



Love Elements In The “His Sunrise My Sunset” Novel By Jan Hurst (2016): Psychological Approach

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Abstract. *This study looks at the elements of love as they are presented in Jan Hurst’s novel “His Sunrise, My Sunset.” This descriptive qualitative research follows the romance that Jan Hurst had with her husband, whom she had known since they were teenagers. After that, they were blessed with two children and eventually got married, but ultimately, death kept them apart. The researcher used library research techniques on books and journal articles that were pertinent to the theory and the primary data source, which is the novel, in order to obtain information for the study. In addition, the researcher employed descriptive qualitative methodologies to analyze the gathered data. Every piece of data that was collected was examined using Erich Fromm’s 1956 theory. According to Fromm’s idea, “The Art of Loving,” love is an active force that needs knowledge and practice to be maintained. According to Fromm, four elements need to be developed in order to sustain the love you wish to cultivate: care, responsibility, respect, and knowledge. Love is nothing more than an empty emotion that will eventually pass away without these four elements. The study’s findings clearly demonstrate that the foundation of the love shared by the primary characters, Jan Hurst and her husband Steve Hurst, is care, responsibility, respect, and knowledge. In the end, words, sentences, and paragraphs are used to narratively explain each of the study’s findings.*

Keywords: *English Literature, psychological approach, Literary analysis.*

1. INTRODUCTION

Literary works are art in the form of writing that contains the beauty of meaning in every process of writing. Literary work is an art form that conveys messages with artistic value via the use of words (Wellek & Warren, 1956). Literary works are written by authors as a medium to convey ideas, thoughts, criticisms, advice, and moral messages for the improvement of future life. All these good intentions that are poured into writing are obtained by the author from the results of his imagination, life experiences, and his own feelings as a social being. Every reader who enjoys literary works is sure to be able to take lessons that can be implemented in everyday life. Various kinds of literary works, ranging from drama, poetry, and novels, can be enjoyed as beautiful art. One part of literary works that can be used as a reference in an effort to understand literary works more deeply is the novel.

A novel is a form of literary work that is usually quite long, covers a comprehensive story, and has several chapters in it. Just like literary works in general, novels can be used as a means of entertainment, education, and criticism, and as a reflection of social and cultural elements in society. In a novel, one of the interesting parts to discuss is character. Character is a very crucial component in creating a story in a novel. According to Nurgiyantoro (2018), the characters found in a story can be identified through their

appearance, which in the end can describe their role in a story and provide an explanation of what phenomena occur in a story. The story contained in the novel can be either fiction or non-fiction, or even a combination of the two, namely a semi-fiction novel. A semi-fiction novel is a literary work that is taken from a true story, but when written in novel form, there are several additions and modifications to fictional elements in it. This fiction can be in the form of characters, places, or plot. On the other hand, the story in a novel can be taken from a true story from the author himself. An example of a novel that is taken from the true story of its author is the novel entitled “His Sunrise My Sunset” by Jan Hurst.

Jan Hurst is a writer who initially started her career in the business field. Jan Hurst is a child of a soldier. Raised in a military family, fate brought her to marry a soldier too, Steve Hurst. Steve Hurst is a husband whom Jan loves and cares for very much. Steve Hurst and Jan Hurst have been married for forty-four years and have been blessed with two daughters. Jan Hurst herself is a Christian who is devout to God and always does all the words of God that she believes in. The death of her husband, Steve Hurst, due to an accident, shook her life drastically. It is God’s love that she received that made her survive in every journey of life that she went through. The love story of her and her husband, Steve Hurst, she poured into this novel. This novel examines Jan Hurst’s psychological approach as an author who wrote the journey of their love story from the beginning until death do them part (Hurst, 2016).

The psychological approach itself in the discipline of literature is an aspect that studies the psychology of the author through the characters he creates. This psychological aspect can be in the form of motivation, behavior, inner experience, and habits that are reflected in the story. Freud, in his understanding of psychoanalysis, explained that literary works written by the author describe the psychological aspects that the author himself has gone through, felt, and experienced, which are then poured into writing (Guerin et al., 2011). Love can also be said to be a motivating element for someone to do something, and this can be reflected by the author through the character he describes (Maslow, 1987). Love ultimately becomes something that will never be separated from the psychological aspect of a human being in the human life journey.

Love as the main foundation of human life is also often studied by several experts in the history of human civilization. One of the experts who put forward his views related to love is Erich Seligmann Fromm. Fromm was born in Germany on March 23, 1900. He is a psychoanalyst, humanistic philosopher, social psychologist, and sociologist who has long been involved in the world of psychology. He once issued a theory that shook the world

regarding his views on love. In his book, he theorized that love is actually an art that must be practiced in everyday life. Without repeated practice, it will be difficult for humans to master love. Fromm believes that because love is an art, like all other arts, playing music, drawing, singing, etc., it must be studied and practiced so that humans are able to use love well (Erich, 1956). In the end, love as an element of psychology can be studied in literary works as an effort to understand the psychological aspects of a writer. This research examines the aspects of love in its application and is studied through the main characters, Jan Hurst and Steve Hurst, in the novel “His Sunrise My Sunset” by Jan Hurst, which resulted in research entitled “Love Elements in The His Sunrise My Sunset Novel by Jan Hurst (2016): Psychological Approach.”

2. LITERATURE REVIEW

A literature review provides an overview of the theoretical basis that the researcher employed when carrying out his investigation.

A. Psychological Approach

Psychological approach in literature is an interdisciplinary science that combines literary analysis with psychology. In its scientific discipline, literary psychology seeks to study, find out, and explore the psychological elements of the author that have an impact on social life when he creates a literary work. One of the leading experts who studied psychological approaches in literary works is Sigmund Freud. Freud introduced the world to his psychological concept, which gave birth to the terms of id, ego, and superego. Id is based on feelings to seek pleasure alone without regard to morality. Ego as a mediator rather than id, which adheres to aspects of reality. While the superego refers to things that tell humans the moral boundaries and norms adopted by society (Guerin et al., 2011). All three are interconnected with each other.

Freud, in his psychological understanding, also mentioned that the development of psychology in humans is supported by the aspect of love experienced. Love, in his view, is a complex thing that involves interpersonal relationships and emotional needs within the individual. Love is also seen as a representation of the id, ego, and superego that he proposed. The id, which is a sexual urge as a human need, is faced with the superego, which can be an obstacle to morals and norms in society, and it is mediated by the ego as a medium of channeling through healthy relationships that are ultimately acceptable to society. Love, as part of the hierarchy of human needs, ultimately serves as the psychological foundation for human behavior (McLeod, 2007). Love has been a

necessity for us even from the moment of our birth. It is the emotion of love that rescues us when the umbilical cord is severed from our body. This imperative need, which connects us with other living beings. (Fromm & Anderson, 2017).

B. The Art of Loving

The definition of love said by a philosopher named Erich Fromm is unique. He stated that love is an art that is more than just an emotion; it is an art that demands active, actual action and full consciousness to produce and maintain. It takes knowledge and effort. To master an art, we must first understand the theory and then apply it in order to master the art as a whole. Just like most other arts, like the skill to play music, sing, paint, write, etc., it takes repeated practice to master it. According to him, love is not a passive feeling, namely wanting to be loved by someone, but an active, productive action. Productive here means an ability or effort that must be honed and learned to create that feeling of love. As a result, this is more than just accepting the emotion of love; it is also about creating, producing, and maintaining that love. It focuses on loving rather than being loved (Fromm, 1956).

The research of Erich Fromm's approach in his theory of the art of loving has also been the subject of a number of literary analyses previously. Among these is a study headed by Sandy et al. (2022) entitled "Psychology of Character in Mu'tamar Al-Hub's short story 'In a Love Banquet' by Taufiq Al-Hakim." Fromm's idea of love is also covered in another study by Wei (2022) named "Sing, Unburied, Sing: The Dual Lack and Pursuit of Love and Identity among Black People." In the mission of creating and sustaining the love, a strong element base is needed to maintain it. There are four fundamental elements that must be understood and implemented. These four parts must be understood and interconnected in order to assist the development of a strong root and foundation for love. The elements are care, responsibility, respect, and knowledge (Fromm, 1956).

C. Love Elements

Fromm, in his psychological approach to love, says that love that is practiced has four constituent elements, among which are care, responsibility, respect, and knowledge (Fromm, 1956).

D. Care

Care is the energy we spread to show concern for something that we love (Fromm, 1956). Loving someone entails closely monitoring, observing, and examining our partner's habits and behaviors in order to develop sensitivity and understanding for

one another. Caring for someone you love is built on affection and a willingness to make sacrifices for the sake of love.

E. Responsibility

Being responsible means responding to the needs of those we care about (Fromm, 1956). Love does not come without consequences. Love is more than just a sense of liking; it is about the considerations that must be made before deciding to love someone. Someone who dares to love must be prepared and fully responsible for the risks of love, such as how it can burden a person's inner condition, deplete mental and physical health, produce anxiety, or cause longing.

F. Respect

Respect is strongly related to embracing all of a partner's flaws and advantages, recognizing and being appreciative of every effort made by the partner, and understanding that each individual is unique, exceptional, and special (Fromm, 1956). The goal of respect in this context is the realization of love, which leads to a person's ability to respect himself first before respecting others. Therefore, there will be no judgment between partners because they are both conscious of their own uniqueness.

G. Knowledge

Acquiring knowledge entails learning about our loved ones (Fromm, 1956). It is imperative that we ensure the love we possess is not blind love. We need to know our partner's character, background, family, childhood, and education, as well as their strengths and flaws and how to overcome them. We also need a compelling reason for loving them. Knowledge also means learning more about ourselves before deciding to love someone else.

3. METHODS

This research is a type of qualitative descriptive research that focuses on understanding certain phenomena that occur in an event (Creswell, 2014). This study used library research as an effort to collect information through books, journal articles, scientific reports, and other written sources to support a study. The object of this research used the novel "His Sunrise My Sunset" by Jan Hurst as the main data source and journal articles and theory books as secondary data. The way the researcher displays the research analysis uses a qualitative design approach based on Creswell (2014). The data gathering method was carried out in various stages. It began with reading carefully the novel "His Sunrise My Sunset," written by Jan Hurst, with a total of 124 pages. The second step was that the

researcher marked all quotes related to the theory used. This highlight was useful for making it easier for researchers to group their data.

The third step was to make notes taken from the novel and related to the theory used. The fourth step was reducing data, which aimed to choose the best data that can represent the research results optimally. The last step was to present the data in accordance with the theory of the art of loving used. The method in analyzing the data was analyzing the intrinsic elements in the novel first, such as character, theme, setting, point of view, and plot, then continuing by analyzing the extrinsic elements in the form of the author's psychological motivation in creating his literary work. After all was done, the results of the study were written descriptively through the use of words, sentences, and paragraphs.

4. RESULTS

This section contains the discussion and results of the analysis of the data conducted by the researcher.

A. Care

Care is the energy we spread to show concern for something that we love. Caring for someone you love is built on affection and a willingness to make sacrifices for the sake of love (Fromm 1956). The representation of the care element in the novel can be analyzed through the quote below.

“He opened my car door and handed me a card. The card declared his continue love after so many years. What a romantic morning this was”. (Hurst, 2016, p. 11)

The quote above depicts Steve's care on Jan. They had just spent time together in Bowling Green, Kentucky, and were about to continue their journey to Indiana when they arrived at a resort. Steve unlocked the car door for Jan and promptly handed her a note expressing his affection for her because he planned to renew their wedding vows for the fourth time. Jan stated that women indeed crave attention from their partners, which they often did not receive. Not receiving attention from a partner has been found to induce jealousy (Lantagne & Furman, 2017). The researcher found it clearly portrays the representation of the care done by Steve to Jan.

As part of their relationship, Jan also represents caring. The quotation that follows can be used to analyze this.

“At the time, I did not question that I would somehow learn what to do and find a way to take care of him. Somehow we would make this work. I was raised that way. I wanted to care for him”. (Hurst, 2016, p. 21)

The representation in the second data set above demonstrates Jan’s care for Steve. Steve was unable to move his limbs after the accident due to nerve damage throughout his body. He had quadriplegia, which was the complete loss of muscle control in his arms and legs. Jan’s caring for Steve required a great deal of sacrifice and patience. Jan was raised by her parents’ affection, which she now shares with her spouse. Selfless and genuine love. The parental care we experienced from our parents when we were children affects the care we demonstrate in romantic relationships (Julal & Carnelley, 2012). Based on the quote, the researcher comprehends that it surely demonstrates her concern for her husband.

B. Responsibility

Meeting the needs of people we care about is a sign of responsibility (Fromm, 1956). The following quotation illustrates the responsibility of the two main characters in this novel.

“We didn’t buy beyond our means. Yes, we spent money on cars, but we didn’t drink or smoke or gamble or spend on other money burning activities”. (Hurst, 2016, p. 15)

The representation of the data above shows the form of responsibility for love practiced by the main characters. Love is not only about two people, but deeper than that, love involves many aspects of life. It must be admitted, love without needs that must be met is just nonsense. Jan and her husband had two daughters whom they had cared for since childhood, and then they worked hard in managing their finances to meet their daily needs, learned to save, and not lived wastefully. According to research, being responsible for addressing financial necessities has an impact on couples’ marital satisfaction (Kerkmann et al., 2000).

As Fromm said, love requires consequences. These consequences are part of the responsibility that must be carried out (Fromm, 1956). A review of the two main characters’ responsibilities may also be found in different quotes in the novel.

“Steve and I were both eager to help any way we could. Family was important to us.” (Hurst, 2016, p.44)

The main character came to understand that the love they share was not just between them but also involved a large number of other individuals. The main character did a good job of committing to the consequences of their love. The aforementioned quotation makes it clear for the researcher that they also have a big responsibility for their family. Along with a big family on each side, the main characters had two daughters. They did not just respond to their needs but to their family too as part of their relationship’s responsibility. Jan and Steve’s family was also a devout religious family. Their responsibility in raising their children was also developed in terms of religiosity. The role of parents is very crucial in the development of religiosity for the next generation (Myers, 1996).

C. Respect

Respect is closely linked to accepting a partner's shortcomings and strengths, acknowledging and valuing their efforts, and realizing that every person is special, remarkable, and unique (From 1956). In their marriage relationship, Jan and Steve respect each other. The respect they build is used as a foundation in the development of their love. The reflection of respect can be explored through the quotes below.

“We started our journey together with absolutely nothing but our mutual love, a willingness to work hard, and a desire to support each other “. (Hurst, 2016, p. 61)

The first piece of data shows Jan’s level of respect for Steve. Steve is an air force member whose work involves a lot of risk. Jan learnt a lot to support her husband, who made his own life decisions, moving away from his family and risking his life for the country. Steve feels at home in the military, where he can dedicate himself. Jan’s acceptance of Steve’s challenging life choices demonstrates her deep respect for her husband. Respect is extremely crucial in a relationship, especially when the pair is married. Respect improves relationship satisfaction and commitment among partners (Hendrick & Hendrick, 2006).

Respect is an essential element that must be achieved in building a relationship (Fromm, 1956). Another representation of respect can be reviewed through different quotation data in the novel.

“I love Steve. We both knew we found the love of our life in each other. We were able to accept each other as our imperfect selves “. p.111

The second set of data above shows clear proof of couples' mutual respect. Steve and Jan, who were still young at the time, accepted each other despite their imperfections. Financial needs, which were insignificant because they were both still establishing their own careers, and hurdles from their extended families did not derail their love story, which ultimately opted to stay together with all each other's flaws. They respected each other, but beyond that, they respected themselves first. Self-respect is not only vital for developing good behavior, but it may also directly and indirectly contribute to a much healthier relationship between couples (Kumashiro et al., 2002).

D. Knowledge

Knowing someone that we love takes knowledge in order to understand him or her better for the sake of a better relationship (Fromm, 1956). Love is not just about love. Knowledge of the person you love is a must in loving. This aspect of knowledge can be further analyzed through the quote below.

“Steve was fairly quiet unless you mentioned cars, The Air Force, or his girls. He was an easy going, rather modest kind of guy, who appreciated his family but didn't talk a lot”. (Hurst, 2016, p. 12)

In the first data point above, Jan stated that Steve is a kind man who was easy to get along with, rarely talked, and valued his family. Jan did not love Steve without a reason. As Fromm emphasized, we must know our partner before having a relationship with him (Fromm, 1956). Jan is aware of Steve's character pretty well. Understanding our partner's personality can significantly boost our relationship satisfaction (Habenicht & Schutte, 2023).

Jan really understands the effects of her relationship. This really represents the knowledge she has. Another reflection of knowledge can be analyzed through the relationship between Jan and Steve. This can be found in the quote below.

“I suppose many of us find it hard to admit that marriage includes the whole family, not just the spouse.” (Hurst, 2016, p.39)

Couples need to understand that there will be numerous facets to the relationship they develop. The effect of love created by a man and a woman in marriage extends beyond just two people; it also involves other people. Jan Hurst also came to this realization. The researcher realized Jan knew that marriage involved not just a partner but also the entire family, which was an element that cannot be separated. It shows her knowledge towards her loving relationship. There are many things to consider before getting married. Premarital counseling is one part of the consideration that can be done by couples in order to create a good family in the future (Moodi et al., 2013). This endeavor contributes to the depiction of knowledge, which is crucial in a romantic partnership.

5. CONCLUSION

The main character's love story between Jan Hurst and her husband leads to several conclusions. This research is descriptive qualitative and uses the library research method to accomplish the research. The novel, written by Jan Hurst and based on her own personal experience, is a true representation of the love advocated by Erich Fromm, who said that love is an art that requires real action and practice in order to be created and maintained. The results of the research show that both characters put into the four fundamental elements of their love. Being considerate of one another and honoring one another as fellow God-created humans as well as a cherished couple. Having an understanding of love that extends beyond romantic sensations, it also involves sharing responsibility for one another, looking out for one another, and contributing to the mutual growth as a couple. Not only is this demonstrated between the primary characters, but it's also displayed to their kids and other family members. The fundamental pillars of care, responsibility, respect, and knowledge allow the resulting love to grow, endure, and not be weakened over time.

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