

Charlie Davis' Psychological Conflicts and Their Resolution in *Girl in Pieces*

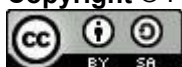
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ABSTRACT

*Conflict has an important role in human life. At a certain level, conflict is needed as a means of human change as a member of society or personally so that they become better. This research is important and interesting to carry out because in everyday life there is always conflict, whether from within ourselves or from others. Conflict that is well managed can foster creativity, innovation in problem solving, and become a driving force in social dynamics or personal and change. In the *Girl in Pieces* by Kathleen Glasgow, a lot of conflicts occur to the main character, Charlie Davis, because she experienced a difficult and dark life to recovery from NSSI (Non-Suicidal Self Injury) suffered. This study aimed to represent the types of conflicts suffered by the main character and how she overcame them. This study used literary criticism and a qualitative methodology with the novel as the object of the study. This study applied the psychological approach and the conflict theory proposed by Kurt Lewin (1935), which discussed the types of conflict and their resolution. The result of the study revealed that Charlie experienced two types of conflict: avoidance-avoidance conflict and approach-avoidance conflict. Another result found was that Charlie overcame her conflict with all types of valence; positive valence, where she achieved her goal and gained positive value, and negative valence, which had a negative impact on her.*

Keywords: Conflict, Negative Valence, Positive Valence

INTRODUCTION

Without realizing it, conflict has an important role in human life. Conflict at a certain level is needed as a means of human change as a member of society or personally so that they becomes better. For example, when someone who regrets working as a criminal to provide for his family. Within this person, he experiences a conflict between his moral values and the economic pressures that must be fulfilled. The conflict faced by each person is certainly

different, as is the resolution, but with a strong desire to resolve it, it can certainly be faced and resolved wisely.

In everyday life there is always conflict, whether from within ourselves or from others. It makes this topic important and interesting to carry out according to researchers. Conflict that is well managed can foster creativity, innovation in problem solving, and become a driving force in social dynamics or personal and change. Conflict also determines human development. Conflict causes those who experience it to understand themselves as individuals. Therefore, the researcher will reveal the conflict faced by the main character and how she overcomes it in the novel *Girl in Pieces* by Kathleen Glasgow.

Lewin (1935, p. 88) is defined conflict psychologically as the opposition of approximately equally strong field forces within an individual. Conflict when individual struggle against him/herself between emotions, thought, feeling, and so on, to determine the next behavior is called psychological conflict, such as when man make a decision in life. Whereas, the social conflict is when individual face social problems from a responds toward the social environment problem faced (Bruno, 2002). Kurt Lewin (1935) stated that, "there are three basic cases of conflict: approach-approach, in which the individual arises between two positive valences of generally comparable strength; avoidance-avoidance, where the individual arises between two negative valences of generally comparable strength; and approach-avoidance, meaning the individual is disclosed to opposing forces stemming from positive and negative valences." (p.88)

When facing conflict, individuals will instinctively resolve the conflict. The settlement will depend on the individual in the wants and needs (including desires or goals to be achieved), or conversely, things that are unwanted and avoided by the individual to resolve the conflicts they face. Lewin used the term 'valence' to refer to a purpose, a need, or a half-finished activity, or a certain object or event. Kurt Lewin divided the valence in to two types: "...positive valence, those effecting approach, and negative valence, those producing withdrawal or retreat, and depicted with (+) and (-)." (Lewin, 1935, p. 81)

Girl in Pieces is one of the novels that have a plot related to social life in reality. This is a Young fiction novel by Kathleen Glasgow which was released on 22 August 2016 published by Random House Children's Books and became a best-selling novel within three months. Kathleen Glasgow lives in Tucson, Arizona and is a researcher for The Writer's Almanac. Related to the *Girl in Pieces* novel, the main character, Charlie Davis, has been through a lot in her life. Most of the novel focuses on Charlie's journey to recovery from her mental illness that it NSSI (*Non-Suicidal Self Injury*) and all of its ups and downs. How she faced her life by fighting a lot with herself because of the burden and pressure she received. With many conflicts she has experienced and the decisions she has taken, by the end she manages to overcome all her problems one by one slowly and finds what she wants to do.

In the last ten years, Kathleen Glasgow's novel *Girl in Pieces* had been extensively researched in many disciplinary fields. Nur Laili Putri (2023) investigated the main character's anxiety, its causes and effects, and how she overcame it. Chrissy Oktaviani (2021) focused on a form of traumatic experience that affected the personality type in *Girl in Pieces*. Imraini, Harianto, and Nurmala (2021) discussed women's issues in **Girl in Pieces** and focused on women's emancipation in the Obama era and its impact.

Furthermore, several other studies applied the theory of conflict in literature, such as Auliya Amaliyah (2023), who discussed the main character's psychological conflict using

Lewin's theory and its contributing factors in *The Loneliest Girl in the Universe*. Ayu, Rita, and Endang (2016) investigated the main character's conflict that occurred in the novel *Still Alice* by Lisa Genova. Basid and Agustin (2019) used a film as the object and explored the conflict of the main actor in *The Suffragette* film by Sarah Gavron based on Kurt Lewin's perspective.

This research sought to address a critical gap in the existing literature by conducting a study of conflict in Kathleen Glasgow's *Girl in Pieces*. This research aimed to identify the types of conflict and the resolution of the conflict faced by the main character in the novel *Girl in Pieces* by Kathleen Glasgow. By using the theory of conflict proposed by Kurt Lewin (1935) as a theoretical framework, this research was very important in presenting insights to readers regarding the types of conflict and their resolution that occurred in individuals. The research questions revolved around identifying the main character's types of conflict and describing the resolution taken by the main character to overcome the conflict.

RESEARCH METHOD

This research was carried out using a literary criticism design because it used a novel (literary work) as the object of the study and applied a psychological approach to analyze the characters in literary works. The focus of this research was on the main character in the novel *Girl in Pieces*, Charlie Davis. This research observed and described the conflicts and their resolution experienced by Charlie Davis through the conflict theory proposed by Kurt Lewin (1935).

The data used in this study was Kathleen Glasgow's e-novel *Girl in Pieces*. The novel itself consisted of around four hundred pages, divided into three parts. To collect the data, the researcher read the novel *Girl in Pieces* multiple times, marked or highlighted the relevant evidence, and then categorized it. To analyze the data, the researcher classified it based on Kurt Lewin's (1935) theory, interpreted the findings, and drew conclusions to summarize all the results concisely.

FINDINGS & DISCUSSION

The researcher divided the study into two objectives. The first was to find out what conflicts the main character of *Girl in Pieces* faced and the second was to find valence in resolving the conflicts faced by the main character.

The Main Character's Conflict

This study found the types of conflicts based on Lewin's theory (1935) that faced by the main character were avoidance-avoidance conflict and approach-avoidance conflict.

Avoidance-avoidance Conflict

Avoidance-avoidance conflict occurs when the individual stands between two negative valences of approximately equal strength (Lewin, 1935, p. 123). For example, when it is sought by threat of punishment to move a child to do a task, he does not want to do (p. 91). Both choices are avoided or unwanted from individual, it might have a negative impact or negative consequence on the individual and give an uncomfortable feeling to the individual.

The researcher found avoidance-avoidance conflict after Charlie moved to Tucson and she got a job, which she got from Riley, as washing dishes at a cafe.

Datum 1

"No answer. I debate for a few seconds, peeking through the crack in the doorway. I don't want to find him naked in a bed with some chick, but I don't want to have to go back to Linus without even trying. And I'm kind of curious, too, about what Riley is doing, exactly. What his life is like, this person who was once in a band and now slings hash." (Glasgow, 2016, part two, ch. 7: 138)

Charlie was hesitant to enter Riley's house and only peeked from the doorway. Because she did not want to find Riley naked in his bed with some chick if she came in, but she also did not want to have to go back to Linus without trying to pick Riley up. Charlie was faced avoidance-avoidance conflict between: enter the house with the risk found Riley naked with some chicks, or returning to Linus without trying because Riley did not respond Charlie. Both options have negative valences because Charlie unwanted it and avoid it, so the conflict is avoidance-avoidance conflict type.

The second avoidance-avoidance conflict found when Charlie could not stay at Mikey's place for more than two weeks, so she started looking around for a rental house.

Datum 2

"...I lived in some crappy places with my mother, where mice ate through cupboards. I lived outside with rain and icy snow. I lived in Seed House. These shitty, broken walls and crappy paint and this old, old man: it all falls somewhere in between. After what I'm used to, it's not paradise, but it isn't hell, either.

I don't know how to do any of this. I don't know if this is a good place, or a bad place, or what I should ask about. All I know is that this is the place I have money for right now, and that this man seems nice, and he's not asking for an application fee or a credit check or anything like that. I've been in worse places, and I feel scared, but I look up at him anyway and nod. I can't find my words, and my hands are trembling. I don't want to think about what might happen if this turns out to be a horrible place.

But I do have a room of my own, at last. I'm not in an alley, or an underpass, or a leaky, cold van, or a red room in a horrifying house. I'm here." (Glasgow, 2016, part two, ch. 10-11: 156-161)

Charlie felt confused about rent a house because she never done it. Charlie did not know if the place is good or bad either. But it was the only place Charlie could afford at the time and the landlord seemed kind too. Charlie had lived in worse places, such as an alley, an underpass, or a leaky, cold van, or a red room in a horrifying house, so she can say that this place is not paradise, but it was not hell. Charlie was faced avoidance-avoidance conflict between: rent a suspicious house, or being homeless. Both of the options had negative valences because she still felt unsafe about the rented house, and she did not want to end up in an alley, an underpass, or a leaky, cold van, or a red room in a horrifying house, which were she hate and avoid, so the conflict was avoidance-avoidance conflict type.

Then, the third avoidance-avoidance conflict also found after Charlie helped Riley to take his drugs.

Datum 3

"My tender kit is still wedged far back under the claw-foot tub, hidden inside Louisa's suitcase. I don't want that, I don't. I run the blade of the knife lightly across my forearm, testing. My skin prickles and longing fills me up; my eyes grow wet.

...

I don't even wait to eat something. I unscrew the cap and take long pulls until I start to gag a little, then I pour the rest down the sink before I drink any more. It hits me quickly, the dizziness, the

warmth followed by the little feeling of elation in my stomach. It's enough to tamp down my anxiety. I feel bad, but I made a choice. Cutting or drinking, and I chose drinking." (Glasgow, 2016, part two, ch. 28: 223)

Charlie was still trying to release her emotions and looked for a drink to her neighbor and she would be paid for it. Then she just drank a sip and then threw the rest into the sink, and it managed to tamp down her anxiety. The avoidance-avoidance conflict faced by Charlie in this situation with the options that are she need choose between: cutting, or drinking to released her emotions and she chose to drink. Both of the options had the negative valences because Charlie unwanted and avoid it, moreover it gave negative impact for Charlie, so the conflict was avoidance-avoidance conflict type.

Approach-avoidance Conflict

Approach-avoidance conflict is the possibility that of the two oppositely directed field vectors derives from a positive, the other from a negative valence. For example, the child wants to climb a tree, but is afraid (Lewin, 1935, p. 89). In this situation, the attainment of the goal is impeded by some barriers. At first the child sees a difficult barrier between himself and his goal, which hinders the completion of actions in the direction of the field forces. But after the child has run against the barrier several times and perhaps hurt himself, or had the wounding experience of failure, the barrier itself acquires a negative valence (Lewin, 1935, p. 99). In this type conflict arises only when both positive and negative valences are in the same place. It occurs when a person is hesitant and unsure about achieving the goal or desired objective that has a contradictory outcome (Lewin, 1935, p. 123). Sometimes when individuals want to take the positive choices, they will also be weighed down by the negative impact.

The first, the researcher found the approach-avoidance conflict when Charlie recalled her past, where her best friend, Ellis, tried to kill herself.

Datum 1

"I have to do something or I will explode.

...

They still hurt. But today when Miss Joni says, 'Dr. Stinson and I had a little chat,' and slides me a beautiful, blank pad of all-purpose newsprint paper and a brand-new stick of charcoal, I greedily clutch the stick in my fingers. Little sparks of pain shoot up and down my forearm. My scars are still tender and tight and will be for a long, long time, but I don't care. I breathe hard. I work hard. My fingers take care of me. It's been so long, but they know what to do.

I draw her. I draw them. I fill my paper with Ellis and Mikey, Evan and Dump, even DannyBoy. I fill every last piece of paper until I have a whole world of missing." (Glasgow, 2016, part one, ch. 40: 79)

Charlie was no longer able to hold back her emotions, so she had to do something. At that time, Miss Joni slid her a beautiful, blank pad of all-purpose newsprint paper and a brand-new stick of charcoal, and Charlie immediately drew frantically, not caring about her wound, which was still sore. She faced an approach-avoidance conflict between hurting herself again or drawing, as drawing was one of Charlie's ways of conveying her words and feelings. Drawing became a necessity for Charlie because she tried to recover and avoid injuring herself. The act of hurting herself was a negative valence to release her emotions, while drawing was a positive valence. Therefore, the conflict she experienced was an approach-avoidance conflict.

The researcher also found the second approach-avoidance conflict when Charlie picked up Riley and went into his house.

Datum 2

"He wasn't sleeping at all. He was waiting for me. I thought he was a nice person and now I remind myself: People aren't nice, people aren't nice, you should know that by now. I stop my bike. I could just turn back, go back to Mikey's, shut the door, push the trunk in front of it, rescue my kit. Not go back to Grit. Not have to see him. Not have to deal. But then I will lose what little I've gained. I take deep breaths, close my eyes. Blue comes back to me. Was what happened cereal?" (Glasgow, 2016, part two, ch. 7: 141)

Charlie knew that Riley had done it on purpose, even though Riley thought it was just a joke. This made Charlie even more distrustful of other people. She wanted to go back to Mikey instead of returning to the café so that she wouldn't have to see Riley or deal with him. However, leaving the café meant losing everything she had gained so far the place to live, the job, and the recovery she was still working on. Charlie faced an approach-avoidance conflict between going back to the café and continuing to see Riley or not going back to the café and losing the job she had secured. Both options had positive and negative valences of equal strength, offering both advantages and disadvantages at the same time. If Charlie no longer wanted to see Riley, she had to lose her job; if she still wanted to work, she had to keep seeing Riley at work. Therefore, the conflict she experienced was an approach-avoidance conflict.

The third another approach-avoidance conflict found after an incident at a party, where Charlie finds out that Mikey already has a girlfriend and she drank.

Datum 3

"I've agreed to meet Mikey at a gallery downtown after he gets off work. He's drawn a map to a place not far from my building. At first, I consider not going. I'll just feel awkward, and Bunny will probably be there, too, but then I decide to go. I only have one friend here, and he's it, and maybe sometime I won't feel like such a jerk around him. Casper would probably be proud of me for that. I change into another pair of overalls and a long-sleeved jersey shirt and slide my key and the lapis stone into my pocket." (Glasgow, 2016, part two, ch. 17: 188)

Charlie considered not going because she felt it would be awkward, and Bunny, Mikey's girlfriend, might be there, which would hurt her even more. However, Charlie had only one friend in Tucson—Mikey. Being around Mikey made her feel good. Charlie faced an approach-avoidance conflict between going to the gallery with the possibility of encountering Bunny and feeling awkward or meeting the only friend she had, Mikey. The possibility of awkwardness was a negative valence, while meeting Mikey was a positive valence. Therefore, the conflict she experienced was an approach-avoidance conflict.

The fourth approach-avoidance conflict also found when Charlie was already working on True Grit coffeehouse.

Datum 4

"Shhhh, he mouths. He nudges the trash bin in my direction. I look over at Linus, who's ringing someone up at the register. She told me to tell her if stuff like this happened. Riley's eyes plead with me. I'm not sure what to do. And then Ellis's texts flash in my brain. Smthing hurts. U never sd hurt like this. 2 much. My stomach churns with shame. I didn't help her and I lost her."

Quickly, I pull the bag from the trash bin, tie it, and take it out back to the Dumpster. He did get me a job, after all." (Glasgow, 2016, part two, ch. 18: 198)

Charlie remembered that she had to tell Linus if something like this happened. However, she suddenly recalled Ellis' text, where Ellis had asked for help, but Charlie had not helped her and as a result, she lost Ellis. After all, Riley had gotten her the job. Charlie faced an approach-avoidance conflict between telling Linus about Riley or staying silent because Riley had helped her get the job. Telling Linus had a negative valence because Charlie would feel guilty for betraying Riley, while not telling Linus had a positive valence because she felt grateful to Riley. Therefore, the conflict she experienced was an approach-avoidance conflict.

The researcher found the fifth another approach-avoidance conflict when Charlie was going to the library and found out about Ariel Lavertoff, Mikey's landlord who is also an artist, about her son who died of a drug overdose and was found on the street.

Datum 5

*"Is my mother at all frantic, wondering about me? Or is it just another day for her, every day, one where I'm gone and not her problem anymore? Was she relieved to hear from the hospital, even if she didn't come right away? Does she ever think about the times she hit me?
Before I can stop myself, I'm opening up my email and I'm typing in her address, or at least the last one I know she had. I write: I'm okay.
My finger hovers over Send. She would want to know, right? That I'm at least alive out here?
She knows Mikey's number. They talked in Minnesota. But she hasn't called him, or anything, to see how I am.
My mother hasn't called Mikey. Or Casper. Or done anything. Mikey's leaving. Ellis is a ghost. Evan is all the way up in Portland. I delete the email to my mother.
I'm utterly alone." (Glasgow, 2016, part two, ch. 24: 213)*

Charlie wanted to tell her mother about her condition—that she was okay. She thought her mother might want to know that, at the very least, she was still alive out there. However, her mother already had Mikey's number since they had spoken in Minnesota, yet she had not called him, contacted Casper, or done anything to check on Charlie. This made Charlie wonder if her mother truly no longer cared about her. Charlie faced an approach-avoidance conflict between emailing her mother or not sending the email because her mother had made no effort to check on her, even though she could have asked Mikey. Both options carried positive and negative valences, making this an approach-avoidance conflict.

The sixth approach-avoidance conflict also occurred when Riley asked Charlie something, and that something makes the air around them heavy.

Datum 6

*"It's a bad day in the kitchen: Riley has asked me something, and that something is floating in the air between us, becoming heavier and heavier by the second.
Riley is staring at me, waiting for me to answer his question.
'Please.' A hoarse echo in his throat, just like Evan when he got needy. 'Your shift's almost over anyway. I'll pay you.'
I remember Ellis, tugging on my arm, her face frantic with need. Please, she begged. Just tell my mom I'm in the bathroom if she calls. I told her I'm staying over. Please, Charlie. I just need to be with him. Help me, Charlie, please?
He reminds me of Evan, too, when he needed a fix, just something, he'd say, to stop the motherfucking abyss threatening to eat my fucking soul, and I would steel myself, and wash up in*

a bathroom somewhere, enough so my face wasn't too dirty, and stand on a corner a few blocks from Mears Park in St. Paul just after dark, waiting for a man to show up, and to lead him to the park, where Evan and Dump would be waiting.

But Ellis needed that boy, and I needed her. And Evan had helped me, saved me, so I helped him. And now Riley is asking for help. And he said he'd pay me. I need that extra money. (Glasgow, 2016, part two, ch. 28: 219-220)

Charlie faced conflict when she remembered her past—when her best friend, Ellis, had begged her for help and when Evan had desperately needed drugs. Evan had once helped and saved Charlie, so she had helped him in return. Now, Riley was asking for help as well. Moreover, Riley was willing to pay her, and Charlie needed extra money. Charlie faced an approach-avoidance conflict between helping Riley and getting extra money or not helping him and feeling anxious because she kept thinking about her friends and her desire to help Riley. Both options carried positive and negative valences—helping Riley provided financial benefit but also guilt, while not helping him relieved her conscience but left her struggling financially. Therefore, the conflict she experienced was an approach-avoidance conflict.

The seventh, the researcher found another approach-avoidance conflict when Charlie was invited to join Ariel's summer art class, but she did not immediately say whether she was going or not.

Datum 7

"...Her workshop is starting next month. I still haven't decided if I will go. Art School Tools, that's what Linus called a tableful of kids in paint-spattered pants and horn-rimmed glasses... I have to buy some soap and toilet paper, tampons, and underwear. The soles of my boots are thinning; I can feel the bumps in the pavement on my feet as I walk and it's so hot outside, maybe I should just get some sneakers or something instead, a lighter, cooler shoe. I have to pay Leonard rent, ... (part two, chapter 21: 204)

I didn't tell Riley I was coming here, either. Seeing him happy about that girl at the open mic, the way he talked about her on our walk home and how beautiful her voice was, and thinking of the way I never went to Ariel's class because I didn't want to spend any time away from him, made something wake up inside me, a spiteful, angry thing." (Glasgow, 2016, part two, ch. 44: 275)

Charlie was still considering whether to join the class. Even though Ariel had made the classes free for her, allowing Charlie to sharpen her talents and make new friends, she still did not have enough money to buy the necessary materials. She had many expenses, including rent, and she also did not want to spend time away from Riley. Charlie faced an approach-avoidance conflict between joining Ariel's summer class to make friends or not joining so she could spend more time with Riley. From the given situation, it was clear that Charlie chose to be with Riley. Both options carried positive and negative valences—joining the class had a positive impact on her growth, while spending time with Riley aligned with her personal desires but had a negative impact because she later felt regret. Therefore, the conflict she experienced was an approach-avoidance conflict.

The last approach-avoidance conflict found when Charlie's condition had started getting better after she moved to Linus' grandfather place, Felix Arneson, in Santa Fe, New Mexico.

Datum 8

"Oh, my dear Charlotte.' An old man's voice, soft and crackly. 'How would you like to come and work for me for a while?'

'I don't...what?' I lean closer to the phone, unsure if I heard correctly. 'You want me to work for you? Me?'

Felix chuckles. "...It's room and board and just a little money. What do you say? I think you rather liked it out there.'

I don't think about it all that long. It hurts here, I'm okay, but it hurts here, and I want to be somewhere quiet, where the ghost of Riley isn't everywhere.

There was such a stillness in the land around Felix's house.

'Yes,' I say. 'Yes, I do want to work for you.'" (Glasgow, 2016, part three, ch. 19: 352)

Charlie had no problem with the place or the money she would earn. However, being in Tucson reminded her of the pain Riley had caused her. Even though she was physically okay, the place continued to haunt her with memories of Riley, making it difficult for her to heal. Charlie faced an approach-avoidance conflict between working for Felix and moving far away from Tucson to heal herself or staying in Tucson and continuing to feel hurt. The first option had a positive valence, as it offered her a fresh start and healing, while the second option had a negative valence, as staying in Tucson prolonged her pain. Therefore, the conflict she experienced was an approach-avoidance conflict.

The Resolution of the Main Character's Conflict

In overcoming the problem of conflict, there are many factors that must be considered in solving it. Whether it is a preferred choice or not, avoided or not, liked or not, giving positive or negative impact and so on. All the goals, objects and actions taken by individual as a resolution to the conflict called valence. The resolution of conflict in Kurt Lewin theory (1935) divided in two types; those are positive valence and negative valence. In this subchapter, the researcher will provide the data and present the analysis of the Charlie Davis in overcoming her conflict with Lewin's concept theory.

Valence is the subjective worth of an event, thing, person, or other creature in a person's life space, which might be good or negative. (Lewin, 1936: 97). The term "*valence*" is used to represent the resolution of conflict in Lewin's concept. Valence is in charge of providing direction movement in the psychological environment in persons so that valence does not provide encouragement personal to be able to move from the psychological environment. It is important to note that valence may be possessed by any psychological object--a concrete physical object, a social idea, an activity, a way of acting, a state (sleeping), or any kind of goal (Lewin, 1935, p. 118).

Positive Valence

The resolution of conflict can be positive valence if the decision has a positive value for the individual. Decisions are taken by considering the desires for the goal and positive impact that will be obtained after the goal is achieved. Positive valence can be considered if the objects are satisfied to individual. The positive valence (+) is those effecting approach. It may give the "appropriate" voluntary activity (Lewin, 1935, p. 81). For example, a person can go for college and doing part-time jobs to offset tuition or living expenses. This movement can help with financial difficulties so that a person can continue studying until he finishes.

The researcher found the first positive valences as a resolution in Charlie's conflict when she struggled with her emotions control that she was going to injure herself or doing something

else because she suffered from NSSI (*Non-Suicidal Self Injury*) where she had to injure herself to express her emotions.

Datum 1

"I have to do something or I will explode.

... I greedily clutch the stick in my fingers. I breathe hard. I work hard. My fingers take care of me.

It's been so long, but they know what to do.

I draw her. I draw them. I fill my paper with Ellis and Mikey, Evan and Dump, even DannyBoy. I fill every last piece of paper until I have a whole world of missing.

She looks up and smiles. She says, 'Better?'

I nod. 'Better.'

Today I'm excited to meet with Casper. I want to tell her about Crafts, and what I drew and what drawing means to me. I think that will make her happy..." (Glasgow, 2016, part one, ch. 40-41: 79-80)

Charlie decided to draw while she felt like she wanted to explode which means she would hurt herself. It is also written in the quotation that she felt better after drawing and expressing her emotions. The actions taken by Charlie succeeded in achieving her goal to recovery and gave a positive impact on her which helped in the recovery process that Charlie was undergoing in the hospital and made her excited (positive emotions) to tell Casper.

The second, the positive valence in resolving the conflict also found in the conflict where Charlie needed to get Riley for work and debating to go inside or just go back to Linus because Riley did not respond Charlie.

Datum 2

"I push open the door the rest of the way and walk in, nudging aside a pair of faded black Converse. The front room is filled with books—piled on the floor and jammed into a glassed-in oak bookcase that rises from the floor to the ceiling. A sagging burgundy velvet couch is up against the far wall, beneath an open, curtainless window.

'Linus...Linus says get your ass to work.' I turn and run out of his room. I'm out of the house, slamming the door behind me, and then peeling away on my bicycle as fast as I can." (Glasgow, 2016, part two, ch. 7: 138)

Charlie decided to enter and look for Riley. The quotation also showed that Charlie was curious about how Riley's life was going. Charlie's decision had a positive valence because she succeeded in achieving her goal of going in and picking up Riley as Linus requested. She also fulfilled her personal desire to see how Riley was doing, which gave her a sense of satisfaction. Another decision with a positive valence that Charlie made to resolve her conflict was when she found out that Mikey had a girlfriend, which left her heartbroken and emotional. Due to her struggles with controlling her emotions, she had to find a way to express them.

Datum 3

"I've already broken one of Casper's rules: I drank. And I want to break another, but I don't want to, I don't don't don't don't, and so I get my tender kit from under a pile of clothes, and cover it with the plaid blanket, and then cover it with a bunch of shirts, and then my boots, and then I shove it into Louisa's suitcase and wedge the whole thing way back under the claw-foot tub, where I can't see it.

I practice those fucking stupid breath balloons for as long as I can, until I'm practically wheezing, and then I find my sketchbook, because drawing is my words, it's the things I can't say, and I let loose in the pages with a story about a girl who thought a boy liked her, and maybe could save her from herself, but in the end she was just stupid, stupid, because she's a fucking freak, but if she

could just make it through the night, there was going to be another chance, another day.”
(Glasgow, 2016, part two, ch.15: 182-183)

Charlie's struggles with emotional control led her to suffer from NSSI (Non-Suicidal Self-Injury), where she felt the need to hurt herself to express her emotions. However, a positive valence emerged when Charlie practiced the breath balloon technique, found her sketchbook, and started drawing. This action had a positive valence because she successfully resisted the urge to break another one of Casper's rules and kept her tender kit away. As a result, Charlie did not have to injure herself to express her emotions, choosing drawing as a healthier alternative.

Another resolution with a positive valence was found in Charlie's conflict when she made a deal with Linus to keep an eye on Riley at the café. Charlie was conflicted about whether to tell Linus or not.

Datum 4

“Riley's eyes plead with me. I'm not sure what to do.
And then Ellis's texts flash in my brain. Smthing hurts. U never sd hurt like this. 2 much. My stomach
churns with shame. I didn't help her and I lost her.
Quickly, I pull the bag from the trash bin, tie it, and take it out back to the Dumpster. He did get
me a job, after all. (Glasgow, 2016, part two, ch. 18: 197-198)
I hesitate when I hear him open a fresh beer. I should go outside and tell Linus this has gone too
far, but my feet are rooted to the spot as I listen to him take a large gulp. I mean, what will it
matter? She'll send him home, but he'll be back tomorrow. Like Julie said, she'll protect him forever.
And what if I do tell Linus? What if I'm the one who gets in trouble and loses my job?
Instead, I help him... Be nice, right? He did give me this job...” (Glasgow, 2016, part two, ch. 23:
211)

This conflict occurred twice, and both times, Charlie resolved it with the same decision—not telling Linus about Riley. This action had a positive valence because Charlie fulfilled her desire to help Riley out of pity, recalling her old friends and feeling gratitude for the job Riley had given her. The positive impact was that Charlie managed to keep her job and felt satisfied and relieved after helping Riley.

Lastly, another decision with a positive valence that Charlie made to resolve her conflict happened when Felix called her and offered her a job as his assistant.

Datum 5

“... ‘How would you like to come and work for me for a while?’
‘I don't...what?’ I lean closer to the phone, unsure if I heard correctly. ‘You want me to work for
you? Me?’
Felix chuckles. “...It's room and board and just a little money. What do you say? I think you rather
liked it out there.’
I don't think about it all that long. It hurts here, I'm okay, but it hurts here, and I want to be
somewhere quiet, where the ghost of Riley isn't everywhere.
There was such a stillness in the land around Felix's house.
‘Yes,’ I say. ‘Yes, I do want to work for you.’” (Glasgow, 2016, part three, ch. 19: 352)

Charlie decided to accept the job offered by Felix. She did not care about the money but rather about how she felt while staying in Tucson, where constant thoughts of Riley would continue to hurt her. Working with Felix, however, would allow her to move away from Tucson.

This decision aligned with Charlie's true desire and had a positive impact on her future. By taking this step, she successfully fulfilled her wish to forget Riley and was able to heal from her wounds both physically and mentally by distancing herself from Tucson.

Negative Valence

The resolution of conflict can be negative valence if the decision has a negative impact or negative value for the individual. The object of the option might be something that avert or avoided by individual. Negative valence frequently gives individual uncomfortable feeling, such unsatisfied, guilty or anxiety. The negative valence (-) is those producing withdrawal or retreat. It may give the "inappropriate" voluntary activity (Lewin, 1935, p. 81). For example, when helping someone, but you help him do the badness or crime. Whether it intentionally or unintentionally it would give you uncomfortable feeling or guilty.

The first, conflict when Riley begged Charlie to help get the drugs from the dealer and said he would pay Charlie, was solved with the negative valence to Charlie.

Datum 1

"But I also realize that I'm getting really far down the ladder of Casper's rules and all of a sudden I'm flooded with despair. I get up and pace around the room. I try the breathing exercises, but I just gasp, I can't slow down. I'm too keyed up. Mikey said move forward and I went backward big-time and oh, fuck, here comes the tornado.

My tender kit is still wedged far back under the claw-foot tub, hidden inside Louisa's suitcase. I don't want that, I don't. I run the blade of the knife lightly across my forearm, testing. My skin prickles and longing fills me up; my eyes grow wet.

I'm so close to feeling better, feeling release, right here, with this stubby little blade. But I turn my arms over, force myself to look at the rough red lines ridging my soft skin." (Glasgow, 2016, part two, ch. 28: 222)

Charlie decided to help Riley take drugs. And according to the quote, after that Charlie was flooded with despair and regret, where she had broken the rules of her doctor. As a result, Charlie's emotions overflowed and she had to release it by injuring herself. Charlie tried to scratch her forearm with a knife she had in her kitchen. The actions had a negative valence because the emotions felt by Charlie were negative emotions such as despair and regret which then gave a negative impact where Charlie started to want to injure herself due to her overwhelming emotions and it made her recovery would be agitated.

The second, another conflict with the negative valence was occurred after the incident above, where Charlie has not felt calm from her emotions, so she was looking for other ways to feel better.

Datum 2

"I don't even wait to eat something. I unscrew the cap and take long pulls until I start to gag a little, then I pour the rest down the sink before I drink any more. It hits me quickly, the dizziness, the warmth followed by the little feeling of elation in my stomach. It's enough to tamp down my anxiety. I feel bad, but I made a choice. Cutting or drinking, and I chose drinking." (Glasgow, 2016, part two, ch. 28: 223)

Charlie overcame this conflict by chose to drink. Both options had a negative valence because they are unwanted and avoided by Charlie, but she had to choose one of them so she did not explode. Charlie chose to drink because the impact was less than when she did cutting.

Even though drinking did not really have an impact on calming her emotions, but it can tamped down her anxiety. Nonetheless, it gave the negative impact on Charlie.

The last, the researcher also found another negative valence in conflict resolve taken by Charlie when Charlie considered taking Ariel's summer classes or spending time with Riley.

Datum 3

"I didn't tell Riley I was coming here, either. Seeing him happy about that girl at the open mic, the way he talked about her on our walk home and how beautiful her voice was, and thinking of the way I never went to Ariel's class because I didn't want to spend any time away from him, made something wake up inside me, a spiteful, angry thing." (Glasgow, 2016, part two, ch. 44: 275)

Charlie chose not to take Ariel's summer classes because she did not want to spend time away from Riley. This choice was Charlie's desire but instead had a negative impact on her because she regretted it. So, this action made Charlie's desire fulfilled where she spend time with Riley but has a negative impact afterward that she felt regret because Riley did not appreciate her efforts that Charlie did not even take Ariel's classes that are useful to her.

CONCLUSION & SUGGESTION

In conclusion, the analysis of *Girl in Pieces* reveals that the main character faced only two types of conflict according to Lewin (1935): avoidance-avoidance conflict and approach-avoidance conflict. The researcher did not find evidence of approach-approach conflict in the novel. This absence is likely due to the novel's storyline, which portrays a teenage girl's life filled with darkness. Charlie experiences abuse, struggles with mental illness, engages in self-harm, and falls into drug addiction. Even when she attempts to recover, she repeatedly falls back into her old habits. As a result, most of the actions in the story carry negative valences. The study also identifies that Charlie's conflict resolutions involve both types of valences: positive and negative. This research is expected to enhance readers' understanding of conflict based on Lewin's theory. Future studies could explore conflicts in the novel from other perspectives, such as external conflicts with minor characters or environmental influences. Additionally, further analysis could examine the novel from different literary perspectives, including its structure, chronological storytelling, or other literary aspects. The researcher hopes this study serves as a valuable reference and contributes to further research on conflict in literature.

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