

**THE INFLUENCE OF SELF-ESTEEM TO SEXUAL BEHAVIOR  
OF CHRISTIAN GREY AND ANASTASIA STEELE  
IN EL JAMES' *FIFTY SHADES OF GREY***

**THESIS**

**BY  
FIBRY HALLA FANANI  
NIM 0911110035**



**STUDY PROGRAM OF ENGLISH  
DEPARTMENT OF LANGUAGES AND LITERATURE  
FACULTY OF CULTURAL STUDIES  
UNIVERSITAS BRAWIJAYA  
2014**

## ABSTRACT

Fanani, Fibry Halla. 2013. **The Influence of Self-Esteem to Sexual Behavior OF Christian Grey and Anastasia Steele in EL James' *Fifty Shades of Grey***. Study Program of English, Department of Languages and Literature, Faculty of Cultural Studies, Universitas Brawijaya. Supervisor: Dyah Eko Hapsari; Co-supervisor: Ni Wayan Swardhani W.

Keywords: Self-esteem, Sexual Behavior, Social Psychology, *Fifty Shades of Grey*.

The meaning of self-esteem is individual's sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes, or likes him or herself. For instance, it can be described as a favorable or unfavorable attitude toward the self. Self-esteem is founded in the connection of the sense of competence and worthiness and the relationship between the two as one lives life. In the relationship, self-esteem of individuals strongly effects what kind of relationship they might be at. When it comes to sexual encounter, self-esteem difference between both partners can be seen through their sexual behavior. The writer is interested to conduct one main problem, that is how self-esteem influences sexual behavior portrayed in the novel entitled *Fifty Shades of Grey* by EL James.

The writer uses *Fifty Shades of Grey* novel. Since self-esteem has both psychological and sociological dimensions, both are taken into consideration together in conducting research studies. Hence, socio-psychological approach is vividly used in this research to examine the data about what types self-esteem influence sexual behavior portrayed in the novel.

This research reveals that Christian Grey and Anastasia Steele as the main characters in the novel practice dominant-submissive sexual relationship. The writer finds the differences level of self-esteem between Christian Grey and Anastasia Steele. For details, according to the evidences, the writer assumes Christian Grey as the dominant is categorized having higher self-esteem compared to Anastasia Steele as the submissive who is categorized having low self-esteem.

The next researcher can analyze different objects from this research. The next researcher also can enrich the theory about self-esteem by using different theory from this research and can make the limitation about the problem of the study.

## ABSTRAK

Fanani, Fibry Halla. 2013. **Pengaruh Harga Diri terhadap Perilaku Seksual Christian Grey dan Anastasia Steele dalam novel *Fifty Shades of Grey* oleh EL James.** Program Studi Sastra Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing: (1) Dyah Eko Hapsari (2) Ni Wayan Swardhani W.

Kata Kunci: *Self-esteem*, perilaku seksual, psikologi sosial, *Fifty Shades of Grey*.

*Self-esteem* adalah rasa individu atau nilai atau harga, atau sejauh mana seseorang menyetujui, mengapresiasi, menghargai, atau menyukai dirinya sendiri. Singkatnya, *Self-esteem* dapat digambarkan sebagai sikap menguntungkan atau tidak menguntungkan terhadap diri. *Self-esteem* berasal dari koneksi nilai kompetensi dan kelayakan serta hubungan antara keduanya dalam satu kehidupan. Dalam sebuah hubungan, *Self-esteem* seseorang individu sangat berpengaruh pada jenis hubungan yang sedang dia jalani. Ketika mengarah ke hubungan seksual, perbedaan *self-esteem* antara kedua pasangan dapat dilihat melalui perilaku seksual mereka. Penulis tertarik untuk menguji satu masalah utama, yaitu bagaimana *self-esteem* mempengaruhi perilaku seksual dalam novel berjudul *Fifty Shades of Grey* karya EL James.

Penelitian ini menggunakan novel *Fifty Shades of Grey* yang mana merupakan sebuah teks sastra sebagai data utama yang menyediakan kutipan langsung. Karena *self-esteem* memiliki dua aspek yakni psikologi dan sosiologi, keduanya digunakan peneliti guna memecahkan permasalahan dalam penelitian ini. Oleh karena itu, pendekatan psikologi sosial jelas diperlukan untuk mengetahui data-data tentang tipe *self-esteem* yang mempengaruhi perilaku seksual di dalam novel.

Penelitian ini mengungkapkan bahwa Christian Grey dan Anastasia Steele sebagai tokoh utama dalam novel berhubungan seksual secara *dominant-submissive*. Penulis menemukan perbedaan level *self-esteem* antara Christian Grey dan Anastasia Steele. Secara detail, sesuai dengan bukti-bukti, penulis berasumsi bahwa Christian Grey yang berperan sebagai dominan dikategorikan memiliki *self-esteem* yang lebih tinggi dibandingkan dengan Anastasia Steele sebagai 'submissive' yang dikategorikan memiliki *self-esteem* yang lebih rendah.

Peneliti selanjutnya dapat menganalisa objek yang berbeda dari penelitian ini. Para peneliti selanjutnya juga dapat memperkaya teori tentang *self-esteem* dengan menggunakan teori yang berbeda dari penelitian ini seperti *self-esteem* menurut pandangan feminisme dan dapat membuat batasan yang lain tentang masalah penelitian.

## REFERENCES

- Allport, A. (1985). the Historical Background of *Social Psychology*. In G. Lindzey & E. Aronson (Eds.)
- Al-Zyoudi, Mohammed. (2007). Adolescents with Low Vision. *International Journal of Special Education*, 22 (1): 132-136. Gender Differences In Self-Concept Among .
- Aronson, E, T.D. Wilson and M. B. Brewer. (1998). "Experimentation in Social Psychology" *The Handbook of Social Psychology* 1:99-142.
- Baron, Robert A., Byrne, Donn Erwin., Suls, Jerry M. 1989. Exploring social psychology. Boston, Mass: Allyn and Bacon.
- Blank, Hanne. (2008). *Virgin: The Untouched History*. USA: Bloomsbury Publishing.
- Blascovich, J., & Tomaka, J. (1991). Measures of Self-Esteem. In J. P. Robinson, P. R. Shaver, & L. S. Wrightsman (Eds.) *Measures of Personality and Social Psychological Attitudes*, Volume I. San Diego, CA: Academic Press.
- Brekhus, Wayne H. (1996). "Social Marking and the Mental Coloring of Identity: Sexual Identity Construction and Maintenance in the United States. *Sociological Forum* 11(3):497-522.
- Brown, R. (1987). *Analyzing Love*. New York: Cambridge University Press.
- Byrne, B. M., & Shavelson, R. J. (1987). Adolescent Selfconcept: Testing the Assumption of Equivalent Structure Across Gender. *American Educational Research Journal*, 24, 365–385.
- Carpenter, Laura M. (2001). "The Ambiguity of "Having Sex": The Subjective Experience of Virginity Loss in the United States - Statistical Data Included". United States: *The Journal of Sex Research*.
- Cavaness, Rich. (2013). Nine Common Characteristic of High Self-Esteem. Retrieved on August 26, 2013, from <http://www.theroadadventure.org/blog/entry/nine-common-characteristics-of-high-self-esteem>.

- Chirelstein, M., (2001). *Concepts and Case Analysis in the Law of Contracts*. 4th Edn., West Group, Eagan.
- Coopersmith, S. (1981). *the Antecedents of Self-Esteem*. Palo Alto, CA: Consulting Psychologists Press. (Original work published 1967).
- Dempsey, B.J. (2012). *the Many Shades of BDSM: A Safe and Scintillating Entry into the Escalating Pleasure of BDSM*. Adams Media. pp. 54-. ISBN 9781440552533. Retrieved 29 October 2012.
- Downey, J. E. (1929). *Creative imagination*. NY: Harcourt.
- Elliot, Roger. (2013). Top Ten Facts about Low Self-Esteem. Retrieved on November 25, 2013 from <http://www.self-confidence.co.uk/articles/top-ten-facts-about-low-self-esteem/>
- Erikson, Erik H. (1959) *Identity and the Life Cycle*. New York: International Universities Press.
- Firestone, Lisa. (2013). *the Benefits of Talking about Sex*. *Psych Central*. Retrieved in 2013, from [http://www.huffingtonpost.com/lisa-firestone/the-benefits-of-talking-about-sex\\_b\\_4102152.html](http://www.huffingtonpost.com/lisa-firestone/the-benefits-of-talking-about-sex_b_4102152.html).
- Greenberg, J., Solomon, S., Pyszczynski, T., Rosenblatt, A., et al. (1992). Why do people need self-esteem? Converging evidence that self-esteem serves an anxiety-buffering function. *Journal of Personality and Social Psychology*, 63, 913-922.
- Goldman, A.H. (1977). Plain sex, *Philosophy and Public Affairs*, 6, pp. 267-287.
- Hagger, M., Cale, L. and Ashford, B. (1997). Children's physical activity levels and attitudes towards physical activity. *European Physical Education Review*, 3, 144-164.
- Heider, F. (1958). *the Psychology of Interpersonal Relations*. New York: Wiley, 1958. 322 p. Department of Psychology. University of Kansas. Lawrence. KS.
- James, William. (1950). *The Principles of Psychology*. New York: Dover. (Originally published 1890.)
- Kimmel, M. S. (2008). *The gendered society*. New York, NY: Oxford University Press.
- Kwon, Y-H., & Parham, E. S. (1994). Effects of state of fatness perception on weight conscious women's clothing practices. *Clothing and Textiles Research Journal*, 12(4), 16-21.

- Leary, M.R. (1999). Making Sense of Self-Esteem. *Current Directions in Psychological Science* 8 (1) , 32–35.
- Lieberman, J. A., et al. (2008). Science and recovery in schizophrenia. *Psychiatric Services*, 59 (5), 487-496.
- Manson, Mark. (2012). "Does Sex Increase Your Self-Esteem?". Retrieved on September, 2012, from <http://markmanson.net/does-sex-increase-your-self-esteem>.
- Mayo Clinic. (2013). *Adult health*. "Self-esteem check: Too low, too high, or just right?" Retrieved on June 16, 2013, from <http://www.mayoclinic.com/health/self-esteem/MH00128>.
- McGuire, W. J., & McGuire, C. V. (1996). Enhancing self-esteem by directed thinking tasks: Cognitive and affective asymmetries. *Journal of Personality and Social Psychology*, 70, 1117–1125.
- Murray, S.L., Holmes, J., MacDonald, Ellsworth P., (1998). "Through the Looking Glass Darkly? When Self-Doubts Turn Into Relationship Insecurities. *Journal of Personality and Social Psychology*, Vol.75, No.6, 1459-1480.
- Ramesh, A.T. (2006). "Why is Literature Indispensable for Human Life?" Retrieved on December 26, 2006, from <http://www.boloji.com/index.cfm?md=Content&sd=Articles&ArticleID=2442>.
- Reasoner, Robert. (2010). the True Meaning of Self-Esteem. Retrieved in 2010, from <http://www.self-esteem-nase.org/what.php>.
- Reasoner, Robert. (1992). "What's Behind Self-Esteem Programs: Truth or Trickery?" *The School Executive*. April.
- Robins, R. W., Hendin, H. M., & Trzesniewski, K. H. (2001). Measuring global self-esteem: Construct validation of a single item measure and the Rosenberg Self-Esteem scale. *Personality and Social Psychology Bulletin*, 27, 151–161.
- Rosenberg, M. (1965). *Society and the Adolescent Self-Image*. Princeton, NJ: Princeton University Press.
- Ross, L., & Nisbett, R. E. (1991). "the Person and the Situation: Perspectives of Social Psychology." New York: McGraw-Hill.

- Schiraldi, Glenn R. (2009). the Self-Esteem Workbook. ReadHowYouWant.com Lmtd.
- Spiecker, B. (1992). Sexual Education and Morality. *Journal of Moral Education*, 21, pp. 67-76.
- Swann, W. B., Jr., Stein-Seroussi, A. & Giesler, B. (1992). Why people self-verify. *Journal of Personality and Social Psychology*, 62, 392-401.
- Tartakovsky, M. (2012). Signs of Low Self-Esteem. *Psych Central*. Retrieved on November 25, 2013, from <http://psychcentral.com/blog/archives/2012/01/30/signs-of-low-self-esteem/>.
- van Kreveld, David. (1970). A selective review of dominance–subordination relations in animals. *Gen. Psychol. Monograph*. 81, 143–173.
- Williams, D. J. & Storm, L. E. (2012). Unconventional Leisure and Career: Insights into the Work of Professional Dominatrices. *Electronic Journal of Human Sexuality*, 15.
- Worthington, R. L., Savoy, H. B., Dillon, E R., & Vernaglia, E. R. (2002). Heterosexual Identity Development: A Multidimensional Model of Individual and Social Identity. *The Counseling Psychologist*, 30, 496-531.
- Yarnell, Thomas D. (2008). Signs of High Self-Esteem. Retrieved in 2008, from <http://selfhelpsolutions.homestead.com/selfesteem.html>.