen that Rachel believes that she

receives the love from Scott because she finally has someone to talk to. Rachel even forgets that she is there not to get close to Scott but to help Scott finding Megan's murderer. This happens because Rachel wants to belong to someone. She feels comfortable being around Scott. Unfortunately, Rachel is wrong. Scott actually has no interest towards Rachel.

"Detective Riley told me," he says. "She was asking me about you. Whether I was in a relationship with you." He laughs. "A relationship with you! Jesus. I asked her, 'Have you seen what my wife looked like? Standards haven't fallen that fast (365)."

From the conversation above, it can be seen that Scott strongly denies that he is in a relationship with Rachel. Scott's way to talk to Rachel gives an impression that it is impossible for him to fall in love with Rachel. The sentence *"Standards haven't fallen that fast"* shows that Scott believes her wife is more beautiful than Rachel. Scott's wife or Megan is described as a beautiful blond woman, *"... five foot four, slim, with blond hair and blue eyes (80)."* That is a totally opposite with Rachel who is described as a heavy set woman and bloated face caused by drinking. Scott does not want to make Rachel as Megan's replacement. But Rachel wrongly interprets Scott's behavior. She thinks that being close with Scott will make her find a new love. This makes Rachel realize that she fails to fulfill her love and belonging needs through Scott Hipwell. Rachel still have no one who can give her affection. As a result, Rachel's love and belonging is not yet fulfilled.

Rachel fails to regain love and affection love from Tom. She is also not able to win Scott's heart. According to Arndt, Jr. if the physiological and safety

needs are satisfied, people start to seek for a friend, a lover, and a place in a group (1974). Here in this novel, Rachel does not have to get love from the opposite sex as a lover but she can fulfill her love needs from her friend. Rachel's friend who is always there for her is Cathy. In the end, Rachel finally realizes that there is someone who loves her.

"It was Cathy, oddly enough, who served me my last drink. When the police brought me home, grimly pale and bloody, and told her what happened, she fetched a bottle of Jack Daniel's from her room and poured us each a large measure. She couldn't stop crying, saying how sorry she was, as though it was in some way her fault (472)."

The passage above shows that Cathy feels guilty towards what happened to Rachel after the police tell Cathy that Rachel killed Tom. Cathy is crying because she feels like it is her fault to not paying more attention and giving affection to Rachel. Cathy's behavior shows that she cares about Rachel. This can be seen from the sentence *"She couldn't stop crying, saying how sorry she was, as though it was in some way her fault."* Cathy feels guilty thinking that she did not get really close and give much attention to Rachel.

Actually, Cathy shows caring personality towards Rachel. When Rachel needs a place to live after her divorce, Cathy *"... happened to have a spare room going..." (11)* and kindly lets Rachel live in her apartment. Cathy also wants Rachel to have someone by her side as quoted on the dialogue below.

"Isn't there someone from work, maybe, or the rugby club?" and Damien said, "For Rachel? Not being funny, Cath, but I'm not sure I know anyone that desperate (16)."

Cathy feels pity for Rachel because she is lonely. Cathy tried to ask her boyfriend to find a man but her boyfriend refused because it seems like there is no man who wants to be with Rachel.

One day Rachel got home drunk and throw up on the stairs. She leaves her wet pants caused by her urine on the floor. Cathy is really angry seeing all the mess and asks Rachel to move out from her house. She gives one month for Rachel to find another place to live. But a few days later she apologizes to Rachel for treating her that way.

“Hi, Rachel, just phoning to make sure you’re OK.” She’s worried about me, because of the thing with the taxi. “I just wanted to say that I’m sorry, you know, about the other day, what I said about moving out. I shouldn’t have. I overreacted. You can stay as long as you want to (95).”

Cathy is concerned about Rachel’s condition. Although Rachel is always being a troublesome friend, Cathy still puts up with her. Therefore, she cannot abandon Rachel. After the phone call on the dialogue above, Cathy reminds Rachel to not go to the bar and going straight home. This shows Cathy’s loving and caring personality towards Rachel.

There is another proof that shows that Cathy is a good friend for Rachel. All this time, Rachel is lying to Cathy about her job. Cathy does not know that Rachel was dismissed and now unemployed. Cathy knows the truth from Martin Miles and she is really upset because Rachel lied to her. Cathy is curious to know what Rachel does every day since Rachel always pretending to go to work.

“What have you been doing? Where do you go? What do you do all day?”

“I walk. Go to the library. Sometimes—”
“You go to the pub?”

“Sometimes. But—”

“Why didn’t you tell me?” She approaches me, placing her hands on my shoulders. “You should have told me.”

“I was ashamed,” I say, and I start to cry. It’s awful, cringe worthy, but I start to weep. I sob and sob, and poor Cathy holds me, strokes my hair, tells me I’ll be all right, that everything will be all right (234).”

The conversation above shows that even though Rachel lied to her but Cathy does not angry. Cathy even says that Rachel should have tell her about the condition. Rachel’s lie does not make Cathy leave her side. Instead, she tries to reassure Rachel by hugging her and telling her that everything is going to be fine. Knowing that Rachel lost her job, Cathy tries to find one for Rachel.

“Cathy has got me a job interview. A friend of hers has set up her own public relations firm and she needs an assistant. It’s basically a glorified secretarial job and it pays next to nothing, but I don’t care (359).”

Cathy kindly finds Rachel a job vacancy in a public relation firm which is similar to Rachel’s previous workplace and she tells her friend about Rachel’s condition briefly. But sadly, Rachel wastes her chance to get a job. She does not come to the interview because she was busy getting involved in Megan’s case.

From the analysis above, it can be concluded that Rachel tries to fulfill her love and belonging needs by trying to have Tom’s attention such as calling him, sending him emails, and coming to his neighborhood to see him. She is also still using Tom’s last name and their wedding ring. She fulfill her needs by looking at the couple that she named

Jason and Jess, that actually Scott and Megan in real life, every day from the train window. She imagines their life and she wants to be like them because in Rachel's opinion they are perfect couple. When Jess is missing, Rachel tries to help Scott to find her because she holds important information about her. But in looking for Megan, Rachel wants to be with Scott and feel what Megan feels when she is with him. Unfortunately, Scott does not want to be with Rachel because he is simply wants to find her wife. At the end, Rachel fails to fulfill the love from Tom and Scott and later realized that she can fulfill the love and belonging needs from her friend or flat mate, Cathy. As Maslow mentioned that people lives to overcome the feeling of loneliness (Setiawan, 2014), now Rachel does not have to be lonely because she has a friend with her.

C. Conclusion

The *Girl on The Train* is Paula Hawkins's debut novel which was published by Riverhead Books in 2015. This novel tells a story about a woman named Rachel Watson who always looking at a couple in their house from the train window to fulfill her love and belonging needs in the hierarchy of human needs theory by Abraham Maslow. This research uses a qualitative method research with descriptive analysis technique to find out the potrayal of Rachel in finding the love and belonging needs from others.

After analyzing the character in this novel, Rachel Watson is the major character that has some characteristics. She has some noticeable characteristics such as imaginative because she is always imagining other people's life, she is alcoholic because she drinks a lot, and she lies a lot that she can be said as a liar. Her characteristics affects the way she fulfill her needs.

At the first stage until the second stage of hierarchy of needs, Rachel can fulfill her needs without barrier and obstacle. However, Rachel lost her love needs after the divorce because in her opinion, Tom is the one who can protect her. In this moment, Rachel feels lost her love and tries to find out her love. In the stage of love and belonging needs, Rachel, gets the barrier and obstacle in fulfilling his needs, love and belonging.

The first, she tries to fulfill her love needs by looking at Jason or Scott Hipwell through the train window and visiting a psychiatrist named Kamal Abdic. Even though Tom is considered as her guardian, she sometimes feels afraid around Tom. Later she realizes that Tom is often emotionally and physically abusing her. Therefore she decides to kill Tom. However, Rachel's love and belonging needs is fulfilled by asking for attention from her ex-husband, Tom, by calling him and sending him emails. She is still using Tom's last name and their wedding band.

She also tries to have Scott's attention with always being by his side to help Scott when Megan is missing. But unfortunately, Scott does not want to be with Rachel. At the end of the story, Rachel fails to get fulfill the love and belonging needs from Tom and Scott but she realizes that she can get the love from her friend, Cathy, who shows affection towards Rachel. She lets Rachel live in her flat and constantly caring to Rachel. In this novel, Rachel can fulfill Abraham Maslow's hierarchy of needs up until the third stage or love and belongingness needs.

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