

FACTORS OF INAYAH'S INFERIORITY FEELING AND HER LIFESTYLE

IN *MUSLIM GIRL* NOVEL BY UMM ZAKKIYYAH

THESIS

Submitted in Partial Fulfillment for

the Degree of Sarjana Humaniora



Written by:

CHYNDY VIONA PUTRI

SRN.19.61.11.038

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2023

ADVISOR SHEET

Subject: Chyndy Viona Putri

SRN : 196111038

To: The Dean of
Cultures and Languages Faculty
UIN Raden Mas Said Surakarta in Surakarta

Assalamu'alaikum wa rahmatullahi wa barakatuh

After reading thoroughly and giving necessary advice, herewith, as the advisor, I state that the thesis of:

Name : Chyndy Viona Putri

SRN : 196111038

Title : *Factors of Inayah's Inferiority Feeling and Her Lifestyle in Muslim Girl Novel by Umm Zakkiyyah*

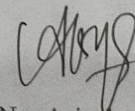
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Surakarta, June 14th, 2023

Advisor,



Dr. Nur Asiyah, S.S, M.A.

NIP. 19810426 201101 2 004

RATIFICATION

This is to certify that the Sarjana thesis entitled *Factors of Inayah's Inferiority Feeling and Her Lifestyle in Muslim Girl Novel by Umm Zakkiyyah* by Chyndy Viona Putri has been approved by the Board of Thesis Examiners as the requirement for the degree of *Sarjana Humaniora* in English Letters.

Chairman : Wildi Adila, S.Pd.I, M.A.

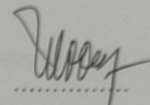
NIP : 19911107 202012 1 011

Secretary : Dr. Nur Asiyah, S.S, M.A.

NIP : 19810426 201101 2 004

Main Examiner : Hidayatul Nurjanah, M.A.

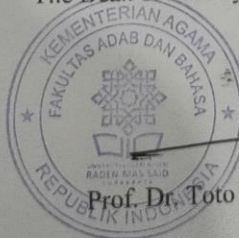
NIP : 19850928 201903 2 012



Surakarta, June 14th, 2023

Approved by

The Dean of Faculty of Cultures and Languages



Prof. Dr. Toto Suharto, S. Ag., M.Ag.

NIP. 19710403 199803 1 005

DEDICATION

The thesis is dedicated to:

1. Myself
2. My Beloved Parents
3. My Beloved Family
4. My Beloved Lectures of English Letters UIN Raden Mas Said Surakarta
5. My Beloved Friends
6. English Letters 2019 of UIN Raden Mas Said Surakarta

MOTTO

“Malas Tertindas, Lambat Tertinggal, Berhenti Mati!”

“Lazy Downtrodden, Slow Left, Quit Dead.”

[K.H. Hasan Abdullah Sahal]

“Jika anda percaya, anda akan mendapatkannya!”

“If you believe, you can achieve!”

[Unknown]

“Jatuh cintalah dengan dirimu, hidumu, kemudian siapapun yang kamu mau”

“Fall in love with yourself, with life, and then with whoever you want.”

[Frida Kahlo]

خير الناس أحسنهم خلقا وأنفعهم للناس

“Sebaik-baiknya manusia, dialah yang bermanfaat bagi orang lain”

“The best of you, is the best to people”

[Shahihul Jami' h. 3289]

PRONOUNCEMENT

Name : Chydney Viona Putri

SRN : 196111038

Study Program : English Letters

Faculty : Faculty of Cultures and Languages

I sincerely state that the thesis entitled *Factors of Inayah's Inferiority Feeling and Her Lifestyle in Muslim Girl Novel by Umm Zakiyyah* is my original work. To the best of my knowledge and belief, the thesis contains no material previously published or written by another person except where due references are made.

If later proven that my thesis has discrepancies, I am willing to take the academic sanctions in the form of repealing my thesis and academic degree.

Surakarta, June 14th, 2023

Stated by


Chydney Viona Putri



SRN. 196111038

ACKNOWLEDGMENT

Alhamdulillahirobbil 'Aalamiin, all praise be to Allah SWT who has given me mercy, guidance, and health so that researcher can complete a thesis entitled *Factors of Inayah's Inferiority Feeling and Her Lifestyle in Muslim Girl Novel by Umm Zakkiyyah* to several parties who have helped and provided support, motivation, and advice to the researcher so they can complete this thesis. On this occasion, the researcher would like to thank:

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The researcher realizes that this thesis is still far from perfect.
The researcher hopes that this thesis is useful for the researcher and readers in general.

Surakarta, June 14th 2023

The Researcher

Chyndy Viona Putri

SRN. 196111038

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ABSTRACT

Chyndy Viona Putri. 2023. *Factors of Inayah's Inferiority Feeling and Her Lifestyle in Muslim Girl Novel by Umm Zakkiyyah*. Thesis. English letters Study Program. Culture and Language Faculty.

Advisor : Dr. Nur Asiyah, S.S., M.A.

Keyword : Inferiority feeling, Individual psychology, Style of life.

Formulation of the problem of this research of two main questions: first, what are the factors of Inaya's inferiority feelings that reflected in *Muslim Girl* novel by Umm Zakkiyyah. Second, how does inferiority feeling impact Inaya's lifestyle in *Muslim Girl* novel by Umm Zakkiyyah. Those changes in individual are absolutely influenced by factors especially the change of the characterization which will be discussed in this research. Thus, the researcher argues that conducting this study is needed to enrich the application of theory of psychology.

The researcher used 2 theory from Alfred Adler to answer the formulation of the problem. First is the inferiority factors theory by Adler (1931). Second is the style of life theory by Adler in Boeree (2006).

The method of research in this research is qualitative method. The purpose of this research to explain the novel based on theory of individual psychology. The instrument of this research is the researcher herself. The researcher collects the data in documentation. After collecting the data, the researcher validates the data to a validator, an expert in English literature and psychology. In analyzing the data, the researcher uses 4 steps, they are Domain Analysis, Taxonomy Analysis, Componential Analysis, and Cultural Theme.

The research found there are 60 data in *Muslim Girl* novel by Umm Zakkiyyah that include from the inferiority of the main character by Alferd Adler's theory. In this research found the factors of inferiority feeling are 60 data in *Muslim Girl* novel, which are divided into 5 factors; 4 data from childhood experience, 17 data from parental influence, 4 data from social comparisons, 1 data from striving for superiority, and 34 data from cultural and societal influences. Data of Inayah's lifestyle in *Muslim Girl* novel found, there are 60, which are divided into 4 types; 1 data from ruling type, 17 data from getting type, 37 data from avoidant type and 5 data from social useful. Out of the collected data, 34 is the influence of cultural and societal factors, while 37 avoidant type. This indicates that Inaya's inferiority feelings are primarily caused by cultural and societal influence. As a result, Inaya feels compelled to conceal her true identity at school, believing that others would not judge her favorably. Consequently, she frequently experiences discomfort in the presence of her peers.

ABSTRAK

Chyndy Viona Putri. 2023. Faktor-Faktor Perasaan Inferioritas Inayah dan Gaya Hidupnya dalam Novel Gadis Muslimah Karya Umm Zakiyyah. Tesis. Program Studi Sastra Inggris. Fakultas Adab dan Bahasa.

Pembimbing : Dr. Nur Asiyah, S.S., M.A.

Kata kunci : Perasaan rendah diri, Psikologi individu, Gaya hidup.

Rumusan masalah penelitian ini terdiri dari dua pertanyaan utama: pertama, apa saja faktor-faktor yang menyebabkan perasaan rendah diri Inaya yang tercermin dalam novel Muslim Girl karya Ummu Zakiyyah. Kedua, bagaimana pengaruh perasaan rendah diri terhadap gaya hidup Inaya dalam novel Muslim Girl karya Umm Zakiyyah. Perubahan individu yang dipengaruhi oleh berbagai faktor terutama perubahan karakterisasi yang akan dibahas dalam penelitian ini. Dengan demikian, peneliti berpendapat bahwa melakukan penelitian ini diperlukan untuk memperkaya penerapan teori psikologi.

Peneliti menggunakan 2 teori dari Alfred Adler untuk menjawab rumusan masalah tersebut. Pertama adalah teori faktor inferioritas oleh Adler (1931). Kedua adalah teori gaya hidup yang merujuk pada Adler dalam Boeree (2006).

Metode penelitian dalam penelitian ini adalah metode kualitatif. Tujuan dari penelitian ini adalah untuk menjelaskan novel berdasarkan teori psikologi individu. Instrumen penelitian ini adalah peneliti sendiri. Peneliti mengumpulkan data dalam bentuk dokumentasi. Setelah mengumpulkan data, peneliti melakukan validasi data kepada seorang validator, seorang ahli sastra Inggris dan psikologi. Dalam menganalisis data, peneliti menggunakan 4 langkah yaitu Analisis Domain, Analisis Taksonomi, Analisis Komponen, dan Tema Budaya.

Pada penelitian ini peneliti menemukan ada 60 data dalam novel Muslim Girl karya Ummu Zakiyyah yang meliputi inferioritas tokoh utama menurut teori Alfred Adler. Pada faktor perasaan rendah diri sebanyak 60 data dalam novel Muslim Girl, yang terbagi menjadi 5 faktor; 4 data dari pengalaman masa kanak-kanak, 17 data dari pengaruh orang tua, 4 data dari perbandingan sosial, 1 data dari perjuangan untuk superioritas, dan 34 data dari pengaruh budaya dan sosial. Data gaya hidup Inayah dalam novel Muslim Girl ditemukan sebanyak 60 yang terbagi menjadi 4 jenis; 1 data dari tipe penguasa, 17 data dari tipe mendapatkan, 37 data dari tipe menghindari dan 5 data dari tipe berguna sosial. Dari data yang terkumpul, 34 adalah pengaruh faktor budaya dan sosial, sedangkan 37 adalah tipe menghindari. Hal ini menunjukkan bahwa perasaan rendah diri Inaya didominasi oleh pengaruh budaya dan sosial. Akibatnya, Inaya merasa harus menyembunyikan identitas aslinya di sekolah, karena rasa ketidaknyamanan Inaya di hadapan teman-temannya.

CHAPTER I

INTRODUCTION

A. Background of the Study

Low self-esteem or insecure is something that is quite common in everyday life with a variety of different impacts from one individual to another. Some people did not feel a significant impact, but some felt significant negative impacts. For example, the experienced inferiority complex makes it difficult for the individual concerned to socialize because of loss of self-confidence, disrupted daily activities because they always focus on perceived deficiencies and so on. Inferiority in psychology known as a person's feelings which belief that they are unworthy. It is a feeling of inadequacy and worthlessness that can arise due to various factors like childhood experiences, societal pressure, lack of social support, and individual temperament. According to Adler in Alwisol (2009), humans are born in a weakness condition, whether physically or mentally. These circumstances lead to feelings of inferiority, such as a lack of strength or inadequateness, and dependency on others. Inferiority feelings refer to an individual's subjective perception of inadequacy or incompetence in comparison to others. These emotions can significantly impact an individual's self-esteem, motivation, and overall psychological well-being. One prominent psychologist who extensively studied inferiority feelings and their effects was Alfred Adler. This feeling then drives the individual to strive for superiority through different means, like physical achievements, social dominance, and

material possessions. However, this pursuit of superiority can also lead to aggressive or defensive behaviors, creating a vicious cycle that perpetuates the feeling of inferiority.

Some studies have found that the experience of inferiority can have a variety of negative consequences for individuals, including low self-esteem, anxiety, depression, social isolation, and poor mental health (Gilbert & Miles, 2006; Rosenberg, 1965). Everyone is born with a sense of inferiority or inadequacy, which motivates them to strive for superiority or mastery over their environment. However, when individuals experience feelings of overwhelming inferiority, they may develop an inferiority complex that can lead to various forms of psychological maladjustment. This research aims to understand the factors of inferiority feelings that found in Inaya and how those feelings impact on Inaya's lifestyle. According to Adler (1927), an Austrian psychiatrist and founder of individual psychology, feelings of inferiority emerge from an individual's early experiences and their striving for significance and superiority. Adler believed that every person is born with a sense of inferiority, owing to their physical and intellectual limitations compared to adults.

Research has shown that inferiority feelings can have a profound psychological impact on individuals. According to Adler's theory of individual psychology (Adler, 1931), these feelings arise from an individual's perception of their own shortcomings or perceived weaknesses, leading to low self-esteem and a negative self-image. There are some previous studies the researcher found

about inferiority feelings and striving for success. First, AlAzzam & Lasheras (2021) investigated the relationship between academic stress, inferiority feelings, and academic performance among undergraduate students. The results showed that academic stress significantly predicted inferiority feelings, which, in turn, negatively affected academic performance. Second, Qi, X., & Kwan (2020) explored the mediating role of inferiority feelings in the relationship between perfectionism, learning goal orientation, and academic performance among university students. The findings suggested that perfectionism predicted inferiority feelings, which, in turn, negatively affected academic performance. Third, Wu, H., & Lin (2021) examined the moderating role of self-esteem in the relationship between peer comparison, inferiority feelings, and striving for success among college students. Fourth, Zheng, X., Zhu, & Wu (2020) examined the mediating role of social comparison in the relationship between inferiority feelings and online game addiction among college students. And the last, Kim, E. J., Kim, H., & Kim, Y. (2021) investigated the mediating role of self-compassion in the relationship between inferiority feelings and academic procrastination among university students. The results showed that inferiority feelings predicted academic procrastination, which, in turn, negatively predicted self-compassion.

This research has similarities with these several previous studies above, for studying about inferiority. While the difference is the object of the discussion by raising the *Muslim Girl* novel as the object of study in this study,

because the researcher wants to analyze Inaya's inferiority feeling as the main character in *Muslim Girl* with Alfred Adler's theories. Based on the previous background, the researcher proposes to conduct research entitled factors of Inayah's inferiority feeling and her lifestyle in *Muslim Girl* novel by Umm Zakkiyyah. This research would be interesting because the researcher will analyze the factors of Inaya's inferiority feeling and how inferiority feeling impact Inayah's lifestyle by using Adler's theories.

Novel known as a constructed prose narrative of considerable length and a certain complexity that deals imaginatively with mortal experience. According to Bulson (2018), the history of the novel, in fact, is littered with attempts to express this "inexpressible meaning" that cannot be condensed into a single message or sound bite. And by putting time itself in a narratable form and combining it with the fictional lives of characters, novelists make it possible for us to understand "the unity" of the past, present, and future in our own lives. This is one of the things that makes the novel so important to everyone (p. 2). Therefore, the novel became something that can connect the readers to understand things that they have or have not experienced, which is expressed by a fictional character in the form of a novel. Novels have more complicated stories than a short stories. Which means that the novel is a work of fiction which can be defined as the art or craft of designing, through words about human life. A fictional novel entitled *Muslim Girl* by Umm Zakkiyyah presents a thought-provoking image of a young Muslim Girl's journey towards self-

discovery and personal growth. The novel's main character, Inaya, undergoes an emotional and intellectual transformation as she navigates her way through the complexities of faith, culture, and identity. Inaya's experiences and attitudes towards life can be analyzed using inferiority theories by Adler. Adler posits that all individuals are motivated by the feeling of inferiority, which stems from their innate sense of incompleteness and inadequacy. Furthermore, he suggests that the pursuit of superiority and success is the primary driving force behind human behavior (Adler, 1927).

In this reasearch, the researcher choose a fictional novel known as *Muslim Girl* by Umm Zakkiyyah as an object of the study. In this novel it is all about Faith turns to shame, confidence to doubt, and conviction to rebellion. There was a girl named Inaya, Inaya was only nine when her mother converted to Islam and moved the family to Saudi Arabia. Then, at sixteen years old, Inaya returns to America and decides to hide her identity at school to be accepted and feel much comfortable to be around with people who doesn't dress like she does. Therefore, there are many types of feeling inferior that push one's self to achieve a success or satisfaction. Adler also believed that individuals develop unique lifestyles, which are shaped by their experiences and attitudes toward life (Adler, 1930). According to Adler, lifestyle refers to an individual's distinctive pattern of thoughts, emotions, and behaviors that develops as a result of their unique perceptions, goals, and values. He believed that every person possesses a unique lifestyle that influences their interactions with others and their approach to life's challenges.

The main character in *Muslim Girl* novel by Umm Zakkiyyah exhibits various traits that align with Adler's theory of Individual Psychology. For example, the character's perceived inferiority from her mother's abandonment drives her to seek validation from the male figures in her life. Additionally, her inability to establish a consistent style of life causes her to seek refuge in Islam, which serves as her anchor throughout the book. Inferiority feelings often lead to a decrease in self-esteem and self-confidence. Research conducted by Crocker, Major, and Steele (1998) found that individuals experiencing feelings of inferiority tend to have lower levels of self-esteem. This diminished self-esteem can negatively affect various aspects of their lifestyle, such as academic performance, career progression, and social interactions (Crocker et al., 1998). Consequently, inferiority feelings can impede personal development and limit an individual's overall satisfaction with life. Inferiority feelings have far-reaching implications for an individual's lifestyle, affecting their psychological well-being, interpersonal relationships, and overall quality of life. Acknowledging the impact of these feelings is crucial in promoting mental health and fostering a supportive environment for individuals struggling with inferiority. Addressing and managing inferiority feelings requires a multifaceted approach, including self-reflection, therapy, and supportive social networks. By understanding the detrimental effects of inferiority feelings and promoting self-acceptance, individuals can work towards developing a positive self-image, nurturing healthier relationships, and pursuing a more fulfilling lifestyle.

These traits point to the applicability of Adler's inferiority theories in understanding the main character's behavior in the *Muslim Girl* novel. Inaya's lifestyle for feeling inferiority is characterized by her quest for authenticity and her desire to reconcile her faith with her personal identity. She is torn between her community's hopes and her own personal aspirations. Her lifestyle was shaped by experiences of marginalization and alienation, which motivated her to seek a deeper understanding of herself and her place in the country and world. According to Boeree (1997) in his journal about personality theories explained that Alfred Adler was born in the suburbs of Vienna on February 7, 1870. As a child, Alfred developed rickets, which kept him from walking until he was four years old. At five, he nearly died of pneumonia. It was at this age that he decided to be a physician. Alfred was an average student and preferred playing outdoors to being cooped up in school. He was quite outgoing, popular, and active, and was known for his efforts at outdoing his older brother, Sigmund.

The reason for researcher chooses this topic. First, Umm Zakkiyyah, also known by her birth name Ruby Moore, is the award-winning author of the *If I Should Speak* trilogy and the novels *Realities of Submission* and *Hearts We Lost*. *Muslim Girl* is her second juvenile fiction story after *A Friendship Promise*. Umm Zakkiyyah's books have been used in schools and universities in America and abroad for multicultural and religious studies. She writes about the interfaith struggles of Muslims and Christians, and the intercultural, spiritual, and moral struggles of Muslims in America. Second, *Muslim Girl*

highlights the struggle of American Muslim young girl, Inaya. Then, feelings of inferiority from society can influence human behavior. Last, most of the time what we see is not who they really are, there are things that are hidden behind it.

At the beginning of the academic year, Inaya had decided to hide her Islam at school, imagining it would make her life easier. But it had brought her nothing but headache and hardship. (Muslim Girl novel, p.104)

From the script above, the researcher hypothesized it can be seen if Inaya finally had to face the hardship of living the double life, her inferiority caused by the cultural/social influence which force her to do and that's what lead her for always wanting to avoid the truth of her identity. Adler recognized that cultural and societal factors can contribute to feelings of inferiority. Societal standards of success, beauty, wealth, and achievement can create a sense of inadequacy in individuals who perceive themselves as not meeting those standards (Adler, 1931). So it's an avoidant lifestyle she is into her inferiority feeling impact. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type, they frequently exhibit psychosis and have their own private universes. From the data above there is significances to this research, so the researcher really wants to discuss further related to this research on the factors of Inaya's inferiority feeling and her lifestyle in *Muslim Girl* novel.

B. Limitation of the Study

Due to the time of limitations and additions the researcher is more focused and not widespread this research, therefore the researcher limits this research only by analyzing the factors of inferiority feelings and the style of life by Adler in *Muslim Girl* novel by Umm Zakkiyyah. The researcher will only focus on the main character in the novel known as Inaya. The analysis in this study focus on the Factors of Inaya's inferiority feeling and how she overcome to reach herself satisfaction by using Individual Psychology Theory of Adler. The researcher chooses Adler's theory because Adler explain more in detail about the theory and this theory could be used on this novel and also could bring implication to the real life of individuals.

C. Formulation of the Problem

Based on the background of the study the research explore the following problems:

1. What are the factors of Inaya's inferiority feelings that reflected in *Muslim Girl* novel by Umm Zakkiyyah?
2. How does inferiority feeling impact Inaya's lifestyle in *Muslim Girl* novel by Umm Zakkiyyah?

D. Objective of the Study

The objection of the study here aimed to explain more about the problem formulations that mentioned above:

1. To find out and describe the factors of Inaya's inferiority feelings that reflected in *Muslim Girl* novel by Umm Zakkiyyah.
2. To explain how inferiority feeling impact Inaya's lifestyle in *Muslim Girl* novel by Umm Zakkiyyah.

E. Benefit of the Study

1. Theoretically

This research allows us to understand better about the causes which lead an individual to feel inferiors. This research also aimed to improve our understanding to increase our knowledge about this issue because this research provides the information that needed to solve problems and make decisions that exemplified by the character in the novel *Muslim Girl*.

2. Practically

This research allows the readers to understand the factors of inferiority feelings and Inaya overcomes in *Muslim Girl* novel by Umm Zakkiyyah which found in this research, this will be very useful for readers specially the students and the lecturers at UIN Raden Mas Said Surakarta also people who will undertake research in this field in the future.

F. Definition of the Key Terms

1. Inferiority feelings

Inferiority feelings, in the context of individual psychology, refer to subjective perceptions of inadequacy or a sense of being less capable or valuable than others. These feelings can stem from various factors such as early childhood experiences, societal comparisons, or personal insecurities (Adler, 1927).

2. Style of Life

According to Alfred Adler, "Style of Life" refers to an individual's unique and consistent pattern of thinking, feeling, and behaving that guides their approach to life and shapes their personality and behavior (Adler, 1929). It is a central concept in Adlerian psychology, which emphasizes the importance of understanding the subjective experiences and subjective perceptions of individuals in order to gain insight into their style of life (Ansbacher & Ansbacher, 1956).

3. Individual psychology

Individual psychology, as conceptualized by Alfred Adler, is a psychological framework that focuses on understanding individuals within the context of their unique experiences, social interactions, and personal motivations. It emphasizes the significance of subjective perceptions, feelings

of inferiority, and the pursuit of goals in shaping human behavior and psychological well-being (Adler, 1927; Mosak & Maniaci, 2017).

CHAPTER II

LITERATURE REVIEW

A. Theoretical Background

1. Psychology and Literature

Psychology and literature are two distinct disciplines that explore different aspects of human experience, yet they often intersect and mutually inform each other. Psychology, as a scientific study of the mind and behavior, delves into understanding cognitive processes, emotions, motivations, and the complexities of human thought. Literature, on the other hand, encompasses artistic expression through written or verbal narratives, capturing the human condition, emotions, and societal issues. Although literature and psychology are different fields of study, yet those fields are interrelated. Also commonly know that literature is a representation of human life. So, it is definitely possible for psychology to be applied in a literary work. Adler (1931) posited, "Through literature, we encounter characters and narratives that mirror our own struggles, desires, and dilemmas, offering us psychological insights and fostering self-reflection" (p. 76).

The relationship between psychology and literature has been explored by numerous scholars and researchers, shedding light on the psychological dimensions embedded within literary works and the therapeutic potential of literature. Literary texts provide a rich source of material for psychological analysis, offering insights into character development, symbolism, archetypes,

and the exploration. According to Adler, engaging with literature can facilitate psychological growth and personal transformation. He viewed literature as a medium for individuals to explore different perspectives, broaden their understanding of the human condition, and gain new insights into their own lives. Adler (1936) expressed, "Literature has the power to evoke empathy, expand our emotional repertoire, and challenge our preconceived notions, thereby fostering personal growth and psychological well-being" (p. 112).

In conclusion, psychology and literature intersect in significant ways, allowing for a deeper understanding of the human experience. Psychological analysis of literary works reveals insights into human behavior, personality, and the complexities of the mind. Additionally, literature can serve as a therapeutic tool, providing solace, fostering empathy, and promoting personal growth. The integration of psychology and literature offers a unique lens through which to explore and appreciate the multidimensionality of the human psyche. Alfred Adler considered literature as a valuable resource for understanding human psychology and fostering personal growth. He believed that literature provides insights into human experiences, explores universal psychological themes, facilitates psychological growth, and can be used as a therapeutic tool. Adler's perspective underscores the profound and reciprocal relationship between psychology and literature. By examining psychological themes in literature, individuals can gain a deeper understanding of themselves and others, leading to personal enrichment and emotional well-being.

2. Adler's Individual Theory

Individual psychology developed by Alfred Adler is a psychological theory that focuses on the unique subjective experiences and motivations of individuals. It emphasizes the holistic understanding of a person's behavior, considering the influence of their social context and their pursuit of meaning and significance in life. This approach views individuals as striving for superiority and emphasizes the importance of understanding their subjective perceptions, personal goals, and lifestyle. Adler proposed that individuals are driven by their innate desire to overcome feelings of inferiority and strive for superiority (Adler, 1927). Adler believed that individuals are inherently social beings and that their behavior is profoundly influenced by their relationships and interactions with others (Adler, 1930). Therefore, Adlerian psychology provides a comprehensive understanding of human personality and behavior, emphasizing the individual's subjective experiences, their striving for superiority, and the influence of social factors. Adler's work highlights the importance of understanding individuals within their social context and recognizing the significance of their subjective interpretations of the world.

According to Adler (Ryckman, 2008) Individual psychology is the science that tries to understand the experience and behavior of each person as an organized entity. He believes that all actions are guided by a person's basic attitude towards life. In accordance with his interest in raising many human beings, he strives to correct wrong or wrong attitudes through the knowledge

gained from his theory. Adler's theory emphasizes the importance of understanding an individual's lifestyle, which is shaped by their early experiences and personal goals. Adler believed that each individual has a fundamental sense of inferiority that drives them to seek mastery over their environment (Adler & Ansbacher, 1956). Personality characteristics are believed to be a key factor in shaping individual style of life (Boeree, 2006). Adler also explains about Individual psychology in humans that there are several principles exist from the theory of Individual Psychology, the researcher found six principles of individual psychology: *Inferiority Feeling*, *Fictional finalism*, *Social interest*, *Style of life*, *Creative Power*, *Striving for Superiority or Success* (Feist, 2006: 69).

Inferiority occur when *feelings of inferiority* are strengthened in individuals through despair or failure. Those at risk of developing the complex include people who show signs of low self-esteem, ethnic minority, have low socioeconomic status, or have a history of depressive symptoms. Feist emphasized that *social interest* is a fundamental aspect of human nature and an important predictor of mental health and social functioning. Individuals with high levels of social interest are more likely to experience positive emotions, experience less stress, and have better interpersonal relationships. The social interest construct has also been found to be essential in the context of community building. It helps individuals in a society to be more compassionate, empathic, and sensitive to the needs of others, leading to a culture of generosity,

kindness, and inclusivity. In literature, *fictional finalism* is often used to explore the motivations and desires of characters, as well as the overall themes and messages being conveyed. Adler's theory of fictional finalism has been influential in the field of psychology, particularly in the development of humanistic and existential approaches (Feist, 2006). These perspectives emphasize the importance of subjective experiences and personal meaning, and recognize the role of psychological constructs such as hope, purpose, and self-actualization.

An individual's *style of life* is influenced by a range of factors, including their upbringing, culture, and experiences. For example, an individual who grew up in a family that placed a high value on achievement and success may adopt a style of life that is focused on career advancement and financial gain. According to Feist (2006), the style of life can also evolve over time as an individual's experiences and priorities change. For example, an individual who previously prioritized their career may shift their focus to family and relationships as they enter a different phase of life. Feist (2006) discusses the concept of creative power as an essential aspect of human nature. According to Feist, *creative power* refers to an individual's ability to generate new ideas, concepts, and solutions to problems in a wide range of domains, including science, art, and business. He argues that creative power is not limited to a certain group of people or a specific set of skills, but rather is accessible to anyone who is willing to engage in the creative process. *Striving for superiority*

or success is a common human motivation, which according to Feist (2006), is a key concept in Alfred Adler's theory of personality. Adler believed that individuals are motivated by a desire to overcome their perceived inferiorities and strive for superiority in their lives. Feist explains, "Adler's notion of striving for superiority suggested that individuals are driven to compensate for feelings of inferiority by achieving success in domains that they value" (p. 142).

Adler's theory of Individual Psychology plays a crucial role in understanding human behavior, and this study seeks to apply it to the main character of *Muslim Girl* novel to facilitate a better understanding of the main character. The findings of the study will make a significant contribution to literature studies by adding a new dimension to the analysis of main character in novel. Additionally, the study's findings will also benefit practitioners in the mental health field as they will use the case study to understand the dynamics of mental and emotional disorders and their effects on one's behavior. By studying Adler's theory, readers gain insights into the fundamental aspects of human nature, such as the importance of social relationships, the pursuit of goals, and the influence of early childhood experiences on personality development. Therefore, the researcher focused only on inferiority feeling and style of life of individual psychology theory in this study. The reason is to understand more about Inaya's behavior, motivation, and personality.

1) Inferiority Feeling

Inferiority feelings, as described by Alfred Adler, are central to his theory of individual psychology. Adler believed that feelings of inferiority were inherent in every individual and served as a driving force for their behavior and motivations. According to Adler, these feelings arise from a perceived sense of inadequacy or incompleteness in comparison to others or societal expectations. Adler proposed that individuals strive to overcome their feelings of inferiority through what he termed "striving for superiority." This striving is a fundamental human motivation to compensate for perceived weaknesses or shortcomings. Adler suggested that individuals develop a unique fictional final goal, or an idealized image of their future self, as a way to combat inferiority feelings. According to Feist (2006), inferiority feelings refer to a psychological state characterized by a pervasive sense of inadequacy, incompetence, or worthlessness. He also explains that individuals develop these feelings when they perceive a significant discrepancy between their self-perceived abilities or qualities and those of others in their social environment. Such comparisons can occur in various domains, including intellectual, physical, social, or emotional aspects.

Adler's concept of inferiority feelings has influenced various fields of psychology and has been applied in counseling, psychotherapy, and educational settings. It provides a framework for understanding the impact

of individuals' subjective perceptions of their own abilities and their efforts to overcome inferiority. In Alfred Adler's book "What Life Should Mean to You" he discusses various factors that contribute to feelings of inferiority in individuals in order to better facilitate the discussion of the main factors which determine the person's inferiority. There are five factors in (Adler, 1931) such as *Childhood experiences, parental influence, social comparisons, striving for superiority, and cultural/societal influences* (CH.III, p.32-44). These ideas are described below:

- a) **Childhood experiences:** Alfred Adler believed that childhood experiences greatly influence our personalities and behaviors throughout life. In particular, he emphasized the importance of birth order and family dynamics. Adler argued that the firstborn child tends to be more responsible, ambitious, and conscientious, while later-born children may be more outgoing, creative, and rebellious. He also believed that the way parents interact with their children has a significant impact on their development (Adler, 1931). For example, imagine a situation where a child has a sibling who excels academically, receives praise and recognition from parents and teachers, and is often held up as an example of success. In contrast, the other child may struggle with their studies or have different strengths that are not as highly valued by their parents or society. As a result, the child who is

constantly compared to their high-achieving sibling may develop a sense of inferiority. They might feel inadequate, believing that they will never live up to the standards.

b) Parental influence: Adler believed that parents play a crucial role in shaping their children's personalities and behaviors. He emphasized the importance of positive parenting practices, such as providing love, support, and encouragement, as well as setting clear boundaries and expectations. He also warned against harmful parenting practices, such as neglect or abuse, which can have long-lasting negative effects on children's mental health and well-being (Adler, 1931). When parents have unrealistic expectations or set impossibly high standards for their child. When parents constantly push their child to achieve unrealistic goals or excel in every aspect of life, it can lead to feelings of failure and inadequacy. The child may constantly feel like they are falling short of their parents' expectations, which can result in a deep-seated sense of inferiority.

c) Social comparisons: Adler believed that people are motivated to compare themselves to others in order to establish their sense of self-worth. He argued that individuals tend to compare themselves to those they perceive as similar to themselves, and that these comparisons can either lead to feelings of inferiority

or superiority. Adler believed that people who develop a strong sense of inferiority may struggle with low self-esteem and may be more likely to engage in self-destructive behaviors (Adler, 1931). For example, someone may constantly compare themselves to the photoshopped and carefully curated images of models and celebrities they see in magazines or on social media. They might notice perceived flaws in their own appearance, such as body shape, size, skin complexion, or facial features, and feel that they don't measure up to the idealized standards set by society.

d) Striving for superiority: Adler believed that human beings have a natural drive to strive for superiority, or to become the best versions of themselves that they can be. He argued that this drive is what motivates people to achieve their goals and to overcome obstacles in life. Adler believed that individuals who are able to channel their striving for superiority in positive ways, such as pursuing meaningful goals or helping others, are more likely to experience a sense of fulfillment and happiness (Adler, 1931). For example is someone who continuously strive for physical perfection may engage in extreme dieting, intense exercise routines, or even resort to harmful practices such as excessive cosmetic surgeries or the use of dangerous substances.

Despite their efforts, they may constantly compare themselves to the unrealistic standards they see around them and feel inadequate or inferior when they don't measure up.

- e) **Cultural and societal influences:** Adler believed that cultural and societal influences also play a significant role in shaping individuals' personalities and behaviors. He argued that societal factors such as poverty, discrimination, and inequality can lead to feelings of inferiority and hopelessness, and can have a negative impact on mental health. He also emphasized the importance of social justice and advocated for greater equality and opportunities for all individuals, regardless of their background or circumstances (Adler, 1931). For example, consider a society where fair skin is considered the epitome of beauty, and individuals with darker skin tones are often marginalized or stigmatized. People who do not possess fair skin may internalize these societal norms and develop a sense of inferiority due to their skin color. This can manifest in various ways, such as avoiding social situations, feeling unworthy of love or attention, or engaging in harmful practices like skin bleaching to conform to the beauty standards imposed by society.

2) Lifestyle

Alfred Adler also developed a comprehensive theory of personality and human behavior. His theory, often referred to as "Lifestyle" theory, explores how people's unique ways of thinking, feeling, and behaving shape their lives and interactions with others. In order to provide a detailed description of Adler's Lifestyle theory which can be related to how individuals deal with feelings of inferiority, the researcher will use the work of Dr. C. George Boeree, a renowned psychology professor who has written extensively on Adlerian psychology. According to Boeree (2006), Adler believes that every individual develops a consistent and distinctive lifestyle, which is referred to as their "Lifestyle". This lifestyle includes goals, values, beliefs, and the way individuals face challenges. It is shaped by early experiences, especially childhood experiences and individual interactions in their social environment. Adler suggested that style of life emerged from individuals' subjective interpretations of their early experiences. He emphasized the importance of a person's perception and subjective understanding of their circumstances, rather than objective reality. Adler also believed that individuals strive for significance and a sense of belonging, and they develop unique strategies to compensate for perceived deficiencies or feelings of inferiority. Adler believed that individuals strive for a sense of belonging, significance, and superiority, which influences their style of life. He suggested that people develop

various coping mechanisms and lifestyle patterns to compensate for feelings of inferiority or to achieve a desired level of social recognition and success.

Dr. C. George Boeree provides a comprehensive overview of Adler's style of life types in his article (2006). Here are the types of lifestyle as described by Boeree:

a) Ruling type

Ruling types strive for power and control over others. They often have an exaggerated sense of superiority and may be domineering and aggressive in their interactions. They seek to dominate and manipulate others to achieve their goals (Boeree, 2006: p. 6-9). Therefore, the ruling type reflects an individual's inclination towards making decisions and exerting control over their environment. It involves how they approach tasks, interact with others, and handle situations. There are various dimensions along which ruling types can be described, such as assertiveness, decisiveness, preference for structure, and need for control.

b) Getting/Leaning type

Getting types tend to be dependent on others for their well-being. They strive to gain attention, affection, and approval from others. They may feel inadequate and seek constant reassurance and validation from those around them (Boeree, 2006: p. 6-9).

Therefore, the getting or leaning type refers to individuals who have a tendency to rely on others to meet their needs and bolster their self-esteem. They often seek attention, recognition, and validation from others, and they may adopt a passive approach in their interactions with the world. These individuals believe that by depending on others, they can compensate for their own perceived shortcomings and gain a sense of significance and belonging.

c) Avoidant type

Avoidant types tend to avoid facing the challenges and responsibilities of life. They may withdraw from social interactions and avoid situations that they perceive as threatening or demanding. They often have a fear of failure and may struggle with feelings of inferiority (Boeree, 2006: p. 6-9). People with an Avoidant type may have a strong desire to be accepted and liked by others, but they may also harbor feelings of inadequacy and low self-esteem. They may believe that they are not capable of meeting the expectations of others or living up to their own standards, leading to a tendency to avoid situations where they might be evaluated or judged.

d) Social useful type

Socially useful types are motivated by a sense of community and a desire to contribute to the welfare of others. They prioritize social interest and cooperation over personal gain. They strive to make

meaningful contributions to society and have a strong sense of empathy and compassion (Boeree, 2006: p. 6-9). Therefore, the social useful type is driven by a sense of community and cooperation, rather than selfish or egocentric motives. These individuals have a deep understanding of the interconnectedness of human beings and recognize that their own well-being is closely tied to the well-being of others. They are motivated to work towards the common good and strive to make meaningful contributions to society.

Adler also believed that true success is achieved when individuals overcome their feelings of inferiority, strive for their goals, and contribute to the welfare of others (Adler, 1927). Success is not an end in itself but a means to develop one's full potential and live a meaningful and fulfilling life, Adler emphasized the importance of subjective perceptions of success, as different individuals may have distinct goals and aspirations that align with their unique strengths and values. Adler emphasizes that striving for superiority is not synonymous with seeking dominance over others. Instead, it is an internal drive to overcome challenges, maximize one's potential, and contribute to the betterment of society. People strive for superiority or success can be defined as a compensation tool for feelings of inferiority or weakness. Adler (1930 in Feist and Feist, 2006: 71) believed that all humans are blessed at birth with small, weak, and inferior bodies. These physical deficiencies trigger feelings of

inferiority simply because people, in essence, have an innate tendency towards resolution or wholeness. People continue to be driven by the need to overcome feelings inferiority and drawn by the desire to resolve.

Adlerian theory, developed by Alfred Adler is focuses on understanding the individual's subjective experience and their pursuit of significance and belonging in society. One prominent aspect of Adlerian theory is the concept of inferiority feelings and their impact on an individual's psychological well-being. This theory provides insights and strategies to help individuals overcome their feelings of inferiority and develop a healthy sense of self-esteem and social connectedness. Of the six Adler's principles, this research focuses on the principle of inferiority which discuss about the factors of inferiority feeling and the impact of inferiority feeling on Inaya's life *Muslim Girl* novel by Umm Zakkiyyah which focuses on the types of lifestyle.

3. *Muslim Girl* by Umm Zakkiyyah Novel

Daughter of American converts to Islam, Umm Zakkiyyah, also known by her birth name Ruby Moore, is the award-winning author of the "I Should Speak trilogy" and the novel "Realities of Submission and Hearts We Lost". *Muslim Girl* is her second juvenile fiction story after "A Friendship Promise". Umm Zakkiyyah's books have been used in schools and universities in America and abroad for multicultural and religious studies. She writes about the interfaith struggles of Muslims and Christians, and the intercultural, spiritual, and moral struggles of Muslims in America. She currently resides in

Washington, D.C. *Muslim Girl* highlights the struggle of American Muslim young girl, Inaya (the main character of the novel). Who lived in Saudi Arabia and moved back to USA to lead a "normal life", and joined a public high school. It is about Inaya's intercultural and spiritual struggles and how she dealt with them by conceal her identity. It is a novel that clears many misunderstandings, breaks many stereotypes, and makes us realize that every believer is struggling to keep their faith safe and it is just that the nature of those struggles is different.

Faith turns to shame, confidence to doubt, and conviction to rebellion. Inaya was only nine years old when her mother converted to Islam and moved the family to Saudi Arabia. Inaya learned Arabic, memorized Qur'an, and inspired *Muslim Girls* to wear hijab and to love their religion. Now, at sixteen years old, Inaya returns to America with her family, and she is immediately asked to teach Qur'an on weekend. And again, she becomes an inspiration to other Muslims, this time to youth and adults alike. But as a *Muslim Girl* in public school, Inaya isn't so sure of herself. Sometimes she feel ashamed of her Muslim's appearance, then oneday Inaya decides to remove her hijab and hide her religion, she was expecting to get the attention of a boy she crush on. But she has no idea how to hide this double life from her mother and from everyone who admires her strong faith.

B. Previous Studies

There are some previous research which related to this study. First, the research from Normaningtyas and Wulandari (2021) entitled *Alfred Adler's Individual Psychology: The Inferiority Feelings of Anna as Main Character Depicted in Miracles from Heaven (2016)*. In this study, Alfred Adler's theory of individual psychology is used to examine Anna's sense of inferiority in the film *Miracles from Heaven*. This study uses a descriptive qualitative research design. There are two different sorts of data in this study. Based on the analysis, it is possible to draw the conclusion that Anna, the main character in the film *Miracles from Heaven* (2016) experiences feelings of inferiority. Her feelings of inferiority caused from her physical weakness, anxiety, and pessimistic. Those feelings appear on Anna because of physical disorder in the digestive organ that are not normal like others.

Second, the research from Adkhiyah (2022) entitled *August's Inferiority Feeling and His Striving For Superiority As Reflected In Rj Palacio's Wonder (2012) Novel* using individual psychology by Alfred Adler, this study analyzing at how August Pullman, the main character in R.J. Palacio's *Wonder* novel (2012) develops his personality. The hypothesis use mediocrity feeling and making progress toward prevalence and it can be seen when he has inferiority due to his facial deformity and tries to overcome his inferior by doing striving for superiority. It can be seen another quality of Individual Psychology such fictional goal, social interest, creative power, and style of life. Later on, his

efforts to striving for superiority results in his superior that shows he already achieved his goal and overcome his inferiority feeling.

Third, the research from Mustaqimah & Yuniawan (2021) entitled *The Inferiority and Superiority of the Main Characters in Andrea Hirata's Novels (Alfred Adler's Psychological Studies)*. They discuss about everyone has felt inferior at some point in their lives. However, these emotions could motivate people to achieve success (superiority). This study discussed the inferiority of the main character of Andrea Hirata's novels. These books were serial novels that did not include the author's life narrative. Ayah (2015), Sirkus Pohon (2017), and Orang-Orang Biasa (2019) are the titles of the novels. In this study, Andrea Hirata's main characters from the novels Ayah, Sirkus Pohon, and Orang-Orang biasa were compared for superiority and inferiority. Alfred Adler's literary psychology methodology was applied in this study together with a qualitative descriptive research design. The results of this research were first, there are seven forms of inferiority possessed by the main character in the novels (Ayah, Sirkus Pohon, and Orang-Orang biasa) by Andrea Hirata, such as (1) pessimist, (2) hopeless, (3) disappointed, (4) worthless, (5) lost of spirit (heart break), (6) restless, (7) bitterness and gave up. Second, there are six forms of superiority possessed by the main character in the novels (Ayah, Sirkus Pohon, and Orang-Orang biasa) by Andrea Hirata, they were (1) optimistic or confident, (2) high of spirit, (3) proud, (4) success at work, (5) motivate us to have goals, (6) lost of ideas, strategies, and life plans/keep moving. Based on

the results of this research, the main character who has a feeling of inferiority manages to achieve superiority, so that it can motivate every reader to never give up in achieving goals in the future.

Forth, the research from Li., Jia, Wang, Zhang & Chen (2022) entitled *Relationships among inferiority feelings, fear of negative evaluation, and social anxiety in Chinese junior high school students*. The purpose of this study was to investigate how social anxiety and emotions of inferiority are related in Chinese junior high school students. It also looked at the association between fear of criticism and potential mediation effects. For the inferiority sentiments, social anxiety, and fear of unfavorable assessment subscales, the results of this study were statistically significant positive correlations between all of them. In addition, the four inferiority subscales (self-esteem, academic ability, beauty, and physical ability) modulated the predicted effects of social anxiety. This mediation impact, however, was absent from the overall score for the subscale measuring social confidence and inferiority complex.

Last research is from Cimsir (2019) entitled *The Roles of Dispositional Rumination, Inferiority Feelings and Gender in Interpersonal Rumination Experiences of College Students*. The aim of this study is to determine whether inferiority feelings, dispositional rumination, and gender predispose rumination regarding an interpersonal offense in a population of college students given the lack of knowledge regarding the underlying mechanisms of rumination in response to an interpersonal offense. The Inferiority Feelings Scale, the

Rumination about an Interpersonal Offense Scale, and the Ruminative Thought Style Scale were completed by a sample of 147 undergraduate students. The results of the hierarchical regression analysis show that inferiority sentiments still account for a sizeable portion of variation in interpersonal rumination, even though dispositional ruminating accounts for the majority of it. Additional research shows that dispositional rumination partially mediates the relationship between inferiority sentiments and interpersonal rumination, proving that inferiority feelings are a factor in interpersonal rumination.

This research has similarities with these several previous studies above, for studying about inferiority. While the difference is the object of the discussion by raising the *Muslim Girl* novel as the object of study in this study, because the researcher wants to analyze the main character's inferiority with Alfred Adler's theories.

CHAPTER III

RESEARCH METHOD

A. Research Design

The researcher applies a qualitative descriptive research method. According to Sugiyono (2016:9), qualitative descriptive is a research method based on post-positivist philosophy, for studying the state of natural objects (because the opposite is experimentation), and as a tool data analysis where researcher is important data that is inductive/qualitative, and the results of qualitative studies emphasize importance over generalizations.

Qualitative descriptive research aims to describe, explain and answer the question being studied in more detail by examining individuals, groups or events as much as possible. In the qualitative research, people are used as research tools, and the results are written in words and sentences that reflect the actual situation. This research is qualitative descriptive because aims to describe, explain and answer the inferiority of the main character in *Muslim Girl* novel which found from dialogues and text in *Muslim Girl* novel by Umm Zakkiyyah. This research is qualitative because it does not involve the numbers and statistics, then also uses humans as an object. This study analyzes the inferiority carried out by the main character in the novel *Muslim Girl* named Inaya by involving Aldler's theories.

B. Data and Data Source

Data is very important element in research and may have many different forms, Based on Creswell (2012). Data is evidence collected by researchers to answer research question. The data type in this study focuses on qualitative research data, not on numbers, but on word forms. The data in this research taken from dialog and text of Inaya in *Muslim Girl* novel.

Data sources for qualitative research can come from many sources, including documents, interviews, observations, audiovisual recordings, and physical artifacts (Creswell, 2012). The data source of this research taken from *Muslim Girl* novel to analyze the main character of the novel namely Inaya with documentations.

C. Research Instruments

The researcher involved in all of the process in this research from separating the data based on the topic, classifying the data, interpreting the data and concluding the analysis of the data (Creswell, 2007). The main instruments of this research is the researcher herself. The researcher is the one who gathers the information for collecting the data. The next instrument is a data table which used to note the literary phenomenon of inferiority in *Muslim Girl* novel.

D. Data Collection Techniques

This section presents the data collection techniques used in this study and the individual tools used to collect the data. For qualitative research, data collection approaches include in-depth interviews, document analysis,

observations, and audiovisual material analysis (Creswell, 2012). Before collecting the data there are several steps which researcher used to collect the data. The following steps are:

- 1) Reading the *Muslim Girl* novel by Umm Zakkiyyah for several times and transcript some text related to the main character.
- 2) Note taking or documenting the object
- 3) Re-writing the data into a table and add the description to give more information.
- 4) After writing all the data, the next step is to make coding to simplify the listing of data.

E. Data Validation Techniques

In this research, data can be accepted when the data are valid. The researcher choose a validator to check the validation of this research to enhance the reliability and validity of data results. The validator criteria selected by the researcher is a master and expert in this field (psychology). This research has been validated by Mr. Muhammad Rizal, as a Lecturer of English Letters Department in UIN Raden Mas Said Surakarta.

F. Data Analysis Techniques

The data analysis model used in this study is the Spradley analysis model, namely the qualitative data analysis model proposed by James Spradley

in 1980. Spradley suggests four stages in data analysis in qualitative research, namely, Domain, Taxonomy, Componential, and Cultural Theme.

1) Domain analysis

Domain analysis is the way to find data by reading the data script in general and to find the domains data in the data. The data which collected from Muslim Girl novel based on theoretical framework chapter 2.

2) Taxonomic analysis

Theoretical framework for analyzing the cultural domain, which is commonly known as Spradley's Taxonomy. This framework is used in qualitative research to understand and classify the structures and organizations that underlie cultural knowledge held by individuals or groups. Researcher can systematically analyze and understand data domains, theoretical frameworks, and research questions.

Individual Psychology								
Inferiority Feeling					Style of life			
CE	PI	SC	SS	CI	RT	GT	AT	SU

3) Componential analysis

In componential analysis, the focus is on identifying the cultural categories or concepts that people use to organize their understanding of the

world. These categories can be thought of as the building blocks of culture, and they provide the framework through which individuals interpret and make sense of their experiences. The researcher looks for patterns, similarities, and differences among the items to understand the cultural organization of the domain.

CN	INF																			
	CE				PI				SC				SS				CI			
	RT	GT	AT	SU	RT	GT	AT	SU	RT	GT	AT	SU	RT	GT	AT	SU				

Note:

CN: Character's Name

RT: Ruling Type

INF: Inferiority

GT: Getting Type

CE: Childhood Experiences

AT: Avoidant Type

PI: Parental Influence

SU: Social Useful

SC: Social Comparisons

SS: Striving For Superiority / Success

CI: Cultural / Societal Influences

4) Discovery of cultural themes

Spradley's approach to discovering cultural themes provides a systematic and structured method for studying and understanding cultures. Cultural themes are patterns of shared meanings that are important to a particular group or community. These themes can be identified by carefully observing and documenting the behaviors, language, symbols, rituals, and artifacts of the culture under study. By identifying these themes, researcher can gain insight into how members of that culture interpret their world and make sense of their experiences.

CHAPTER IV

RESEARCH FINDING AND DISCUSSIONS

A. Research Finding

This chapter explains the findings and the Discussions of the research. The findings and the discussions are the results according to previous questions of formulation of the problem in this research. The first question is about the factors of the main character's inferiority feelings, and the second question is about the main character's style of life used to know how the main character overcome her inferiority. There are 60 data in *Muslim Girl* novel by Umm Zakkiyyah that include from the inferiority of the main character by Alferd Adler's theory.

INAYAH'S INFERIORITY																			
CE				PI				SC				SS				CI			
RT	GT	AT	SU	RT	GT	AT	SU	RT	GT	AT	SU	RT	GT	AT	SU	RT	GT	AT	SU
-	2	2	-	-	12	3	1	-	-	4	-	-	-	-	1	1	3	28	3

Table 4. 1. Data of Factors and Lifestyle

In the table above, there are 4 data on Childhood Experience which are found from 2 data on the Getting/Leaning type and 2 data on Avoidant. Then there are 16 data on Parental Influences found from 12 data on the Getting/Leaning type, 3 data on the Avoidant type, and 1 on the social useful

type. Then, in Social Comparisons it was found that there were 4 data only from the Avoidant type. In Striving for superiority or success, only 1 data is found from the Social Useful type. And the last one is the most dominating data part of the entire data, in Cultural/Societal Influences it was found that there were 35 data from 1 Ruling type, 3 Getting/Leaning types, 28 from Avoidant types, and 3 from Social Useful types. So that the total data is 60 data.

1. The factors of Inayah’s inferiority feelings found in *Muslim Girl* novel by Umm Zakkiyyah.

Inferiority factors				
Childhood Experience	Parental Influences	Social Comparisons	Striving for Superiority or Success	Cultural/Societal Influences
4	17	4	1	34
<i>Total = 60 data</i>				

Table 4. 2. Data of Factors Inaya’s inferiority

By recognizing these factors, individuals can begin to address their feelings of inferiority and develop a healthier self-concept, promoting personal growth and overall well-being. Adler's perspective on the factors contributing to inferiority feelings provides insights into understanding the psychological challenges individuals face (Adler, 1931). In this research found the factors of

inferiority feeling are 60 data in *Muslim Girl* novel, which are divided into 5 factors; 4 data from childhood experience, 17 data from parental influence, 4 data from social comparisons, 1 data from striving for superiority, and 34 data from cultural and societal influences.

a) **Childhood Experience**

Alfred Adler believed that childhood experiences greatly influence our personalities and behaviors throughout life. In particular, he emphasized the importance of birth order and family dynamics.

"I know all of this must be really confusing for you." Sa'ad said as he put the car in park. Inaya met his gaze with her forehead creased. "Becoming Muslim so young. Your parents' divorce." He chuckled, but there was a trace of melancholy in that sound. "Then an Arab stepfather." (p.58)

43/INY/INF/p.58/CE/AT

In Inaya and her stepfather dialogues, it can be seen if Inaya's inferiority caused by her childhood experience as well. Adler maintained that early childhood experiences, particularly within the family, significantly impact an individual's development. He asserted that the first six years of a child's life are particularly critical for the formation of their personality. Adler believed that early childhood experiences, such as the relationships with parents, siblings, and peers, significantly shape an individual's beliefs, attitudes, and behaviors (Adler, 1931).

After seven years of being Muslim, things were not as befuddled in Inaya's mind, but there was still that lingering feeling that something was missing. It was as if her mother took off in a sprint and had grabbed Inaya's hand and dragged Inaya along before

Inaya knew where they were going. Inaya had felt that her legs were too weak and her breath too short as her energy steadily waned. Then one day her mother snatched Daddy away too. (p.46)

26/INY/INF/p.46/CE/GT/AT

In this script it's describe what was happened to Inaya's parents when she was a kid, she has no idea what to do but going with her mother and listen to her mother until now. This shows that Inaya's inferiority comes from her childhood experience. Adler believed that early childhood experiences play a crucial role in shaping an individual's feelings of inferiority. Negative experiences such as neglect, criticism, or overprotection can contribute to a sense of inadequacy and inferiority (Adler, 1931).

"You don't miss church?" Kayla raised her voice over the sound of the electric mixer. She tapped the side of an egg on the small mixing bowl in front of her before pulling the shell open and emptying the whites and yolk inside the bowl. Inaya shrugged as she steered the mixer around the bowl. (p.15)

06/INY/INF/p.15/CE/GT

In this piece of dialogue, Inaya admits that she has felt powerless to understand and decide what identity she wants at such a young age. So this shows that there is a sense of inferiority in her because of her childhood experience she experienced. According to Adler, he emphasizes the significance of early experiences and their impact on an individual's perception of life (Adler, 1931). Therefore, the impact that Inaya got is being dependent on someone to accept her from all

opposition, which proves that it has an impact on making her become such a person with the getting/leaning type. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.

Inaya knew she should say something in response, but she couldn't find her voice. "Just know if you need anything," he said, "I'm here." She nodded, her gaze fixed on her folded hands.(p.59)

44/INY/INF/p.59/CE/AT

From this script, it seems that Inaya has no power to say or react on what her stepfather talking about. It shows if she has an inferiority feeling which caused by her childhood experience so that she isn't that much close to her stepfather yet. According to Adler he proposed that the memories and interpretations of childhood experiences greatly influence how individuals view themselves and others (Adler, 1931). And that make her always avoid too be with him, which is relate to avoidant type of lifestyle to feel safe or comfortable.

b) Parental Influence

Adler thought that parents were very important in determining the personalities and actions of their kids. He highlighted the value of good parenting techniques like showing love, encouragement, and support in addition to establishing firm limits and expectations. In

addition, he cautioned against dangerous parenting behaviors that could impair children's mental health and wellbeing in the long run, such as abuse or neglect.

"But what about Inaya?" Anthony said, looking at his sister, concern in his eyes. Veronica furrowed her brows as she looked at her brother. "What do you mean?", "How does she feel about all this?" Veronica felt herself growing defensive. "All of what?", "You don't get it, do you?" Anthony shook his head. "You walk around as if everything you do is right for everyone else. I just hope you don't lose your daughter in the process." (p.12)

02/INY/INF/p.12/PI/GT

In this piece of dialogue, there is a conversation where Inaya's mother and Inaya's uncle were discussing about Inaya's feelings about her identity was set by her mother when she was child, Veronica. This dialogue slightly illustrates Inaya's inferiority for her inability to choose her own identity, besides that, this also happens because of the parental influence that Inaya's mother had on her. Alfred Adler believed that parents exert a significant influence on their children's development and outlook on life. He argued that the way parents interact with their children shapes their perceptions, values, and behavior patterns (Adler, 1931).

Veronica glared at her brother. She started to respond, but Anthony spoke before she could. "I swear, every time I see that girl, I feel sorry for her. She has no identity.", "She's Muslim, Tony. That's identity enough." "For you," he said. "Don't forget, she didn't choose Islam. You did." (p.12)

03/INY/INF/p.12/PI/GT

In this piece of dialogue, there is a conversation where Inaya's mother and Inaya's uncle were arguing about Inaya's identity deeper. Besides that, this also happens because of the significance of parental attitudes and behaviors. Adler's perspective on parental influence underscores the profound impact that parents have on their children's development. Through their actions, attitudes, and the overall family environment, parents significantly shape their children's sense of self, worldview, and social interest (Adler, 1931).

"She loves being Muslim, Tony. In many ways, she's "I don't doubt that, Ronnie. I just wonder if it's only stronger than I am. Because she wants to make you happy." (p.13)

04/INY/INF/p.13/PI/GT

It is very clear in this piece of dialogue is the conversation where Inaya's mother has taken over Inaya's identity when she was just a kid and did not have the power to stand on herself, thus making Inaya has no choice but letting her mom to choose her own identity, which impacted to Inaya's personality to continue to be a getting/leaning person in order to be accepted as a good daughter to her mother. According to Adler (1931), parental influence plays a crucial role in shaping an individual's personality and their outlook on life. He believed that early experiences and interactions within the family unit significantly impact a person's development and contribute to their overall sense of self. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their

lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.

Inaya was silent as she used a rubber spatula to scrape the soft butter into the large mixing bowl. "You and I were only nine when my mom became Muslim.", "But don't you remember church?" Kayla smiled, lost in a pleasant memory. "We used to sit in the pew and pass notes during the service," (p.15)

05/INY/INF/p.15/PI/GT

In this conversation, Inaya has confirmed that she really doesn't have the power to decide what identity she wants, but to follow whatever decisions her mother takes. Therefore, this is one of parental influence form. So the impact which faced by Inaya herself was built her as a person who depends on someone to decide what is good for her, so being a getting/leaning type person can be a form of trying to get a place for herself. According to Adler in Boeree (2006). People develop coping strategies, known as "fictional final goals," to overcome perceived feelings of inferiority and to attain their desired sense of superiority or personal value.

"Three years," Inaya said, forcing a smile as she studied sister Amal for the first time. Inaya wondered if her mother would let her wear a pink hijab, white blouse, and embroidered skirt instead of the black hijab and jilbaab she'd worn in Saudi Arabia. Sister Amal's outfit was one Inaya could stomach wearing to school.(p.26)

13/INY/INF/p.26/PI/GT

Inaya seems to have a desire to have her freedom to wear whatever clothes she likes, but she knows that is impossible because of parental influence that seen from her mother who does not allow her. Even so, Inaya still does what her mother told her to do, this shows that the parental influence given by her mother made Inaya have a personality of getting/leaning type. According to Adler, he agreed in individual psychological state of getting type, Depend on others to maintain order in their lives (Boeree, 2006). Another data of Parental Influence:

14/INY/INF/p.27/PI/SU

16/INY/INF/p.34/PI/GT

20/INY/INF/p.40/PI/GT

21/INY/INF/p.43/CI/GT

24/INY/INF/p.45/PI/GT

25/INY/INF/p.45 -46/PI/GT

27/INY/INF/p.46/PI/GT

28/INY/INF/p.47/PI/AT

29/INY/INF/p.49/PI/AT

34/INY/INF/p.51/PI/GT

42/INY/INF/p.58/PI/AT

56/INY/INF/p.107/PI/GT

c) Social Comparisons

In order to determine their feeling of value, according to Adler, people are driven to compare themselves to others. He claimed that people frequently compare themselves to others they see as similar to themselves, and that these comparisons might result in either superior or inferior feelings. According to Adler, those who have deep feelings of inadequacy may struggle with poor self-esteem and may be more likely to participate in self-destructive actions.

Inaya nodded as if considering her cousin's comment, but her thoughts were on removing the black garment as quickly as she could. Besides, she didn't want to think of Nasra right then. For some reason, the girl made Inaya uncomfortable. (p.35)

17/INY/INF/p.35/SC/ AT

In this script, Inaya said that she felt uncomfortable with a girl named Nasra. This happened because Inaya was compared by her cousin with Nasra who is also a *Muslim Girl* but she didn't dress as Inaya does, these social comparisons had an impact on Inaya what made her to choose to not discuss it. According to Adler, social comparisons refer to the tendency of individuals to evaluate themselves by comparing their abilities, achievements, and social standing to those of others (Adler, 1931).

Inaya turned away as Raymond smiled fondly at Lyrica. But in that brief moment, Inaya had seen enough to make her feel insignificant. Lyrica's rich brown skin glowed almost bronze, and her closely cropped hairstyle accented the model-like bone structure on her face. Lyrica stood at least three inches taller than Inaya and carried herself with a demeanor that exuded self-confidence and intelligence. (p.52)

37/INY/INF/p.52/SC/ AT

In this script, it seems that Inaya was comparing herself to Lyrica, this is one of social comparisons which Inaya shows. According to Adler (1931) he argued that people have an inherent desire to belong and feel socially significant, which drives them to constantly compare themselves with others.

Inaya forced a smile as she accepted Lyrica's hand. She hoped she hadn't pulled her hand back too soon. She just couldn't stand the feel of the girl's soft palm and thin fingers that sported several silver bands. (p.53)

38/INY/INF/p.53/SC/AT

In this script, it seems that Inaya was comparing herself to Lyrica, this is one of social comparisons form that Inaya's shows. According to Adler about Social comparisons, Adler argued that individuals often compare themselves to others, leading to feelings of inferiority when they perceive themselves as falling short in certain aspects. These social comparisons can occur in various domains, including physical appearance, intelligence, achievements, and social status (Adler, 1931). It lead her to feel inferiority so that she shows the avoidant types of personality.

"You're Muslim?" Lyrica said, her eyes widening in pleasant surprise. As she met Lyrica's gaze, Inaya felt a pang in her chest, and she knew at that moment, she would never like Lyrica. No matter how nice she might be. "Yes," Inaya said in as even a tone as her annoyance would allow. "That's awesome." Lyrica's eyes shined in sincerity. "I hope you don't mind if I bombard you with questions," Lyrica said with a laugh. (p. 54)

40/INY/INF/p.54/SC/AT

In this script, it seems that Inaya shows if she doesn't like Lyrica. According to Adler about Social comparisons, Adler argued that individuals often compare themselves to others, leading to feelings of inferiority when they perceive themselves as falling short in certain aspects. These social comparisons can occur in various domains, including physical appearance, intelligence, achievements, and social status (Adler, 1931). It lead her to feel inferiority so that she shows the avoidant types of personality. According to Alfred Adler (2006) the avoidant type refers to individuals who display a pattern of avoiding social interactions and seeking isolation from others.

d) Striving for Superiority

Adler believed that human beings have a natural drive to strive for superiority, people are compelled to aspire to be better than they are or to become the best versions of themselves possible. He made the case that this drive is what inspires people to accomplish their goals and get through challenges in life. According to Adler, people are more likely

to feel content and happy when they are able to direct their desire for supremacy into productive endeavors like assisting others or pursuing important goals.

Veronica pointed to the papers in Inaya's hand. "It says the award ceremony is covered by local news stations and is posted on the school's YouTube channel," Veronica said. "Imagine the whole world seeing a Muslim Girl accept that award." Veronica smiled and patted Inaya softly on the cheek. "You would make the world proud, Inaya." She shook her head. "May Allah bless it for you." p.107

57/INY/INF/p.107/SS/SU

Becoming the face of the important even at school is make Inaya into social useful type, from this dialogues, Inaya's mother was hoping on Inaya, and that could lead Inaya to feel her inferiority. Adler proposed that individuals have an innate drive to overcome their feelings of inferiority and strive for superiority or personal growth. According to Adler, individuals are driven by a fundamental desire for superiority, which he considered the central motivating force behind human actions (Adler, 1931).

e) Cultural and Societal Influences

According to Adler, social and cultural factors are also very important in influencing people's personalities and behaviors. He believed that social issues like poverty, prejudice, and inequality can cause people to feel inferior and hopeless and can harm their mental health.

She couldn't imagine what Raymond thought of her stepfather's obvious Arab appearance and large beard-and her mother's all-black Saudi-style abaya and face veil. p.24

11/INY/INF/p.24/CI/AT/ GT

In this script, it can be seen that Inaya was doing nothing but to hold her for not talk openly to her parents about her just happened to her. It shows if she has inferiority feeling which cause by cultural/societal Influences in her life which create an avoidant type of her lifestyle that makes her feel better to avoid things she thought it was not good for people. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).

Inaya thought of school the next morning, and her heart dropped. Did she have the strength to put her hijab back on? Did she even want to? p.49

30/INY/INF/p.49/CI/AT

The statement in this script which say “her heart dropped” and the question “did she have the strength to put her hijab on?” it’s clearly shows her inferiority feeling which cause by cultural/social influence, because she doing it to feel safe and accepted by people at school. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system.

Inaya felt sick as she realized what it would mean if she won. She would have to stand before cameras to have pictures and videos of herself publicized for the world to see. If she were to remain the anonymous Muslim she had become at school, she would

have to stand before the world without hijab and humiliate herself and her family. Her friends in Saudi Arabia would most likely be watching, as would her own father, who was drawing from Inaya his own spiritual fortitude necessary to accept Islam. (p.102)

58/INY/INF/p.102/CI/AT

From this script, it can be seen if Inaya finally has to face the hardship of living the double life, her inferiority caused by the cultural/societal Influences and that's what lead her for always wanting to avoid. So it's an avoidant lifestyle she is living put her in the trouble. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931). According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system.

At the beginning of the academic year, Inaya had decided to hide her Islam at school, imagining it would make her life easier. But it had brought her nothing but headache and hardship. (p.104)

60/INY/INF/p.104/CI/AT

From this script, it can be seen if Inaya finally has to face the hardship of living the double life, her inferiority caused by the cultural/societal Influences and that's what lead her for always wanting to avoid. According to Adler (1931), he maintained that cultural factors, such as the prevailing societal norms, values, and expectations,

significantly impact an individual's sense of belonging, self-worth, and purpose. So it's an avoidant lifestyle she is living put her in the trouble. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own private universes.

"I'm trying to convince my mother to let me stay with my uncle after finish my O levels, but she thinks I'll get corrupted or something." Rafa groaned. "She thinks I'll take off my hijab and become Americanized." Inaya's cheeks grew warm, and she fought the inclination to say something in her own defense. But that wouldn't make any sense because Rafa had no idea she had offended Inaya. (p.73)

49/INY/INF/p.73/CI/AT

In this dialogues Inaya still seem hiding the truth from her friend, and she felt offended by what her friend saying, but she remain silent because she don't know what and how to explain things to her friends, the silent she gave is an avoidant type of lifestyle and her inferiority feelings comes from cultural/societal Influences she experienced. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).

“But.....” Veronica was already turned back and engaged in conversation before Inaya could protest further, “Girl, you know I gave up modeling after I became a Muslim,” (p.4)

01/INY/INF/p.4/CI/GT

In this dialogue, Inaya was trying to argue on Veronica (her mom) but then Veronica cut her off by saying that she quit modeling because she is a Muslim which shows that there is a cultural/societal influence in it. According to Adler (1931) culture and society play a fundamental role in shaping an individual's personality, beliefs, and goals. This made Inaya not dare to continue her words to her mother because her mother immediately confirmed it with religious elements which is too sensitive to argue on. Therefore this creates the feelings of inferiority to Inaya, this also shows the influence of Inaya's parents on her which can be associated with one of the factors causing feelings of inferiority according to Adler (1931) that appears in Inaya. Then, this feeling of inferiority has an impact on Inaya's personality, which tends to always hold back herself because she is required to understand and obey, which makes it easy for her to always depend on others. In the other hand, it makes Inaya become such a getting or leaning person. This personality is included as one of the types of Adler's style of life in Boeree's (2006). Another data of Cultural/Societal Influences are:

07/INY/INF/p.21/CI/AT

08/INY/INF/p.22/CI/AT

09/INY/INF/p.23/CI/RT

10/INY/INF/p.23/CI/AT
15/INY/INF/p.33/CI/AT
18/INY/INF/p.35/CI/AT
19/INY/INF/p.40/CI/AT
39/INY/INF/p.53/CI/AT
41/INY/INF/p.55/CI/AT
45/INY/INF/p.63/CI/AT
46/INY/INF/p.63/CI/AT
47/INY/INF/p.67/CI/AT
48/INY/INF/p.63/CI/AT
49/INY/INF/p.73/CI/AT
50/INY/INF/p.73/CI/SU
51/INY/INF/p.83/CI/AT
52/INY/INF/p.83/CI/SU
53/INY/INF/p.84/CI/SU
54/INY/INF/p.86/CI/AT
55/INY/INF/p.87/CI/AT
59/INY/INF/p.104/CI/SU

2. Inayah overcomes the inferiority feelings found in *Muslim Girl* novel by Umm Zakkiyyah.

Alfred Adler also created a thorough philosophy of human behavior and personality. His idea, which is frequently referred to as "Lifestyle" theory, focuses on how individuals' distinctive ways of thinking, feeling, and acting influence their interactions with others. Dr. C. George Boeree, a renowned

psychology professor who has published extensively on Adlerian psychology, will be used by the researcher to provide a thorough explanation of Adler's Lifestyle theory and how it relates to how people deal with feelings of inferiority. According to Boeree (2006), Adler believes that every individual develops a consistent and distinctive lifestyle, which is referred to as their "Lifestyle". This lifestyle includes goals, values, beliefs, and the way individuals face challenges. In this research found there are 60 data Inayah outcomes in *Muslim Girl* novel, which are divided into 4 types; 1 data from ruling type, 17 data from getting type, 37 data from avoidant type and 5 data from social useful.

Impact to Lifestyle			
Ruling type	Getting/Leaning type	Avoidant type	Social useful type
1	17	37	5
<i>Total = 60 data</i>			

Table 4. 3. Data of Inaya's Lifestyle

a) Ruling type

According to Boeree (2006) people who like to rule want to be in charge and have control. They frequently exhibit an inflated sense of

superiority and can be confrontational and forceful in their dealings. To get what they want, they try to control and trick others.

"I just assumed...", "You shouldn't assume." Inaya's voice was tight. Raymond remained silent, and Inaya sensed he had idea what he'd done wrong. Inaya was suddenly self-conscious of the black khimaar that framed her face and the wide black overgarment that she was sure looked like a stupid oversized dress. (p. 23)

10/INY/INF/p.23/CI/AT

In this dialogue, it can be seen that Inaya ordered Raymond to not easily assume that she was a fundamentalist just because she wore Arabian dress. The way Inaya asked Raymond to not assume thus showing a ruling type personality. According to Adler in Boeree (2006), the ruling type of style of life refers to a particular pattern of behavior and attitudes that individuals develop in order to navigate their social environment. This ruling style of life influences their actions, goals, and overall lifestyle choices.

b) Getting/Leaning Type

According to Adler in Boeree (2006) getting/leaning type are more reliant on others for their survival. They work hard to win others' love, adoration, and favor. They can constantly look to those around them for affirmation and reassurance because they feel inadequate.

Inaya was silent as she used a rubber spatula to scrape the soft butter into the large mixing bowl. "You and I were only nine when my mom became Muslim.", "But don't you remember church?" Kayla smiled, lost in a pleasant memory. "We used to sit in the pew and pass notes during the service," (p. 15)

05/INY/INF/p.15/PI/GT

In this conversation, Inaya has confirmed that she really doesn't have the power to decide what identity she wants, but to follow whatever decisions her mother takes. Therefore, this is one of parental influence form. So the impact which faced by Inaya herself was built her as a person who depends on someone to decide what is good for her, so being a getting/leaning type person can be a form of trying to get a place for herself. According to Adler in Boeree (2006). People develop coping strategies, known as "fictional final goals," to overcome perceived feelings of inferiority and to attain their desired sense of superiority or personal value.

“Three years,” Inaya said, forcing a smile as she studied sister Amal for the first time. Inaya wondered if her mother would let her wear a pink hijab, white blouse, and embroidered skirt instead of the black hijab and jilbaab she'd worn in Saudi Arabia. Sister Amal's outfit was one Inaya could stomach wearing to school. (p. 26)

13/INY/INF/p.26/PI/GT

Inaya seems to have a desire to have her freedom to wear whatever clothes she likes, but she knows that is impossible because of parental influence that seen from her mother who does not allow her. Even so, Inaya still does what her mother told her to do, this shows that the parental influence given by her mother made Inaya have a personality of getting/leaning type. According to Adler, he agreed in individual psychological state of getting type, Depend on others to maintain order in their lives (Boeree, 2006).

"But what about Inaya?" Anthony said, looking at his sister, concern in his eyes. Veronica furrowed her brows as she looked at her brother. "What do you mean?", "How does she feel about all this?" Veronica felt herself growing defensive. "All of what?" "You don't get it, do you?" Anthony shook his head. "You walk around as if everything you do is right for everyone else. I just hope you don't lose your daughter in the process." (p.12)

02/INY/INF/p.12/PI/GT

In this piece of dialogue, there is a conversation where Inaya's mother and Inaya's uncle were discussing about Inaya's feelings about her identity was set by her mother when she was child, Veronica. This dialogue slightly illustrates Inaya's inferiority for her inability to choose her own identity, besides that, this also happens because of the parental influence that Inaya's mother had on her. Alfred Adler believed that parents exert a significant influence on their children's development and outlook on life. He argued that the way parents interact with their children shapes their perceptions, values, and behavior patterns (Adler, 1931) which then impacted Inaya's personality to continue to be a getting/leaning person in order to be accepted as a child of her mother.

Veronica glared at her brother. She started to respond, but Anthony spoke before she could. "I swear, every time I see that girl, I feel sorry for her. She has no identity.", "She's Muslim, Tony. That's identity enough.", "For you," he said. "Don't forget, she didn't choose Islam. You did." (p.12)

03/INY/INF/p.12/PI/GT

In this piece of dialogue, there is a conversation where Inaya's mother and Inaya's uncle were arguing about Inaya's identity deeper. Besides that, this also happens because of the significance of parental attitudes and behaviors. Adler's perspective on parental influence

underscores the profound impact that parents have on their children's development. Through their actions, attitudes, and the overall family environment, parents significantly shape their children's sense of self, worldview, and social interest (Adler, 1931), which impacted to Inaya's personality to continue to be a getting/leaning person in order to be accepted as a child of her mother. According to Boeree (2006) the Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives.

"Pretty brown eyes," Chris used to sing to Inaya, "You know how much I love you." Inaya averted her gaze from her reflection. Why couldn't Inaya have done something to make her father stay? No, Daddy, don't go. Don't go! Such simple words, a simple protest. But Inaya had sat mute, a frozen smile on her face. She said nothing as her father kneeled in front of her and brushed her forehead with a kiss.

27/INY/INF/p.46/PI/GT

In this script it describe Inaya's memory about Inaya's dad. She has no idea what to do but muted herself and cried. This shows that Inaya's inferiority comes from her parental influence because at the same time, her mother was grabbed her hands and told her what to do, which lead her to be such a getting/leaning and avoidant type person. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives. The Getting/Leaning, is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly.

Those who fit this character are perpetually dependent on others. They are powerless to act or act independently. Another data of

Getting/Leaning type:

01/INY/INF/p.4/CI/GT

03/INY/INF/p.12/PI/GT

04/INY/INF/p.13/PI/GT

06/INY/INF/p.15/CE/GT

12/INY/INF/p.24/CI/GT

16/INY/INF/p.34/PI/GT

20/INY/INF/p.40/PI/GT

21/INY/INF/p.43/CI/GT

24/INY/INF/p.45/PI/GT

25/INY/INF/p.45 -46/PI/GT

26/INY/INF/p.46/CE/GT

34/INY/INF/p.51/PI/GT

56/INY/INF/p.107/PI/GT

c) Avoidant type

According to Boeree (2006) avoiding personalities typically shy away from life's difficulties and obligations. They could avoid circumstances that seem demanding and retreat from social contacts. They frequently suffer with emotions of inferiority and have a fear of failing.

"Forgive me." He smiled and stuck out his hand. "I didn't introduce myself. I'm Raymond." It took a moment for Inaya to

realize that he was waiting for her to shake his hand. Her cheeks grew warm, and her heart pounded wildly in her chest. "I'm Inaya," she said, her voice barely above a whisper. She tucked her hands deep into the pockets of her jilbaab and smiled widely at him. (p. 22)

08/INY/INF/p.22/CI/AT

This dialogue describes a moment where Inaya refuses to accept a boy's hand while being acquainted with religious or cultural reasons. At the same time, this made Inaya feel stupid because she felt that she did not have the ability to face men at all, which then had an impact on her personality which became an avoidant type which caused by cultural/societal Influences. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoidant type, they tend to be psychotic, and have their own personal worlds.

"It's like an unwritten teacher code or something." Raymond and the other students chuckled, but Inaya only smiled. Her discomfort from earlier had loosened. Somewhat, but she still couldn't bring herself to participate in the conversation. (p.55)

41/INY/INF/p.55/CI/AT

From this script hold herself from ashamed this happened because of cultural/societal Influences which cause her feeling inferiority and that lead her to avoid the truth. This lifestyle is one of avoidant type. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds.

She had no idea how she would stomach walking into school Monday morning wearing the same "drab" black khimaar and jilbaab she had worn all last week. "Is she some sort of Goth or something?" Inaya winced at the thought. Why did she have to look like some Gothic freak? What was wrong with wearing bright colors and baggy pants? (p.33)

15/INY/INF/p.33/CI/AT

It can be seen in this script, Inaya has feelings of inferiority caused by cultural/social influence. Adler believed that people are social beings and their behaviors and attitudes are shaped by their interactions with others (1931). It seems that Inaya got the dress rules from her mother by following the dress code of Muslims in Saudi Arabia. And this provokes Inaya's feelings of inferiority, causing Inaya to have the personality of the avoidant type, so that she can be accepted by her friends at school. In Adler's view, the avoidant style of life emerges as a protective mechanism, allowing individuals to minimize the risk of failure or rejection. By avoiding situations that might challenge their self-esteem, individuals with this style of life attempt to maintain a sense of security and protect their fragile self-image (Boeree, 2006).

Inaya Donald. That's what her I.D. card would read just below her headshot.

Thank God for Chris Donald, Inaya thought. Without the headscarf and over-garment, her father's "normal" family name could work in her favor. No one would mistake her for Arab anymore-or Muslim. (p.40)

19/INY/INF/p.40/CI/AT

In this script, Inaya seems grateful when she realize that she use her biological father's (non-Muslim) name on her ID card, because she

thought it would be a problem if her name was written with her stepfather's (a Muslim) name. Inaya's concern about her stepfather's name shows that Inaya has a feeling of inferiority over her original identity as a Muslim, and it is one of cultural/societal Influences factor which create the feeling of inferiority. According to Adler (1931), society provides a set of standards, ideals, and goals that individuals strive to meet to gain recognition and acceptance. These cultural standards, often communicated through various social institutions like family, education, and religion, shape an individual's understanding of what a meaningful and fulfilling life should entail. This brought the impact on Inaya's personality which tends to deny and avoid her true identity at school, thus making her fall into the category of a person with the avoidant type.

Inaya yanked the damp khimaar from her head and shrugged off the wrinkled jilbaab that she hadn't bothered to button. After a day of walking bareheaded through the halls (and enjoying it). (p.44)

22/INY/INF/p.44/CI/AT

In this script, it can be seen if Inaya was spent her time at school bareheaded which shows her inferiority of her Arab appearances which shows if cultural/societal Influences was the factor of her inferiority feeling, which lead her to avoid for showing her identity at school and that's one of avoidant type of personality. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding

type; they frequently exhibit psychosis and have their own private universes. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931). Another data of Avoidant type are:

07/INY/INF/p.21/CI/AT

10/INY/INF/p.23/CI/AT

11/INY/INF/p.24/CI/AT

17/INY/INF/p.35/SC/AT

18/INY/INF/p.35/CI/AT

23/INY/INF/p.45CI/AT

28/INY/INF/p.47/PI/AT

29/INY/INF/p.49/PI/AT

30/INY/INF/p.49/CI/AT

31/INY/INF/p.51/CI/AT

32/INY/INF/p.50/CI/AT

33/INY/INF/p.50/CI/AT

35/INY/INF/p.51/CI/AT

36/INY/INF/p.51/CI/AT

37/INY/INF/p.52/SC/AT

38/INY/INF/p.53/SC/AT

39/INY/INF/p.53/CI/AT

40/INY/INF/p.54/SC/AT

42/INY/INF/p.58/PI/AT

43/INY/INF/p.58/CE/AT

44/INY/INF/p.59/CE/AT

45/INY/INF/p.63/CI/AT

47/INY/INF/p.67/CI/AT

48/INY/INF/p.63/CI/AT

49/INY/INF/p.73/CI/AT

51/INY/INF/p.83/CI/AT

54/INY/INF/p.86/CI/AT

55/INY/INF/p.87/CI/AT

58/INY/INF/p.102/CI/AT

60/INY/INF/p.104/CI/AT

d) Social Useful

According to Boeree (2006) people who are socially valuable are driven by a sense of community and a desire to improve the lives of others. They place a higher value on cooperation and communal interest than on self-interest. They have a great sense of empathy and compassion, and they work hard to contribute meaningfully to society.

Amal's face registered concern as she looked at Inaya "Do you mind teaching a class for us?" Inaya glanced uncertainly at her mother, whose smile told her that she didn't have much of a choice. Inaya gave Amal a tight-lipped smile. "Sure," she said. "When do I start?" (p. 27)

14/INY/INF/p.27/PI/SU

In this script, it can be seen if Inaya has no choice but to agree with her mother's choice which caused an inferiority feeling in her as

parental influence, she knows that is impossible to argue with her mom, so that Inaya still doing what her mother told her to do which build her personality to be such a getting/leaning type person but also at the same time she was ready to teach people which one type of social useful personality to others. According to Boeree (2006) they have the capacity to comprehend reciprocity in a way that benefits both themselves and other people. Others will find this kind to be quite useful.

"Yeah, I get to teach people about Islam." "Are you still studying Qur'an?" "I'm a teacher at a Muslim weekend school." "You're a Qur'an teacher?" Inaya could sense Rafa's awe and amazement through the phone, and for a moment Inaya saw herself through Rafa's eyes. It was chilling how the truth could be so deceptive. (p. 73)

50/INY/INF/p.73/CI/SU

This dialogues shows if Inaya into a social useful type because she get to teach Quran to people at Muslim weekend school. According to Boeree (2006) others will find this kind to be very helpful. They are able to understand reciprocity in a way that is advantageous to both themselves and others.

Inaya met Mrs. Ford's gaze with her eyes widened. She opened her mouth to protest, but no sound came out. "But no need to worry about all that now." A grin formed on Mrs. Ford's face as she handed a binder to Inaya. "For now, we're just happy to have you on board." (p.83)

52/INY/INF/p.83/CI/SU

It can be seen if Inaya was asked by Raymond and Mrs. Ford for a program that the school has. So Inaya has a social useful type as well

because at the same Inaya was asked to represent a program/event of the school. According to Boeree (2006) they have the capacity to comprehend reciprocity in a way that benefits both themselves and other people. Others will find this kind to be quite useful. But this really brings back her inferiority whenever people talk about the identity of religion.

And its cause by cultural/social influence

Saturday morning Inaya stood in front of the classroom full of Muslim children, the Qur'an open in her hands. She raised her voice as she recited from the first chapter entitled Al-Faatihah, the Opening, and in unison the children repeated after her. (p.84)

53/INY/INF/p.84/CI/SU

In this script, it's really describe if Inaya is a social useful type as well, because at the school she was chosen as someone who will representing an important event in the school, and outside of school she became a Muslim teacher who taught Islam knowledge. From these but from these two important things, both have risks that make inaya often feel inferior due to cultural/social influence.

Veronica pointed to the papers in Inaya's hand. "It says the award ceremony is covered by local news stations and is posted on the school's YouTube channel," Veronica said. "Imagine the whole world seeing a Muslim girl accept that award." Veronica smiled and patted Inaya softly on the cheek. "You would make the world proud, Inaya." She shook her head. "May Allah bless it for you". (p.107)

57/INY/INF/p.107/SS/SU

Becoming the face of the important even at school is make Inaya into social useful type, from this dialogues, Inaya's mother was hoping

on Inaya, and that could lead Inaya to feel her inferiority. According to Boeree (2006) they have the capacity to comprehend reciprocity in a way that benefits both themselves and other people. Others will find this kind to be quite useful. Adler proposed that individuals have an innate drive to overcome their feelings of inferiority and strive for superiority or personal growth. According to Adler, individuals are driven by a fundamental desire for superiority, which he considered the central motivating force behind human actions (Adler, 1931).

B. Discussions

Muslim Girl is a thought-provoking and emotionally charged novel written by Umm Zakiyyah, an acclaimed Muslim author. The book delves into the complexities and challenges faced by young Muslim women living in contemporary societies, addressing themes such as identity, faith, love, and cultural clashes. The story revolves around the life of Inaya, the main character of this novel. Inaya's journey takes place in the backdrop of a diverse and multicultural society, where she finds herself grappling with various internal and external conflicts. Throughout the novel, Umm Zakiyyah explores the inner struggles faced by Inaya as she strives to maintain her faith and practice while encountering pressures and temptations from her peers, and societal expectations. Inaya's experiences shed light on the challenges faced by many Muslim girls today, as they strive to reconcile their religious beliefs with the complexities of modern life. As Inaya encounters love, friendship, and the

pursuit of her dreams, she grapples with questions of self-acceptance, cultural identity, and the meaning of faith in a world that often misunderstands or stereotypes her religion. Umm Zakiyyah skillfully portrays the inner conflicts faced by Inaya, capturing her hopes, fears, and aspirations with great depth and authenticity.

Muslim Girl not only provides a relatable narrative for young Muslim women but also offers valuable insights and lessons for readers of all backgrounds. Umm Zakiyyah's writing evokes empathy and understanding, fostering dialogue and breaking down stereotypes surrounding Muslim women. The novel explores themes of self-discovery, the power of faith, and the importance of embracing one's identity while navigating societal expectations. Umm Zakiyyah's engaging storytelling invites readers to question their own preconceived notions and biases, encouraging empathy and fostering a deeper understanding of the Muslim experience. Overall, *Muslim Girl* by Umm Zakiyyah is a powerful and thought-provoking novel that sheds light on the complexities of being a young Muslim woman in today's world. Through the journey of Inaya when she move back to America from Saudi, readers are invited to reflect on their own beliefs, challenge stereotypes, and embrace the diversity that enriches our global community.

Umm Zakiyyah's novel emphasizes the significance of faith as a source of strength and empowerment. Through Inaya's experiences, the author demonstrates how religion can provide solace, guidance, and resilience in the

face of adversity. The novel inspires readers to deepen their connection with their own faith and find strength in their beliefs. The central theme of *Muslim Girl* revolves around the exploration of identity. Inaya's journey serves as a reflection of the universal quest for self-discovery and the challenges faced by individuals trying to find their place in a diverse society. The novel highlights the importance of embracing one's unique identity while navigating the complexities of cultural and religious expectations. Umm Zakiyyah portrays a wide range of characters with varying backgrounds, shedding light on the multicultural fabric of modern society and encouraging readers to embrace and celebrate differences. Therefore, the researcher can provide some general insights on how novels and literature can relate to individual psychology. First, the novel may touch upon the psychological process of identity development, particularly for young Muslim girls. Inaya's journey in the story may depict her struggle to reconcile her cultural, religious, and personal identities in the face of societal expectations and pressures. Then may shed light on the psychological significance of cultural and religious identity for individuals. Inaya's experiences may highlight the psychological impact of adhering to her faith, dealing with discrimination or prejudice, and finding a sense of belonging within her community. Last, Inaya's experiences may involve challenges related to self-esteem and self-image. The novel explore how societal stereotypes and biases can affect the self-perception and self-worth of Muslim girls, as well as the psychological strategies they employ to overcome these challenges. These

relations will help the researcher to explain more about the factors of inferiority and how inferiority could impact on individual's lifestyle.

The dominating finding from the three problem statements is the subject on this section. In this study, there are two research questions. The first discussion is about the factors of Inaya's inferiority feelings found in *Muslim Girl* novel. The second discussion is about Inaya overcomes the inferiority feelings found in *Muslim Girl* novel. The researcher found that there are the most dominant data from the data had collected. The data contained 34 data from cultural and societal influences and 37 data from avoidant type. So it can be concluded that Inaya's inferiority feeling mostly caused by cultural/societal influences which has an impact to Inaya. The impact that she deals with is the type of avoidant type. Inaya has to conceal her true identity at school, because she understand if people were unable to judge her good. She mostly face uncomfortable moment with the people around, whenever she came to school.

The cultural themes that found in novel *Muslim Girl* by Umm Zakiyyah explores the profound theme of the inferiority feeling experienced by the main character, Inaya, as she navigates the complexities of her cultural and religious identity within a multicultural society. By examining Inaya's journey, the novel provides insights into the broader struggles faced by individuals trying to reconcile their identities while battling societal expectations. Ultimately, Inaya's evolution towards self-acceptance serves as a

powerful reminder of the strength and resilience required to overcome the inferiority complex and embrace one's unique identity in a diverse world.

CHAPTER V

A. Conclusion

The novel *Muslim Girl* by Umm Zakkiyyah masterfully explores the theme of the main character's inferiority feeling, providing valuable insights into the challenges faced by individuals navigating cultural identity in a multicultural society. Through Inaya's journey, we witness the profound impact of conflicting cultural values, religious practices, societal prejudices, and gender roles on her sense of self-worth. Inaya's struggles epitomize the universal experience of grappling with one's identity in the face of societal expectations. Her journey is a poignant reminder of the psychological toll that cultural clashes can have, as she battles with self-doubt and an overwhelming sense of not belonging. Her internalized feelings of inferiority are a testament to the pervasive influence of external factors on shaping one's perception of oneself.

However, amidst the turbulence, *Muslim Girl* offers a glimmer of hope. Through the development of Inaya's character, we witness her gradual empowerment and the strength she finds within herself to challenge societal norms and embrace her unique identity. Her journey serves as a powerful reminder that self-acceptance and resilience can pave the way towards overcoming an entrenched inferiority complex. By delving into the intricacies of Inaya's experiences, Umm Zakkiyyah skillfully sheds light on the complexities and nuances of cultural identity. The novel invites readers to

reflect on their own struggles with identity and the broader societal factors that contribute to feelings of inferiority. Ultimately, *Muslim Girl* serves as a catalyst for dialogue and understanding, fostering empathy and compassion for individuals navigating the delicate balance between cultural heritage and the diverse world around them.

The study focuses on analyzing the factors contributing to Inaya's inferiority feelings and how inferiority feelings impact her lifestyle in *Muslim Girl* novel by Umm Zakkiyyah. Two research questions guide the investigation: the factors causing Inaya's inferiority feelings and how inferiority feelings impact her lifestyle. The researcher collected data and found that cultural and societal influences and the avoidant type were the most dominant factors. Out of the collected data, 34 instances pointed to the influence of cultural and societal factors, while 37 instances revealed Inaya's tendency towards the avoidant type. This indicates that Inaya's inferiority feelings are primarily caused by cultural and societal influences, which have a significant impact on her. As a result, Inaya feels compelled to conceal her true identity at school, believing that others would not judge her favorably. Consequently, she frequently experiences discomfort in the presence of her peers.

This summary highlights the researcher's key findings, indicating that cultural and societal influences are the main factors driving Inaya's inferiority feelings. It also emphasizes Inaya's use of avoidance as a coping mechanism. These insights contribute to a deeper understanding of the complex dynamics

of Inaya's experiences and provide a foundation for further analysis of her journey towards overcoming her inferiority complex in the novel.

B. Implications

The novel *Muslim Girl* underscores the challenges faced by individuals navigating cultural identity in a multicultural society. The exploration of Inaya's struggles provides valuable insights into the profound impact of conflicting cultural values, religious practices, and societal prejudices on one's sense of self-worth. This understanding can foster empathy and promote dialogue around the complexities of cultural identity, leading to a more inclusive and understanding society.

Inaya's journey serves as a poignant reminder of the psychological toll that cultural clashes can have on an individual. Her battle with self-doubt and an overwhelming sense of not belonging highlights the internalized feelings of inferiority that can arise from external factors. Recognizing and addressing these psychological impacts can help individuals develop resilience and promote mental well-being in multicultural settings. Inaya's gradual empowerment and the strength she finds within herself to challenge societal norms and embrace her unique identity offer hope and inspiration. This underscores the importance of self-acceptance and resilience in overcoming an entrenched inferiority complex. Encouraging individuals to embrace their true selves and fostering environments that promote self-acceptance can have a positive impact on their well-being and sense of belonging.

The novel invites readers to reflect on their own struggles with identity and the societal factors that contribute to feelings of inferiority. By delving into the intricacies of Inaya's experiences, readers can gain a deeper understanding of the complexities and nuances of cultural identity. This self-reflection can lead to greater empathy, self-awareness, and a more inclusive perspective towards others grappling with similar challenges. The dominance of cultural and societal influences and the use of avoidance as a coping mechanism in Inaya's journey open avenues for further research. Future studies can explore effective strategies and interventions to help individuals overcome an entrenched inferiority complex in multicultural contexts. This research can contribute to the development of support systems, therapeutic approaches, and educational initiatives that promote positive self-identity and empowerment.

Overall, the implications of the novel *Muslim Girl* and the research on Inaya's inferiority feelings highlight the importance of understanding and addressing the challenges faced by individuals navigating cultural identity in a multicultural society. By fostering empathy, promoting self-acceptance, and advocating for inclusive environments, society can create a more supportive and empowering space for individuals to embrace their unique identities.

C. Suggestions

Further research can delve deeper into the specific cultural and societal factors that contribute to Inaya's inferiority feelings. By examining the impact of factors such as religious practices, gender roles, racial dynamics, and cultural

expectations, researchers can gain a more nuanced understanding of how these influences shape individuals' self-perception. Consider exploring the intersectionality of Inaya's experiences to better understand how multiple aspects of her identity, such as race, religion, and gender, interact and contribute to her feelings of inferiority. This can provide valuable insights into the unique challenges faced by individuals who navigate multiple marginalized identities in a multicultural society. Further research can focus on examining the coping mechanisms employed by Inaya to overcome her inferiority feelings. By understanding the strategies she employs and their effectiveness, researchers can identify helpful approaches that can be applied in real-life situations. Exploring the concept of resilience and its role in overcoming feelings of inferiority can also be a valuable area of investigation.

Investigate the impact of educational interventions and empowerment programs in helping individuals overcome inferiority feelings. Explore the effectiveness of initiatives that promote cultural understanding, self-acceptance, and positive self-identity in educational settings. This research can inform the development of educational curricula and interventions aimed at supporting individuals in building resilience and self-confidence. Comparing Inaya's experiences and journey of overcoming inferiority feelings with other literary or real-life narratives to identify common themes and patterns. Analyze the strategies and factors that contribute to successful resilience and self-acceptance in diverse contexts. This comparative analysis can offer broader insights into the universality of inferiority feelings and inform interventions that

can be applied across different cultural settings. By focusing on these suggested areas of research, scholars can expand our understanding of the factors influencing inferiority feelings, effective coping mechanisms, and the role of education and empowerment in promoting positive self-identity. These studies can contribute to the development of strategies, interventions, and support systems that empower individuals to navigate the challenges of cultural identity and overcome inferiority feelings in a multicultural society.

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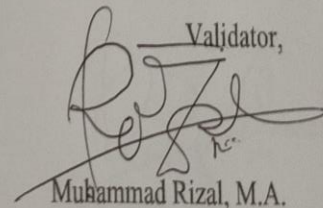
APPENDIX 1

VALIDATOR SHEET

The thesis data entitled *Factors of Inayah's Inferiority Feeling and Her Lifestyle in Muslim Girl Novel by Umm Zakkiyyah* by Chyndy Viona Putri had been checked and validated by Muhammad Rizal, M.A.

Surakarta, June 14th, 2023

Validator,

A handwritten signature in black ink, appearing to read 'Rizal', with a horizontal line above it and a small 'M.A.' below it.

Muhammad Rizal, M.A.

APPENDIX 2

DATA VALIDATION

Data finding of inferiority of the main character in *Muslim Girl* novel by Umm Zakkiyyah

Notes:

INY: Inayah

INF: Inferiority

1) Adler's Factors of Inferiority (1931):

- CE: Childhood Experience
- PI: Parental Influence
- SC: Social Comparisons
- SS: Striving for Superiority
- CI: Cultural and societal Influences

2) Adler's Style of Life by Boeree (2006):

- RT: Ruling Type
- GT: Getting/ Leaning Type
- AT: Avoidant Type
- SU: Social Useful type

No	Data	Codes	Factors	Types	Explanation	V/ Inv
1.	<p>“But.....”</p> <p>Veronica was already turned back and engaged in conversation before Inaya could protest further, “Girl, you know I gave up modeling after I became a Muslim,”</p>	<p>01/IN Y/INF /p.4/C I/GT</p>	<p>cultural/ social influence</p>	<p>Getting/ Leaning Type</p>	<p>In this dialogue, Inaya was trying to argue on Veronica (her mom) but then Veronica cut her off by saying that she quit modeling because she is a Muslim which shows that there is a cultural/societal Influences in it. According to Adler (1931) culture and society play a fundamental role in shaping an individual's personality, beliefs, and goals. This made Inaya not dare to continue her words to her mother because her mother immediately confirmed it with religious elements which is too sensitive to argue on. Therefore this create the feelings of inferiority to Inaya, this also shows the influence of Inaya's parents on her which can be associated with one of the factors causing feelings of inferiority according to Adler (1931) that appears in Inaya. Then, this feeling of inferiority has an impact on</p>	<p>V</p>

					Inaya's personality, which tends to always hold back herself because she is required to understand and obey, which makes it easy for her to always depend on others. In the other hand, it makes Inaya became such a getting or leaning person. This personality is included as one of the types of Adler's style of life in Boeree's (2006).	
2.	<p>"But what about Inaya?" Anthony said, looking at his sister, concern in his eyes. Veronica furrowed her brows as she looked at her brother. "What do you mean?"</p> <p>"How does she feel about all this?" Veronica felt herself growing defensive. "All of what?" "You don't get it, do you?" Anthony shook his head. "You walk around as if everything you do is right for</p>	02/IN Y/INF /p.12/ PI/GT	Parental Influence	Getting/ Leaning Type	<p>In this piece of dialogue, there is a conversation where Inaya's mother and Inaya's uncle were discussing about Inaya's feelings about her identity was set by her mother when she was child, Veronica. This dialogue slightly illustrates Inaya's inferiority for her inability to choose her own identity, besides that, this also happens because of the parental influence that Inaya's mother had on her. Alfred Adler believed that parents exert a significant influence on their children's development and outlook on life. He argued that the way parents interact with their children shapes their perceptions, values, and behavior patterns (Adler,</p>	V

	everyone else. I just hope you don't lose your daughter in the process."				1931) which then impacted Inaya's personality to continue to be a getting/leaning person in order to be accepted as a child of her mother.	
3.	<p>Veronica glared at her brother. She started to respond, but Anthony spoke before she could.</p> <p>"I swear, every time I see that girl, I feel sorry for her. She has no identity."</p> <p>"She's Muslim, Tony. That's identity enough."</p> <p>"For you," he said. "Don't forget, she didn't choose Islam. You did."</p>	03/IN Y/INF /p.12/ PI/GT	Parental Influence	Getting/ Leaning Type	<p>In this piece of dialogue, there is a conversation where Inaya's mother and Inaya's uncle were arguing about Inaya's identity deeper. Besides that, this also happens because of the significance of parental attitudes and behaviors. Adler's perspective on parental influence underscores the profound impact that parents have on their children's development. Through their actions, attitudes, and the overall family environment, parents significantly shape their children's sense of self, worldview, and social interest (Adler, 1931), which impacted to Inaya's personality to continue to be a getting/leaning person in order to be accepted as a child of her mother. According to Boeree (2006) the Getting/Leaning type is delicate</p>	V

					and reserved. Depend on others to maintain order in their lives.	
4.	"She loves being Muslim, Tony. In many ways, she's "I don't doubt that, Ronnie. I just wonder if it's only stronger than I am. Because she wants to make you happy."	04/IN Y/INF /p.13/ PI/GT	Parental Influence	Getting/ Leaning Type	It is very clear in this piece of dialogue is the conversation where Inaya's mother has taken over Inaya's identity when she was just a kid and did not have the power to stand on herself, thus making Inaya has no choice but letting her mom to choose her own identity, which impacted to Inaya's personality to continue to be a getting/leaning person in order to be accepted as a good daughter to her mother. According to Adler (1931), parental influence plays a crucial role in shaping an individual's personality and their outlook on life. He believed that early experiences and interactions within the family unit significantly impact a person's development and contribute to their overall sense of self. According to Boeree (2006) Getting/Leaning type is delicate and reserved.	V

					Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.	
5.	<p>Inaya was silent as she used a rubber spatula to scrape the soft butter into the large mixing bowl. "You and I were only nine when my mom became Muslim."</p> <p>"But don't you remember church?" Kayla smiled, lost in a pleasant memory. "We used to sit in the pew and pass notes during the service,"</p>	05/IN Y/INF /p.15/ PI/GT	Parental Influence	Getting/ Leaning Type	<p>In this conversation, Inaya has confirmed that she really doesn't have the power to decide what identity she wants, but to follow whatever decisions her mother takes. Therefore, this is one of parental influence form. So the impact which faced by Inaya herself was built her as a person who depends on someone to decide what is good for her, so being a getting/leaning type person can be a form of trying to get a place for herself. According to Adler in Boeree (2006). People develop coping strategies, known as "fictional final goals," to overcome perceived feelings of inferiority and to attain their desired sense of superiority or personal value.</p>	V

6.	<p>"You don't miss church?" Kayla raised her voice over the sound of the electric mixer. She tapped the side of an egg on the small mixing bowl in front of her before pulling the shell open and emptying the whites and yolk inside the bowl. Inaya shrugged as she steered the mixer around the bowl.</p> <p>"Not really. I mean, for me, there wasn't much to miss. I was too young to really care either way."</p>	06/IN Y/INF /p.15/ CE/G T	Childhood Experience	Getting/ Leaning Type	<p>In this piece of dialogue, Inaya admits that she has felt powerless to understand and decide what identity she wants at such a young age. So this shows that there is a sense of inferiority in her because of her childhood experience she experienced. According to Adler, he emphasizes the significance of early experiences and their impact on an individual's perception of life (Adler, 1931). Therefore, the impact that Inaya got is being dependent on someone to accept her from all opposition, which proves that it has an impact on making her become such a person with the getting/leaning type. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are</p>	V
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					perpetually dependent on others. They are powerless to act or act independently.	
7.	<p>"Do you speak Arabic?"</p> <p>Inaya nodded. "A bit."</p> <p>"Maybe that's where the accent comes from." Inaya was silent, unsure how she felt about having an Arab accent. She would have to be more careful when she spoke. An awkward silence followed.</p>	07/IN Y/INF /p.21/ CI/AT	Cultural/ social Influence	Avoidant Type	<p>The conversation that occurs here illustrates that Inaya feels uncomfortable or rather embarrassed when Raymond (Inaya's friend) recognizes her accent or even her Arab culture. Raymond asked Inaya about the accent because he was curious about why she speak different accent. So that feeling arises because of cultural influence which creates feelings of inferiority in Inaya. According to Adler (1931) culture and society play a fundamental role in shaping an individual's personality, beliefs, and goals. Therefore she became an avoidant type person to make her feel comfortable around her friend. The avoidant style of life, as described by Adler, is characterized by a person's tendency to withdraw and distance themselves from others as a way of coping with</p>	V

					feelings of inadequacy or social discomfort (Boeree, 2006).	
8.	<p>"Forgive me." He smiled and stuck out his hand. "I didn't introduce myself. I'm Raymond."</p> <p>It took a moment for Inaya to realize that he was waiting for her to shake his hand. Her cheeks grew warm, and her heart pounded wildly in her chest. "I'm Inaya," she said, her voice barely above a whisper. She tucked her hands deep into the pockets of her jilbaab and smiled widely at him.</p>	08/IN Y/INF /p.22/ CI/AT	Cultural/ social Influence	Avoidant Type	<p>This dialogue describes a moment where Inaya refuses to accept a boy's hand while being acquainted with religious or cultural reasons. At the same time, this made Inaya feel stupid because she felt that she did not have the ability to face men at all, which then had an impact on her personality which became an avoidant type which caused by cultural/societal Influences. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).</p>	V

9.	<p>“I just assumed...”</p> <p>"You shouldn't assume."</p> <p>Inaya's voice was tight. Raymond remained silent, and Inaya sensed he had idea what he'd done wrong. Inaya was suddenly self-conscious of the black khimaar that framed her face and the wide black over-garment that she was sure looked like a stupid oversized dress.</p>	09/IN Y/INF /p.23/ CI/RT	Cultural/ social Influence	Ruling Type	<p>In this dialogue, it can be seen that Inaya ordered Raymond to not easily assume that she was a fundamentalist just because she wore Arabian dress. The way Inaya asked Raymond to not assume thus showing a ruling type personality. According to Adler (2006), the ruling type of style of life refers to a particular pattern of behavior and attitudes that individuals develop in order to navigate their social environment. This ruling style of life influences their actions, goals, and overall lifestyle choices. Therefore she could hide her sense of inferiority towards her embarrassment because she was dressed differently from the others at school which is one of the form of cultural/social influence. According to Adler (1931), he maintained that cultural factors, such as the prevailing societal norms, values, and expectations,</p>	V
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					significantly impact an individual's sense of belonging, self-worth, and purpose.	
10.	<p>What the hell is that?" the girl said in a harsh whisper. The boy responded only by contorting his face as he neared</p> <p>Inaya sensed the ambassador wanted her to know he didn't agree with the student's snide remark. But she was only slightly appeased. She wanted to shrink through the floor right then.</p>	10/IN Y/INF /p.23/ CI/AT	Cultural/ social Influence	Avoidant Type	<p>In this script it shows that Inaya is feeling so uncomfortable around the people who look at her with such a cynical look just because the way she was dressed into the school. This cultural/societal Influences through Inayah was increasing her inferiority feeling. According to Adler (1931), culture refers to the collective beliefs, customs, and values shared by a particular society or group. And lead her to be such avoidant type of person. According to Alfred Adler's theory of personality, the avoidant style of life is one of the patterns that individuals may adopt in response to their perceived inferiority (Boeree, 2006).</p>	V

11.	Her face was warm in shame and upset. She sunk low into her seat until the car was far from the school. She couldn't shake the feeling of shame she felt right then. Even her mother and stepfather looked like extremists.	11/IN Y/INF /p.24/ CI/AT	Cultural/ social Influence	Avoidant Type	In this script, it can be seen that Inaya was doing nothing but to hold her shame from people who talk about her appearances. It shows if she has inferiority feeling which cause by cultural/social influence. Adler (1931), social influence, on the other hand, refers to the impact of social relationships and interactions on an individual's thoughts, emotions, and behaviors. it create an avoidant types of her lifestyle. According to Boeree (2006) people with this type tend to avoid life, especially other people.	V
12.	She couldn't imagine what Raymond thought of her stepfather's obvious Arab appearance and large beard-and her mother's all-black Saudi-style abaya and face veil.	12/IN Y/INF /p.24/ CI/GT	Cultural/ social Influence	Getting/ Leaning Type	In this script, it can be seen that Inaya was doing nothing but to hold her for not talk openly to her parents about her just happened to her. It shows if she has inferiority feeling which cause by cultural/societal Influences and her parental influence in her life. In Adler's view, cultural and societal Influences mold a person's lifestyle and	V

					value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931). In the other hand, it also create a getting/leaning type personality in her. According to Adler (Boeree, 2006) Individuals may develop various types of lifestyles as a way to compensate for feelings of inferiority or to gain a sense of superiority.	
13.	<p>“Three years,” Inaya said, forcing a smile as she studied sister Amal for the first time.</p> <p>Inaya wondered if her mother would let her wear a pink hijab, white blouse, and embroidered skirt instead of the black hijab and jilbaab she'd worn in Saudi Arabia Sister Amal's outfit was</p>	13/IN Y/INF /p.26/ PI/GT	Parental Influence	Getting/ Leaning Type	Inaya seems to have a desire to have her freedom to wear whatever clothes she likes, but she knows that is impossible because of parental influence that seen from her mother who does not allow her. Even so, Inaya still does what her mother told her to do, this shows that the parental influence given by her mother made Inaya have a personality of getting/leaning type. According to Adler, he agreed in individual psychological state of getting type,	V

	one Inaya could stomach wearing to school.				Depend on others to maintain order in their lives (Boeree, 2006).	
14.	Amal's face registered concern as she looked at Inaya "Do you mind teaching a class for us?" Inaya glanced uncertainly at her mother, whose smile told her that she didn't have much of a choice. Inaya gave Amal a tight-lipped smile. "Sure," she said. "When do I start?"	14/IN Y/INF /p.27/ PI/SU	Parental Influence	Social Useful	In this script, it can be seen if Inaya has no choice but to agree with her mother's choice which caused an inferiority feeling in her as parental influence, she knows that is impossible to argue with her mom, so that Inaya still doing what her mother told her to do which build her personality to be such a getting/leaning type person but also at the same time she was ready to teach people which one type of social useful personality to others. According to Boeree (2006) they have the capacity to comprehend reciprocity in a way that benefits both themselves and other people. Others will find this kind to be quite useful.	V

15.	<p>She had no idea how she would stomach walking into school Monday morning wearing the same "drab" black khimaar and jilbaab she had worn all last week.</p> <p>"Is she some sort of Goth or something?" Inaya winced at the thought. Why did she have to look like some Gothic freak? What was wrong with wearing bright colors and baggy pants?</p>	15/IN Y/INF /p.33/ CI/AT	Cultural/ Social Influence	- Avoidant Type	<p>It can be seen in this script, Inaya has feelings of inferiority caused by cultural/social influence. Adler believed that people are social beings and their behaviors and attitudes are shaped by their interactions with others (1931). It seems that Inaya got the dress rules from her mother by following the dress code of Muslims in Saudi Arabia. And this provokes Inaya's feelings of inferiority, causing Inaya to have the personality of the avoidant type, so that she can be accepted by her friends at school. In Adler's view, the avoidant style of life emerges as a protective mechanism, allowing individuals to minimize the risk of failure or rejection. By avoiding situations that might challenge their self-esteem, individuals with this style of life attempt to maintain a sense of security and protect their fragile self-image (Boeree, 2006).</p>	V
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16.	Innaya just wished her khimaar was another color, but all her head covers were black	16/IN Y/INF /p.34/ PI/GT	Parental Influence	Getting/ Leaning Type	Inaya's powerlessness to fulfill her wishes in this script shows that Inaya has an inferiority feeling, because she feels ashamed to continue to dress all in black, in the Arabic style, which is different from the others, just to obey the rules of her mother. Which makes this one of the factors that causes feelings of inferiority, namely because of parental influence, and Inaya's actions which continue to follow her mother's orders make her a person with a getting/leaning type personality. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly.	V
17.	Inaya nodded as if considering her cousin's comment, but her thoughts were on removing the black garment as quickly as she	17/IN Y/INF /p.35/	Social Comparisons	Avoidant Type	In this script, Inaya said that she felt uncomfortable with a girl named Nasra. This happened because Inaya was compared by her cousin with Nasra who is also a Muslim girl but she didn't dress as Inaya	V

	could. Besides, she didn't want to think of Nasra right then. For some reason, the girl made Inaya uncomfortable.	SC/A T			does, these social comparisons had an impact on Inaya what made her to choose to not discuss it. According to Adler, social comparisons refer to the tendency of individuals to evaluate themselves by comparing their abilities, achievements, and social standing to those of others (Adler, 1931). This made her fall into the category of people with an Avoidant type personality. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own private universes.	
18.	Inaya felt possessive of Raymond all of a sudden. Did Kayla like him or something? Inaya scolded herself at the thought. Even if Kayla did, so what? Inaya was Muslim- and	18/IN Y/INF /p.35/ CI/AT	Cultural/ Social Influence	Avoidant Type	In this script, Inaya has concerns that her cousin also likes the man she likes, but on the other hand she also has feelings of insecurity because her appearances characterize her inferiority due to cultural/societal Influences factor. According to Adler's perspective (1931) he emphasizes that	V

	<p>plain-looking. No one as handsome and popular as Raymond would even notice her.</p>				<p>individuals are not isolated entities but rather interconnected members of a larger social fabric. Thus making her have an avoidant type person personality. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own private universes.</p>	
19.	<p>Inaya Donald. That's what her I.D. card would read just below her headshot.</p> <p>Thank God for Chris Donald, Inaya thought. Without the headscarf and over-garment, her father's "normal" family name could work in her favor. No one would mistake her for Arab anymore-or Muslim.</p>	<p>19/IN Y/INF /p.40/ CI/AT</p>	<p>Cultural/ Social Influence</p>	<p>Avoidant Type</p>	<p>In this script, Inaya seems grateful when she realize that she use her biological father's (non-Muslim) name on her ID card, because she thought it would be a problem if her name was written with her stepfather's (a Muslim) name. Inaya's concern about her stepfather's name shows that Inaya has a feeling of inferiority over her original identity as a Muslim, and it is one of cultural/societal Influences factor which create the feeling of inferiority. According to Adler (1931), society provides a set of standards, ideals, and goals that individuals</p>	<p>V</p>

					<p>strive to meet to gain recognition and acceptance. These cultural standards, often communicated through various social institutions like family, education, and religion, shape an individual's understanding of what a meaningful and fulfilling life should entail. This brought the impact on Inaya's personality which tends to deny and avoid her true identity at school, thus making her fall into the category of a person with the avoidant type.</p>	
20.	<p>For a moment, Inaya's legs felt as if they would give out. She halted her steps to lean against a wall, the throbbing in her head making her feel dizzy. What if her mother found out? Or even her stepfather?</p>	<p>20/IN Y/INF /p.40/ PI/GT</p>	<p>Parental Influence</p>	<p>Getting/ Leaning Type</p>	<p>In this script, Inaya seems worried if her mother and stepfather would know what happened and what she just did. The fear that she had comes from the inferiority she felt, because she has no idea how to deal with her parents which explain that there is a parental influence of her inferiority which force her to do as what told to, it shows that she has the getting type of lifestyle.</p>	<p>V</p>

21.	<p>Inaya was settled on the student I.D. chair now, and she had no choice but to take her school picture.</p> <p>Anyway, it wasn't her fault that the khimaar was completely ruined. And even if it were, there was nothing Inaya could do about it now.</p>	21/IN Y/INF /p.43/ CI/GT	Parental Influence	Getting/ Leaning Type	<p>In this script, Inaya seems to have uncertain feelings, because she need to face choices in different situations which can also get her into trouble. Because of that, Inaya's feelings of inferiority peaked so that she really didn't know what to do. Her actions which powerless shows her feelings of inferiority, so the factor of what Inaya's feeling is cultural/societal Influences and that's lead her to be getting/leaning type of person. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own private universes.</p>	V
22.	<p>Inaya yanked the damp khimaar from her head and shrugged off the wrinkled jilbaab that she hadn't bothered to button. After a day of walking bareheaded</p>	22/IN Y/INF /p.44/ CI/AT	Cultural/ Societal Influences	Avoidant Type	<p>In this script, it can be seen if Inaya was spent her time at school bareheaded which shows her inferiority of her Arab appearances which shows if cultural/societal Influences was the factor of her inferiority feeling, which lead her to avoid for</p>	V

	through the halls (and enjoying it).				showing her identity at school and that's one of avoidant type of personality. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own private universes. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).	
23.	But even after mentioning Allah's name, anxiety still knotted in her chest, and she felt the beginning of a migraine. Had she really spent the entire day without hijab?	23/IN Y/INF /p.45 CI/AT	Cultural/ Societal Influences	Avoidant Type	In this script, it can be seen if Inaya's inferiority feeling caused by cultural/societal Influences due to her decision for hiding her identity and lives her double lifestyle which also lead her to be an avoidant type of person. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own	V

					private universes. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).	
24.	As a child. Inaya had prayed to "Allah" by following her mother's strange bowing and by muttering gibberish in an effort to imitate the foreign words her mother stumbled over. But Inaya never felt she got it right.	24/IN Y/INF /p.45/ PI/GT	Parental Influence	Getting/ Leaning Type	In this script Inaya's mother seems has the control of her so that Inaya has no power to disagree or fight against her, this shows if Inaya's inferiority feeling caused by parental influence and it gives her a getting/leaning type of personality style of life. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.	V

25.	Veronica had told her daughter that God wasn't Prophet Jesus, and Inaya thought, Okay, that makes sense. But how could Inaya pray to a God she couldn't see? What was she supposed to think about if she couldn't imagine "Allah" in real form?	25/IN Y/INF /p.45 - 46/PI/ GT	Parental Influence	Getting/ Leaning Type	In this script Inaya's mother still seems has the control of her even for believing the God, so that Inaya has no power to disagree or fight against her to choose her own, this shows if Inaya's inferiority feeling caused by parental influence and it gives her a getting/leaning type of personality style of life.	V
26.	After seven years of being Muslim, things were not as befuddled in Inaya's mind, but there was still that lingering feeling that something was missing. It was as if her mother took off in a sprint and had grabbed Inaya's hand and dragged Inaya along before Inaya knew where they were	26/IN Y/INF /p.46/ CE/G T	Childhood Experience	Getting/ Leaning Type	In this script it's describe what was happened to Inaya's parents when she was a kid, she has no idea what to do but going with her mother and listen to her mother until now. This shows that Inaya's inferiority comes from her childhood experience. Adler believed that early childhood experiences play a crucial role in shaping an individual's feelings of inferiority. Negative experiences such as neglect, criticism, or overprotection can contribute to a sense of inadequacy and inferiority	V

	going. Inaya had felt that her legs were too weak and her breath too short as her energy steadily waned. Then one day her mother snatched Daddy away too.				(Adler, 1931) which lead her to be such a getting/leaning. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives.	
27.	"Pretty brown eyes," Chris used to sing to Inaya, "you know how much I love you." Inaya averted her gaze from her reflection. Why couldn't Inaya have done something to make her father stay? No, Daddy, don't go. Don't go! Such simple words, a simple protest. But Inaya had sat mute, a frozen smile on her face. She said nothing as her father kneeled in front of her	27/IN Y/INF /p.46/ PI/GT	Parental Influence	Getting/ Leaning Type	In this script it describe Inaya's memory about Inaya's dad. She has no idea what to do but muted herself and cried. This shows that Inaya's inferiority comes from her parental influence because at the same time, her mother was grabbed her hands and told her what to do, which lead her to be such a getting/leaning and avoidant type person. According to Boeree (2006) Getting/Leaning type is delicate and reserved. Depend on others to maintain order in their lives. The Getting/Leaning, is delicate and reserved. Depend on others to maintain order in their lives.	V

	and brushed her forehead with a kiss.				Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.	
28.	You know how much I love you. The song Inaya's father had sang to her was in his eyes when he'd said goodbye, and even now it made Inaya's throat close in sadness. Inaya forced a smile as she met her mother's gaze and closed the bathroom door.	28/IN Y/INF /p.47/ PI/AT	Parental Influence	Avoidant type	Inaya's memories about her father really breaks her heart but she choose to hide it from her mom, it shows if she is into Avoidant type which caused by her parental influence.	V
29.	"I didn't know you were home." Veronica said. "I just got here," Inaya lied. "But I had to rush to the bathroom." "Alhamdulillah." Veronica	29/IN Y/INF /p.49/ PI/AT	Parental Influence	Avoidant type	In this dialogues it seems that Inaya lied to her mom, so that her mom won't know if Inaya heard her mom's conversations on the phone. She avoid to tell the truth because she won't get any trouble from her mom. So its shows her inferiority which	V

	looked relieved as she praised God, and Inaya sensed that her mother was grateful that Inaya hadn't come home while she was talking to her friend.				caused her to have avoidant type personality due to her parental influence. Adler emphasized the significance of parental attitudes and behaviors in the development of inferiority feelings (Adler, 1931).	
30.	Inaya thought of school the next morning, and her heart dropped. Did she have the strength to put her hijab back on? Did she even want to?	30/IN Y/INF /p.49/ CI/AT	Cultural/ Societal Influences	Avoidant Type	The statement in this script which say “her heart dropped” and the question “did she have the strength to put her hijab on?” its clearly shows her inferiority feeling which cause by cultural/social influence, because she doing it to feel safe and accepted by people at school, her way to makes herself comfortable is one of avoidant type of lifestyle. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system.	V

31.	Inayah had already decided she would wear the khimaar to and from school but not in the school building itself	31/IN Y/INF /p.51/ CI/AT	Cultural/ Societal Influences	Avoidant Type	<p>From this script it's seems that Inaya living her double life, and this happened because of cultural/societal Influences which cause her feeling inferiority and that lead her to avoid the truth. This lifestyle is one of avoidant type. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931). Inaya's avoidant type can be seen on her way she has decided for living her double life. According to Boeree (2006) avoidant type tries to avoid and retain what appears to be rewarding, even when meeting other people without enthusiasm. Such a person is more cautious or doesn't want to put himself in any danger.</p>	V
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32.	<p>"Let's just forget it, okay?" Inaya pulled the door handle and shoved the car door open, swallowing the frustration building inside. She wished Kayla would shut up.</p>	<p>32/IN Y/INF /p.50/ CI/AT</p>	<p>Cultural/ societal Influences</p>	<p>Avoidant Type</p>	<p>From this script it's seems that Inaya living her double life, and this happened because of cultural/societal Influences which cause her feeling inferiority. People around Inaya indirectly force her to follow their standars otherwise Inaya would be judged and that lead her to avoid the truth by living her double life. Adler (1931) recognized that different cultures have distinct values, norms, and expectations, which significantly influence how individuals perceive the meaning of life. Cultural beliefs and societal norms provide a framework within which individuals navigate their existence, define their goals, and make sense of the world around them. This lifestyle is one of avoidant type. According to Adler in Boeree (2006) Avoiding type is tries to avoid and retain what appears to be rewarding, even when meeting other people without enthusiasm.</p>	<p>V</p>
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33.	Without the bulky over-garment, Inaya felt less constricted. The wide-legged jeans she wore were loose, but when she had gotten dressed that morning, she had trouble finding a shirt she liked. Now, the khimaar that her stepfather had bought covered her head and was draped low to conceal the bust of her fitting long-sleeve black shirt. But she still felt stifled. The fuchsia didn't match anything she wore.	33/IN Y/INF /p.50/ CI/AT	Cultural/ Societal Influences	Avoidant Type	Inaya living her double life, it show that she has some issues about her appearances due to cultural/societal Influences which make her feel uncomfortable to be around with people. Adler (1931) recognized that different cultures have distinct values, norms, and expectations, which significantly influence how individuals perceive the meaning of life. The double life she living now is the only way for her to be safe and accepted at school, so it's one of the lifestyle with an avoidant type. According to Adler Individuals with an avoidant style of life may exhibit a range of behaviors aimed at avoiding situations that might provoke feelings of inferiority or failure. They may isolate themselves, avoid social interactions, or	V

					refrain from taking risks that could potentially expose their vulnerabilities (Boeree, 2006).	
34.	Allah is Merciful, Inaya told herself. No sin is too great for Him to forgive. At least that's what her mother always said. Inaya didn't know if that was true, especially as far as her own soul was concerned. But it's what Inaya decided to believe. It was easier than thinking the alternative.	34/IN Y/INF /p.51/ PI/GT	Parental Influences	Getting/ Leaning Type	In this script, it can be seen. If Inaya is the type of getting and leaning person by always following and believe what her mother told her, which show her inferiority feeling and that's caused by parental influence. Alfred Adler believed that parents exert a significant influence on their children's development and outlook on life. He argued that the way parents interact with their children shapes their perceptions, values, and behavior patterns (Adler, 1931) According to Adler in Boeree (2006) Getting/Leaning type, is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.	V

35.	<p>"Oh my God," Kayla said in the bathroom after Inaya removed her head cover. They were standing in front of the mirrors, and Inaya was stuffing the cloth into her bag. "Are you really taking all that off?" Annoyed, Inaya rolled her eyes. "Yeah, so what?" Kayla threw up her palms in defense. "Chill. I don't care what you do." She shrugged. "I'm just surprised, that's all."</p>	35/IN Y/INF /p.51/ CI/AT	Cultural/ Societal Influences	Avoidant Type	<p>From this dialogues Inaya was trying to stop the conversations that Kayla brought which makes her inferiority comes up, the double life she is living is her way to avoid the inferiority feelings she feels which comes from cultural/social influence, so it's one of Avoidant type of lifestyle.</p>	V
36.	<p>"You're the one who said I looked like I'm going to a funeral." Kayla chuckled at the reminder, but her face grew concerned a moment later. "Are</p>	36/IN Y/INF /p.51/ CI/AT	Cultural/ Societal Influences	Avoidant Type	<p>From this dialogues Inaya was trying to stop the conversations that Kayla brought which makes her inferiority comes up, the double life she is living is her way to avoid the inferiority feelings she feels which comes from cultural/societal Influences.</p>	V

	<p>you sure this is a good idea?"</p> <p>Kayla spoke in a low whisper as she leaned toward Inaya in front of the large mirror. "Can't you get in trouble?"</p>				<p>Adler recognized that cultural and societal factors can contribute to feelings of inferiority. Societal standards of success, beauty, wealth, and achievement can create a sense of inadequacy in individuals who perceive themselves as not meeting those standards (Adler, 1931). So it's one of Avoidant type of lifestyle.</p>	
37.	<p>Inaya turned away as Raymond smiled fondly at Lyrica. But in that brief moment, Inaya had seen enough to make her feel insignificant. Lyrica's rich brown skin glowed almost bronze, and her closely cropped hairstyle accented the model-like bone structure on her face. Lyrica stood at least three inches taller than Inaya and</p>	<p>37/IN Y/INF /p.52/ SC/A T</p>	<p>Social Comparisons</p>	<p>Avoidant Type</p>	<p>In this script, it seems that Inaya was comparing herself to Lyrica, this is one of social comparisons which Inaya shows. According to Adler (1931) he argued that people have an inherent desire to belong and feel socially significant, which drives them to constantly compare themselves with others, and because of that it leads Inaya to feel inferiority so that she shows the avoidant types of personality.</p>	<p>V</p>

	carried herself with a demeanor that exuded self-confidence and intelligence.					
38.	Inaya forced a smile as she accepted Lyrica's hand. She hoped she hadn't pulled her hand back too soon. She just couldn't stand the feel of the girl's soft palm and thin fingers that sported several silver bands.	38/IN Y/INF /p.53/ SC/A T	Social Comparisons	Avoidant Type	In this script, it seems that Inaya was comparing herself to Lyrica, this is one of social comparisons form that Inaya's shows. According to Adler about Social comparisons, Adler argued that individuals often compare themselves to others, leading to feelings of inferiority when they perceive themselves as falling short in certain aspects. These social comparisons can occur in various domains, including physical appearance, intelligence, achievements, and social status (Adler, 1931). It lead her to feel inferiority so that she shows the avoidant types of personality.	V

39.	"And I'm Raymond," the student ambassador said, reaching for Inaya's hand. The formal introduction took her aback, and her face grew warm as their hands touched, her hand limply in his. For a moment she wondered if she was taking this "no hijab" choice too far.	39/IN Y/INF /p.53/ CI/AT	Cultural/ Social Influence	Avoidant Type	This had Inaya felt so bad for herself, but she has to do it. Her inferiority feeling comes from the cultural/societal Influences because of worrying about the people at her school. The way she take off her hijab is because she thought if it the only way to avoid people to know the truth, so it's one of an avoidant type of lifestyle she did. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).	V
40.	"You're Muslim?" Lyrica said, her eyes widening in pleasant surprise. As she met Lyrica's gaze, Inaya felt a pang in her chest, and she knew at that moment, she would never like	40/IN Y/INF /p.54/ SC/A T	Social Comparisons	Avoidant Type	In this script, it seems that Inaya shows if she doesn't like Lyrica. According to Adler about Social comparisons, Adler argued that individuals often compare themselves to others, leading to feelings of inferiority when they perceive themselves as falling short in certain aspects. These	V

	Lyrica. No matter how nice she might be. "Yes," Inaya said in as even a tone as her annoyance would allow. "That's awesome." Lyrica's eyes shined in sincerity. "I hope you don't mind if I bombard you with questions," Lyrica said with a laugh.				social comparisons can occur in various domains, including physical appearance, intelligence, achievements, and social status (Adler, 1931). It lead her to feel inferiority so that she shows the avoidant types of personality. According to Alfred Adler (2006) the avoidant type refers to individuals who display a pattern of avoiding social interactions and seeking isolation from others.	
41.	"It's like an unwritten teacher code or something." Raymond and the other students chuckled, but Inaya only smiled. Her discomfort from earlier had loosened. Somewhat, but she still couldn't bring herself to participate in the conversation.	41/IN Y/INF /p.55/ CI/AT	Cultural/ Social Influence	Avoidant Type	From this script hold herself from ashamed this happened because of cultural/societal Influences which cause her feeling inferiority and that lead her to avoid the truth. This lifestyle is one of avoidant type. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view,	V

					cultural and societal Influences mold a person's lifestyle and value system.	
42.	But it was always all or nothing with Veronica, Inaya thought sadly. Where Veronica saw black and white, Inaya and Chris saw gray.	42/IN Y/INF /p.58/ PI/AT	Parental Influence	Avoidant Type	From this script, it can be seen if Inaya has quite differences with her mother, Veronica. But because Veronica is her mother so all things she could do is agreeing with her. So it shows that Inaya's inferiority caused by parental influences and that leads her to avoid things to be safe by holding back herself emotion or feeling toward her mother. It's called avoidant type. Alfred Adler believed that parents exert a significant influence on their children's development and outlook on life. He argued that the way parents interact with their children shapes their perceptions, values, and behavior patterns (Adler, 1931)	V

43.	<p>"I know all of this must be really confusing for you." Sa'ad said as he put the car in park. Inaya met his gaze with her forehead creased. "Becoming Muslim so young. Your parents' divorce." He chuckled, but there was a trace of melancholy in that sound. "Then an Arab stepfather."</p>	43/IN Y/INF /p.58/ CE/A T	Childhood Experience	Avoidant Type	<p>In Inaya and her stepfather dialogues, it can be seen if Inaya's inferiority caused by her childhood experience a well. Adler maintained that early childhood experiences, particularly within the family, significantly impact an individual's development. He asserted that the first six years of a child's life are particularly critical for the formation of their personality. Adler believed that early childhood experiences, such as the relationships with parents, siblings, and peers, significantly shape an individual's beliefs, attitudes, and behaviors. (Adler, 1931). So that she has to be Muslim without her willing and now she must dealing with around non-Muslim people. That's lead her to be an avoidant type of person.</p>	V
44.	<p>Inaya knew she should say something in response, but she couldn't find her voice. "Just</p>	44/IN Y/INF /p.59/	Social Comparisons	Avoidant Type	<p>From this script, it seems that Inaya has no power to say or react on what her stepfather talking about. It shows if she has an inferiority feeling which</p>	V

	know if you need anything," he said, "I'm here." She nodded, her gaze fixed on her folded hands.	CE/A T			caused by her childhood experience so that she isn't that much close to her stepfather yet. According to Adler he proposed that the memories and interpretations of childhood experiences greatly influence how individuals view themselves and others (Adler, 1931). And that make her always avoid too be with him, which is relate to avoidant type of lifestyle to feel safe or comfortable.	
45.	Chris forced laughter. "I'm used to being looked at as normal, sweetheart," he said. "And as crazy as this may sound, I don't want that to change." The word normal made Inaya think of her own desire to be invisible at school. It had even pushed her to remove her Islamic headdress.	45/IN Y/INF /p.63/ CI/AT	Cultural/ Social Influence	Avoidant Type	In this script, it seems that Inaya is realizing if she wasn't doing well as a Muslim as well, and the world 'Normal' really disturb her, due to cultural/societal Influences which cause her inferiority, she even decide to live a double life to avoid the truth and be accepted, so its shows if the impact of her inferiority is lead her into avoidant type person.	V

46.	<p>"When I see how strong you are," he said, "I'm so proud. And I think, "That's my girl." He nodded. "And I tell myself, 'One day, I'll be like that.' An awkward smile formed on Inaya's face and she dropped her gaze to the crackers in her hand. She wondered what her father would think if he knew the truth.</p>	46/IN Y/INF /p.63/ CI/AT	Cultural/ Social Influence	Avoidant Type	<p>In this script, it seems that Inaya is realizing if she wasn't doing well as a Muslim as well, and the world 'Normal' really disturb her, due to cultural/societal Influences which cause her inferiority, she even decide to live a double life to avoid the truth and be accepted, so its shows if the impact of her inferiority is lead her into avoidant type person to avoid for telling her father truth.</p>	V
47.	<p>"I don't want to help." "We could really use you." Inaya rolled her eyes. "Why? So you can secretly plan how to put me back on the right path?" Inaya turned to meet Nasra's gaze. "Is that why you're talking to me?"</p>	47/IN Y/INF /p.67/ CI/AT	Cultural/ Social Influence	Avoidant Type	<p>In the dialogue between Inaya and Nasra, Inaya already felt insecure and uncomfortable around Nasra. It's because Nasra known as an open minded Muslim, people don't look to her as they look to Inaya. That's lead her to an inferiority feelings which caused by cultural/societal Influences and its impact Inaya's lifestyle so that she always avoid</p>	V

	<p>You want to show me how nice you are? That you're open-minded so I can feel better when you start judging me?" Nasra's expression remained pleasant, but Inaya detected a sense of sadness.</p>				<p>and its and avoidant type form. According to Alfred Adler (2006) the avoidant type refers to individuals who display a pattern of avoiding social interactions and seeking isolation from others.</p>	
48.	<p>"I know!" Rafa sighed. "Oh, you have to tell me everything. How is it? Are you homesick yet?" Inaya laughed beside herself, and Rafa laughed too. But Inaya knew Rafa couldn't imagine why Inaya found the question amusing. "It's good. I'm..." Inaya's voice trailed as she realized there was nothing</p>	<p>48/IN Y/INF /p.63/ CI/AT</p>	<p>Cultural/ Social Influence</p>	<p>Avoidant Type</p>	<p>It can be seen, in this script Inaya won't tell her saudian's friend about the truth, and the double life she lives in, Inaya's inferiority cause by cultural/social influence. Living the double life was the only thing Inaya could do, to avoid thing she won't to face, so it an avoidant type of life style. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).</p>	<p>V</p>

	she felt comfortable confiding to Rafa. "...in school now."					
49.	<p>"I'm trying to convince my mother to let me stay with my uncle after finish my O levels, but she thinks I'll get corrupted or something." Rafa groaned. "She thinks I'll take off my hijab and become Americanized." Inaya's cheeks grew warm, and she fought the inclination to say something in her own defense. But that wouldn't make any sense because Rafa had no idea she had offended Inaya.</p>	49/IN Y/INF /p.73/ CI/AT	Cultural/ Social Influence	Avoidant Type	<p>In this dialogues Inaya still seem hiding the truth from her friend, and she felt offended by what her friend saying, but she remain silent because she don't know what and how to explain things to her friends, the silent she gave is an avoidant type of lifestyle and her inferiority feelings comes from cultural/societal Influences she experienced. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals</p>	V

					and aspirations individuals strive for and the ways they interact with others (1931).	
50.	"Yeah, I get to teach people about Islam." "Are you still studying Qur'an?" "I'm a teacher at a Muslim weekend school." "You're a Qur'an teacher?" Inaya could sense Rafa's awe and amazement through the phone, and for a moment Inaya saw herself through Rafa's eyes. It was chilling how the truth could be so deceptive.	50/IN Y/INF /p.73/ CI/SU	Cultural/ Social Influence	Social Useful Type	This dialogues shows if Inaya into a social useful type because she get to teach Quran to people at Muslim weekend school. According to Boeree (2006) others will find this kind to be very helpful. They are able to understand reciprocity in a way that is advantageous to both themselves and others. Sometimes this could be the reason of her inferiority feeling when she meet her school friends, so the feeling come from cultural/social influence. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931).	V

51.	<p>Was Inaya now to approve only Christian students? "We have to exclude other religions?" Inaya hoped she didn't sound as exasperated as she felt. Mrs. Ford smiled, but Inaya sensed the faculty advisor was enjoying a private joke herself. "Of course not," Mrs. Ford said, but Inaya heard the obligatory tone of Mrs. Ford's voice. "But that would be ideal." Inaya forced a smile, but she didn't know what to say.</p>	51/IN Y/INF /p.83/ CI/AT	Cultural/ Social Influence	Avoidant type	<p>Here it shows that Inaya was worried if Mrs. Ford won't let her in if she knew if she is Muslim, so that she remain silent and just go on with Mrs. Ford. It shows an avoidant type. And her inferiority caused by cultural influence. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal influences mold a person's lifestyle and value system.</p>	V
52.	<p>Inaya met Mrs. Ford's gaze with her eyes widened. She opened her mouth to protest, but no sound came out. "But no need to</p>	52/IN Y/INF /p.83/ CI/SU	Cultural/ Social Influence	Social Useful type	<p>It can be seen if Inaya was asked by Raymond and Mrs. Ford for a program that the school has. So Inaya has a social useful type as well because at the same Inaya was asked to represent a program/event of the school. According to Boeree (2006) they</p>	V

	worry about all that now." A grin formed on Mrs. Ford's face as she handed a binder to Inaya. "For now, we're just happy to have you on board."				have the capacity to comprehend reciprocity in a way that benefits both themselves and other people. Others will find this kind to be quite useful. But this really brings back her inferiority whenever people talk about the identity of religion. And its cause by cultural/social influence	
53.	Saturday morning Inaya stood in front of the classroom full of Muslim children, the Qur'an open in her hands. She raised her voice as she recited from the first chapter entitled Al-Faatihah, the Opening, and in unison the children repeated after her.	53/IN Y/INF /p.84/ CI/SU	Cultural/ Social Influence	Social Useful Type	In this script, it's really describe if Inaya is a social useful type as well, because at the school she was chosen as someone who will representing an important event in the school, and outside of school she became a Muslim teacher who taught Islam knowledge. From these but from these two important things, both have risks that make inaya often feel inferior due to cultural/social influence.	V

54.	Inaya had never said to Mrs. Ford that she was Christian. But from the day that Inaya entered Mrs. Ford's office to take her L.D. picture, she'd purposefully avoided mentioning that she was Muslim.	54/IN Y/INF /p.86/ CI/AT	Cultural/ Social Influence	Avoidant type	From this script, it can be seen if Inaya purposefully avoided mentioning her true identity, so that she can feel more comfortable to be around Mrs. ford. This action is an avoidant type of lifestyle she is doing, due to the cultural/societal Influences which seen whenever they talk about identity and religion, thats what brought Inaya's inferiority comes up. According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system.	V
55.	Inaya had not intended to imply that she was Christian. She had only wished to avoid saying that she was Muslim. So whenever Mrs. Ford mentioned Jesus as	55/IN Y/INF /p.87/ CI/AT	Cultural/ Social Influence	Avoidant type	From this script, it can be seen if Inaya purposefully avoided mentioning her true identity, so that she can feel more comfortable to be around Mrs. ford. This action is an avoidant type of lifestyle she is doing, due to the cultural/societal Influences which	V

	the son of God, Inaya would remain silent.				seen whenever they talk about identity and religion, that's what brought Inaya's inferiority comes up as well. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931). According to Boeree (2006) someone who avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system.	
56.	Inaya's eyes skimmed the part of the letter that she hadn't bothered to read, and sure enough, there it was, the name of the church that Mrs. Ford	56/IN Y/INF /p.107 /PI/G T	Parental Influence	Getting/ Leaning type	From the dialogues, it can be seen if Inaya's mother is trying to tell her what to do, this parental influence could be the reason of Inaya's inferiority. Adler believed that parents have a powerful impact on their children's development through their	V

	attended. Inaya's hear sank as she realized her chances were slim. "If you do win," Veronica said, "I think it would be really good for da'wah." Inaya creased her forehead. "How?"				attitudes, behaviors, and interactions (Adler, 1931). But at the same time it lead her to be such a getting/leaning type of person because she will always listen to what her mother told her to do. According to Boeree (2006) the masquerade type, Getting/Leaning, is delicate and reserved. Depend on others to maintain order in their lives. Less enthusiastic and reliant on the others constantly. Those who fit this character are perpetually dependent on others. They are powerless to act or act independently.	
57.	Veronica pointed to the papers in Inaya's hand. "It says the award ceremony is covered by local news stations and is posted on the school's YouTube channel," Veronica said. "Imagine the whole world	57/IN Y/INF /p.107 /SS/S U	Striving for Superiority	Social Useful	Becoming the face of the important even at school is make Inaya into social useful type, from this dialogues, Inaya's mother was hoping on Inaya, and that could lead Inaya to feel her inferiority. According to Boeree (2006) they have the capacity to comprehend reciprocity in a way that benefits both themselves and other people. Others will find	V

	seeing a Muslim girl accept that award."Veronica smiled and patted Inaya softly on the cheek. "You would make the world proud, Inaya." She shook her head. "May Allah bless it for you".				this kind to be quite useful. Adler proposed that individuals have an innate drive to overcome their feelings of inferiority and strive for superiority or personal growth. According to Adler, individuals are driven by a fundamental desire for superiority, which he considered the central motivating force behind human actions (Adler, 1931).	
58.	Inaya felt sick as she realized what it would mean if she won. She would have to stand before cameras to have pictures and videos of herself publicized for the world to see. If she were to remain the anonymous Muslim she had become at school, she would have to stand before the world without hijab and humiliate herself and her	58/IN Y/INF /p.102 /CI/A T	Cultural/ Social Influence	Avoidant type	From this script, it can be seen if Inaya finally has to face the hardship of living the double life, her inferiority caused by the cultural/societal Influences and that's what lead her for always wanting to avoid. So it's an avoidant lifestyle she is living put her in the trouble. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system. These influences determine the goals and aspirations individuals strive for and the ways they interact with others (1931). According to Boeree (2006) someone who	V

	family. Her friends in Saudi Arabia would most likely be watching, as would her own father, who was drawing from Inaya his own spiritual fortitude necessary to accept Islam.				avoids all forms of life then that person belongs to the avoiding type, they tend to be psychotic, and have their own personal worlds. In Adler's view, cultural and societal Influences mold a person's lifestyle and value system.	
59.	Inaya was in the middle of teaching a lesson to the children about the traits of the people of Paradise when the realization came to her.	59/IN Y/INF /p.104 /CI/S U	Cultural/ Social Influence	Social Useful	From this script it can be seen if Inaya has a social useful type, because she were teaching the children and her inferiority mostly comes from cultural/social influence. According to Adler (1931) culture and society play a fundamental role in shaping an individual's personality, beliefs, and goals. Also According to Boeree (2006) others will find this kind to be very helpful. They are able to understand reciprocity in a way that is advantageous to both themselves and others.	V

60.	At the beginning of the academic year, Inaya had decided to hide her Islam at school, imagining it would make her life easier. But it had brought her nothing but headache and hardship.	60/IN Y/INF /p.104 /CI/A T	Cultural/ Social Influence	Avoidant type	From this script, it can be seen if Inaya finally has to face the hardship of living the double life, her inferiority caused by the cultural/societal Influences and that's what lead her for always wanting to avoid. According to Adler (1931), he maintained that cultural factors, such as the prevailing societal norms, values, and expectations, significantly impact an individual's sense of belonging, self-worth, and purpose. So it's an avoidant lifestyle she is living put her in the trouble. According to Boeree (2006) a person who avoids all forms of life is considered to be of the avoiding type; they frequently exhibit psychosis and have their own private universes.	V
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