

**SELF-EFFICACY DEVELOPMENT OF NORA SEED IN *THE
MIDNIGHT LIBRARY* BY MATT HAIG**

THESIS



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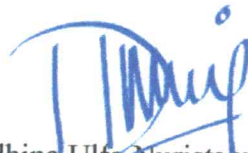
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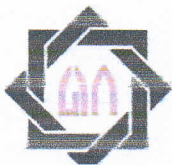


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ABSTRACT

Sabrina, I. Z. (2022). *Self-Efficacy Development of Nora Seed in The Midnight Library by Matt Haig*. English Department. Islamic State University of Sunan Ampel Surabaya. Advisor: Ramadhina Ulfa Nuristama, M.A.

Keywords: Self-efficacy, behavior, The Midnight Library

This study aims to examine the development of Nora Seed's self-efficacy in the novel *The Midnight Library* by Matt Haig. The novel tells the journey of a 35-year-old woman named Nora Seed, who is in a world between life and death. This study focuses on demonstrating the increased self-efficacy of Nora Seed. Therefore, this study concentrates on two main research questions; (1) how is Nora Seed's behavior before her self-efficacy development portrayed in the novel, and (2) how is Nora Seed's behaviors after her self-efficacy development portrayed in the novel?

This study uses a qualitative method. The use of description as the primary means to clarify the explanation of the analysis is also used in this study. Data was collected by reading the novel first, at least until the researcher got a mature understanding of the story, which in turn would start selecting and sorting the data to strengthen the analysis process later. The concept of self-efficacy is also applied in the analysis of this research, especially to the behaviors of Nora Seed before and after her self-efficacy development. New criticism that involves characters and characterizations is also applied as a theory to analyze the data. The researcher found descriptions of the behaviors of Nora Seed before and after her self-efficacy develop through narratives or details in *The Midnight Library*.

The conclusion of this study reveals two significant changes in Nora Seed's behavior caused by the development of her self-efficacy. The researcher also found four primary sources of self-efficacy that influence the development of Nora Seed in the novel *The Midnight Library*. However, only three of the four sources felt that they were more encouraging for Nora Seed to make changes and developments. Two out of three sources lead to a significant effect on Nora's self-efficacy development. Nora Seed experienced a significant increase in self-efficacy after experiencing various experiences in the library at night. At first, Nora tends to approach a problem with desperation. However, over time, especially after experiencing the various experiences of life in the library late at night, Nora's way of making decisions and attitudes gradually changed.

ABSTRAK

Sabrina, I. Z. (2022). *Perkembangan Efikasi Diri Nora Seed pada The Midnight Library Karya Matt Haig*. UIN Sunan Ampel Surabaya. Dosen Pembimbing: Ramadhina Ulfa Nuristama, M.A.

Kata kunci: Efikasi diri, perilaku, The Midnight Library

Penelitian ini bertujuan untuk mengkaji perkembangan efikasi diri Nora Seed dalam novel *The Midnight Library* karya Matt Haig. Novel tersebut menceritakan perjalanan dari seorang wanita berusia 35 tahun bernama Nora Seed, yang sedang berada pada dunia di antara hidup dan mati. Penelitian ini berfokus untuk menunjukkan peningkatan efikasi diri Nora Seed. Oleh sebab itu, penelitian ini berkonsentrasi pada dua pertanyaan penelitian utama; (1) bagaimana perilaku Nora Seed sebelum efikasi dirinya berkembang digambarkan dalam novel, (2) bagaimana perilaku Nora Seed setelah efikasi dirinya berkembang digambarkan dalam novel.

Penelitian ini menggunakan metode kualitatif. Penggunaan deskripsi sebagai sarana utama untuk memperjelas penjelasan dari analisis pun turut digunakan dalam penelitian ini. Data dikumpulkan dengan cara membaca terlebih dahulu novel tersebut setidaknya sampai peneliti mendapatkan pemahaman yang matang terkait dengan cerita yang selanjutnya akan mulai memilih dan memilah data guna memperkuat proses analisis nantinya. Konsep efikasi diri juga diterapkan dalam analisis penelitian ini, terutama pada perilaku Nora Seed sebelum dan sesudah efikasi dirinya berkembang. New criticism yang melibatkan karakter dan penokohan juga diterapkan sebagai teori untuk menganalisis data. Peneliti menemukan penggambaran perilaku Nora Seed sebelum dan sesudah efikasi dirinya berkembang melalui narasi atau detail di *The Midnight Library*.

Kesimpulan dari penelitian ini mengungkapkan bahwa terdapat dua perubahan signifikan dari perilaku Nora Seed yang disebabkan oleh perkembangan efikasi diri. Peneliti juga menemukan keempat sumber utama efikasi diri yang mempengaruhi perkembangan Nora Seed dalam novel *The Midnight Library*. Namun, hanya tiga dari empat sumber yang dirasa lebih memberikan dorongan terhadap Nora Seed untuk melakukan perubahan dan perkembangan. Dua dari tiga sumber tersebut menghasilkan sebuah efek signifikan terhadap perkembangan efikasi diri dari Nora. Nora Seed mengalami peningkatan efikasi diri yang signifikan setelah merasakan berbagai macam pengalaman selama berada di dalam perpustakaan tengah malam. Pada awalnya, Nora cenderung menyikapi suatu masalah dengan keputusasaan. Namun, seiring berjalannya waktu, terutama setelah merasakan berbagai macam pengalaman hidup di perpustakaan tengah malam, cara Nora mengambil keputusan dan sikap lambat laun menjadi berubah.

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CHAPTER I

INTRODUCTION

This chapter includes several points of discussion, such as the background of the study, the problem of the study, the significance of the study, scope and limitation, definition of critical points, and research design.

1.1 Background of Study

Insecurity, anxiety, and other mental health issues have become people's hot issues in recent times. Most of today's people will feel themselves lacking in several fields, whether in terms of appearance, ability, or other aspects. This phenomenon can be easily found on social media and in work life. Quarter-age people who struggle with a sense of insecurity will begin to question whether they are worthy people and whether they can achieve a goal that they want to achieve. Indeed, insecurity can affect many aspects of a person's life, including self-confidence in terms of self-worth and self-competence in attaining a goal.

There is a term called a quarter-life crisis. Quarter-life crisis is not only experienced by young people in their 20s but also by adults in their 30s. There are so many factors that can affect a quarter-life crisis: friendships, family, and relationships with partners, anxiety about the future, disappointment with expectations, and even disappointment with themselves about their skills (Amalia, R., Suroso, & Pratitis, N. T., 2021).

Albert Bandura (1977) proposed a term related to a skill called self-efficacy, which means belief in the ability or skill of oneself. Bandura (1977)

explained that anxiety, stress, and depression could be triggered by low self-efficacy. People with low self-efficacy found it challenging to solve their problems. Not only has an impact on how people solve the problem, but self-efficacy also impacts how people overcome the quarter-life crisis. High self-efficacy can boost other aspects such as self-motivation, self-confidence, and self-esteem. The application of self-efficacy can be found in real-life and literature, primarily when discussing psychology.

Moreover, literature is a reflection of society (Meiliana, 2020). Getting information and knowledge of an event is one benefit of studying literature. Literature also acts as a link between us and the world. Because studying literature can be an excellent alternative for those who want to explore the world without having to come or go to that place. In addition, literature can also be entertainment in itself.

It is not uncommon for writers of literary works to insert or carry themes from issues or phenomena that occur in the real world. One of the issues that we can find in literature is a psychological matter. Both literature and psychology are a critical part of real-life (Meiliana, 2020). Meiliana (2020) adds that psychology can be applied to show specific issues in the literature. A literary work's plot of a story related to psychology and social matter is undoubtedly diverse. The diversity itself makes each literary work unique, one of which is psychosocial matter. The phenomenon of psychosocial matter turns out to be widely adopted by writers of a literary work into their literary works. The readers can easily find a story that directly or indirectly touches on topics related to self-efficacy in the real world.

This matter is often applied to a character in the story. One literary work related to the psychosocial matter is *The Midnight Library* by Matt Haig.

The Midnight Library is a fantasy novel written by Matt Haig in 2020 that establishes self-efficacy. Although just published last year, this novel has won several prestigious awards, such as the *New York Times* bestseller, the *Goodreads Choice Award for fiction*, and the *Independent ten best books of the year*. *The Midnight Library* tells about Nora Seed, who experienced a lousy rollercoaster life. Unpleasant experiences continue to approach Nora, and she has to face them until she plans to end her life or commit suicide. Nevertheless, before that, one day, she visited a library. Every book in the library takes Nora on an adventure that changes her life. Since *The Midnight Library* establishes the matter of self-efficacy, the researcher finds the matter attractive to discuss in this research.

Likewise, the concept of self-efficacy has been studied by several researchers. However, the method of the research is likely different. They used the application of the book review of *The Midnight Library*, which analyzes the character development of Nora Seed, seen from a psychiatric point of view (Usher, 2021). The analysis of Sayaka's self-efficacy in *Birigyarū* by Nobuhiro (Novitasari, 2018). The changes in Armin's self-efficacy in the anime *Attack on Titan* (Ramadhan, 2020). The low level of Tomo's self-efficacy in a short story titled *Tomochan No Shiawase* uses an analysis of social cognitive theory by Albert Bandura (Sukmaliana, 2019). The analysis of self-efficacy relevance of Idroes Moera in the novel *Gadis Kretek* towards entrepreneurship learning (Devi & Liliana, 2020). None of the studies mentioned applied analysis of character

development and behavior towards some aspects of self-efficacy. Therefore, this research provides several key points, such as the behaviors of Nora Seed before and after her self-efficacy develop.

1.2 Problem of Study

1. How is Nora Seed's behavior before her self-efficacy development portrayed in the novel?
2. How is Nora Seed's behaviors after her self-efficacy development portrayed in the novel?

1.3 Significance of Study

The researcher expects this study contributes to the literature field as a reference for future study, especially for the readers who want to conduct research related to the topic. The researcher hopes that the analysis related to the self-efficacy of the main character in the novel by Matt Haig can provide a clear depiction to readers. In addition, the researcher expects that the research can better understand self-efficacy, why it is essential, and the benefits that the readers could reach by understanding more about self-efficacy. By reading this research, the researcher hopes the reader could discover a new sight of the importance of self-efficacy.

Studying self-efficacy can influence many aspects of an individual. Stress management, planning, how to complete a task or problem, motivation, and appearance are essential things that a person's self-efficacy can influence. The

ability to believe in oneself can take a crucial role in the way people think about something, how people solve a problem, and how people react and feel something.

1.4 Scope and Limitation

This research was conducted based on an analysis of the novel by Matt Haig (2020) entitled *The Midnight Library*. The novel will also be the primary data source in this research. *The Midnight Library* novel consists of 73 short chapters taken as data for analysis.

This research is limited by the self-efficacy theory conducted by Albert Bandura and new criticism theory, character, and characterization. In addition to the theory, the main character as the main object of research is also a limitation. The researcher will focus on analyzing the character of Nora Seed, the main character in the novel *The Midnight Library*. The behaviors of Nora Seed before and after her self-efficacy development will be crucial points explored and explored more deeply by researchers. The researcher chose Nora Seed to serve as a limitation because Nora's character showed several characteristics of a person's low self-efficacy.

1.5 Definition of Key Terms

Triadic Reciprocal Causation is a concept that refers to the assumption of human action is influenced by three determinants, which are, behavior, environment, and other people around the environment.

New Criticism is a stream or movement which affirms that literary critics must be examined the structure of the literary work itself.

1.6 Research Methods

This section examined several vital points: data sources, data collection, and data analysis. The points below contain a further explanation.

1. Research Design

The researcher used descriptive qualitative as the critical method in this study. The function of a descriptive qualitative study is to give a further description and explanation of the data, which will be processed by employing analysis.

2. Data Sources

The primary data resources of this research consist of two. The first is the novel by Matt Haig entitled *The Midnight Library*. Then, the researcher also used several resources such as books, journals, articles, and previous studies that examine the related matter.

3. Data Collection

The researcher used several steps to collect the data, which consist of:

1. Read the novel three times (minimum) to gain a complete understanding of the story.
2. Made a list or table of the interpretation for each sentence.
3. Collected the data, such as dialogue or narration, in phrases or sentences related to the matter. The data must be compatible with Nora's self-efficacy.
4. Classified the data based on several points such as;
 - a. Nora's behaviors before her self-efficacy development.

b. Nora's behaviors after her self-efficacy development.

5. Collected the supporting data from books, articles, journals, or previous studies to support the primary data.

4. Data Analysis

1. Divided the discussion into several parts based on the objective of the study.
2. Described several points, such as the behaviors of Nora Seed before and after her self-efficacy develop.
3. Analyzed the result of the explanation.
4. Concluded the study.



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CHAPTER II

THEORETICAL FRAMEWORK

This section consists of explaining the theory. Since theory itself is a primary key and explains several previous studies. Because this study focuses on self-efficacy and new criticism as the theory, this chapter will explain self-efficacy and new criticism.

2.1 Self-efficacy

Albert Bandura (1982) explains that self-efficacy is a person's belief in one's abilities or control over one's abilities. Self-efficacy is very beneficial for every individual. One benefit of high self-efficacy is creating a solid foundation in self-motivation. Several factors can influence self-efficacy, especially those related to social interactions and internal interactions or those related to oneself. One of the factors that can affect self-efficacy is the presence of direct experience, both in the emotional aspect and indirect action. There are also several steps to improve the quality of self-efficacy, one of which is to ask for feedback or someone's opinion related to what we are doing. That is believed to help make self-efficacy higher. Promising results obtained from high self-efficacy and good application are the growth of good and positive habits.

Individual self-efficacy is a belief in its incapability to face various environmental challenges. They will think objectively and solve the challenge as they are excited about it. An individual will believe to themselves that they can do it. An individual with high self-efficacy overcomes stress with high motivation and

self-confidence. They tend to see a problem from a positive perspective. (Bandura, 1977)

Self-efficacy is an important thing that can be applied in our lives as the early step of forming self-motivation. The term self-efficacy cannot be equated with self-esteem. They may seem similar yet different. Lopez-Garrido (2020) states that self-efficacy is the belief in our capability that can trigger the motivation to achieve something and affect the result, how well we do that achievement, and a set of beliefs about ourselves. Lopez-Garrido (2020) also adds that self-esteem is how we accept ourselves as human beings with our strengths and weaknesses. It deals with a person's self-worth. If we take a little closer, they seem similar to each other but still different. Self-efficacy can affect a person's efforts to achieve a particular goal. In addition, self-efficacy can also affect a person's perceptions, feelings, and judgments in dealing with difficulties. A person's level of self-efficacy can also form a habit.

In particular circumstances, for example, unconscious circumstances, self-efficacy can also be stimulated. Bandura (1982) explains that "the fact that belief are described in the language of mind arises the philosophical issues of ontological reductionism in the plurality of regulatory system ... mental events are brain activities, not immaterial entities existing apart from neural system". It can be said that self-efficacy can be stimulated through brain activities that are part of mental events, even if someone is in a comatose condition.

2.1.1 Unconscious Circumstances (Comatose Circumstances)

According to Anna Karpenko & Joshua Keegan (2021), a coma is a medicinal circumstance that happens because someone loses consciousness and cannot show a reaction physically. Karpenko & Keegan (2021) explain that various factors can cause comatose conditions; metabolism, anatomy, toxicology, and infection. This condition may happen for more than an hour, depending on the patient's condition.

William P. Howlett (2012) adds that coma patients are usually sleep-like and without any purposeful moves or reactions to external stimuli. External stimulations were given to help the patients gain consciousness. There are several types of coma diagnoses according to Roger P. Simon, Michael J. Aminoff & David A. Greenberg (2018); psychogenic unresponsive, persistent vegetative state, locked-in syndrome, and brain death. Each diagnosis depends on the various condition related to the neural disorder. Besides, comatose diagnosis also can be caused by drug intoxications (Simon, Aminoff & Greenberg, 2018).

In a comatose condition, someone's self-efficacy can also be stimulated through internal stimulation such as mental events. Brain Injury Law Center (n.d.) states, "Research using electroencephalograph (EEG) revealed 15% of patients in coma showed brain activity pattern similar to healthy study participants, despite their non-responsive condition". In other words, in a comatose condition, brain activities still exist even though the patients cannot show a physical response.

2.1.2 Sources of Self-Efficacy

Bandura (1977) divided four primary self-efficacy sources that could have an impact on someone's self-efficacy, which are;

1. Performance Accomplishments
2. Vicarious Experience
3. Verbal Persuasion
4. Emotional Arousal

2.1.2.1 Performance Accomplishments

According to Bandura (1982), performance accomplishments come from a personal experience. Personal experience is from the experience of success and the experience of failure. Each individual's way of dealing with bad experiences can vary. Again, the basic concept of self-efficacy also contributes to experience's effect on a person. If a person has high self-efficacy, he will feel motivated to try again and achieve success on the next try if he faces an incident of failure. The opposite is with someone who has low self-efficacy. They will lose the motivation to try again until they achieve success. People with low self-efficacy think that difficult situations should be avoided. On the other hand, Bandura (1977) explains that the reaction or effect of experiencing failure on a person's self-efficacy depends on when and how the pattern of failure has been felt.

Performance accomplishments are the most potent influence of self-efficacy source modifier. (Abdullah, 2019) Not all experiences of failure can decrease a person's self-efficacy. Time and pattern of the experience take an

essential role in this matter. If someone experienced many failures in the past, even if they have worked hard to achieve success, they may feel down, unmotivated, and lose their faith to keep going.

2.1.2.2 Vicarious Experiences

Vicarious experience is when someone observes the experience of others, we can say that as a social model—the second source which can influence self-efficacy. The expectation of success often arises from observing the experience of others (Bandura, 1982). Not only the expectation of success, if we observe someone experiencing a complicated situation, even if we do not get hurt, but we may also influence the expectation. (Bandura, 1977)

Unlike the performance accomplishments, this source of self-efficacy is too dependent on personal perception towards the observations of someone's abilities. Bandura (1977) states that the expectation built from this source tend to be weak and vulnerable to change. Another thing that also makes this source prone to change is phobias. For example, someone who has a phobia of caterpillars sees a small child who dares to hold a caterpillar. Three possibilities could happen. The person is motivated and wants to try, is motivated but acts casual, is not motivated at all, and does not want to try to hold on to it.

2.1.2.3 Verbal Persuasion

Suppose personal accomplishment is the most influential source of influence. In that case, vicarious experience is the most vulnerable to circumstances, then verbal persuasion is the most accessible source to receive, and

its availability is effortless to discover. Bandura (1982) argues that verbal persuasion is an effort to influence behavior widely used because of its convenience and availability.

However, even though this source is ranked first in terms of availability, the expectation generated by verbal persuasion shows the lowest results among the three mentioned sources. Bandura (1977) claims that this happens because the expectation formed from verbal persuasion do not have an experience basis for those expectations.

2.1.2.4 Emotional Arousal

The last source that can affect self-efficacy is emotional arousal. It is explained that emotional arousal is a person's psychological state. Bandura (1982) explains that emotional stimulation is a source of information that a person feels when facing a threat. The level of fear and fear is a factor that can reduce a person's self-efficacy. This condition can lead to a significant increase when a person is in a threatening situation.

In addition to emotional arousal, a person's state also plays a role as a factor that can affect self-efficacy. A person's physical state and mood also affect his or her efficacy. If the person is in excellent physical condition or suitable, his efficacy tends to be positive. However, if someone is physically sick or in a bad mood, their self-efficacy will also decrease or be negative. (Devi & Liliani, 2020)

2.2 New Criticism

The new criticism approach is a stream with a textual focus or close reading to examine the literary works (Goulimari, 2015, p. 224). In the 20th century, new criticism was present as a challenger to the schools that were its predecessors. The flow of new criticism argues that the literary works have their value and complexity to build such a meaning. Gillespie (2010) stated that this stream analyzes the historical background, the author's past, and the political, economic, or psychological controversy that happened within the story's timeline.

The only thing that matters in this literary criticism is the text itself. It is all about how the text constructs the essential meaning. This argument, enhanced by Bressler's (2011) statement, explained that new criticism is a literary critic whose analysis is supported by the features of the meaning of the text within the text. To achieve a deep understanding related to the meanings built from the text itself, the thing that must be done is to pay attention to the text by doing a close reading.

The stream, which was popularized by the work of John C. Ramson, became widely used and known around the 1940s (Bressler, 2011, p.53). The book includes several analyses conducted by Ramson. If compared with the other literary critics, new criticism might seem to restrict the aspects of literary works analysis. That is the boundary that the new criticism stream would like to build. New criticism shows that a literary work has a value of meaning connected to creating a unified meaning in harmony.

The unified meaning of a literary work can be explored by closely looking at the text's meaning. It is necessary to do a close reading and a remarkable analysis that pays attention to the elements within the text, the intrinsic elements. The analysis of new criticism indicates the intrinsic element of the story. Intrinsic elements consist of plot, theme, point of view, character and characterization, setting, and symbol.

2.2.1 Character and Characterization

The character is an imaginary actor who offers such a play in the story (Kennedy & Gioia, 1995). Resseguie (2005) states that the author allows fictional characters' existence to grow in the reader's awareness. Similar to the concept of a human being's personality in real life, characters' characteristics can be defined through narration by several elements of the story, such as dialogue, body language and gesture, action, and what others think about a particular character

Each character in the story has a characteristic that can distinguish them from another. However, not every depiction of each character can be found easily, and we have to observe or analyze the narration or the dialogue involved. The depiction of the character is called characterization. Characterization is the element of the story which deals with how the character or personality and traits are depicted within the story (Resseguie, 2005, p. 12).

2.2.1.1 Protagonist Character

The protagonist character refers to the main character to which most readers pay attention (Resseguie, 2005, p. 201). The reason why is because the

protagonist made for draws readers' sympathy or empathy. The concept of a protagonist character can be seen in a hero or heroine within the story. Resseguie (2005) explains that the protagonist often realizes that there is a secret potential prominence to protect.

2.2.1.3 Round Character

A round character is a character that has complexity in its features (Klarer, 1999). Resseguie (2005) affirms that a round character refers to a realistic character. Round character tends to have such intensity. The intensity of a round character needs a deep understanding. They are often described through several parts of the story because they are complicated.

2.2.1.5 Dynamic Character

When it comes to the development of the character, dynamic characters make a great move within the story (Resseguie, 2005, p. 125). A dynamic character is a character that has a compelling development. They also experience significant changes, whether it is positive changes or negatives changes.

2.3 Review of Related Study

To show and support the novelty of this study, the researcher will provide a review of several previous studies related to the matter of self-efficacy in a literary work. In addition, the researcher will also provide a review of previous studies related to self-efficacy in other fields such as education and so forth.

First, the study was conducted by Usher in 2021. The study is in the form of a book review that connects the story and the development of the character viewed from a psychiatric point of view.

Second, the study was conducted by M. Prabarani Novitasari in 2018. The study entitled *Efikasi Diri Tokoh Sayaka Dalam Film Birigyaru Karya Sutradara Nobuhiro Doi (Tinjauan Kognitif Sosial)*. The researcher analyzes the main character's self-efficacy in the *Birigyaru* movie in this study. The leading theory of this study is the social cognitive theory by Albert Bandura. This research uses the descriptive qualitative method. The purpose of the study is to investigate Sayaka Kudo's self-efficacy. The result is that the researcher found Sayaka's high self-efficacy and the factor that makes Sayaka's self-efficacy high.

Third, the study entitled *Relevansi Efikasi Diri Tokoh Idroes Moeria Dalam Novel **Gadis Kretek** Untuk Pembelajaran Kewirausahaan (Self-Efication Relevance of Idroes Moeria in Novel **Gadis Kretek** for Entrepreneurship Learning)*. They were conducted by Nadya Rizqi Hasanah Devi & Else Liliani in 2020. The researcher analyzes this novel for learning entrepreneurship. The theory used in this study is structuralism and the theory of self-efficacy. This study uses the descriptive qualitative method to describe the data. The result of this study shows the self-efficacy of Idroes Moera.

Fourth, the research conducted by Ramadhan (2020) titled *Perubahan Efikasi Diri Pada Tokoh Armin Dalam Anime Attack On Titan*. The research aims to describe the change of self-efficacy of Armin of *Attack on Titan* animation. The method used in this research is a descriptive narrative combined with

psychological literature approach. The narrative approach used by the researcher aims to analyze the correlation between narrative elements and space, time, character, problem, conflict, also goals. The result concludes several forms of how Armin's self-efficacy is depicted in the story, and there are three out of four factors affect Armin's self-efficacy the most.

Last, the quantitative research conducted by Auliyatuzzahroh (2015) entitled *Rendahnya Efikasi Diri Tokoh Tomo Dalam Cerpen Tomochan No Shiawase: Sebuah Analisis Kognitif Sosial Albert Bandura*. The research focused on analyzing the cause of low self-efficacy of Tomo. This research shows that three essential things influence Tomo's self-efficacy: performance accomplishments, social modeling, and emotional state.

Several previous studies provide new insights for researchers to conduct research that focuses on self-efficacy from different literary works. One of the research discusses the same novel in different terms and just in the form of a book review. However, no research has analyzed a novel by Matt Haig entitled *The Midnight Library* focused on how the main character in a story develops efficacy in himself during arguably not easy situations. In addition, the researcher also wants to prove that not all characters in a story are supported by external and internal environments that can increase their self-efficacy.

CHAPTER III

ANALYSIS

In this chapter, the researcher analyzed the behavior of Nora Seed before and after her self-efficacy develop. The analysis includes her behavior before and after she experiencing several life choices and receiving several sources to stimulate her self-efficacy development. This chapter will show the depiction of self-efficacy development experienced by the main character.

3.1 Nora Seed's Behaviors Before Her Self Efficacy Development

This chapter discusses the depiction of Nora Seed's behavior before her self-efficacy develops based on the narrative and conversations in the story. Nora Seed is a woman who works as a clerk in a music store in Bedford, where she lives. Nora is smart and talented, and she is good at swimming, plays the piano, sings, and is also interested in philosophy and glaciology. However, Nora chose a path where she did not choose a job or pursue a career in which she is good. In short, she was not living the life she wanted or hoped. In this study, the researcher aimed to analyze the self-efficacy mechanism of Nora Seed, the main character in Matt Haig's novel *The Midnight Library*. Three main points will be discussed in this chapter: factors that influence the development of Nora Seed's self-efficacy, the development of Nora Seed's self-efficacy, and the results obtained from the development of Nora Seed's self-efficacy. To make understanding the discussion in this chapter easier to understand, the following researchers summarize the series of journeys experienced by Nora in the novel *The Midnight Library*. *The*

Midnight Library is a story that tells the story of a 35-year-old woman named Nora Seed. She works in a shop that sells musical instruments and equipment called String Theory. Nora had worked at the shop for almost 13 years. The story begins 19 years ago, 19 years before Nora decided to end her life. Nora, along with Hazeldene School's librarian, Mrs. Elm, played chess in the library. They talk about future anxiety. According to her abilities and talents, Mrs. Elm had a chance to open a conversation about what kind of work Nora might be able to do in the future. She does not know who and what happened; someone called Mrs. Elm to deliver the news that shocked her.

The story continues 19 years later. Twenty-seven hours before she decided to end her life. Some unwanted things happened. First, a friend told her that her cat was dead. Ash, a man who told Nora, said it was possible Voltaire, Nora's cat, had died from being hit by a car. Nora feels sad, down, and shocked by the sudden death of her cat. She looked at the body of her cat lying while crying. However, deep down, at the sight of her cat lying quietly, Nora felt jealous. It was as if she wanted death to come to her.

Because of the incident, Nora was late to go to work the next day. She apologized to her boss and explained the situation that happened last night. Hearing this reasoning, Neil, the shop owner, advises Nora about a career that she should be able to choose out there. Neil admits that Nora is a talented person. Neil asked Nora back about what he did in the past when he was 14 years old. Nora replied that she had become a swimmer but reasoned that she had much pressure. Knowing this, Neil tries to motivate her by saying that pressure can shape us, like

a diamond that started as coal. Neil says that it is not too late for Nora to reach her dream now. Nora has a different opinion from Neil, and he said that she is happy and enjoys working at her place. However, these disagreements ended with Nora being fired from String Theory.

After being dismissed from her job, another incident happened to Nora. She met a friend who used to be in the same band like him. Ravi, at first, only asked how Joe, Nora's brother, was doing. However, instead of discussing another topic, discussing the past where Nora left the band for one or two reasons. Nora said that she had a panic attack at that time. Ravi responded with words that seemed to blame Nora. If Nora had not left the group, they would have been a massive success by now. Ravi says maybe Nora's problem is not fear of the stage or marriage. It is about life. Nora felt uncomfortable about this, as if her old wounds were still being torn apart by Ravi's words. She feels that Ravi has a problem, always blaming other people for a problem. The conversation concludes with Nora sending greetings to Ravi for Joe, her brother.

She also met her former schoolmate, Kerry Anne. Suddenly asked about how Nora's life was, if she married or had children, etc. Again Nora was made uncomfortable by it. She hastily ended the conversation. Nora was running away in the pouring rain. While on her way home, she texted Izzy, her best friend, who now lives in Australia, anonymously by adding the letter x at the end of the message. Nora missed her friend. While she was walking down the street, Leo's mother, Doreen, called him. Nora remembered she was late again for Leo, her piano student. Nora apologized for that and said she would be there soon.

However, it was too late. Leo was at her father's house. Doreen said that Leo was thinking about giving up this piano course. Nora countered by saying that Leo played the piano well. Unfortunately, Doreen sticks to her decision. Nora again loses her job as a piano teacher for Leo. It did not stop there. When she got home, she met her neighbor, Mr. Banerjee. Mr. Banerjee needed Nora's help to retrieve Mr. Banerjee's medicine. Suddenly Mr. Banerjee said that he no longer needed Nora's help because a man from chemist had moved near her house and would do so for Mr. Banerjee. That situation, of course, made Nora feel even more useless.

Unwanted and unfit to live. She has coupled with the smell of cat food that burst into the house. Remind her of Voltaire. She felt that she was very pathetic. After a few hours of staring at the ceiling sipping wine, Nora made her decision. She does not deserve to live in this world. Every decision, every move she makes, feels wrong and in vain. She stood up, grabbed a pen and a piece of paper, and wrote her last letter before she decided to end her life there. She was in coma because of she overdosed by drugs. The, the situation between life and death was happening. Nora was arrived in the Midnight Library. The situations that happened to Nora made her feel intense sadness and despair about life. Her depression and those situations contribute to make an effect to Nora's self-efficacy. She can no longer see herself as someone successful in the field she was. She cannot be helpful to others, even to herself.

3.1.1 Being Pessimistic

Since the beginning of the story, Nora Seed has received encouragement from Mrs. Elm, the school librarian. Mrs. Elm was fully aware that Nora had potential and talent. Mrs. Elm believes that Nora can do and live a career according to her talent and intelligence.

“‘Nora dear, it’s natural to worry about your future,’ said the librarian, Mrs. Elm, her eyes twinkling.
Mrs. Elm made her first move. A knight hopping over the neat row of white pawns.
‘Of course, you’re going to be worried about the exams. But you could be anything you want to be, Nora. Think of all that possibility. It’s exciting.’
‘Yes. I suppose it is.’
‘A whole life in front of you.’
‘A whole life.’
‘You could do anything, live anywhere. Somewhere a bit less cold and wet.’” (Haig, 2020, p. 1)

While one believes that Nora can live a better life the way she wants without worrying, however, Nora does not even believe she can do that. This distrust is an indication associated with a person's low self-efficacy.

Not only Mrs. Elm, Neil, the owner of the shop where she worked, also did the same thing. He was worried about Nora, who seemed unhappy with her life. Neil wants Nora to think about pursuing her dream again. Neil intends to give Nora enthusiasm and motivation by bringing up Nora's achievements and the work she had been in before becoming a shop clerk. Neil and Mrs. Elm believe that Nora can do more than just be a shop clerk. He believed Nora was a talented and intelligent person.

She'd been the fastest fourteen-year-old girl in the country at breaststroke and second-fastest at freestyle. She remembered standing on a podium at the National Swimming Championships.

'So, what happened?'

She gave the short version.

'It was a lot of pressure.'

'Pressure makes us, though. You start off as coal and the pressure makes you a diamond.'" (Haig, 2020, p. 9)

Even after Neil explained to Nora how capable she is as a person, Nora

still denied it. She admitted that she enjoyed working at Neil's place. She didn't want to lose her job. Nora even pleaded with Neil, because he felt that she needed a job. At least for now. After losing her beloved cat, at least she still has a thing or two to do to fill the day. Nora denies what Neil said about it's not too late for her to achieve her dream. She doesn't believe that she still has a chance to achieve her dream at her age.

Due to low self-efficacy, Nora Seed tends to avoid the successful experience of others. Nora did not feel motivated after hearing the successful experience story. Nora's response when she heard stories of other people's success in doing or achieving something is feeling uncomfortable—not feeling motivated to do the same, to reach success. This can happen due to a series of challenging situations that Nora experienced before, as well as mental issues that Nora has.

Nora's avoidant attitude is proved by the following quotation of the conversation between Nora and Kerry-Anne.

'I'm thirty-five.' She wished Izzy was here. Izzy never put up with any of this kind of shit.

'And I'm not sure I want—'

'Me and Jake were like rabbits but we got there. Two little terrors. But worth it, y'know? I just feel complete. I could show you some pictures.'

‘I get headaches, with ... phones.’

Dan had wanted kids. Nora didn't know. She'd been petrified of motherhood. The fear of a deeper depression. She couldn't look after herself, let alone anyone else” (Haig, 2020, p. 16).

The conversation above tells about Kerry-Anne, who discusses herself she managed to have a small family. In this conversation, it is clear that Nora tends to want to change the topic and finish the conversation. The quote above also explains that Nora fears becoming a mother. She was afraid that her depression would deepen. How can Nora take care of other people when she cannot even take care of herself? That was the reason why, not the motivation that grew on Nora. It is a fear of some things that have not even happened in her life yet.

The story depicted that Nora has a trait that indicated a low level of self-efficacy, which is hopelessness. Some of Nora's attitude in dealing with some problems shows deep despair. It started when her cat died. The experience of losing her relatives is one of several vital sources that affect self-efficacy development. Someone who is her neighbor, Ash, brings the news that her cat is lying helplessly by the side of the road. Probably due to being hit by a car and losing its life there. Knowing this matter, Nora is terrified that her cat, Voltaire, will leave her for good. Nora tried to deny the thought and kept smiling until she finally found Volts' body lying and motionless. She felt deep sadness for a moment. Because, when she saw the Volts there, suddenly envy overtook her.

“She knew she should be experiencing pity and despair for her feline friend and she was but she acknowledge something else. As she stared at Voltaire's still and peacefully expression that total absence of pain. There was an inescapable feeling brewing in the darkness. Envy” (Haig, 2020, p. 7).

Volts' death not only left a scar on Nora but also triggered a problematic situation that had to be experienced by her. The day after Voltaire's death, Nora was late for work in the morning. She reasoned that she could not sleep last night and forgot to turn on the alarm. Nora's boss, the owner of a musical instrument shop called String Theory, Neil, suddenly talks about Nora's mental issues and says that Nora has been working at her place for a long time. Neil tried to convince Nora that there were still many options to choose from in her life. Working as a clerk was probably not what Nora wanted. Neil knew very well that Nora was a talented woman. She is proficient in several things, such as swimming and being a band member. The conversation with different opinions between the two ends with Nora being fired as an employee of String Theory. After that, Nora increasingly perceives that difficult situations will continue to come to her, "The universe tended towards chaos and entropy. That was basic thermodynamics. Maybe it was the basic existence too. You lose your job, then more shit happens" (Haig, 2020, p. 12).

The quotation above shows that Nora is starting to feel hopeless but has not entirely given up because she still has some things to do. As Bandura (1988) explains, Nora believes that she does not get through tough times well. She even sees the incident or situation as an obstacle that makes her slowly get worse.

Nora again lost her job as a piano tutor. She received a call from Doreen, Leo's mother, her piano student. Doreen told her that Leo no longer wanted to take piano lessons with Nora because Leo had thought about quitting and gave up before. This was Nora's conversation with Doreen.

She was a waterfall of apologies. She was drowning in herself.

‘To be honest, Nora, he’s been thinking about giving up altogether.’

‘But he’s so good.’

‘He’s really enjoyed it. But he’s too busy. Exams, mates, football. Something has to give ...’

‘He has a real talent. I’ve got him into bloody Chopin.

Please—’ A deep, deep sigh. ‘Bye, Nora’ (Haig, 2020, p. 19).

This situation certainly made Nora even more imagining about death. She

imagined herself in a situation where the world gave her no chance to escape.

Nora wanted the earth to swallow her mercilessly. This is evidenced by the following quotation, “Nora imagined the ground opening up, sending her down through the lithosphere, and the mantle, not stopping until she reached the inner core, compressed into a hard unfeeling metal” (Haig, 2020, p. 19).

Bandura (1988) describes that the inability to cope with problems or situations that can affect life can trigger depression. At this point, Nora felt unable to cope with her problem. She did try not to lose her job. However, her efforts to convince others did not produce good results.

In addition, when she was diving into Instagram, Nora saw that there were many people out there who were struggling to live. She did not see herself as capable or capable of doing that.

“Nora went through her social media. No messages, no comments, no new followers, no friend requests. She was antimatter, with added self-pity. She went on Instagram and saw everyone had worked out how to live, except her. She posted a rambling update on Facebook, which she didn’t even really use any more” (Haig, 2020, p. 21).

At this point, Nora was at her limit. There is no will in her to choose another option and achieve a better life. Nora had only one thing in mind, and that

was her failure. Her body seemed to be filled with regret and despair. She was feeling that other people will be okay and better off without her.

“Three hours before she decided to die, her whole being ached with regret, as if the despair in her mind was somehow in her torso and limbs too. As if it had colonised every part of her. It reminded her that everyone was better off without her. You get near a black hole and the gravitational pull drags you into its bleak, dark reality. The thought was like a ceaseless mind-cramp, something too uncomfortable to bear yet too strong to avoid” (Haig, 2020, p. 20).

The only thing Nora could think about for now was ending her life. She has already decided about it. She had decided to leave the world at a good time for her.

As we know, in the story, Nora Seed is described as a woman with mental health issues. Nora tends to dissolve in the mental stress she feels. She often blamed herself for what had happened—thinking that she was of no use to anyone. Nora also seems unprepared to face difficult situations. She chooses to end her life because of her inability to rise and overcome the mental stress due to the demanding situations she experiences.

Some of the quotations prove that Nora often has difficulty processing mental stress within herself. Nora let those emotions dominate her, making her think sluggishly. The dominance of Nora's mental stress led her to commit suicide.

“The time was now twenty-two minutes past eleven. She knew only one thing with absolute certainty: she didn't want to reach tomorrow. She stood up. She found a pen and a piece of paper. It was, she decided, a very good time to die” (Haig, 2020, p. 22).

Other evidence of Nora's inability to manage mental stress such as hopelessness in herself is also written in a letter she left before deciding to commit suicide.

“Dear Whoever,
I had all the chances to make something of my life, and I blew every one of them. Through my own carelessness and misfortune, the world has retreated from me, and so now it makes perfect sense that I should retreat from the world. If I felt it was possible to stay, I would. But I don't. And so I can't. I make life worse for people. I have nothing to give. I'm sorry. Be kind to each other. Bye, Nora” (Haig, 2020, p. 23).

Nora is aware that there are many choices and opportunities in her life that she might be able to take to fix what happened and live a better life. On the other hand, Nora also blamed herself for feeling like she ruined all those opportunities with her misfortune and carelessness. She even realized that she could survive but chose to end her life at this point because she did not want to harm others and face the possibility of a worse life in the future.

3.1.2 Having Bad Relationship with Relatives

The story depicted that Nora has a disappointing relationship with relatives. There is no conversation happened between Nora and her brother when her brother was in Bedford. Nora was anxious to talk to her brother because of what have happened in the past, with the band and stuff. Besides, Nora knows that her brother was in town from other people, ““Ravi, hi. I hear Joe was in Bedford the other day?” A small nod. ‘Yeah.’ ‘Did he, um, did you see him?’ ‘I did

actually.’ A silence Nora felt as pain. ‘He didn’t tell me he was coming” (Haig, 2020, p.13).

The quotation above shows that Nora feels disappointed with the fact that her brother was there but not tried to keep in touch with Nora. However, unfortunately, Nora also did the same. She had not an intention to call her brother, to make sure that everything was okay. Nora chose to not contact Joe.

The same situation also happened between Nora and Izzy. She was anxious to contact Izzy, her best friend, who was in Australia. Nonetheless, she still managed to contact Izzy after having a conversation with her friend, Kerry-Anne. She texted Izzy and said that she wanted to meet her. Izzy has seen Nora’s message but has not yet replied to it right after. She was expected to get Izzy’s reply as soon as possible. At this point, Nora still overthinks her decision about going to Australia with Izzy. She thought that Izzy feel disappointed because Nora was decided to stay in Bedford. It is proven by the quotation below.

Her last hope was her former best friend Izzy, who was over ten thousand miles away in Australia. And things had dried up between them too. She took out her phone and sent Izzy a message.

Hi Izzy, long time no chat. Miss you, friend. Would be WONDROUS to catch up. X

She added another ‘X’ and sent it (Haig, 2020, p.17).

The evidence shows that their relationship seems to be not going well because of a lack of communication. Nora rarely talked to her best friend or exchanged messages, especially when Izzy went to Australia.

3.2 Nora Seed's Behaviors After Her Self-Efficacy Develop

In the story of *The Midnight Library*, self-efficacy is described as the belief that Nora has in believing in her ability to achieve success. When achieving success, it is hoped that this experience can affect self-motivation. It can be said that self-efficacy is an initial step that can encourage someone to make a significant change. Self-experience is the first factor that influences the development of Nora Seed's self-efficacy. At the beginning of the story, Nora had not any significant improvement in the changes in her behavior because her self-efficacy level was low.

Nora is described as experiencing various unpleasant events. She was losing a loved one, losing her job, losing her beloved cat, and feeling useless to others around her. Because of these feelings and experiences, Nora decided to end her life. Everything went awry for Nora. The following narration or quotation evidences this.

"After the wine a realization hit her with total clarity. She was not made for this life. Every moment had been a mistake, every decision a disaster, every day a retreat from who she had imagined she would be. Swimmer. Musician. Philosopher. Spouse. Traveller. Glaciologist. Happy. Loved. Nothing. She could not even manage 'cat owner'. Or 'one-hour-a-week piano tutor'. Or 'human capable of conversation'" (Haig, 2020, p. 21).

Bandura (1988) explains that when a person believes that they cannot cope or manage a difficult situation, they will experience much stress. The evidence in the quote above is that Nora believes that she can no longer face difficult situations more than she experienced. As a result, there was a desire to commit

suicide, and Nora did it. After commit suicide, Nora was in unconscious condition for about thirty nine minutes.

Several of the data show that even before Nora entered the midnight library, she had already received the four sources of self-efficacy itself. Nevertheless, due to the low level of self-efficacy, Nora's response, behaviors, and performance could not achieve satisfactory results. She was not at all moved to make changes to his life. Nora had completely lost hope and purpose in staying alive.

However, Nora experiences significant changes in her behaviors when she has gone through various life choices which are described as books in the midnight library. The changes in Nora behavior caused by the development of her self-efficacy. Even though Nora was in unconscious condition, her self-efficacy still can be stimulate. Bandura (1982) states, “the fact that belief are described in the language of mind arises the philosophical issues of ontological reductionism in the plurality of regulatory system ... mental events are brain activities, not immaterial entities existing apart from neural system”. Statement by Bandura (1982) also supported by Brain Injury Law Center (n.d.) that explains, “Research using electroencephalograph (EEG) revealed 15% of patients in coma showed brain activity pattern similar to healthy study participants, despite their non-responsive condition”. From those statements, the researcher can say that self-efficacy is belief itself which can be described by language mind. Language of mind is a part of brain activities (Bandura, 1982). Which means, self-efficacy can be applied in comatose condition when someone is lose their consciousness.

When she first tried to enter or live one of the life choices she had chosen, Nora still had doubts and felt confused about it. Nonetheless, as she spends time and meets new people and events in each of these life choices, Nora began to show progress.

3.2.1 Being Optimistic

Various sources of self-efficacy that exist in the story and influence the development of Nora's self-efficacy. The first source that Nora receives the most is encouragement. There are plenty of times her relatives give her words of encouragement to not give up on her life. At the beginning of her entrance into the midnight library, Mrs. Elm, who is her guide in that library, explained to Nora the concept of the library because Nora thought that the library is not real. She believed that the library is just an abnormal state she experienced after committing suicide. Mrs. Elm as the librarian tried to convince her not to give up and try to erase what is written in The Book of Regrets by living inside books in that library.

Mrs. Elm indirectly gave her words of encouragement while explaining about the midnight library. The following quotation is proof of what Mrs. Elm said before Nora decided to try to live inside one of the books.

So, you need to think hard. This library is called the Midnight Library, because every new life on offer here begins now. And now is midnight. It begins now. All these futures. That's what is here. That's what your books represent. Every other immediate present and ongoing future you could have had (Haig, 2020, p.38).

The quotation above shows that Mrs. Elm gave her an image of how each book represents each possibility of her life. However, Nora still did

not want to try to live inside one of the books. The reason why is because she wanted to die. Mrs. Elm replied that maybe Nora did or did not want to die because she is still in the library. This is evidence of Nora's self-efficacy is still in a low state even though Mrs. Elm, as her guide, always tries to convince her no matter what.

What happened next is Nora slowly believed in Mrs. Elm's explanation about the library and the stuff inside. She began by choosing a life where she is still with her ex-fiancé, Dan. Living life as the pub owner.

Turning to the next verbal support Nora received from Mrs. Elm. It is said that Nora wanted a life where she became a cat owner. However, in that life, nothing has changed. Volts, her cat, die. Mrs. Elm explained that this is different from Nora's real life, where at that time Volts did leave the house and was hit by a car. While in that life, Volts became a house cat. This made Nora shocked and disappointed because she felt that there was no change between her root life and the life she had just lived. As a guide, Mrs. Elm verbally supports Nora so she does not get too caught up in those feelings. Here is the proof.

‘Well, you don’t see yourself as a bad cat owner any more. You looked after him as well as he could have been looked after. He loved you as much as you loved him, and maybe he didn’t want you to see him die. You see, cats know. They understand when their time is up. He went outside because he was going to die, and he knew it.’ (Haig, 2020, p.66)

From what Mrs. Elm said, Nora slowly began to think that things were different.

Nora began to understand the situation she was in right now. Mrs. Elm also asked

her to re-open the last page of *The Book of Regrets*. Nora had refused for fear of another bad experience, however, after Mrs. Elm persuaded her, she was willing to open it. There, it was written that she felt incompetent in taking care of her cat, Volts. A surprising thing happened, the writing slowly disappeared. A few seconds later Nora immediately closed the book. The loss of writing in Nora's book of regrets indicates that she no longer feels any remorse about it. Mrs. Elm who knew about this again gave support to Nora. The following quotation is what Mrs. Elm said to Nora. "So, you see? Sometimes regrets aren't based on fact at all. Sometimes regrets are just . . ." She searched for the appropriate term and found it. 'A load of bullshit'" (Haig, 2020, p.67).

In response to what Mrs. Elm said, Nora asked Mrs. Elm why Mrs. Elm let her live a life wherein the end she still saw the cat die when he thought Mrs. Elm could have prevented it by saying that in the first place. Mrs. Elm tactfully replied. "Because, Nora, sometimes the only way to learn is to live'" (Haig, 2020, p.67). Mrs. Elm attempted to assure Nora that she felt motivated and wanted to continue living the other possible life she wanted to live.

The story continues. Nora chose to live and go to Australia. In that life, her best friend Izzy died because she was murdered. This of course made Nora feel broken again. As if not ready for the fact that in that life her best friend died because she was killed. Sometime after learning this fact, Nora returned to the library. Mrs. Elm is still there. She said that the life she had just lived was a bad one. Mrs. Elm then replied to those words. "Well, that you can choose choices

but not outcomes. But I stand by what I said. It was a good choice. It just wasn't the desired outcome'" (Haig, 2020, p.83). This is also an explanation for Nora to understand that even though she has the freedom to make choices, the outcome of these choices is something that cannot be controlled according to her wishes.

Nora was held back when she found out the news. This is because Nora is sad and depressed. Nora understood what happened after Mrs. Elm explained it to him.

Nora thought that she is like a fish, which can also feel depressed. Nora again wondered why Mrs. Elm didn't just tell him the truth. She considers that librarians have knowledge that can lead to the right books. Mrs. Elm again explained a thing or two to her and in the end, she understood. Mrs. Elm again opens a new topic by bringing up Nora's past, one of which is about swimming. Nora also explained the reason why she stopped swimming. Mrs. Elm again tried to gain Nora's confidence by saying. "‘Never underestimate the big importance of small things,’ Mrs. Elm said. ‘You must always remember that.’" (Haig, 2020, p.86).

Besides Mrs. Elm, Nora also received verbal support from a colleague during one of her chosen lives as a glaciologist. Hugo, who also has experience being in an in-between world, shares his thoughts with Nora. He admitted that if in Nora's case the in-between life was described as a library, it was different from what he saw, namely a video store with his deceased uncle as a guard there. Hugo also said that he had gone through many life choices, but he never returned to his root life. While explaining the concept, Hugo gave Nora words of encouragement.

‘The thing you have to remember is that this is an opportunity and it is rare and we can undo any mistake we made, live any life we want. Any life. Dream big . . . You can be anything you want to be. Because in one life, you are’ (Haig, 2020, p.151).

Hugo's words indirectly made Nora seem compelled to choose other life choices. When returning to the library and having a talk with Mrs. Elm, she decided to choose a life where she became a member of a famous band.

Similar to the experiences of previous life choices, in the life choices when she became a member of a famous band, Nora had to lose her brother. It is told in that life Nora's brother died two years ago. This was the reason why Nora came back again to the midnight library. At first, Nora wanted to stop going through this process. However, Mrs. Elm was there and always ready to give her words of encouragement.

‘... the game is never over until it is over. It isn't over if there is a single pawn still on the board. If one side is down to a pawn and a king, and the other side has every player, there is still a game. And even if you were a pawn – maybe we all are – then you should remember that a pawn is the most magical piece of all. It might look small and ordinary but it isn't’ (Haig, 2020, p. 188).

Mrs. Elm often used parables to make it easier for Nora to digest and understand. Hopefully, her word can affect Nora's development of her motivation. What Mrs. Elm explain to Nora reminded her of the past when Nora bravely swam across the cold river. It was as she looking back at a scene from that event.

Mrs. Elm as a librarian as well as a guide for Nora has an important role in the story where Mrs. Elm gives words of encouragement to Nora in every step towards life choices at the midnight library. Mrs. Elm always provides support so

that Nora does not lose her passion and purpose in life. When Nora realized that she had regained her will to live, Mrs. Elm is always there to provide verbal support and encouragement to Nora so that Nora does not give up on the situation, whatever the situation she faces later.

She heard Mrs. Elm's voice, from under the table somewhere far behind her, cutting through the noise. 'Don't give up! Don't you dare give up, Nora Seed!' She didn't want to die. And she didn't want to live any other life than the one that was hers. The one that could be a messy struggle, but it was her messy struggle. A beautiful messy struggle (Haig, 2020, p.269).

After the collapse of the midnight library, Nora struggles in a situation where she is surrounded by a dense fog that makes it hard to breathe. At that time, Nora had made up her mind to stay alive, she had the desire to continue living out there. She also managed to get out of the in-between world and gain consciousness.

In addition, according to Bandura's theory (1989), the other source can influence the development of self-efficacy success of others. These developments usually tend to lead to positive things. Seeing the success or success of other people can often make a person motivated and increasingly confident that he can achieve success too, just as other people do.

Besides receiving encouragement and experiencing success, another source of self-efficacy that Nora also gets from her journey through various kinds of life at the midnight library is sharing the experience of success with others. However, this one source doesn't appear much in the story. Nora received this source of self-efficacy when she met Hugo in her life as a glaciologist.

In my original root life, I have a degree in Biology. I have also, in another life, been a Nobel Prize-winning chemist. I have been a marine biologist trying to protect the Great Barrier Reef. But my weakness was always physics. ... Until I met a woman in one life who was going through what we are going through, and in her root life she was a quantum physicist. Professor Dominique Bisset at Montpellier University. She explained it all to me. The many-worlds interpretation of quantum physics (Haig, 2020, p.145).

Hugo explained in detail related to how the form of describing the places he visited if he was not satisfied with the life he was trying was the same as the library in Nora's case. Hugo even told about what kind of life he had lived and how his root life was. Hugo once met a Professor who explained that his current state had something to do with the concept of quantum physics.

Nora, who was also experiencing the same thing as Hugo, was also interested in their conversation. She also shared how her journey through several lives she chose before. Nora had never been this open with other people even in her previous life with Dan. Seeing Hugo who manages to enjoy every chosen life makes Nora want to know more about how this life concept.

It was a very pleasant sensation. Both the kiss, and the knowledge she could be this forward. Being aware that everything that could possibly happen happened to her somewhere, in some life, kind of absolved her a little from decisions. That was just the reality of the universal wave function. Whatever was happening could – she reasoned – be put down to quantum physics (Haig, 2020, p.153).

The effect of seeing or knowing Hugo's success is explained by the quotation above. Nora finally felt compelled to take a step forward after brainstorming and talking with Hugo about their experiences. Nora also seemed interested in Hugo after the conversation took place.

The second sources that she received is experiencing success. It is said that while Nora was in the midnight library, she experienced various kinds of life that she wanted to try. Although she can choose what kind of life she lives, not all of these choices indicate that Nora is a successful person in her field. However, there are also many choices that Nora chooses to live as a successful person, especially in the field she has worked in.

A framed newspaper article from the Oxford Times with a picture of Nora and Dan standing outside the Three Horseshoes. Dan had his arm around her. He was wearing a suit she had never seen before and she was in a smart dress she would never have worn (she rarely wore dresses) in her original life. (Haig, 2020, p.50).

First, Nora chooses to live with Dan. Nora enters a life where she becomes Dan's wife and the owner of a pub. It is said that in this life they are successful and well-known pub owners. Unfortunately, in this life's choice, Dan had an affair with another woman. This successful experience does not necessarily make Nora survive and live in it. As a result of this, Nora goes back to the midnight library because she doesn't want that life even though they are successful as husband and wife and become the owner of a pub.

Second, successful experience as a swimmer. After experiencing unpleasant events in several previous life choices, now Nora decides to live as a famous successful swimmer, “Nora Seed OBE. Inspiring Success. So, there was a life in which she was a success. Well, that was something.” (Haig, 2020, p.91)

In that life, it was told that Nora was preparing to be a speaker at TedTalks. Nora, who had just arrived in this life, must have been confused about what she would say to the general public. However, Nora did it anyway.

Although, the audience did not expect Nora to give such an explanation or talk. They expected Nora to talk about more than that. Just like the effect of previous successful experiences, Nora did not feel that she was suitable for that life and finally returned to the library.

Next, life as a glaciologist. Becoming a glaciologist is one of Nora's dreams. However, the desire came from Mrs. Elm who said that Nora was suitable to be a glaciologist because of her intelligence. She decides to choose a life where she becomes a glaciologist. The effect given by Nora's success in that life is that she feels a bit of an urge to keep going and try other lives, however, she hasn't realized that yet.

The story explained that Nora has gone through various life choices during her time at the midnight library according to the quotation below.

She had been a rock star, an Olympian, a music teacher, a primary school teacher, a professor, a CEO, a PA, a chef, a glaciologist, a climatologist, an acrobat, a tree-planter, an audit manager, a hair-dresser, a professional dog walker, an office clerk, a software developer, a receptionist, a hotel cleaner, a politician, a lawyer, a shoplifter, the head of an ocean protection charity, a shop worker (again), a waitress, a first-line supervisor, a glass-blower and a thousand other things (Haig, 2020, p.214).

However, not all of these successes had a positive effect on Nora's development of self-efficacy. Some of them even made him not want to continue her journey in the library. However, there comes a point where Nora leads some gentle lives. In those few lives, Nora was not a famous person, she had a simple job and good people beside her. It refers to success in life, as Nora experienced when she gained the desire to continue living. This life has a positive influence on

the development of Nora's self-efficacy so that she can again cultivate a sense of the desire to continue her life and succeed in getting out of the in-between world.

The outcome of those two sources is leading Nora Seed to one significant change of behavior, which is being optimistic. After experiencing several life choices and receiving words of encouragement, Nora realized that every life she experienced before was not the dream that she wanted to pursue. She realized that after all this time, she has been living a life that is someone else's dream, not her dream.

Every life she had tried so far since entering the library had really been someone else's dream ... Maybe there was no perfect life for her, but somewhere, surely, there was a life worth living. And if she was to find a life truly worth living, she realised she would have to cast a wider net. Mrs Elm was right. The game wasn't over. No player should give up if there were pieces still left on the board (Haig, 2020, pp. 193-194).

Nora met Hugo one more time in one of the life she experienced. In that life, she explained to him that she can't be Hugo who can enjoy every single life choices that happened. She needed a place to stay. Place here means a life that she can live in it, just like her root life. This shows that Nora experienced changes related to how she responded to the feelings she felt after she goes through various life adventures. The quotation below is evidence that can strengthen Nora's attitude change.

“‘It's not working,’ she told Hugo, in her last proper conversation with him, in that beach bar in Corsica. ‘It's not fun any more. I am not you. I need somewhere to stay. But the ground is never stable.’” (Haig, 2020, p.215).

At this point, Nora began to feel that she did not want to die but was not completely aware of the fact. This is evidenced by the attitude of Nora who asked to experience life where she and Ash, neighbors who told her that the Volts had died in her root life, were together. In fact, at first, Nora did not even intend to try one by one the life choices that she could choose. Nora's change in attitude is shown when she is in the library. Where is she actually at the point of confusion about what kind of life to choose? She felt lost. Nora wanted to quickly find a life where she could settle down and live there.

After living the life she wanted to be with Ash, Nora suddenly returned to the library. Knowing this, she wanted to return to that life, where she had Ash, Molly, and Plato. Unfortunately, the midnight library doesn't work that way. Nora couldn't go back to the life she had lived before. She desperately asked for the nearest possibility where she could live with three of them. It also shows a change in Nora's behavior in responding to a life choice she has tried.

Several odd things happened after Nora asked Mrs. Elm. The computer described as a system on Nora started to smoke, and the screen went black. It didn't stop there, the midnight library was also damaged as if it was about to collapse. Several bright lights that came from the lighting suddenly flew here and there, burning the fallen books one by one. The time that originally stopped at 00:00:00 also started running. It shows the opposite of what is happening. The collapse of the midnight library occurs because of Nora's desire to live.

The one truth she had, a truth she was now proud of and pleased with, a truth she had not only come to terms with but welcomed

openly, with every fiery molecule of her being. A truth that she scribbled hastily but firmly, pressing deep into the paper with the nib, in capital letters, in the first-person present tense. A truth that was the beginning and seed of everything possible. A former curse and a present blessing. Three simple words containing the power and potential of a multiverse. I AM ALIVE (Haig, 2020, p.271).

Changes in Nora's behavior also occurred shortly after she regained consciousness. After feeling better, Nora made a post on her social media accounts while she was in the hospital. This post entitled "A Thing I Have Learned" also shows a behavior change wherein the end Nora has a lot of desire to stay alive.

Yesterday I knew I had no future, and that it was impossible for me to accept my life as it is now. And yet today, that same messy life seems full of hope. Potential. The impossible, I suppose, happens via living. Will my life be miraculously free from pain, despair, grief, heartbreak, hardship, loneliness, depression? No. But do I want to live? Yes. Yes. A thousand times, yes (Haig, 2020, p.278).

The quotation above strengthens the proof that Nora began to feel the spirit of staying alive and being a better person in the future.

Nora's change in behavior is also shown through how she uses her social media. At first, Nora's posts on social media seemed full of despair and lead to the desire to commit suicide. However, now Nora uses her social media to support others. It can be shown in the quotation below.

She went on the Facebook page of the International Polar Research Institute. There was a photograph of the woman she had shared a cabin with – Ingrid – standing with the field leader Peter, using a thin measuring drill to gauge the thickness of sea ice, and a link to an article headlined 'IPRI research confirms last decade warmest on record for Arctic region'. She shared the link. And posted a comment: 'Keep up the great work!' And decided that when she earned some money, she would donate (Haig, 2020, p.281).

In addition to successfully repairing relationships with her relatives and gaining a desire to keep alive, Nora also wants to keep going in terms of her career. This time, she didn't want to do something simple just to fulfill someone else's wish or dream. She wants to focus on herself in career matters.

‘Hi Nora. It’s me, Doreen.’ Nora was excited to hear from her, as she had been in the middle of neatly writing a notice advertising piano lessons. ‘Oh Doreen! Can I just apologise about missing the lesson the other day?’ (Haig, 2020, p.285).

The quote above proves that Nora had the desire to try to become a piano tutor again after losing the job before she decided to end her life. The quote above proves that Nora had the desire to try to become a piano tutor again after losing the job before she decided to end her life. The conversation between Nora and Doreen also shows good things, in which Doreen intends to keep Nora as her child's piano tutor, Leo because her son asked to see if he could still play the piano again.

Nora seems more enjoyed her current life because she was learn by experiencing several crucial moments and events inside the midnight library. She finally realized that she is important as in the following quotation, “She wasn’t a black hole, she decided. She was a volcano. And like a volcano, she couldn’t run away from herself. She’d have to stay there and tend to that wasteland. She could plant a forest inside herself” (Haig, 2020, p.286).

Nora realized that now emptiness was not a part of her. According to the quote above, Nora represents herself as a volcano, which she cannot and should

not escape from the reality of her life. She has to stay no matter what happens so that she can develop and grow to be a better person in the future.

3.2.2 Maintaining Good Relationship with Relatives

Not only receiving encouragement and experiencing success, but Nora Seed also experiencing several experience that makes her be able to dealing with the negative emotions. Nora is a woman who has mental health issues, namely depression. This can also affect him in processing and overcoming the negative emotions she experiences. At the beginning of the story, Nora tends to be unable to control her negative emotions so she often wanted to give up.

However, the fact that she can slowly control these negative emotions while living one of her chosen lives in the midnight library is undeniable. While becoming a glaciologist, Nora must go on an adventure and accidentally encounters a bear. At that moment, fear immediately burst. Nora tried not to panic.

The fog cleared to reveal a huge white bear, standing upright. It dropped down to all fours and continued moving toward her with surprising velocity and a heavy and terrifying grace. Nora did nothing. Her mind was jammed with panic. She was as still as the permafrost she stood on (Haig, 2020, p.131).

At first, she thought about going back to the library, however, apparently, it didn't make her come back, and instead seemed to be stuck there. She also had to stay there and endure. For the first time in fear, she did not want to die at the hands of a bear. This made her venture to chase the bear away as directed by her colleagues before they started their journey. This proves that Nora managed to

suppress the negative emotions that were in her by continuing to move forward and be brave.

Not only the experience in her life as a glaciologist, but Nora also experienced bad experiences several times when trying out one by one the available life choices. In one of them, her brother died. At that time he was living life like a rockstar, a member of the band The Labyrinths. At first, Nora wondered where Joe was in this life. In the end, Nora learned the fact that her brother died two years ago. Nora didn't believe it at first, as if she wanted to deny the fact. She felt sad, why did Joe have to die in that life? Nora finally returned to the midnight library. 'Okay,' Nora said, in a lower voice. 'I don't like this. I want it to stop. I want to cancel my membership in the library. I would like to hand in my library card.' (Haig, 2020, p.185)

Nora felt that life there was very painful due to her brother's death. She even got into an argument with Mrs. Elm because she felt she didn't want to continue the process. However, suddenly the entire library was shaken. This indicates that Nora, who is represented by the library, wants to give in to the situation. After recalling how he managed to overcome the polar bear, the earthquake stopped. A sign that Nora has managed to overcome the negative emotions within herself.

The result shows that this source produce a change in Nora's behavior due to the development of her self-efficacy which is she successfully maintaining good relationship with her relatives. This is evidenced by their conversation at the

hospital. Joe, Nora's brother, visited to make sure Nora was okay and wanted to explain how she had been for the past few years.

He'd bought the latest issue of National Geographic for her while waiting at St Pancras station. 'You used to love it,' he told her, as he placed the magazine beside the hospital bed. 'I still do.' It was good to see him. His thick eyebrows and reluctant smile still intact. He walked in a little awkward, head cowed, hair longer than it had been in the last two lives in which she had seen him (Haig, 2020, p.279).

Nora was relieved that Joe was there, talking to her again. Joe even explained that the reason he disappeared until there was a miscommunication with Nora was that he broke up with his boyfriend and ended up drinking too much. Joe also explained that now his life is starting to get back to normal, he even went to the gym and didn't drink alcohol for a week. Joe also expressed his concern for Nora during this time. The conversation that paved the way for a good relationship between the two went smoothly. Both Nora and Joe felt that now they only had each other and that was more than enough.

Nora also maintained to keep in touch with Izzy. Nora was both happy and relieved. A previously unspoken and untold feeling when she lived her life before entering the midnight library.

Nora made a slight noise of involuntary joy at the back of her throat.

She texted back. It was interesting, she mused to herself, how life sometimes simply gave you a whole new perspective by waiting around long enough for you to see it (Haig, 2020, pp. 280-281).

This is also evidence that there is a significant change in both Nora's self-efficacy and behavior. Nora successfully maintained a good relationship with her brother and her best friend.

CHAPTER IV

CONCLUSION

Nora has a low level of self-efficacy at the beginning of the story. The development of self-efficacy does not immediately produce significant progress. It can also be influenced by her mental issue, which is depression. Nora tends not to have the will to move forward and achieve more than what she had already achieved at that time. She was pessimistic and had a terrible relationship with her relatives before her self-efficacy developed. She even lost her purpose and desire to stay alive which led to an attempt to commit suicide. However, Nora was allowed to experience several variations of her life if she chose another option in her root life.

After analyzing sources that can affect self-efficacy and how they affect the development of Nora's self-efficacy, the results show that three of the four sources significantly impact the development of Nora Seed's self-efficacy. The three sources are performance accomplishments, verbal persuasion, and emotional arousal. Those three sources of self-efficacy are depicted in the form of support, personal experience, and managing negative emotions.

Mrs. Elm is the one who contributes the most to supporting Nora Seed through words of encouragement. Mrs. Elm is the librarian of Nora's school. Nora tends to play chess and talk to Mrs. Elm back then. Mrs. Elm knew that Nora had been through a lot. When she enters the midnight library, Mrs. Elm is there as the librarian.

The success Nora experienced was when she tried one by one the choices of life provided by the library as the depiction of the in-between world. There is many life that Nora has experienced success, such as pub owner, professional swimmer, glaciologist, famous rock star, etc.

The analysis shows that the first and second sources of Nora's self-efficacy development, which are receiving encouragement and experiencing success, lead her to be optimistic about her capability and her will to keep alive. The encouragement she has received leads her to a realization of her capability. In addition, the experiences of her success in the library also lead her to pursue the dream career she wants.

Lastly, maintaining negative emotion. Nora has been through lots of down in her life. Not only in her root life but also in her life in the midnight library. It triggered the negative feeling and emotions within her. In one of her life, her brother died. She had to face the giant polar bear in another life and experienced deep fear. However, Nora successfully maintains the negative emotion well. Those experiences triggered the desire that could make Nora want to live as a better person and successfully maintain good relationships with her relatives.

Changes in behavior and performance are also significantly shown by Nora after experiencing several variations in life choices. Researchers compare how Nora's behavior and performance before entering the midnight library, while in the midnight library, and after leaving the midnight library. Contrast results are shown at the stage where she has not yet entered the midnight library with when

he was in the midnight library and after successfully exiting the midnight library.

This is due to the development of her level of self-efficacy of Nora Seed after receiving several sources that can affect her level of self-efficacy.



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