

Self-concept and self-actualization in the short story *Shodiqi Adz Dzill*: A review of humanistic psychology

*Konsep diri dan aktualisasi diri dalam cerpen “Shodiqi Adz Dzill” karya Arezo Zaenab:
Tinjauan psikologi humanistik*

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Abstract

This study aims to analyze the self-concept and self-actualization contained in the short story *Shodiqi Adz Dzill* by Arezo Zaenab based on Carl Rogers' humanistic psychology theory. This research uses descriptive qualitative method with Carl Rogers' humanistic psychology theory approach. The data sources in this research are primary data and secondary data. The data collection technique used in this research is reading and writing. From the results of this study, the author found seven data findings which are divided into four components of self-concept, and success in achieving self-actualization, which include: (1) real self, Sarah's attitude that sticks to her perception, (2) ideal self, Sarah tries to accept her mother's views, (3) conditional positive regard, Khadijah accepts Sarah without worrying too much about her behavior, (4) unconditional positive regard, Khadijah accepts Sarah without worrying too much about her behavior, and (5) self-actualization, Sarah overcomes her psychological challenges and reaches her best potential. Based on the results of the above research, it can be concluded that with the acceptance and support of her mother, Sarah managed to overcome these challenges, change her views, by developing to reach her best potential without being afraid of shadows anymore.

Abstrak

Penelitian ini bertujuan untuk menganalisis konsep diri dan aktualisasi diri yang terdapat pada cerpen *Shodiqi Adz Dzill* karya Arezo Zaenab berdasarkan teori psikologi humanistik Carl Rogers. Penelitian ini menggunakan metode kualitatif deskriptif dengan pendekatan teori psikologi humanistik Carl Rogers. Sumber data dalam penelitian ini berupa data primer dan data sekunder. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah baca catat. Teknik analisis data menggunakan Teknik analisis data dari Milles dan Huberman, yaitu reduksi data, Penyajian data, dan penarikan Kesimpulan. Dari hasil penelitian ini, penulis menemukan ada tujuh temuan data yang terbagi menjadi empat komponen konsep diri, dan keberhasilan mencapai aktualisasi diri, yang meliputi: (1) *real self*, sikap Sarah yang tetap berpegang pada persepsinya, (2) *ideal self*, Sarah berusaha menerima pandangan ibunya, (3) *conditional positive regard*, Khadijah menerima Sarah tanpa berlebihan mengkhawatirkan perilakunya, (4) *unconditional positive regard*, Khadijah memberi penghargaan bersyarat kepada Sarah agar ia tidak lagi takut pada bayangan, dan (5) aktualisasi diri, Sarah mengatasi tantangan psikologisnya dan mencapai potensi terbaiknya. Berdasarkan hasil penelitian di atas, maka dapat disimpulkan bahwa dengan adanya penerimaan dan dukungan dari ibunya, Sarah berhasil mengatasi tantangan yang dihadapinya. Sarah mampu mengubah pandangannya dan berkembang hingga mencapai potensi terbaiknya tanpa lagi merasa takut terhadap bayang-bayang dirinya.

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A. Introduction

In the world of literature, the writing model of a work is inseparable from the influence of the internal dimensions of its creator, especially the psychological conditions experienced by writers who play a significant role in shaping the characteristics of the work (Dayyanah et al., 2024). Generally, literary works in the form of prose such as short stories present recreations of scenes and characters that the author describes to describe psychological phenomena experienced by humans in general (Nugroho, 2023). Writers attempt to express various ideas and thoughts through their literary works (Gani & Marizal, 2023). These literary works often feature problems between characters, which become an attraction for readers to analyze the psychological aspects of these characters (Septriani & Mulyasih, 2022). Therefore, literature is closely related to psychological symptoms because literary works describe the character's mental condition and the author's mental reflection, which is reflected in the dialog or expression of the characters created (Azren, 2021).

Psychological symptoms in a person's soul as an effort to achieve personality are an important aspect in understanding literary works that depart from the characters' inner experiences (Dayyanah et al., 2024). These symptoms can be found in one of the short stories rich in psychological phenomena entitled *Shodiqi Adz Dzill*. This short story presents the emotional dynamics and struggles of the character in understanding himself and achieving harmony between his hopes and reality. The short story *Shodiqi Adz Dzill* by Arezo Zeinab tells the story of Sarah, a little girl who feels lonely after losing her father and living only with her mother, Khadijah. One day in the garden, Sarah initially hates her own shadow, but her mother manages to help her get eliminate the hatred. Sarah starts talking to her shadow, which she considers a true friend. Although Khadijah thought the shadow was just an imaginary friend, Sarah became very attached to it. One day, the shadow took Sarah on an adventure to the shadow world. At first, Sarah was enthusiastic, but then she realized that life in the shadow world was very different from what she had imagined (Zaenab, 2023). The psychological phenomenon experienced by the character Sarah reflects the dynamics of a child's psyche in dealing with trauma, loss, and the process of self-discovery. This short story is a relevant object for psychological research because it depicts internal conflicts and personality development.

Humanism theory focuses on individual freedom in choosing and determining the actions to be taken, thus encouraging the tendency to self-actualize, find one's identity, become independent, and be able to take responsibility for oneself (Prajoko & Abrori, 2021). Self-concept includes a person's ability to evaluate the qualities that exist in him based on the various attributes he has. Self-concept can be a perception that individuals have about themselves or perceptions that arise from other people's assessments of them (Rismayanti, 2021). In the process of achieving self-actualization, a person often faces obstacles from the social environment. These obstacles arise due to societal expectations that conflict with individual desires and potential, which can lead to inner conflict or psychological problems (Silviandari & Noor, 2023).

Self-concept, according to Rogers, consists of two parts, namely real self and ideal self. The real self is a person's assessment of himself, while the ideal self is a picture of a person's desired or aspired self. Rogers also asserts that a person's self-confidence is influenced by two types of appreciation, namely unconditional positive regard, and conditional positive regard. Unconditional positive regard is when a person loves himself as he is, with or without conditions or judgments from others. On the other hand, conditional positive regard is when a person gets praise or support only if they meet expectations or do something that others want. This theory shows how important someone's treatment in shaping our self-confidence and self-concept (Kuncoro & Kurniawan, 2024).

Carl Rogers is best known as a figure in humanistic psychology. Rogers' view of humanistic psychology is a reaction to the theoretical approaches of Behaviorism and psychoanalysis. Humanism focuses on various positive aspects that refer to the process of human development. It can be seen from the subjective experiences experienced by each individual (Hidayat & Sentosa, 2024). Rogers also argues that the meaning of a person's personality can be taken from his own life

experiences that he is fully aware of. These experiences give rise to emotional sensations that not only enrich self-understanding but can also increase one's intellectual ability to develop and become a growing person (Laksono & Dia, 2023). According to Carl Rogers, humans reach their peak when they are able to be themselves and become independent individuals. Self-actualization is a person's effort to achieve goals or develop himself while assessing his potential, so that he is able to realize what he wants (Mubiina & Puspitasari, 2023).

Rogers asserted that self-actualization is the main component that drives individuals to develop. Although the drive to achieve self-actualization is innate, the life experiences someone gains can be an important motivation to realize this drive (Wadih & Ammour, 2022). Meanwhile, the inability of individuals to have a clear self-concept often leads to problems such as anxiety, depression, and self-defeating thoughts. This condition can cause a loss of purpose in life and lead to the destruction of one's life (Okore et al., 2021). Self-concept and self-actualization are important to study in a literary work because they can describe the process of character development, inner conflicts, and social interactions that reflect the reality of human life.

Humanist psychology research has been conducted by several researchers before and various literary works have been studied using the Carl Rogers approach. Previous studies using Carl Rogers' humanist psychology approach have been applied in various analyses of literary works. For example, Defghi et al. (2023) and Kuncoro & Kurniawan (2024) examined the imbalance between the real self and ideal self in the main character, which has an impact on the character's self-view and interpersonal relationships. Their findings show that inner conflict often triggers difficulties in building harmonious relationships. Meanwhile, Ramadhani et al. (2024) and Nisa et al. (2024) highlighted aspects of self-actualization in novels, concluding that this process plays an important role in character building and achieving the main character's life goals. The need to realize desires and ideals also affects the psychological development of the character. Meanwhile, the research of Mubiina & Puspitasari (2023) specifically discussed aspects of self-concept and self-actualization and found that the main character in the novel studied was able to achieve self-actualization despite having to face various life challenges. In contrast to these studies, the focus of this study is on the process of forming the self-concept of the main character in the short story, especially the support of the mother figure, in helping the character face inner conflict and achieve full self-acceptance.

Based on the preliminary studies above, this research has similarities and differences with these preliminary studies. The similarity lies in the theme, namely humanistic psychology. Meanwhile, the difference lies in the object of humanistic psychology, namely the short story *Shodiqi Adz Dzill* by Arezo Zaenab. Based on the similarities and differences between this research and the previous studies above, the position of this research is to add to the findings of previous studies in the context of how a person can achieve self-actualization through the process of self-discovery in the self-concept. Previous research only discusses the achievement of self-actualization, without including how the process and impact that supports the realization of actualization, which is none other than influenced by the experiences and conflicts experienced by the characters. Therefore, the author conducts different research by applying literary psychology to the short story *Shodiqi Adz Dzill* by Arezo Zaenab, which discusses the self-concept and the process of achieving self-actualization based on Carl Rogers' theory. This research is novel not only in the material object used, namely *Shodiqi Adz Dzill*, but also in the focus of the study which focuses on the dynamics of the main character's self-concept formation through supportive interpersonal relationships, especially with mother figures, in the perspective of Carl Rogers' humanist psychology.

The reason why the author chose the short story *Shodiqi Adz Dzill* by Arezo Zaenab based on Carl Rogers' humanistic psychology theory is because this short story tells the psychology of children and the influence of parental upbringing, which is relevant to the reality faced by children today, especially in dealing with feelings of loneliness and identity search. In addition, this short story clearly illustrates the process of self-actualization in the main character, where conflicts in the social environment play an important role in the process of self-actualization. The interconnectedness of the short storyline with various psychological aspects played by the

characters makes this short story interesting to study using Carl Rogers' humanistic psychology approach. The short story *Shodiqi Adz Dzill* has never been analyzed using Carl Rogers' theoretical framework, especially regarding the main character's self-concept and self-actualization process. By raising this theme, this research makes a significant contribution to filling the void of existing literature because there has been no previous study that specifically utilizes Carl Rogers' theory to analyze the dynamics of the character's self-development in the short story. *Shodiqi Adz Dzill* by Arezo Zaenab is based on Carl Rogers' humanistic psychology theory. This study examines how the self-concept and self-actualization process are represented in the short story *Shodiqi Adz Dzill* by Arezo Zaenab based on Carl Rogers' humanistic psychology theory.

B. Method

This research used a qualitative descriptive method with a literary psychology approach. It is called qualitative because it analyzes various forms of social conflict through a scientific approach. This research is based on certain concepts and objectives to produce findings that are scientific and in accordance with reality, while still guided by literary theories related to the literary psychology approach (Weathington et al., 2010).

The data sources in this research are primary data and secondary data. The primary data source in this research is a short story entitled *Shodiqi Adz Dzill* by Arezo Zaenab. While secondary data sources are other literature used in research, which includes books, proceedings, web articles, and several journals related to short stories and Carl Rogers' humanistic psychology. The reason for choosing the short story *Shodiqi Ad-Dzil* as the object of research is because this short story shows the character's journey in facing fear, emotional pressure, and self-discovery-themes that are very relevant to the study of humanist psychology, especially the self-concept according to Carl Rogers.

The data collection techniques used in this research are reading and writing. Researchers read the short story *Shodiqi Adz Dzill* by Arezo Zaenab, marked the text content in the short story that contained humanistic psychology, and classified the humanistic psychology found in the short story based on Carl Rogers' perspective. The data analysis technique uses Milles and Huberman's data analysis technique, which consists of three techniques (Algivari & Mustika, 2022), namely (1) data reduction, data that are in accordance with the research topic are taken and those that are not suitable are discarded; (2) presentation of data, is a description or brief explanation of the data that has been obtained by researchers; and (3) drawing conclusions, after processing and presenting data, the next stage in data analysis is drawing conclusions and verifying them, which is the purpose of the problem formulation.

C. Results and Discussion

Shodiqi Adz-Dzil's short story tells the story of a young child named Sarah who suffers from a psychological disorder due to her fear of shadows. Despite facing various conflicts in overcoming the disorder, Sarah finally manages to achieve the best version of herself. This short story is analyzed using Carl Rogers' theory of humanistic psychology, which classifies Sarah's psychological journey into self-concept (real self and ideal self), unconditional positive regard and conditional positive regard and the process of self-actualization. This analysis shows how acceptance, changes in perception, and environmental support play a role in Sarah's psychological development until she reaches a balance within herself.

1. Self-concept

Rogers stated that self-concept is a person's view of himself, including how he judges whether he is valuable or not. Self-concept includes various aspects of a person, such as emotions, character, and the relationships that exist between one individual and another. Thus, self-concept not only

reflects an individual's perception of himself but also affects how he interacts and establishes relationships with other people in his environment (Wahyuni & Ambarwati, 2023).

a. Real Self

Data 1

إنه صديقي ظلّ.. لم أستطع النوم فاستدعيت له ليحدثني
استمعي إلي جيداً يا ابنتي... لا يوجد ظلال تستطيع الحديث أن تتوهمين فقط
هذا ليس صحيح.. صديقي ظل يستطيع الحديث وهو يلعب معي طوال اليوم

Translate:

He is my friend. I couldn't sleep, so I called him to talk to me.

Listen to me carefully, my daughter... There are no talking shadows, only your illusions.

This is not true. My friend can still talk while playing with me all day long (Zaenab, 2023, p. 10).

Sarah tried to explain to her mother that she couldn't sleep, so she invited her friend, who was none other than her shadow, to talk to her. The shadow that Sarah considers a friend can be interpreted symbolically as a representation of the subconscious or collective unconscious. The presence of the shadow serves as a form of escape or emotional compensation that helps Sarah overcome her inner alienation after being abandoned by her father. Khadijah tried to convince Sarah that she was just hallucinating, but Sarah contradicted her mother. Sarah felt that her shadow could always talk and play with her throughout the day, so she did not believe her mother's explanation.

In Data 1, there is a form of real self-reflection in Sarah's attitude, which shows her view of herself and her world. Although the shadow is not objective reality, Sarah still clings to her perception. This finding aligns with research conducted by Rose Agyei and Vida Ofosu-Brakoh (2022), which states that the real self is the maturation of the ego or personality that allows individuals to accept themselves as they are. This process provides space for individuals to acknowledge mortality in themselves, thus creating an opportunity for the true self to reveal itself (Agyei & Brakoh, 2022). Sarah openly showed what she felt and how she understood herself in the context of her personal experience.

Data 2

أبداً... أذكر أنني كنت ألعب مع الظلال ثم فجأة أحاطتني النيران، ناديتك فلم تسمعي... أنا متأكدة أن الظلال هي
من أنقذتني

Translate:

I remember when I was playing with shadows and suddenly fire surrounded me. I called out to you, and you didn't hear me... I'm sure it was the shadow that saved me (Zaenab, 2023, p. 6).

After the fire that hit Sarah and her mother's house, Khadijah asked Sarah about what she felt and experienced during the incident. Khadijah was very worried about her daughter's condition. Sarah then recounted her last memory before the incident. She recalled being surrounded by raging flames, and despite trying to call out to her mother, it seemed that she did not hear. With full confidence, Sarah stated that the one who saved her at that time was not her mother but the shadow

that had been her friend. This shows that Sarah is trying to fill the emotional void of feeling lonely after being abandoned by her father by creating an imaginary figure who is always present for her.

Data 2 can be categorized as a real self because it describes Sarah's real experience in her mind, even though it does not correspond to objective reality (Anis, Farhah, Nugraha, Malik, & Abdullah, 2024). Her understanding of the shadow that saved her reflects how Sarah sees and feels the world based on her own experience, which is part of the real self in her internal and subjective context. This finding is supported by the research of Kuncoro & Kurniawan (2024), who explained that the real self is a person's perception of himself that is formed based on his experiences and views (Kuncoro & Kurniawan, 2024). Different from this view, research by Hariyono & Arviani (2024) shows that the difference between self and objective reality often occurs in the context of virtual reality. Under these conditions, individuals can reshape themselves into a self-created self, which is separate from reality (Hariyono & Arviani, 2024).

Self-concept according to Rogers' view is how a person can assess himself, both in terms of nature, behavior, personality abilities and everything related to himself. Rogers asserts that someone who cannot understand himself tends to have an unstable life and has difficulty positioning himself in various situations. This condition occurs because the individual is unable to adjust himself to what he likes or wants so his life becomes undirected (Defghi et al., 2023). So, this research is in line with the findings in data 2, which expresses Sarah's feelings when she experienced the fire. Sarah clearly tells what she feels. That the one who saved her was her own shadow, not her mother.

b. Ideal Self

Data 3

ولكن أمي قالت أن الظل هو صورة لشيء يحجب الضوء

Translate:

But my mom said that a shadow is an image of something that blocks light (Zaenab, 2023, p. 8).

The quote in Data 3 shows the beginning of the conflict between the real self and the ideal self in Sarah. Previously, Sarah believed that her shadow was a true friend with whom she could talk and play (real self). However, in this interaction, she begins to question the veracity of her belief after remembering her mother's more rational explanation that shadows are simply the effect of objects blocking light. This is where the tension between Sarah's personal beliefs, which are emotional and subjective, and her mother's view, which is more logical and objective, occurs. This change marks Sarah's first step towards her ideal self, the self-image she wants to achieve based on external values (in this case, her mother's understanding). Sarah begins to consider this view, although she has not fully accepted it, thus showing an internal conflict that reflects the shift from the real self to the ideal self. Carl Rogers' theory corroborates that a mismatch between the real self and the ideal self can trigger psychological tension that encourages self-change (Mishra, 2020).

Data 4

حاولت أن تمسح عنها اللون البغيز، ولكن شيئاً لم يتغير

Translate:

She tried to remove the color of hatred from her, but nothing changed! (Zaenab, 2023, p. 14).

In Data 4, the conflict between the real self and the ideal self is more clearly illustrated. Sarah realizes that she has undergone an undesirable change the "hateful color" attached to her

symbolizes an aspect of the real self that she is now beginning to reject. The shadow, which was previously considered a part of her, is now a source of threat, even implying a full transformation into darkness. Sarah's resistance to this change suggests that she is beginning to form an ideal self that is free from hatred and darkness, and closer to the values of love and acceptance that she might associate with her mother. She struggles to return to her original state, even though, symbolically and emotionally, she is in a trapped state.

Thus, Sarah's struggle to "erase the color of hate" becomes a tangible manifestation of the internal conflict between who she currently is (the wounded and confused real self) and who she wants to be (the peaceful and accepted ideal self). This is in line with the findings of Satti et al. (2021), which states that the ideal self is the image of self that individuals want, often born from a mismatch with their actual condition (Satti, Ali, & Mahrukh, 2021).

c. Unconditional Positive Regard

Data 5

لم تعر خديجة الأمر أية أهمية، فهو مجرد لعبة أطفال في نظرها

Translate:

Khadijah didn't take the matter seriously, because she thought it was just child's play (Zaenab, 2023, p. 8).

Khadijah initially didn't take her daughter's behavior seriously as she considered the shadow to be her friend. According to Khadijah, this was something that naturally happened to children Sarah's age, given their active imaginations. However, as time went on, Khadijah began to realize that this situation was not as simple as she thought. Sarah was increasingly showing signs of strangeness by isolating herself from those around her and constantly talking to shadows that she thought were friends. This began to cause Khadijah to deeply concerned about her daughter's social and emotional development.

Data 5 tells of Khadijah's attitude of not making too much of what happened to her daughter. Khadijah considers it a common thing that happens to children. In her view, Sarah's fear or concern about shadows is just part of a normal childhood imagination. So that, the response given by Khadijah to Sarah can be classified as unconditional positive regard because Khadijah does not feel that it is not worth worrying about excessively, considering that children often have unique ways of expressing feelings. This is in line with the theory put forward by Rogers, which states that unconditional positive regard is a response given to individuals to others as they are, without conditions (Kumari, 2024). Khadijah's response provides full acceptance, without criticism or rebuttal to the events that befell her daughter, Sarah. According to Rogers, self-concept is an inner awareness that arises when a person is able to position himself as himself, not imitate or become someone else (Sari et al., 2025).

However, it is important to note that Khadijah's acceptance was temporary. Over time, as Sarah's behavior develops into something more concerning such as social isolation and excessive emotional attachment to her shadow, Khadijah begins to show concern. This change in attitude indicates that Khadijah's unconditional positive regard does not last consistently throughout the narrative, but rather only appears as an initial response to a situation that she considers normal.

d. Conditional Positive Regard

Data 6

أهلاً وسهلاً بك يا سارة في مسرحنا المتواضع للظلال

Translate:

Welcome, Sarah, to our simple stage for shadows (Zaenab, 2023, p. 5).

To help Sarah understand that shadows are just a natural phenomenon produced when light is blocked by an object, Khadijah gave a simple explanation. She took Sarah to her house and showed her a small performance with moving shadows made in a simple theater. In the show, Khadijah showed various small figures created from the shadows. Sarah seemed very happy with the show. Khadijah hoped that through this experience, Sarah would understand that shadows are not something scary or disgusting but reflections of shapes produced by light. The attention Khadijah gives to Sarah is conditional because it is accompanied by the hope that Sarah will change her views on shadows. Unlike the previous acceptance, which was more permissive, this affection aims to encourage changes in her child's behavior through the medium of shadow theater.

In data 6 above, it can be seen that Khadijah gives attention and acceptance to Sarah with a specific purpose, which is to help Sarah change her view of shadows. This data shows that Sarah receives conditional positive regard from her mother, Khadijah, so that Sarah no longer feels afraid or perceives the shadow as something scary. This finding is in line with Carl Rogers' theory cited in research (Giovando & Handayani, 2023), stating that conditional positive regard occurs when a person feels liked, loved and cared for by others. Conditional positive regard becomes a requirement for Sarah not to feel afraid of shadows again, through the efforts shown by Khadijah by performing simple shadow theater. Rogers described personality theory as the idea of self or self-concept. "self" is a humanistic expression to describe an individual. The "self" is an inner personality shaped by one's experiences and others' perceptions of those experiences. Childhood experiences and the involvement of others are two major influences on a person's self-concept (Wulandari & Samanik, 2022).

2. Self-actualization

Self-actualization does not come out of nowhere. This process is born when a person is able to get past his past and still try to focus on what is happening in the present and organize the future, not fixated on what has happened before. Self-actualization is a process in which a person tries to develop their psychological potential and is able to survive various difficult times, both from within themselves and due to conflicts with others (Nisa et al., 2024). Every individual has the potential to develop themselves. Becoming a better person does not always have to start from mistakes or negative things that have been done, but rather how a person utilizes the time he has to continue trying to improve and position himself in a better state than before. Individuals who dare to hold responsibility, work hard, be fair, and carry out tasks earnestly are included in part of the self-actualization process (Umah, 2023).

Data 7

هذا مجرد كابوس، لا بد أن أمي محقة وأن كل ما عشته مجرد أوهام، أمي لا تكذب أبدا

Translate:

It's just a nightmare, my mom must be right, and everything I'm experiencing is just an illusion. My mom never lies (Zaenab, 2023, p. 15).

In data 7, Sarah shows a deep process of self-reflection after experiencing a series of events in the shadow world. Sarah's journey does not immediately lead her to self-actualization but begins with confusion, fear, and high emotional attachment to her mother. After various attempts to return to the real world are rejected by her shadow, Sarah experiences inner turmoil and finally begins to believe her mother's words, that all of this is just an illusion. Her realization to return home marked an emotional turning point for her. When Sarah finally woke up in the hospital and learned that her mother had died to save her, she did not fall into despair but accepted the fact with emotional maturity. This shows that Sarah's self-actualization process involves stages of an identity crisis, denial of reality, search for meaning, and finally, acceptance. This journey was also greatly influenced by the emotional bond with her mother, who became the main source of strength for Sarah in overcoming the psychological challenges she faced. Thus, the relationship between mother and daughter not only acts as an emotional setting, but also as a significant social factor in encouraging the process of self-actualization.

Data 7 illustrates the existence of self-actualization in Sarah. Sarah managed to overcome various obstacles that occurred in her life and accepted her future better. She was able to overcome the psychological challenges she experienced, including considering the shadow as her friend, until finally she developed and reached her best potential. This finding is in line with research conducted by Joodaki & Moradi (2021), which states that self-actualization is the core of human nature which naturally has the urge to grow, develop, and achieve ideal self-harmony (Joodaki & Moradi, 2021).

Sarah's belief in herself becomes her effort to be herself in accordance with her potential and how she can understand herself based on various experiences that have been experienced (Chandra & Tiana, 2023). In his book, *Psychology of Growth: A Model of Healthy Personality*, Rogers asserts that every individual experience various events during the life process. Life is not always decorated with happiness, but it is also not always filled with sadness. It is not always at the top, but also not always at the bottom. Life can be likened to a wheel that keeps turning, never stopping at one state. However, it is this process that encourages humans to continue to survive and accept the reality of life, which is sometimes pleasant but at other times also painful. Rogers also added that basically every human being is a healthy being. Being healthy in this context, means that humans are in a normal phase of life. The various problems that occur in human life are only part of natural deviations (Ramadhani et al., 2024).

D. Conclusion

The analysis of humanistic psychology in the short story *Shodiqi Adz Dzill* by Arezo Zaenab found a self-concept and success in achieving the self-actualization process of the main character in the short story. real self is seen in Sarah's attitude that still adheres to her perception that the shadow is her friend and has saved her during the fire. The ideal self is seen in Sarah's efforts to accept her mother's more rational views and find ways to get out of the experience that she feels is unnatural. In the context of unconditional positive regard, Khadijah shows unconditional acceptance of Sarah, by not worrying too much about her daughter's behavior. Meanwhile, in conditional positive regard, Khadijah gives conditional appreciation to Sarah to help her change her view of the shadow so that she is not afraid of it. Finally, Sarah achieves self-actualization by overcoming the psychological challenges she experiences, including considering the shadow as her friend, until she finally develops and reaches her best potential. Sarah does not immediately achieve self-actualization but goes through a process of stages of identity crisis, denial of reality, search for meaning, and finally acceptance. This journey begins with confusion about reality and emotional attachment to her own shadow and her mother. Finally, Sarah managed to achieve the self-actualization process when she was able to make peace with herself and grow into a psychologically stronger person. This process confirms that self-actualization does not happen instantly. However, it is the result of a long inner journey and deep emotional experience, as well as positive social support from her mother.

Suggestions for future researchers include developing further studies while still focusing on the characters' psychological aspects, such as deeper exploration of self-defense mechanisms, identity formation processes, or emotional dynamics experienced by the characters. Further research can also use other psychological approaches, such as psychoanalysis or developmental psychology, which are still closely related to the themes and main problems in the short story.

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