



SELF-ACCEPTANCE OF THE MAIN CHARACTER IN DAVID LEVITHAN'S *EVERY DAY*

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Abstract

This research aims to describe the self-acceptance of the main character, the mindfulness techniques of the main character, and the effect of the self-acceptance on the main character in the novel "Every Day" by David Levithan. To answer these questions, this research used Langer's theory. This research is categorized into library research. This research uses psychoanalytic criticism. To analyze the data, a descriptive qualitative method is applied. Some of the important research findings are presented as follows: first, the self-acceptance of the main character named 'A' can be seen from his capacity and readiness to allow anyone else to see his true self and his capacity to do an appropriate self-evaluation. Second, the mindfulness techniques of the main character are observing new distinctions, contemplating puzzles and paradoxes, and considering alternative understanding of problematic aspects of self. Third, having high levels of self-acceptance leads the main character to accept his peculiar life, live happily, enjoy every moment, and feel more "ownership" to his life.

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INTRODUCTION

A human cannot choose what kind of life they will live for. All they can do is how to control the reaction through it. Here, self-acceptance is taking place. According to Shepard (1979), the satisfaction or happiness of a person with himself, and it was thought necessary for good mental health. Self-acceptance involves an understanding of oneself, a reasonable perception of one's strengths and weaknesses. This results in an individual's feeling about himself, that he is of "unique worth".

Hurlock (1974) divided self-acceptance into two categories. First, a person who has self-acceptance can look into themselves, know the good and bad inside them. This kind of human is having self-confidence and self-esteem. They will feel free, enjoy, and comfort in developing self. Their potential will expose easily. The second is social adjustment. Self-acceptance is usually followed by acceptance in other people. A person who has self-acceptance will feel safe to accept others. They will show sympathy and empathy to other people. It will give a chance to meet people with the same interests and being happy because of them.

The self-acceptance is pictured by Levithan in "*Every Day*". The novel is written by David Levithan, an American author. It is classified as a young adult romance and fantasy novel. It was published on 28th August 2012 by Knopf Books for Young Readers and suggested for ages 14–18. *Every day* is a bestseller of the New York Times. *Every Day* movie has been filmed and released on February 22, 2018.

Every Day tells about the character named 'A' who awakes in a different body every morning. He always follows the flow, does everything that his body usually done as the routines. He never did what he wants to do. A never loved who he is since that until A wakes

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up in the body of Justin and meets Rhiannon. A obviously had a crush on her. Every day he finds out a way to stay close with Rhiannon. Spending time with her such a precious chance for A. Rhiannon gives different energy for A to continue his life and through for it meaningfully.

This phenomenon—waking up in a different body—called haunting in psychoanalysis. The word of haunting to describe those single but repeated instances when the home is unknown when world bearings lose direction when over-and-done comes to life when what was in the blind spot comes to light (Gordon, 1997). Much of the haunting process is connected to what is conveyed at a spatial or temporal distance, whether between individuals who have no obvious physical relation to each other or between generations. (Frosh, 2012)

In this case, the dimensions are both ‘vertical’ (time) and ‘horizontal’ (space). The vertical refers to what is communicated from time to time, and horizontal refers to what happens between individuals, whether they are dysfunctional conscious contact with each other or not. It is similar to A’s life that moves to one body to another every morning when he wakes up. Haunting experience consists of seeing a mirror and seeing an alienating figure that also turns out to be him (Gordon, 1997). A become an alienating figure in one day, fully taking control of that body’s routine all day long. Psychoanalysis makes individual able to believe in the self-ability and show things that self never imagine before. in the end, A can be okay with his peculiar life because of self-acceptance itself.

Every human being was born with an identity. But in this case, A is different. Every morning, A wakes up in a different body. It means that identity is a kind of illusion for him. A always lived for someone else. According to Gordon's theory (1997), this process is called disturbing to others. For sure, there is a fear inside A. He colonizes the body that he lives that day. That slightly different kind of life makes him feels empty and instability. That ‘lacking’ can be fulfilled the individual adds additional things in it. Even sometimes it can be too much so here the self-acceptance is taking place. Self-acceptance becomes crucial in A’s life because A lives in a different way of life every day. It is not as easy as a teenager to accept such a different life. It may be hard in the first place but time flies and A starts to have a deal with his life. When A starts accepting his life, something good continuously happens. Everything that is simple can bring happiness to him. Finally, A can start enjoying his different life for sure.

Lack of capacity for individual acceptance in unconditional position can lead to several emotional problems, such as uncontrolled rage and even depression. The person who has self-assessment rather than self-acceptance may also have a great need to please others. One of the fastest and most beneficial ways of reducing self-assessment to acceptance of oneself is to develop mindfulness rather than a lazy mindset (Langer, 1989). Capacity and willingness to allow anyone else to see one's true self is an important aspect of self-acceptance (Langer, 1989). Living mindfully is a kind of life that there is no faking in every aspect of life. There is also no problem for the individual who lives consciously that others will judge one negatively, having the ability to be in the moment and enjoying the situation merely. One more essential element of accepting oneself is proper self-evaluation (Langer, 2005). Every single individual has a distinctive set of experiences and memories. Evaluation is essential to how people and their world make sense. Each element of each personality will always have good points and bad points depending on how an individual wants to perceive each of their own traits (Langer, 2005). For example, a person can label himself as flexible or even unpredictable. Hence, discussing self-acceptance is essential since it is a key for a healthy emotional and psychological life.

To achieve self-acceptance, there is a process called mindfulness. Mindfulness is important to help individuals to see through themselves and deal with it. There are techniques

for increasing mindfulness in oneself based on Carson & Langer's opinion (2004): (1) Observing new distinctions. It will increase interest in events, objects, behaviors, or situations. As an active mental exploration, feeling judgement-free will automatically enhance self-acceptance in someone. (2) Thinking as a "work in progress". Individuals can replace rigid words (such as "I'm not good, etc) becomes "may and could be". It will make a difference and open up more individual's possibility to achieve it. (3) Contemplating puzzles and paradoxes. Life is a complex thing. It is full of paradoxes. Thinking actively about paradoxes increases one's ability to tolerate ambiguity in society. (4) Adding humor to the situation. Humor already becomes the act of mindfulness. When an individual notice humorous aspects of themselves or situation, it will directly lead an individual to the self-acceptance. (5) Viewing the situation from multiple perspectives. People that stuck in some thoughts will hard to accept some aspects of it. One way to become a mindful individual is to open up the mindset to see problems through different individuals. (6) Considering an alternative understanding of problematic aspects of self. In some situations, all issues can be seen as helpful. Realize that adverse elements in individuals usually lead to self-acceptance (7) Keeping a catalog of moments of joy. Collecting moments of joy and happiness should be good for someone. Keeping the catalog handy and open it often will make the difference in individual. Research indicates that remembering positive events will make a new idea. It will help to solve some problems because self-acceptance helps accepting and grateful for what they have. (8) Starting a mindfulness journal. Making certain points to start or end each day by writing down the important events will open up the way people see around. It will help individuals to have the ability to observe new things and practice the events mindfully.

For millennia, individuals have been concerned about the nature of happiness and healthy life, and the concept that what lives is not just living, but living well has been essential to Eastern and Western thinking (Kesebir & Diener, 2008). Enjoying every moment and feeling happy is a must in life. There is a relationship between happiness and well-being (Ghasempour et al., 2013). It starts with a process to accept every aspect that may occur in life. A healthy person considers it appropriate without sorrow or protest, even without much thought about the matter (Maslow, 1954). A mindful person will have many benefits to change bad habits or traits.

They feel more "ownership" of their life when people recognize that they have control over their own life. When people take careful control of their life, they can recognize their lives' previous and present conditions. They understand they can see their own life from many angles, and depending on the present context, they can alter that viewpoint. If people are mindful of this, they will embrace themselves unconditionally (Langer, 2005).

METHOD

This research used psychoanalytic criticism. Sigmund Freud is one of the experts who had propounded this psychoanalytic idea. Psychoanalysis is a generic term for both a set of psychological theories and a collection of procedures, each of which emphasizes the unconscious as an important aspect in human adjustment and behavior (Lipner et al., 2017). Psychoanalysis is not just a branch of medicine or psychology; it helps understand philosophy, culture, religion, and literature above all. Since the establishment of his theory, Freud also frequently applies it to art in general and literature in particular (Hossain, 2017).

Freud proposed our mind has three distinct regions—the id, the ego, and the superego. Based on his first discoveries, the id is about the psychology of psychoneurosis, dreams, jokes, and what he called everyday life's psychopathology, such as tongue slips and pens. Second, the ego is a preconscious system, and a third, the superego is a conscious system (Hossain, 2017). His theories were first mentioned in *Dreams' Interpretation* (1900). The evidence base for these hypotheses has often been believed to have come from his study of

dreams. It is the mind that accumulates, synthesizes, and organizes all our pleasurable and unpleasant experiences (Das, 2014).

Freud's psychoanalytic ideas offered a radically new approach to the study and treatment of 'abnormal' adult behavior. Previous theories tended to ignore actions and search for an 'abnormality' physiological explanation. Freud's method was revolutionary in understanding that neurotic behavior is not spontaneous or meaningless but aim-driven (Hossain, 2017).

To analyze the data, this research used descriptive qualitative research. According to Astalin (2013), qualitative research is described as primarily an inductive process of categorizing data and recognizing patterns (relationships) between categories. In this descriptive qualitative research, the approach was built in the social sciences in order to allow researchers to analyze social and cultural phenomena. It is related to data that usually does not take the form of numbers (Wahyuni, 2015). A concise analysis decides and describes the item that was evaluated without using the graphic calculation by means of a clear explanation. This means the analysis occurs naturally in a descriptive sample and is backed by the hypothesis, and the researcher has no power over the environment and circumstance, and can only calculate what already exists. It means that the researcher uses some arguments, sentences, quotes, or explanations to give the data.

Within this research, the researcher focused to analyze the self-acceptance of the main character named 'A', the A's mindfulness techniques, and the effect of self-acceptance on A. There are two data source used by the researcher in this study, for the primary data source the researcher used data in the novel like story, setting, place, character, plot that relevant with the subject matter of the research and the secondary data source is used the biography of the author, search data in the internet, articles, essay, and literary books that accordance with the research.

The data collecting method is documentary, the data are collected from some sources of the research and the researcher did some steps as follows: (1) the researcher visits some libraries, read the main source and looking for the supporting sources and wrote down on notes, (2) the researcher read the novel carefully, repeatedly, and recorded it as a data, (3) the researcher categorized the data. After the researcher got the data, the researcher analyzed it using a qualitative method by doing data reduction, data display, and conclusion drawing.

FINDINGS AND DISCUSSION

Findings

This part presents the research findings talking about A's self-acceptance, A's mindfulness techniques, and the effect of self-acceptance on A.

1. A's Self-Acceptance

a. The Ability and Willingness to Let Others See A's True Self

The capacity and willingness to let others see one's true self is an important aspect of accepting oneself (Langer, 1989). Living mindfully is a kind of life that there is no faking in every aspect of life. There is also no problem for the individual who lives consciously that others will judge one negatively. Having the capacity to be in the moment, enjoying the situation merely, and living in that kind of life will make any differences to reduce the negativity and automatically leads to a glad and worthy life.

The main character named A wakes up in a different body every day. It sounds peculiar for some people but A should live his entire life in that condition. See the quotation below:

I wake up. Immediately I have to figure out who I am. It's not just the body—opening my eyes and discovering whether the skin on my arm is light or dark, whether my hair is long or short, whether I am fat or thin, boy or girl, scarred or smooth. The body is the easiest thing to adjust to, if you are used to waking up in a new one each morning. It is the life, the context of the body, that can be hard to grasp. Every day I am myself—I know I am myself—but I am also someone else. It has always been like this. (Levithan, 2018: p.1)

Every morning means different life for A. A always needs to find out the gender, body, skin, and the memory of the person which he 'borrowed' that day. Then he needs to live on the daily routine of the person and follows the flow depending on the owner of the body. Everything remains the same until the moment he met Rhiannon.

That morning, A is waking up as Justin, the usual high school student that has a relationship with Rhiannon. A is just doing Justin's routines and he thought that everything is well. It was the very first time A met Rhiannon at school and A feels something unusual about her. It can be seen in the passage below:

Her name is Rhiannon. And for a moment—just the slightest beat—I think that, yes, this is the right name for her. I don't know why. I don't know her. But it feels right. This is not Justin's thought. It is mine. I try to ignore it. I'm not the person she wants to talk to. (Levithan, 2018: p.4)

From the quotation above, A feels something about her; the unusual feeling he never felt before. After having several times together, it seems like A has an interest in her. If every day A just lives based on the body he lived that day and now it is different. A wants to talk personally with her, for who he is, not as Justin, the body he is in that day. A tries to open up about himself to her. It can be seen in the passage below:

I know she's just being nice. Irrationally, I also want there to be some kind of recognition. I want her to be able to see behind this body, to see me inside here, to know that it's the same person she spent an afternoon with on the beach. (Levithan, 2018: p.55)

The quotation above shows that A wants to be seen by Rhiannon. A wants her to see the real him. He wants Rhiannon to recognize him as A, not Justin.

"Every morning, I wake up in a different body. It's been happening since I was born. This morning, I woke up as Megan Powell, who you see in front of you. Three days ago, last Saturday, it was Nathan Daldry. Two days before that, it was Amy Tran, who visited your school and spent the day with you. And last Monday, it was Justin, your boyfriend. You thought you went to the ocean with him, but it was really me. That was the first time we ever met, and I haven't been able to forget you since." (Levithan, 2018: p.93)

The quotation above shows that A is trying to make Rhiannon understand the phenomenon that happened in his life. It might be hard to understand by her, so A makes construction to make everything make sense. A tells her the story since the first time he met her as Justin and the other person followed after him. A keeps looking for her because he cannot forget her since the day they spend time together, the moments they go through together.

"Because I think you are remarkable. Because I don't want to keep meeting you as different people. I want to meet you as myself." (Levithan, 2018: p.94)

The quotations can be interpreted that A wants to meet her every day as a person. He wants Rhiannon to recognize him as A, not the person he lived at that time.

b. The Capacity to Do Appropriate Self Evaluation

Evaluation is essential to how people and their world make sense. It will always have good points and bad points to every aspect of each individual depend on how to decide to view each of their own traits (Langer, 1989, 2005). Appropriate self-evaluation means that the individual can find out what his weaknesses and strengths are and do self-diagnose relevant solutions. Self-evaluation makes an individual accept everything in self.

Self-acceptance will be followed by the appropriate self-evaluation. Self-acceptance causes people to look through themselves and find something good or even bad in them. It can be seen as the passage below:

I have gotten very used to the fact that most mornings in most homes are exactly the same. Stumbling out of the bed. Stumbling into the shower. Mumbling over the breakfast table. Or, if the parents are still asleep, the tiptoe out of the house. The only way to keep it interesting is to look for variations. (Levithan, 2018: p.30)

Waking up in a different body every day means that A will live in the same routine but just with a different body. It begins when he woke up as Leslie Wong, an ordinary school girl that is craving for peace in her life. A starts Leslie's life as usual as other families do. Waking up by her mother, taking a shower, having breakfast with family, those are everything A did for his entire life. Sounds boring for most people but in the end, A could evaluate his life to make some variations on it to make it is still interesting for him. A always tries to find good things through his unusual life.

Life always gives balancing between good and bad. Life shows individual something that they like it the most and also there is a part of life that will be bad things in it. It cannot be separated in every individual life. Self-evaluation will give the ability to an individual to find each of those aspects and have a deal with it.

Waking up in a different person every day will always unpredictable for A. What kind of person he will live that day, the character, and also the habit of that person. Each person will lead A to do different behavior in that day. It means that sometimes, there is a routine that A should do as a new experience in his whole life. See the quotation below:

I know how to play most sports, but I've also learned my limits. I found this out the hard way when I was eleven. I woke up in the body of some kid who was in the middle of a ski trip. I thought that, hey, skiing had always looked fun. So figured I'd try. Learn it as I went. How hard could it be? (Levithan, 2018: p.49)

The quotation shows that by fact A is not a professional ski player, it would not easy for him to do Skylar's routine. Being Skylar for one day and trying to play ski, that actually it is not A's capacity to do that sport, it becomes something dangerous activity for him and also dangerous for Skylar's life.

I broke the kid's leg in three places. The pain was pretty bad. And I honestly wondered if, when I woke up the next morning, I would still feel the pain of broken leg, even though I was in a new body. (Levithan, 2018: p.49)

That passage shows that doing something that not in his capacity will cause damage in his life. knowing the fact that it is not A's own life sounds not good to do. A will blame himself for that kind of mistake.

But instead of the pain, I felt something just as bad—the fierce, living weight of terrifying guilt. Just as if I'd rammed him with a car, I was consumed by the

knowledge that a stranger was lying in a hospital bed because of me. (Levithan, 2018: p.49)

That quotation tells that make other's body being hurt is automatically makes A blame himself. A cannot accept the reality that doing something new for him, will cause damage to someone's life.

So I'm careful. Soccer, baseball, field hockey, football, softball, basketball, swimming, track—all of those are fine. But an equestrian, and once, recently a gymnast. I've sat all those out. (Levithan, 2018: p.49)

That passage shows that finally, A can realize that it is important to taking care of the body he is alive that day. He would skip some activities that not in his capacity.

Having an ability to do self-evaluation will also make someone find the good things that might be existed in an individual's self. Every human being is created for the bad and also the good things in self. A evaluate himself as someone that good in several aspects. See the passage below:

If there is a thing I'm good at, it's video games. It's a universal presence, like TV or the internet. No matter where I am, I usually have access to these things, and video games especially help me calm my mind. (Levithan, 2018: p.49)

That quotation appears when he lives as Skylar Smith. That day, A brings some friends at home after soccer practice and playing a video game with them. A really enjoy that moment because he knows how to play with it. He also loves the moment when he can talk with others.

2. A's Mindfulness Techniques

Self-acceptance cannot stand-alone. Individual procedures are in place to improve self-acceptance. Mindfulness is a way to deal with everything that happens in life and feeling grateful for that. Life in mindfully will decrease stress level and automatically leads to excitement daily. There are 8 techniques for increasing mindfulness in oneself based on Carsen and Langer's opinion (2004). But here, after observing the novel, there are only 3 mindfulness techniques used by A.

a. Observing New Distinctions

An individual should realize that things have many possibilities. Observing the fresh perspective of differences will boost interest in many life elements such as activities, items, behaviors, or circumstances. Seeing stuff in many ways will lead to feeling free from the view of others. That way will make an individual enhance proper self-acceptance. See the passage below:

"But you never get to see things over time, do you? I think I understand that. But you've never had a friend that you've known day in and day out for ten years. You've never watched a pet grow older. You've never seen how messed up a parent's love can be over time. And you've never been in a relationship for more than a day, not to mention for more than a year." (Levithan, 2018: p.107)

The quotation shows how A lives in the view of Rhiannon. His life seems unusual in many aspects, such as cannot be there for seeing something through its process and also he will never get the love from parents or another person for himself. His life seems peculiar to the usual human being. It can be denied. Cracking in identity is like an emptiness because he lived in an unusual life that occasionally happened.

Life will always give something that an individual couldn't imagine before. An individual should observe through something that might seem different. See the passage below:

"It's just—I know it sounds like an awful way to live, but I've seen so many things. It's so hard when you're in one body to get a sense of what life is really like. You're so grounded in who you are. But when you change every day—you get to touch the universal more. Even the most mundane details." (Levithan, 2018: p.107)

The passage shows that A thought that his life is terrifying. He lives in such a different way than others. Waking up each day in a different body means that he will live the day like that person. It makes the world and everything around him will feel different each day.

You see how cherries taste different to different people. Blue looks different. You see all the strange rituals boys have to show affection without admitting it. You learn that if a parent reads to you at the end of the day, it's a good sign that it's a good parent because you've seen so many other parents who don't take the time. (Levithan, 2018: p.107)

The quotation shows how some objects will look different through his sight. A will always other's habit as a new experience. He always being treated by different acts every day. Every day he will face a new situation that might not happen to him before.

You learn how much a day is truly worth because they're all so different. If you ask more people what the difference was between Monday and Tuesday, they might tell you what they had for dinner each night. Not me. By seeing the world so many angles, I get more of a sense of its dimensionality". (Levithan, 2018: p.107)

The quotation shows that A lives in a different kind of life every day. It will automatically change his view of life. The way A sees something is different from other's perspectives. Having different life every day means that A is seeing more angles than other individuals.

"But I have seen things," I tell her. "I have observed. I know how it works."

A is fine with his life. He is already dealing with his life. All he needs is just increasing ability in observing everything and it will be turned to be fine. The point of seeing through a different view of life will leads oneself to find something good in everything, even if it seems impossible to feels at first. See the quotation below:

I want to hold her hand, but I sense it wouldn't work. I know she's not going to reach for my hand, not unless I need it. This is the problem with being so beautiful—it can render you untouchable. And this is the problem with being in a new body each day—the history is there, but it's not visible. It has to be different from the last time because I am different. (Levithan, 2018: p.151)

The quotation interprets A's thought about Rhiannon. Living in unusual life that not everyone will understand has so many obstacles. For A, Rhiannon is the one who makes him want to be recognized as himself. A wants to open up the real him to Rhiannon and telling her about everything happens in his life. A realizes that he is different by changing the body every day. He is already dealing with it and it would make everything so much easier for him.

b. Contemplating Puzzle and Paradoxes

Life is a complex journey and process. Several paradoxes cannot be denied. Paradoxes have opportunities to occur in all aspects of life. When consciously contemplating paradoxes, one's ability to accept uncertainty in society or even within oneself would increase automatically. It can be seen at this passage below:

“The thing that ended up tripping me up was the concept of tomorrow. Because after a while, I started to notice—people kept talking about doing things tomorrow. Together. And if I argued, I would get strange looks. For everyone else, there always seemed to be a tomorrow together. But not for me. I’d say, ‘You won’t be there’, and they’d say, ‘Of course I’ll be there’. And then I’d wake up, and they wouldn’t be. And my new parents would have no idea why I was so upset. (Levithan, 2018: p.155)

Unusual life will automatically lead to many paradoxes in it. Things will seem different from others. Having different perspectives to see how the world works for him. The quotation above shows that A’s life is full of paradoxes in it. He thinks that his concept of tomorrow that truly different from other human beings.

Ended up the day by going to bed is a terrible routine for A. He knows the truth that he will wake up in a different body the next day. At first, A feels lonely by meet new strangers the next morning. He must try to access the memory of the body he lived in, the behavior, and the traits. Sometimes being upset the next day is a normal reaction for A because what he is through all this time. See the quotation below:

“There were only two options—something was wrong with everyone else, or something was wrong with me. Because either they were tricking themselves into thinking there was a tomorrow together, or I was the only person who was leaving”. (Levithan, 2018: p.155)

The quotation interprets that after a while, finally, A can figure out his kind of life he must live. He realizes that ignoring his unusual life will have no differences, so he looks from another view. He is fine with his current life instead of blaming it. He is doing contemplate several peculiar aspects in his life and make it work.

c. Considering Alternative Understanding of Problematic Aspects of Self

Problems that may occur in life can be seen in some situations as a helpful element. To realize that there are usually adverse elements in individual lives. Understanding problematic aspects in it will lead to enhance self-acceptance. It can be seen as the passage below:

“I guess I used to it. I’m sure that, at first, I figured it was just how everybody’s lives worked. I mean, when you’re a baby, you don’t really care much about who’s taking care of you, as long as someone’s taking care of you. And as a little kid, I thought it was some kind of a game, and my mind learned how to access—you know, look at the body’s memories—naturally. So I always knew what my name was, and where I was. It wasn’t until I was four or five that I started to realize I was different, and it wasn’t until I was nine or ten that I really wanted to stop”. (Levithan, 2018: p.105)

The quotation interprets that A’s life is full of circumstances. Different kind of life means a different problem. A has been a struggle to it since he was a kid. At that young age too, he’s trying to make everything make sense. His innocent self even wants to stop it. But after that, he realizes that every kind of life should be different. Finally, he could

deal with it by knowing the fact that he is totally different from other mankind. See the quotation above:

“Of course. Imagine being homesick, but without having a home. That’s what it was like. I wanted friends, a mom, a dad, a dog—but I couldn’t hold onto any of them more than a single day. It was brutal. There are nights I remember screaming and crying, begging my parents not to make me go to bed. They could never figure out what I was afraid of. They thought it was a monster under the bed, or a ploy to get a few more bedtime stories. I could never really explain, not in a way that made sense to them. I’d tell them I didn’t want to say goodbye and they assure me it wasn’t goodbye. It was just a good night. I’d tell them it was the same thing, but they thought I was being silly. (Levithan, 2018: p.105)

The quotation above is how A response to Rhiannon’s question about how he feels to have different unusual life. It shows that A exactly knows what he faces right now. Waking up in different body every day means different people to meet, or even different atmosphere around. A felt brutal about it at first. He feels like he cannot accept it anymore. When he tried to tell the truth to the people around him, they started to make fun of it. But it is different by time with Rhiannon, A could tell everything to her. Now he already opens up the real himself to Rhiannon. Telling the truth to her and being okay with it. The way he explained everything reflects that he truly accepts his life right now.

c. The Effect of Self-Acceptance on A

The essence of happiness and good life has troubled people for thousands of years, and the belief that what matters is not just living, but living well has been fundamental to Eastern and Western thinking (Kesebir & Diener, 2008). Enjoying every moment and feeling happy is a must in life. See the passage below:

Eventually, I came in peace with it. I had to. I realized that this was my life, there was nothing I could do about it. I couldn’t fight the tide. So I decided to float along. (Levithan, 2018: p.107)

The passage shows that A already accepts his life even it seems peculiar for some people. A realize that every human being’s life could be different. The differences could be seen in many aspects and often come with an unpredictable one. By having self-acceptance in daily, he finally can live in happily. See the passage below:

Then I log in to Justin’s email and find out there’s a party tonight at Steve Mason’s house. Steve’s address is only a Google search away. When I map out the distance between Nathan’s house and Steve’s, I find it is only a ninety-minute drive. It looks like Nathan might be going to a party tonight. (Levithan, 2018: p.66)

The passage shows that A lives his unusual life by the moment he loves the most. He knows what he likes and choosing that and makes him even happier than before. He finds a way to come to the party and meet someone there. He makes a connection with Rhiannon and feels more alive by then.

“Let’s switch the topic, okay? This isn’t a good party topic. I liked it more when you were singing to me.” (Levithan, 2018: p.72)

The quotation shows A is enjoying his current moment. He focuses on something that happens in front of him. He is trying to live his life as same as the other teenager

around him. He came to the party, simply enjoy the moment by talking with Rhiannon is such become happiness for A.

People have more "ownership" over their lives as people know that they have control over their own lives. See the passage below:

I have to imagine my mind as something physical, something that can control the body. I have to picture my mind holding the body down. I read another sentence. Then another. (Levithan, 2018: p.63)

The passage shows that A is fully controlled by the body he lives that day. That represents the ownership of that body, at least on that day.

Discussions

After analyzing the novel, the researcher found that A's self-acceptance can be categorized as high. It can be seen from A's mastery of the aspects of self-acceptance. A has the ability and willingness to let others see his true self. It is hard for living in the condition—waking up in a different body every day. But he finally can live without any concern for the opinion of others and have no falsehood in all aspects of life. By telling Rhiannon the truth so that she may recognize him as A, not the person he lived at that time, the anxiety that others will negatively judge him is solved. There is no problem with A; he can achieve a satisfied and grateful feeling for everything happening in his life and have the opportunity to be in every moment and just simply enjoy the present situation.

A also has the capacity to do appropriate self-evaluation. Evaluation is fundamental to how people make sense of themselves and their environment. By doing self-evaluation, A can see the good or even bad in himself and the body he lives in and have a deal with it. A realizes that by knowing his self-limit will prevent the risk of being hurt mentally or physically. A also understands that by knowing the good within self will increase the ability to make around even happier and automatically will lead to a worthy life. Living in a different body make A does a self-evaluation every day so that he can take care of the "body" he is alive that day. Sometimes he skips some activities that are not in his capacity. A's understanding of the characterization and the habit of the body that he lives in is play an important role here.

After observing the novel, there are only 3 mindfulness techniques used by A: (1) observing new distinctions, (2) contemplating puzzle and paradoxes, (3) considering alternative understanding of problematic aspects of self. Every day, A faces a new situation that is not happening to him before. But A may see it as a new experience. A learns to reconcile with the situation. He believes that by seeing through a different view of life, he will find something good in everything.

A cannot deny any possibilities that might happen to him. That is why, A thinks that going to bed is a terrible routine for him because he knows the truth that he will wake up in a different body the next day. He should do a contemplation every day. However, still, A can have a deal with those paradoxes that appear in his life, so he can live mindfully by accessing the memory of the body he lives in (the behavior and the traits) with his current life instead of blaming it.

A has been a struggle to solve his problems since he was a kid. A as a human being realizes that he will always find some problems in life because it normally happens in each individual. By realizing that several problematic things in life are normal, finally A has a mindful habit that leads him to achieve self-acceptance.

Having good ability in self-acceptance in A's daily automatically increase the quality of A's life. Life of A is tough, but after A can have a deal with his peculiar life, peace comes to him. Also, another good situation comes to him afterward. A could enjoy the moments by

having fun with some peers. Talking with someone automatically increases his happiness level.

CONCLUSION

Based on the previous discussion, the researcher would like to draw some conclusions as follows: first, self-acceptance of the main character named 'A' can be seen from his ability and willingness to let others see his true self and his capacity to do an appropriate self-evaluation. It can be inferred when A can open up about his peculiar life to Rhiannon and self-evaluation reflects when A realizes that he is not good at everything especially sport. Second, the mindfulness techniques of the main character are observing new distinctions, contemplating puzzles and paradoxes, and considering alternative understanding of problematic aspects of self. It reflects when A can see everything in many perspectives depend on the body he lived, dealing that he is the only one who leaves so there is no tomorrow for him, and knows exactly what he faces right now and being okay with that. Third, having high levels of self-acceptance leads the main character to accept A's peculiar life, live happily, enjoy every moment, feel more "ownership" to his life. It can be seen that he feels peace with his unusual life, enjoys the moment when in party time, and does not talk about something that ruins that moment.

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