

# **A THESIS**

**BIOPHILIA AND ITS IMPACT ON CHILDREN'S WELL-BEING  
IMPROVEMENT IN "THE SECRET GARDEN" BY FRANCES  
HODGSON BURNETT  
(ECOPSYCHOLOGICAL STUDY)**

***BIOFILIA DAN DAMPAKNYA TERHADAP PERKEMBANGAN  
KESEJAHTERAAN ANAK DALAM "THE SECRET GARDEN"  
OLEH FRANCES HODGSON BURNETT  
(STUDI EKOPSIKOLOGI)***

Written and Submitted by

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**POST GRADUATE OF ENGLISH LANGUAGE STUDIES  
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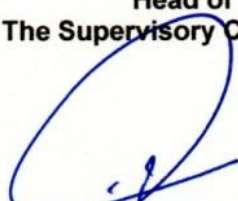
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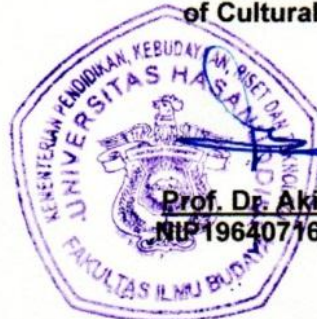
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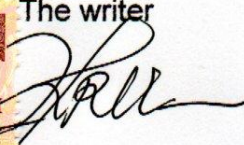
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## **CHAPTER I INTRODUCTION**

### **A. Background**

Nature contains a source of life for living things which refers to the physical world such as plants, animals, rocks, landscape and all the component elements that exist on the earth. According to Maller and Townsend (2006: 46), nature can also refer to collectively the geological, evolutionary, biophysical, and biochemical processes that have occurred throughout time to create the earth as it is today. Similar to this statement, Hance (2011) explicates that the earth provides a natural environment as elementary material to espouse or comply with human necessities such as foods, water, medicines, materials for shelter, climate and nutrients. Therefore, it can be presumed that the presence of nature on earth is served as a repository of worthwhile materials for human needs. Thus, as an essential resource for survival and enjoyment, contact with nature considered the primary necessity and key factors in our and the planet's health.

Realizing the fact that nature and humans have crucial ties, Roszak et al. (1995), the psychologist figures inspired acquainting the term of ecopsychology. In this case, ecopsychology studies the relationship between humans and the natural world through ecological and psychological principle. Doherty (2009:47) alleges that ecopsychology is an interdisciplinary study that combines psychology and ecology to encourage understanding and cognition of the environment. This term



seeks to develop and conceive how to magnify the emotional connection between human and the natural world. Therefore, it can help individuals to construct a sustainable lifestyle and recover them from natural alienation. However, in the context of literary study, ecopsychology then associated with literary works. This is because monodisciplinary of literary works have not been able to provide sufficient and qualified answers to the complex problems that are often contained in literary works. Hence, the study of literature can eternally be correlated to other disciplines such as ecopsychology. This is in line with what Baratz and Hazeira (2011:32) believe that the field of literature in particular is located within the general program.

Through ecopsychology humans are expected to be able to understand and interpret the natural environment which is intertwined with psychological condition. A good state of the natural environment will certainly have a fruitful effect on the state of human psychology. According to Velarde et al. (2007:49), contact with nature through natural landscape such as green trees, water, and other natural features can ameliorate stress and benefits human in general. In addition, human depend on nature not only for material requirements such as water, foods, and shelter, but also for emotional, psychological, and spiritual necessities (Katcher and Beck, 2006).

A human's life which depends on the existence of nature should lead him to aware that protecting and maintaining the health of nature is a

responsibility since a healthy natural ecosystem will generate healthy living things. Eric and Aaron (2010) mention that a healthy ecosystem will clean the water, purify the air, maintain our soil, regulate the climate, recycle nutrients and provides us with food. Furthermore, Rokab (2019) expresses that human needs more nature because the health, wellbeing, and future of the earth depend on nature. Here, these arguments certainly provide an understanding that human and nature are intertwined. Nature will certainly deliver a good treatment if humans are able to maintain and preserve nature as well as possible. That is why contact with nature should be understood in the way nature provides all human's necessities. Hence, human should preserve the existence of nature they rely on.

Maintaining the quality of nature can be done by making direct contact with the natural environment. Townsend and Weerasuriya (2010:2) mention that many efforts have been made to improve the quality of life in the environment through intervention such as increasing access to the natural setting. In this case, Cunningham et al. (2007: 18) believes that skills and beneficial methods to voice the interests of nature have been widely applied by many elements of society from various groups (e.g. religious leaders, farmers, loggers and even business people). Furthermore, this illustrates an exertion or desire to give green earth for our life, especially for children as the next generation who will live on earth in the future.

All the positive efforts individuals do may create a beneficial impact on the great sustainability of the natural environment. Moreover, the most effective effort is through the introduction of the natural environment to the children. This is in line with what Parker (2012:1) propounds that an important partner in our overall efforts to enhance the quality of the environment are children. Thus, the idea of introducing the natural environment to children is a helpful way to create their ability to protect and maintain the natural environment.

Thereupon, there are many ways used to increase children awareness to help preserve nature. One of the ways is through the introduction of literature. Rahman and Amir (2019:66) mention that literature is a source of learning and entertainment for readers. However, the children's book is literary fiction containing moral values that are indirectly able to educate readers. According to Regev (1992), children literature was always perceived as one of the clear means for educating and training children. Further, he adds that children's literature is operated and distributed on the basis of faith so that an effective relationship between literature and society will naturally found first in children literature. Therefore, it turns out that literature has an important role to change the reader's point of view about something including the natural issue. Through the experience gained by the reader after reading the literature, the reader will get a favorable understanding that has an impact on changing the mindset they have. Certainly, the story presented in a literary

book has an extraordinary influence on the readers. Baratz and Hazeira (2011:34) mention that the story helps the process of acquisition of norms in particular children.

In this case, the existence of literary works certainly has an important role as a mean to conduce children to comprehend nature as an essential part of our life. Monhardt and Monhardt (2008: 176) mentions that children literature provides certain topics with tangible information that are presented in simple and enjoyable language which is connected to the children. Investigating the importance of literature, it can be drawn that studying the natural environment through literature is an operative way to construct children's love for the natural environment and create a good attitude towards nature undoubtedly. According to Parker (2012:1), there are several methods that can be used to help children escalate their awareness of the environment, and provide them books related to natural issues is an effective way to help them comprehend nature properly. Reading the natural book support them to understand nature. Therefore, an adequate understanding of nature assistances them deal with the problems related to nature.

There are many kinds of literary books containing natural issues. One of them is *The Secret Garden* by Frances Hodgson Burnett. This novel portrays the close relationship between children and the natural environment. An important entity told in this novel is about the positive impact arising from the interactions of children to the natural environment.

There are three main characters in this novel namely, Mary, Collin, and Dickon. Mary and Collin are two children who are accustomed to being treated spoiled by those around them. They are cousins who have similar characteristics. They grow up into solitary, snapping, and being bossy children who have a bad temper. Their alteration to be a better child occurs when they begin to identify and associate nature. Meanwhile, Dickon is a poor child who enjoys playing in nature with animals. In this case, one of the interesting topics that attract the writer's attention is the routines and characters possessed by children. Children who like to play with the natural environment and interact with animals tend to be cheerful, happy, and healthy, while children who only stay indoors tend to be unhealthy and irritable.

In this novel, the main concern of the writer is in the depiction of contact with nature doing by children that evidently has a beneficial impact on their improvement of wellbeing. Thus, the topic presented above leads the writer interested in analyzing more about the fruitful influence of nature's existence on the state of children psychology. To analyze the topic, the writer applied the biophilia hypothesis by Erich Fromm (1973) and five ways to derive well-being according to the New Economic Foundation of England in 2008 (Nef, 2008).

## **B. Research Questions**

Based on the background above, the writer made clear the problems of this research. In order not to discuss something irrelevant, the

writer had limited the discussion by presenting and focusing the attention on the following research questions:

1. To what extent are the children's biophilia depicted in the novel *The Secret Garden*?
2. How does biophilia affect the improvement of children's well-being in the novel?

### **C. Objectives of the Research**

Relating to the research questions above, the writer decided the objectives of the research as follows:

1. To elaborate on the children's biophilia in the novel *The Secret Garden*.
2. To construct the impact of biophilia on the improvement of children's well-being in the novel.

### **D. Significance of the Research**

The significances of this study consist of two classifications, namely theoretical and practical. The theoretical significance of this research is the writer expects that the results of this study will be useful to give some contributions to English language and literature studies. This research is expected to become valued information and contribution to learning the literature study, especially in the context of ecopsychology. Besides, the practical significance is the readers are expected to get fruitful knowledge and know more about an ecopsychological study of children literature.

Furthermore, this research expected to be used as a reference to similar research to the study of English Language and Literature.

#### **E. Scope of the Research**

In this research, the writer focused only on biophilia and its fruitful impact on the improvement of children's well-being in the novel *The Secret Garden*. After reading the novel, the writer invented natural and psychological issues. Thus, the writer applied the ecopsychological perspective to elaborate on the extent of the biophilia contains in the story. To construct how the children derive well-being, the writer analyzed the ways of wellbeing acquisition based on the concept of Nef (2008). In addition, how the character treats and enjoys nature, and what is the effect of nature on good improvement is an essential factor to be the object of study.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

#### A. Previous Findings

The writer conducts a literature review as a reference to determine the direction of the study by looking at the perspective used by precursor researchers. The first research is conducted by Salha (2010). She usages enticing material object of research. In this case, the myth used as the object of study. She composes her research entitled *The Heroine in the underworld: An Ecopsychological Perspective on the Myth of Inanna*. Inanna is the Goddess of Heaven and Earth in Sumerian myth. The theory of Roszak (1995) confirming the mutual need that ecology and psychology have for another, Salha then associates the myth of Inanna with the ecopsychological study.

Methodologically, Inanna's mythology as the data source of research is also associated with the presence of modern humankind. Based on the study result, Salha points out that Inanna as one of the figures of the goddess has a linkage to ecopsychology. In conclusion, the myth teaches us that the power and health possessed by humankind depend on our relationship to the earth. The good and healthy condition of the earth describes the state of Inanna who is also well and healthy. Conversely, unhealthy and bad condition of the earth encourages Inanna in the same condition as well.



Second, based on material object namely “The Secret Garden”, the writer found that the study of this novel has been carried out by other researchers. Almond (2017) composes his research under the title *The Secret Garden, The Psychoanalytic Study of the Child*. This research aims to demonstrate the process of therapeutic. Through a relationship with new objects, a different atmosphere and peer group experience, two children are able to overcome pathological character traits and resume their normal development. To illustrate a therapeutic process in the story, he uses the analysis of a work of children literature, one that combines elements of the treatment milieu and psychoanalytic relationship. In this case, the treatment milieu highlighted as the main focus to be discussed. The similarities and differences in the central role of the setting are emphasized. Finally, the existence of a secret garden is then explored and connected with metaphoric meanings as the enormous appeal of the book.

One of the studies in Indonesia is composed by Herdiana (2018) entitled *Nature’s Role Toward Mental and Physical Healing Reflected on The Secret Garden by Frances Hodgson Burnett: An Ecocritical Reading*. This study aims to show the benefits of nature toward the process of mental and physical healing. Herdiana (2019:53) argues that the role of literature is not only functioned as a medium to entertain but also functioned as an educative way to teach how important nature to human. Therefore, she expresses educative values by revealing the relationship between nature and humans portrayed in the story.

The relation between nature and children illustrated through the experience of characters that convert from illness to wellness when they interact with the garden. By applying qualitative method and eco-criticism perspective, she explains how close the relationship between nature and human, in the connection that the focus of the research is; 1) the relation between nature and human, 2) nature as media of mental and physical healing to children depict on the novel. Finally, the research shows that nature is beneficial supporting factor in the healing process of the characters.

Those three previous studies reveal the correlation between humankind and the natural environment. The previous study by Shala focuses on Inanna's mythology and its relation to modern humankind's existence. Almond and Herdiana's research focuses on the role of environment as a media of physical and mental healing of the characters in the children's book *The Secret Garden*. Based on the elucidations above, the writer assumes that this research has similarity to the precursor studies. This research also uses the novel of *The Secret Garden* as the object of research. Further, it focuses on the elaboration of biophilia towards children's wellbeing improvement. This research applies the same goal, which is to describe the relationship between humans and nature through ecospsychological perspective. However, this study has a different specification. This research portrays the love expression (biophilia) to the natural surroundings through fruitful activities, such as gardening and

playing with animals. In addition, this study emphasizes how biophilia influence the improvement of children's wellbeing. For this reason, the writer believes that this study is able to fill and complete the existing research.

## **B. Some Aspects of Background**

### **1. Concept of Ecopsychology**

In literary studies, literature as a product of the author's creative imagination or creative process always has psychological elements. Psychological elements are examined through the perspective of psychology. From a psychological perspective, literary work not only develops from the psychology of personality such as psychoanalysis, existentialist, behaviourist and humanistic, but also from developmental psychology, social psychology, religious psychology, environmental psychology, women's psychology and ecopsychology (Ahmadi et al., 2019: 49).

As noted above, literary work is also developing from ecopsychology. Ecopsychology is primarily described as the intersection or synthesis between psychology and ecology which focuses on the human intersection with nature and environment (Roszak et al., 1995). Accordingly, ecopsychology is one of the disciplines of psychology that attaches to ecology to examines and comprehend the human problem relating to the environment. Historically, the issue of ecopsychology study begins to be eminent discussion in the 1990s. Theodore Roszak is known

as the person who first coined the term ecopsychology in his book *The Voice of the Earth: An Exploration of Ecopsychology* in 1992. Although Roszak is not a psychologist, he presented a clear explanation about ecopsychology which focuses on the central premise of environmental restoration and recovery.

Beginning in the institute of ecopsychology at California University, he launched an effective work showing that the world is a gathering place for humans and the destruction of nature that occurs on this earth needs to be seen through the lens of psychology (Lertzman,2004:3). Further, a few years later after the publication of the book in 1992, the discipline of ecopsychology spread as one of the important psychological science to be learned. Ecopsychology is often seen as a philosophy and practice of culture which has the principle “getting back to nature” ethos (Lertzman, 2002: 396).

In 1995, Rozak and his compeer expanded the idea in an ontology book entitled *Restoring the Earth Healing the Mind*. The idea alleged that current environmental crises require that the personal and the planetary must connect (Roszak et al., 1995). Therefore, the personal psychological practice and the environmental context cannot be separated in which we live. Furthermore, a few years later, Andy Fisher as one of Canada’s psychotherapists also published a similar book entitled *Radical Ecopsychology: Psychology in the Service of Life* in 2002. The book presents a more critical and comprehensive introduction of

ecopsychology. Further, he provides extensive theoretical background and central argument of ecopsychology to his concept.

That if we accept the ecological view that we are members of the biotic community, rather than its mere exploiters, then we may learn to recognize the natural world as a social and psychological field, just we do the human community (Fisher, 2002: 5).

Based on the statement above, Fisher underlines that the nature and psychological condition of human are interrelated, and protecting the environment is a responsibility of humankind. Therefore, this book certainly has a potential contribution to the use of ecopsychology as a worthy approach used in the world of education, especially in literary study.

Ecopsychology is a psychological undertaking that essentially says “we are too nature”. Its first task is therefore to describe the human psyche in a way that makes it internal to the natural world or that makes it a phenomenon of nature. Stated otherwise, the task is to build a psychology that expands the field of significant views all psychological and spiritual matters in the light of our participation within the larger natural order (Fisher, 2002 :7).

In accordance with Fisher’s statement, humans are considered as a unity that cannot be separated from nature. Naturally, the human soul assumed to have a bond with natural phenomena. Therefore, the human becomes a species that has extensive participation in the natural order. Moreover, human participation in the natural order certainly gives considerable responsibility for maintaining the natural ecosystem.

## **2. Biophilia Hypothesis**

The word “biophilia” developed in the 1980s by the biologist named Wilson and since explored further by a psychologist, Erich Fromm. This term derived from the words “bio” means life, and “philia” means love, thus biophilia defined as a passionate love of life (Fromm in Cubista, 2019). In this case, the writer assumes that biophilia is a psychological state of an individual who tends to be peaceful living in nature which is achieved through morals. As Sacks (2009:3) explicates that the most basic definition of “biophilia” is the love of nature and living things. Relating to this assumption, the term biophilia revolves around the concept that people possess an inherent inclination to affiliate natural system or processes, especially for those features of the nonhuman environment. (Kellert, 2008:3). Thus, biophilia regarded as a view that humans are living things who have a tendency to love nature.

Love (1999) conveys that biophilia can be counted in the field of literary studies because it discusses the relationship between humankind and nature. In the context of ecopsychology, biophilia can be applied as a theory to comprehend literary work. Here, the main point of being biophilic is the desire to develop nature and society leading to life’s virtues. Fromm (1992) reveals that a biophilic has ethical love for the environment. Meanwhile, Mitchel (2009: 21) defines biophilic as an individual who has the awareness to love the natural surroundings and it can be developed continually. In addition, the writer draws a presumption that biophilic has a valuable role to contact and protect nature from baneful things.

### **a. Biophilia as Psychological Aspect of the Research**

As a term known in the discipline of ecopsychology, biophilia noted as a concept or theory related to human psychology. In this case, what is meant by psychology? psychology is an applied science that studies human mental behavior and functions. Bloom cited in David (2018) asserts that psychology is related to language and perception, feeling (e.g love, hate, anxiety, and happiness), the memory of things, morality, our sense of right and wrong, and everything that matters to humans. Therefore, it can be assumed that the psychological condition of humans refers to the condition of emotion. In addition, it is related to how the mind works and influences an individual's behavior.

The novel as a literary work depicting social life often presents a depiction of a character through psychological conditions that can be researched. How the characters behave, feel sad, or happy is a depiction of the psychological state contained in the story. The novel *The Secret Garden* as an object of this study describes children who experience a positive alteration in behavior after making contact with nature. Their activities considered fruitful action to maintain the sustainable life of living things. Furthermore, their contact with nature slowly brings positive vibes of psychological condition

such as joy and pleasure. In relation to this fact, the writer assumes that the novel contains psychological and ecological issues that seemed from the positive alteration of characters after becoming biophilic.

### **3. The Benefits of Nature**

Bragg et al. (2015:14) divide the benefits of nature under three levels, namely; i) viewing nature, ii) contact with nearby nature and iii) active participation in nature-based activities.

#### **i) Benefits of Natural Views**

The health and wellbeing benefits can be obtained by looking at a natural view since this activity can lead individuals to the recovery of mental fatigue and improvements to mental wellbeing (Maller, 2006). The existence of natural views considered important support to construct human wellbeing in order to gain a good quality of life. Viewing natural scenes can result in short term recovery from stress, increased recovery from physical illness and long term increases in health and wellbeing (Velarde et al., 2007).

#### **ii) Benefits of Nearby Nature**

Natural view and nearby green space are essential for the individual regardless of whether this consists of rural wilderness areas or urban parks. Pretty et al. (2005) mention that being in the presence of nearby nature, either intentionally or incidentally, plays an important role in human health and wellbeing. In addition, the



recent study conducted by Roe et al. (2013) shows a lower level of stress and a steeper reduction in cortisol secretions in individuals living in greener urban areas of Scotland. Based on the exposure above, it can be drawn that living close to nature used as an alternative choice in the process of healing an individual's depression. However, the benefits of nearby nature are not only beneficial for adults but also beneficial for children in the process of their growth and development. As Thomas and Thomson mention that nature close to the home is also important for the wellbeing of children (2004).

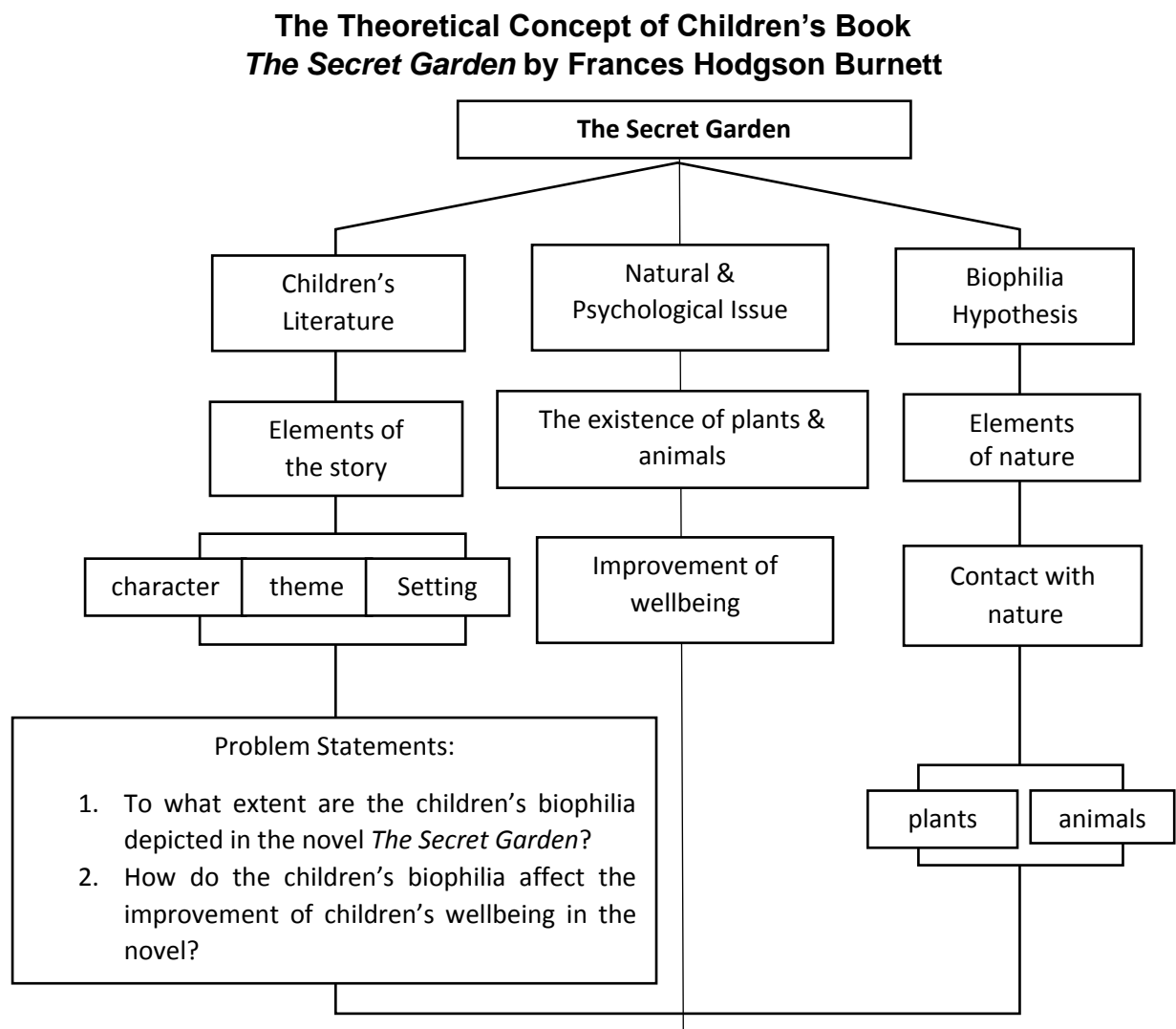
### iii) Active Participation in Nature Based Activities

The natural environment transpired by natural processes without human intervention. However, all the elements of nature are very useful for human life. A natural environment is also a place where humans establish their activity. Bragg (2014:15) assume that natural ecosystems provide an ideal setting for exercise and activity. Thus, physical contact through activities by individuals can be measured as a worthy way for those who are lazy to exercise.

## **4. Theoretical framework**

The object of this study is *The Secret Garden* by Frances Hodgson Burnett (2018). This is one of the classic novels which provide an enticing story through natural and psychological issues. The elements of the story such as characters, theme, and setting related to natural and

psychological phenomena. The presence of animals and plants described as properties used by children in the story. Moreover, children's activity in the natural environment leads them to the improvement of wellbeing. In this case, the writer formulates two research questions namely; 1) To what extent are the children's biophilia depicted in the novel *The Secret Garden*? ; 2) how do the biophilia affect the improvement of children's wellbeing in the novel?. In addition, the writer initiative to apply the biophilia hypothesis as the umbrella of ecopsychological perspective to reveal natural and psychological issues related to the research questions above.



Biophilia and its Impact on Children's Wellbeing Improvement in *The Secret Garden* by Frances Hodgson Burnett (Ecopsychological Study).

Figure 1

## 5. Five Ways to Derive Wellbeing

The term 'wellbeing' is commonly described as the state of being comfortable, healthy or happy. Defra cited in Bragg (2014:9) defines wellbeing as a positive physical, social and mental state, and it is not just the absence of pain, discomfort and incapacity. In this case, Nef, (2008) identified five ways to wellbeing' in more detail namely; 1. Connect; 2. Be Active; 3. Take Notice; 4. Keep Learning; and 5. Give.

### a. Connect

Social interaction or connecting with other people in the society can provide significant benefits for health and wellbeing improvement. This connection can be done with anyone around as (e.g. family, friends, colleagues, and neighbours). At home, school, work, or in our local community. Social relationships, a sense of 'belongingness', interaction and the support of family and friends are important for wellbeing and can also protect against becoming ill, whilst social isolation and exclusion are associated with poorer health (Tones and Green, 2010:35). This statement shows that

feeling close and valued by other people are basic human needs to improve health and wellbeing.

b. Be Active

The health fruitful of pleasing in physical activity and contact with nature is well documented. As stated by the Department of Health (2009) that regular exercise can reduce the risk of cardiovascular disease and associated risk factors such as high blood pressure, high blood cholesterol, and diabetes. Physical activity can also promote mental wellbeing, leading to improvements in self-esteem, mood and quality of life and a reduction in anxiety and depression (Reed et al., 2013:2).

c. Take Notice

People nowadays have busy lives, so they often fail to pay attention or take notice of their surroundings and the things going on around them. Reminding our self to 'take notice' is the right step towards expanding awareness. Furthermore, increasing awareness helps to improve individual self-understanding. Therefore, it allows individuals to make choices according to his/her own values and intrinsic motivation. In this case, studies have shown that being aware of what is taking place in the present directly enhances wellbeing and that savouring the moment can help to reaffirm life priorities (Brown and Ryan, 2003:823). In relation to this statement,

Bishop et.al (2004:230) mention that increased awareness and paying attention in this particular way is referred to as 'mindfulness'.

d. Keep Learning

Learning is the process of acquiring behaviors, skills, knowledge or new understanding. Learning, whether it is trying something new or learning new skills, has been shown to play an essential role in health and wellbeing. For children and young people, learning contributes to social and cognitive development, increases self-esteem and social interaction and encourages participation in physical activity (Hall-Lande et al.,2007).

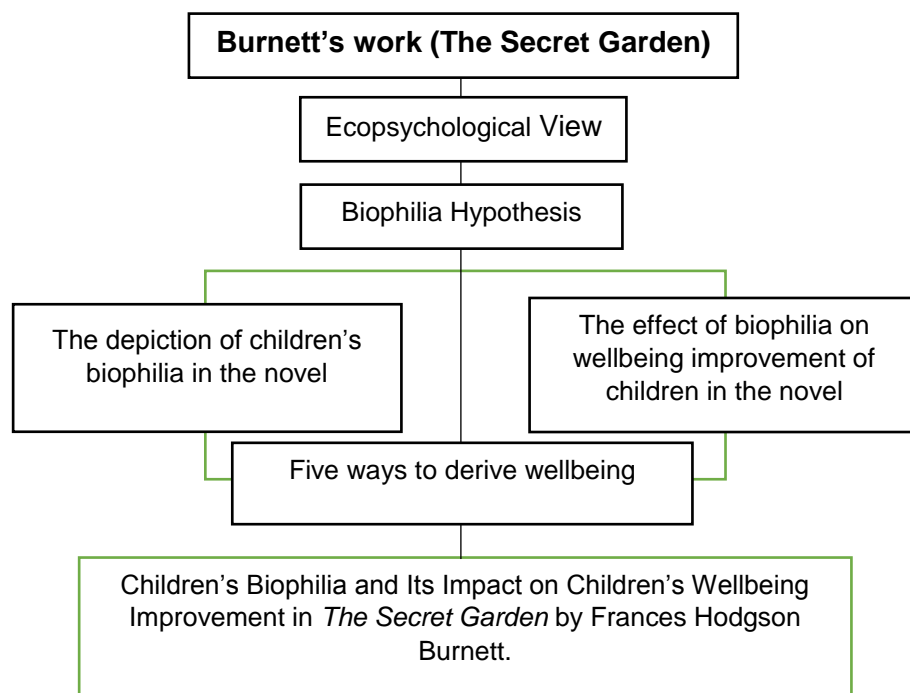
d. Give

Giving to others by volunteering, joining a community group or helping a friend or stranger can provide substantial wellbeing benefits (Bragg et al. 2015:10). Teamwork and working with others can increase neuronal responses in the reward areas of the brain, indicating that social cooperation is basically helpful (Nef, 2008). Furthermore, helping and giving to others contributes to improvements to cognitive and social functioning which is crucial to mental. Feelings of life satisfaction and happiness are also strongly associated with engagement in community activities (Nef, 2008).

Based on the explanation above, it can be assumed that the acquisition of wellbeing in an individual's life must go through several stages or processes. In the concept of ecopsychology, five

ways to derive wellbeing formulated by Nef (2008) can be applied to analyze the wellbeing acquisition process of the characters in the novel *The Secret Garden*. However, to elaborate biophilia issue contained in the story, the writer uses the biophilia hypothesis and five ways to derive wellbeing to observe the children's wellbeing improvement.

### CONCEPTUAL FRAMEWORK OF RESEARCH



**Figure 2**

The conceptual framework above provides an overview leading to assumptions about the variables that will be studied. In this case, the theoretical processes related to problem-solving using relevant theories

and concepts. In addition, the concept of wellbeing clearly illustrated as follows:

1. Connect : communicate with other people
2. Be active : committing activities
3. Take notice : increasing awareness towards the environment
4. Keep learning: experiencing a learning process
5. Give : sharing to others

## **6. Intrinsic Elements of Children 's Literature**

The first writer or the founder of children's literature is still mysterious. Thus, the history of the emergence of children literature is still debatable. Many people argue that children story at the beginning of its emergence has been told orally, not in a text or printed form. This is in line with what Rahman (2017:336) mentions that children literature was founded an old tales and folksongs/folklore, as part of a wider oral tradition that adults shared with children before printing was invented. Later, there had been an establishment in the content of children's book. Ultimately, many writers begin to contemplate and create their works that are appropriated to the imagination and pleasure of children. In addition, Lukens (1999:50) mentions several literary elements of children's literature, as follows;

- 1) Character

Lukens (1999:79 -100) In her book entitled *A Critical Handbook of Children's Literature* mentions that the presence of the character is essential elements. Lukens (1999:79) argues that children care about the human being and are sensitive to them. This indicates that children will recognize human being by observing the character first. Further, she adds that children can catch many of human nature's subtleties. Therefore, children are believed to be able to understand various human personalities in their reading. Moreover, there are two types of character namely flat and round character (Lukens,1999:86-88). A flat character is usually easily known by the readers and not fully developed in the story. While different from flat character, the round character is fully developed. The presence of this character in the story is unpredictable and often surprising.

## 2) Plot

Lukens defines plot as the sequence of events showing characters in action (1999:99). This sequence is purposely created by the author in a creative way as the best manner of telling the story. The presence of the plot will eventually construct the conflict, tension and action. Thus, readers interested in continuing to read the whole story. Further, Lukens mentions that there are two types of plot, namely progressive and episodic plot (1999: 124-125). The progressive plot has a climax and concludes with a denouement. On the contrary, an episodic plot has a series of incidents or events related to others by a common character or unified theme.

## 3) Theme



The theme is described as a unifying idea, such as a comment about society, human nature or the human condition (Lukens,1999:135). Further, she states that theme is the base meaning of the writing. By understanding the theme of a story, the reader will be able to understand the purpose of writing. The theme offers significant truth to the story so that it becomes a memorable part (Lukens, 1999:136). Further, she mentions that the significant truth is an indispensable element to turn a simple narrative into literature. The truth may go beyond the story and comments on a human being. When the readers read a story, they will discover the significant truth that can give pleasure to them.

#### 4) Setting

The setting is considered the most fundamental element of a story that can only happen at a certain time and place. According to Lukens (1999:153-156), there are two types of setting namely integral setting and backdrop setting. First, she defines integral setting as the time and place that influence the story, character, action and theme. It means that to acquire a lot of understanding about the conflict and character in the story, the readers must know when and where the actions took place. Second, she defines a backdrop setting as an element of the story that presents limited information. When and where events occur is not clearly described. This is because time and place have little effect on the story, character, conflict or theme.

#### 5) Point of View

Point of view can be understood as a director of the writer's perspective in telling a story. Hence, the story is more lively and well conveyed to the reader. A different point of view generates a different understanding of the story. Lukens (1999: 176) mentions that there are four types of point of view. The first is the first-person point of view. It is when the story is expressed in the first person, 'I', or usually known as the narrator. Second, there is an omniscient point of view. It is when the story is told by the third person (he, she, and they) that knows every detail of action, feeling, and thought. Third, there is a limited omniscient point of view. It is almost similar to the omniscient point of view, in which the story is expressed in the third person. However, in this type, the third person is the central character or protagonist. The last is a dramatic point of view. This type of point of view requires readers 'imagination to decide who tells the story because the writer does not come into a character's mind.

#### 6) Style

In general, style defines the arrangement of words in speaking to influence the reader or listener. According to Lukens (1999: 196), style is the product of all the choices the writer makes. It means that style is what the author chooses, selects in order to create a story. The good choices of style can affect the pleasure of the readers to read the story. Sometimes, the style also increases not only pleasure and sound but also the belief of the character's reality. Eventually, to be able to enjoy the style, the readers

may look at the devices of style, for instance, connotation, imagery, figurative language, and etc.

#### 7) Tone

Lukens (1999: 217) mentions that tone in literature tells us how the author feels about his or her subject. So, the tone can define as a kind of attitude that the writer uses to convey the work. Commonly, the writer's attitude is expressed completely in words. Structure of sentence, word choice, patterns, and arrangements can influence style. All the choices make the style and determine the tone of the writing, and finally, reveal the attitude of the writer toward both the subject and the reader.

To understand the children literature as a whole, all the elements mentioned above need to be noticed and understood. All those supporting elements expressed by Lukens are essential elements to construct the entire enticing story. Thus, through the reading process, a reader who acts as a connoisseur and observer of the story able to obtain an assessment regarding certain issues of the story. In this case, the novel *The Secret Garden* described the natural issue as a fascinating object to be studied. Gardening and playing with animals in natural surroundings committed by children are the portrayal of fruitful activities. Therefore, the writer contemplates that the character and setting are two essential elements that will be the primary concern of this research in order to gain valuable information.

## **CHAPTER III**

### **METHOD OF THE RESEARCH**

#### **A. The Research Method**

Realizing the fact that literary study as multidiscipline science that also develops from ecopsychology, the writer interested to reveal the natural and psychological issues through words explanations, since the study was not obtained from statistical or quantification procedures. Therefore, the writer conducted the study by applying descriptive qualitative. All the events or phenomenon served in narrative or textual descriptions. In this case, the words, phrases, sentences and paragraph related to the portrayal of biophilia and its positive impact on the improvement of children's wellbeing in the novel *The Secret Garden* (2018). Based on all the delineation above, it can be supposed that the object of the study presented through a series of words or sentences to provide more detailed information. In addition, the method of the study has been an effective technique in obtaining specific information on research.

#### **B. Instruments of the Research**

In this study, the writer used several instruments which were considered as usual methods for preserving information as follows:

1. Sticker highlighter to highlight essential information related to portrayal of the biophilia and its fruitful impact on the improvement of children's wellbeing.

2. Stationaries to write the main ideas, supporting ideas, and pages of data.
3. Laptop 11,6 inch for typing and processing data information.

### **C. Data Sources**

The major data source of this study is a classic novel by Frances Hodgson Burnett (2018) entitled *The Secret Garden*. This novel is a children's book that contains 27 chapters and 343 pages. Moreover, this novel is the primary data of this research, while the secondary data taken from several sources such as books, journal articles, theses, and browsing the internet.

### **D. Method of Data Collection**

In collecting the data, the writer applied several steps interrelated to how data could be retrieved in the process of research. First, the writer conducted a close reading by paying attention to the entire contents of the novel *The Secret Garden* carefully. To acquire a better understanding, the writer read the whole content of the novel several times to find out the idea related to the topic of this study. Second, the writer identified the data in the form of sentences related to the problems by underlining, marking or highlighting the essential words, sentences, and paragraph of the novel. Third, the writer classified data into some classifications. The relevant data selected to answer the problem statements of the study, thus the data classified into quotation dealing with the theme and topic of this study. The last, the writer reported the data in the appendices, since the presence of