

THE CHANGES OF BEHAVIOR OF COLIN CRAVEN IN FRANCESSE

HODGSON BURNETT'S *THE SECRET GARDEN*



A Thesis

Submitted to the Faculty of Cultural Sciences, Hasanuddin University

in Partial Fulfillment of Requirements to obtain an Undergraduate Degree in

English Literature Study Program

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ENGLISH LITERATURE STUDY PROGRAM

FACULTY OF CULTURAL SCIENCES

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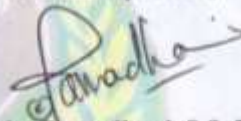
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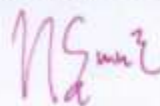
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HODGSON BURNETT'S *THE SECRET GARDEN*

BY

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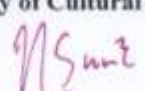
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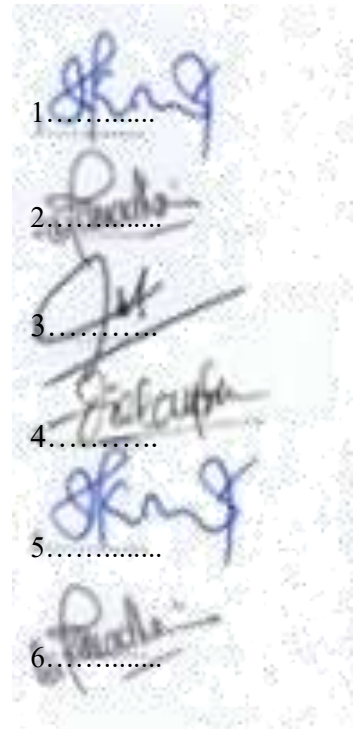
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The thesis of **WIDIA LATIF** (Student Number: **F041171516**) entitled, “**THE CHANGES OF BEHAVIOR OF COLIN CRAVEN IN FRANCIS HODGSON BURNETT’S *THE SECRET GARDEN***” has been revised as advised during the examination on Monday, 4th March 2022 and is approved by the Board of Undergraduate Thesis Examiners:

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The writer



Widia Latif

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The Writer

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ABSTRACT

Widia Latif. 2022. *The Changes of Behavior of Colin Craven in Franciss Hodgson Burnett's The Secret Garden.* (Supervised by **Herawaty** and **Rezky Ramadhani**).

This study aims to explain the changes of behavior of one of the main characters, Colin Craven in a literary work entitled *The Secret Garden* by Franciss Hodgson Burnett. The objectives of this study are: (1) to describe the phases of Colin's behavior change in the novel, (2) to describe several factors in environment that influence Colin's behavior change in the novel.

The method of research that is used in this study is qualitative method. The source of the primary data obtained from the novel *The Secret Garden*, meanwhile the secondary data obtained from several books and journal articles. The writer used psychological approach with Lewin's theory of behavior change to analyze Colin's behavior. Colin experiences three phases of behavior change: unfreezing phase, movement phase and refreezing phase.

The results of this study indicate that there is a change in Colin's behaviors and it affected by the environment around him. He finds his self is changing into a boy who is recovering from physical and mental illness. He becomes a healthy, strong and brave child. Started a new, he also becomes a better character.

Keywords: *Change of Behavior, The Secret Garden, Phases of Behavior Change, Lewin's Theory.*

ABSTRAK

Widia Latif. 2022. *The Changes of Behavior of Colin Craven in Franciss Hodgson Burnett's The Secret Garden.* (Dibimbing oleh **Herawaty** and **Rezky Ramadhani**).

Penelitian ini bertujuan untuk menjelaskan perubahan perilaku salah satu tokoh utama, Colin Craven dalam sebuah karya sastra berjudul *The Secret Garden* karya Franciss Hodgson Burnett. Tujuan penelitian ini adalah: (1) mendeskripsikan fase-fase perubahan perilaku tokoh Colin dalam novel, (2) mendeskripsikan beberapa faktor lingkungan disekitar Colin yang mempengaruhi perubahan perilakunya dalam novel.

Metode penelitian yang digunakan dalam penelitian ini adalah metode kualitatif. Sumber data *primer* diperoleh dari novel *The Secret Garden*, sedangkan data *sekunder* diperoleh dari beberapa buku dan artikel jurnal. Penulis menggunakan pendekatan psikologis dengan teori perubahan perilaku Lewin untuk menganalisis perilaku Colin. Colin mengalami tiga fase perubahan perilaku: fase *unfreezing*, fase *movement* dan fase *refreezing*.

Hasil penelitian ini menunjukkan bahwa pada novel *The Secret Garden*, dapat ditemukan perubahan perilaku dari diri Colin dan itu dipengaruhi oleh lingkungan disekitarnya. Dia menemukan dirinya berubah menjadi anak laki-laki yang pulih dari penyakit fisik dan mental. Ia menjadi anak yang sehat, kuat dan pemberani. Dengan memulai hidup yang baru, Colin juga menjadi karakter yang lebih baik.

Kata kunci: *Perubahan Perilaku, The Secret Garden, Fase Perubahan Perilaku, Lewin Teori.*

CHAPTER I

INTRODUCTION

This chapter presents the introduction that consists of background of study, identification of the problem, scope of problem, statement of problem, objective of writing, significance of writing, and sequence of chapter.

1.1 Background of Study

Literary work can be a medium to define the meaning of expression, sensation or affection about something. There are three forms of literary works: prose, poetry and drama. An example of prose is a novel. According to Anshori (2011: 20), a work of literature may reveal deep psychological truths even though the author is not aware of his or her work's psychological implications. Novel is a narrative fiction whose intrinsic elements include plot, setting, point of view and character etc. Through the plot, the reader could easily understand the story. The conflict in the novel will lead the reader to the climax of the plot.

A number of novels which have an interesting plot become the inspiration for movies. One of such novels is *The Secret Garden* by Frances Hodgson Burnett. She was born on November 24, 1849, in Manchester, England. When she was sixteen, her family moved to America. There, she used her talent as a storyteller and writer to supplement her family's income. Moving from the era of industrialization in England to rural America was a great change for the family. Finally, the contrast between American and British culture based on nature and lifestyle inspired her to write *The Secret Garden*. (Jilkova 2006: 11)

The Secret Garden is a children's novel published in book form in 1911. Frances herself is also remembered as the author of *Little Lord Fauntleroy* and *A Little Princess*, but during her lifetime she is a popular writer for both children and adults.

The Secret Garden began with the story about a girl, Mary who was born into a wealthy family in India. Her parents neglected her. She moved back to Yorkshire, England, to live with her Uncle Archibald Craven. There she met her cousin (Colin), a sick boy who had been told that he must stay in bed all the time. He has become imperious and gloomy. Mary explored the land and discovered a secret garden. Mary and Colin also met a servant boy (Dickon), and then they began to restore the garden, and eventually found some secrets of the manor.

The Secret Garden is widely regarded as one of the best children novels ever written. It impressed the writer. Nowadays, the discussion about children's problems is still an interesting problem in daily life. The writer chose this novel because the story in this novel provides knowledge about the world of the children that could be a reflection for parents. This novel teaches parents not only on how to fully understand the children's character, but also to educate children with true love. There is a portrayal of traits in the characters in the story that children should not have in the process of growing up. For example, the writer takes Colin, who is an introverted, stubborn, and spoiled child. It happens because his parents do not give him attention. Finally, he becomes a warm person because of the influence of friendship. Moreover, Colin's character development in this novel is quite good and interesting. Colin, who has been devoid of compassion and

confined by his own fears at first, began to open up to the outside world. He gradually gets influences from some people around him that makes him change his character.

Based on the explanation above, the change of behavior is one of the results of the lack of parental involvement. It is considered as a social condition that contributes to a social problem in society. Lack of parental involvement can increase the risk of behavior disorders in children. For instance children do such inappropriate actions or become troublemakers.

Here the writer discusses the change of behavior of one of the main characters, Colin in *The Secret Garden* by Frances Hodgson Burnett. As seen in the novel, the way Colin behaves and looks at the world around him is the process of human behavior. Skinner (1953: 45) in his book explained that behavior is one of the most important characteristics of human beings. People have come to associate it with life itself. Anything that moves, especially when it has direction or acts, is likely to be called alive. The way people act or react in response to other people is defined as behavior. Likewise, behavior is our actions and responses to feelings, emotions and needs. All behavior has meaning and closely connected to how we feel and what we think.

The reason why someone changes his behavior is an interesting topic to be discussed. Many things can affect the change of this behavior such as mood, the people that surrounding, any event or accident that happens, also stress and physical condition have a bearing on someone's behavior. However, behavior can

be good or bad. For instance, someone mocks a child in public and the child is crying. Someone apologizes for what he has done. This example is a proof of behavior change. When a person who had bad behaviors in the past becomes a good person in the present, it means that he has experienced a behavior change and he must have reasons for the change.

The writer thinks that the change of behavior has a relation with a person's experience. It is interesting to study someone's behavior because observing other people is a life-changing experience that makes the writer curious. Therefore, the writer is interested in analyzing the relationship between behavioral changes and life experiences, as well as whether the same thing happens in the novel. In this study, the writer applies a psychological approach to reveal the character's mental problem. By using a psychological approach, it helps the writer to analyze the behavior change. This study uses Lewin's behavior change theory to see the process of behavior changes. As well as, the writer hopes that it can help to solve this type of social problem in society. From that the writer feels interested to conduct a research under the title *The Changes of Behavior of Colin Craven in Franciss Hodgson Burnett's **The Secret Garden***.

1.2 Identification of Problem

After reading the novel *The Secret Garden* by Franciss Hodgson Burnett, the writer identifies some of the problems found in the novel:

- a. Cultural shock experienced by main character
- b. The mental retardation and the personality development of Colin Craven

- c. Pampered children as the effect of parental neglect portrayed in *The Secret Garden*
- d. Moral value in *The Secret Garden* novel
- e. Parenting role toward the children in *The Secret Garden*
- f. Causes of behavioral change of the minor character in *The Secret Garden*

1.3 Scope of Study

Literature does not mainly refer to prose, but it also covers drama, and poetry. In this study, a novel is chosen as the object of the study. There are many novels written by the author. However, the writer is more interested in analyzing *The Secret Garden* novel.

This study is primarily taken within the scope of studying the changes of behavior of the characters in *The Secret Garden* novel. The writer wants to limit the problem by only focusing on the character namely Colin, especially his behavioral changes found in *The Secret Garden* novel.

1.4 Statement of Problem

After reading and understanding the story of the novel, there are several problems that will be analyzed. In this research, the writer makes the state of the problem as follows:

1. How do the phases of one of the main character's behavior change in the novel?
2. What factors and how do these factors affect one of the main character's behavior?

1.5 Objective of Study

Based on the statement of problem above, the aims of this study are as follows:

1. To describe the phases of the main character's behavior change in the novel.
2. To describe several factors in the environment that influence Colin's behavior change in the novel.

1.6 Significance of Study

The research is expected to have significance in both theory and practice.

- a. Theoretically, the writer hopes that this research is expected to be helpful to provide the readers knowledge about the changes of behavior of Colin Craven contained in the novel of *The Secret Garden* written by Frances Hodgson Burnett. In addition, the writer hopes this research also can increase knowledge in the field of literature as well as a benchmark and guidelines for consideration and reference source for writers who will conduct similar research.
- b. Practically, this research is expected to be useful to increase the appreciation of literature and motivate them to produce new ideas that are more creative and innovative in the future. In addition, the writer hopes this research can provide knowledge and open up horizons of thought for lovers of literature.

1.7 Sequence of Writing

This research is entitled The Behavior Changes of Colin Craven in Frances Hodgson Burnett's *The Secret Garden*, it consists of five chapters.

Chapter One is Introduction. It contains background of writing, identification of problem, scope of problem, state of problem, objective of writing, significance of writing, and sequence of chapter.

Chapter Two is Literature Review. It contains previous related studies, review of related theory and psychological approach.

Chapter Three is Methodology. It contains data sources, method of collecting data, and method of analyzing data.

Chapter Four consists of analysis of the novel. This chapter provides overall analysis leading the readers to the findings.

Chapter Five is a Conclusion and Suggestion. It consists of the conclusion and suggestion which are relevant to the topic.

CHAPTER II

LITERATURE REVIEW

This chapter consists of some previous related studies which describes a review of other related studies and review of related theories that are relevant to the problem.

2.1 Previous Related Study

Research about the change of behavior of the character has been conducted by some writers. The first previous study is from Aisyah Fedyani Mappedy (2013) From Faculty of Cultural Sciences Hasanuddin University Makassar, entitled *Josephine's Deviant Behavior in Agatha Christie's Novel Crooked House (A Psychoanalytical Study)*. In this thesis, the writer applied a descriptive analysis method and psychological review in process to analyze the data. The writer tried to answer the statements of several problems that may exist in the novel in order to determine the explanation of Josephine's deviant behavior, one of the characters in "Crooked House" by using a psychological approach. The results of this study indicated that Josephine has complex child characteristics with deviant behavior, including disruption, aggression, social disability, and immaturity.

The second research is from Devi Angraeni (2019) from Universitas Muhamadiyah Surakarta, conducted a qualitative research with the title *Causes of Behavioral Change of The Major Character in A Walk Remember Novel (1999: A Psychoanalysis Approach)*. The objective of the research is to analyze the novel based on a psychoanalysis approach. The writer concludes that several

relationships have a great influence in shaping one's behavior. Those influences make the character improve his life better by learning from his experiences during his life.

The third is from Tiansyah, et.al. (2021), entitled *The Impact of Psychological Trauma on The Life of The Main Character in The Novel Eleanor Oliphant is Completely Fine* by Gail Honey man. This study aims to determine the factors and impacts of psychological trauma on the life of the main character (Eleanor). The method used in this research is a descriptive method and uses library research data analysis techniques by describing the intrinsic and extrinsic elements that are contained in the novel. The theory used is Sigmund Freud's psychoanalysis. Psychoanalytic theory is used with the aim of knowing the personality state of the main character by looking at her past history. The results of this study show that the house fire that was deliberately carried out by her biological mother had an effect on Eleanor's personality and life.

Those previous researches help the writer to enrich the writer's insight in doing this research. They have similarities and differences with the topic that the writer takes. The similarity of the first, and second previous study with the writer is about the behavior change analysis. But the differences here are the objects which were analyzed. Those previous and the writer's research analyzed different novels. Furthermore, the last previous study focuses on the impact of psychological trauma on the life of the main character in the novel while the writer will focus on the change of behavior of one of the main characters in the novel.

2.2 Review of Related Theories

In conducting this study, the writer needs theory to analyze and answer the problems of the study. The theory is presented in the form of a brief explanation. There are intrinsic elements that contain character, setting, plot, and theme. Extrinsic elements contain behavior change by Lewin's psychology theory. Those theories are expected to answer the behavior change of Colin Craven in Frances Hodgson Burnett's *The Secret Garden*.

2.2.1 Psychological Approach

Literature is a term used to describe written or spoken material. Literature is an imaginative act, that is an act of the writer's imagination in selecting and ordering life experience. Experiences about social life, nature, or anything else could be the ideas of the story. According to Eagleton (2005: 2), there have been various attempts to define literature. You can define it, for example, as 'imaginative' writing in the sense of fiction - writing which is not literally true. But even the briefest reflection on what people commonly include under the heading of literature suggests that this will not do. Anshori (2011: 2) defined that, the people in literature are a replication of people in real life. As a result, literary work can also be used to study human life. The facts of human life, such as life and death, inspire many literary works.

The people in literature are the imitation of the people in reality. Therefore, literary work can serve as a medium to study human life. Many literary works are inspired by human beings' realities, such as life and death.

Through the publications in linguistic and literary journal, (Rachmawati, 2018: 66) stated that:

Literature is a part of art to express the author's imaginations or ideas about something. It is an expression of aesthetic and imaginative fact of human life, because it is arranged through a great unity of concept, expression form, emotion, and language which is relates in daily life of society.

Literary works can be divided into three categories or genres: poetry, prose, and drama. This thesis is focused on prose fiction. Prose can be divided into short stories and novels.

Psychology is a scientific study of behavior, both external observable action and internal thought. Psychology is the study of the human mind and behavior. Mind deals with people. Person is a character. Psychology is also the science that explains, predicts, and controls the behavior of the human mind. The particular combination of emotional, attitudinal, and behavioral response patterns of an individual is called personality. Strickland (2001: 11) said that "psychology is the most popular of the social and behavioral sciences and one of the most attractive to those who are interested in knowing more about people and their behavior." According to Bilalia (2018: 99), Psychology and Literature are both concerned with human beings, yet they are concerned with different things. Psychology is concerned with the physical world, while literature is concerned with the human imagination. The writer chose psychological analysis since learning psychology allows us to identify the personalities of those around us, the author's

psychological condition, and the reader's situation or condition when reading the author's work.

It means that literature is the representation of reality. The character in a literary work represents a human being and also can be analyzed through the field of psychology. Psychology is the knowledge about human beings and the condition of their personality. Literature, on the other side, has a relation to human expression in the forms of literary works. This approach has a view that psychology (the science of the study of mind and its processes) can be used to help a literary critic or writer to explain, interpret, and evaluate literary works.

Eagleton (2005: 3) said that “formalists passed over the analysis of literary 'content' (where one might always be tempted into psychology or sociology) for the study of literary form.” Psychological approach is the text analyzed by considering the relevance and role of psychological studies. Psychology also plays an important role in analyzing a literary work by focusing on the point of the psychology of literature both the elements of the author, the characters, and readers, by focusing on the figures and an inner conflict contained in literature that is going to be analyzed. Psychology is a scientific major that is fully struggling with the problems of man and humanity.

Psychological approach is intended to solve psychological problems. But through the definition above, the goal of the psychological approach is to understand psychological aspects contained in a literary work. Psychology was born to learn the human psyche. It is human that becomes the object of the study

of psychology. Psychological approach is a literary study that sees literary work as a mental activity. The author uses an idea, sense and creation in the work.

2.2.2 Intrinsic Element

Intrinsic element is the element that can be found inside of the literary work and it supports the story. According to Wijayanti, a literary work must have both intellectual and external components. Themes, storylines, settings, characters, and other intrinsic elements aids in the development of literary works or stories (2020: 33).

1. Character

Character is a very important element in literary work such as novel, drama, or even a short story. A character is a reasonable facsimile of a human being, with all the good and bad traits of being human. According to Aras (2015: 252), since psychology is connected to psychoanalysis in literature, the author and the creative process, in addition to the characters, are subjected to psychoanalytical approaches.

Siahaan and tampubolon (2015: 95) explained that Character is one of the literary components that are essential for understanding the whole storyline of a literary work. Characters are human, animal, or fictitious beings created by the author to behave in a story for the author's objectives. We assess them on the basis of what the author tells us about them and the basis of what they do and say.

According to Lubis (2020: 17), there are many types of the characters which include:

- Confidante

A confidante is someone in whom the main character confides. He reveals the central character's thoughts, intentions, and personality traits. However, a confidante need not necessarily be a person. An animal can also be a confidante.

- Dynamic Character

A dynamic character changes during the course of a novel or a story. This change in character or his/her outlook is permanent. That is why sometimes a dynamic character is also called a "developing character."

- Static Character

A static character remains the same throughout the whole story. Even the events in a story or novel do not change a character's outlook, perceptions, habits, personality, or motivations.

- Antagonist

An antagonist is a bad guy, or an opponent of the protagonist or the main character. The action in the story arises from a conflict between the protagonist and the antagonist. The antagonist can be a person, an inanimate object, an animal, or nature itself.

- Protagonist

Every story has a protagonist, the main character, who creates the action of the plot and engages readers, arousing their empathy and interest. The protagonist is often a hero or heroine of the story, as the whole plot moves around him or her.

- Round Character

The round characters are well-developed and complex figures in a story. They are more realistic, and demonstrate more depth in their personalities. They can make surprising or puzzling decisions, and attract readers' attention. There are many factors that may affect them, and round characters react to such factors realistically.

- Flat Character

A flat character does not change during a story. He or she usually reveals one or two personality traits.

- Stock Character

A stock character is a flat character that is instantly recognizable by readers. Like a flat character, the stock character does not undergo any development throughout the story.

2. Setting

Setting is one of the important elements in a story that could support the story well. Setting does not only concern the exact place or situation. Setting does not simply mean a scene. According to Kathleen Kuiper (2012: 9) in (Rizka, Sakinah, & Luqman, 2020 :4), character is one of the literary components that is essential for understanding the whole storyline of a literary work. Characters are human, animal, or fictitious beings created by the author to behave in a story for the author's objectives.

Setting of Place is the place where the story happens. Examples of setting a place are the city, the house, the school, etc. Setting of time is the

time when the story happens. The setting of time can be in the morning, in the night, minute, hour, second, year, etc. Social Setting is how the social environment or background of the people in the story influenced the character or the story.

3. Plot

Plot is the series of events that illustrates characters in conflict. This timing is not by coincidence; rather, it was chosen by the author as the finest method to convey his or her story (Rebecca, 2003: 97). Dietch (2003: 433) stated that “plot is the series of actions or conflicts that occur in a narrative. Broadly defined, the plot includes not only physical action, but also words and thoughts”. Moreover, Lynch-Brown and Tomlison (2002: 26), said that plot refers to the sequence of events or action in a story a good plot produce conflict to build the excitement and suspense that are needed to keep the reader involved.

Aziez and Hasim (2010: 68) defined that plot is the sequence of a story or event that is organized. Plot is found in novels, not in human life. Life has a story, but novels have a story and plot. Plot is the events that make up the story, particularly as they relate to one another in a pattern, in a sequence, through cause and effect, how the reader views the story, or by coincidence. The reader may be interested in the character in the element of the story, so the writer wants things to move. The writer called it a plot.

4. Theme

Theme is the underlying or central idea that the author is presenting. It is the controlling idea dominating the story. Most stories have a theme. In other ways, it can call the message or the moral of the story. The theme may come from the whole story as the reader lives through it, and because each of us is different as we experience the story, each of us may draw from it a different theme, a different meaning.

Kennedy (1983: 103) defined that the theme of a story is whatever general idea or insight the entire story reveals. Furthermore, Rebecca (2003: 76) in her book, “The theme is the idea that holds the story together, such as a comment about society, human nature, or the human condition. It is the main idea or central meaning of a piece of writing.”

The main idea embodied in a work of literature is called the theme. Some works have more than one theme. Theme reflects a universal belief about human life or “the human condition”- those experiences that are basic to the human race, regardless of colour, class, or century. Themes may concern good or evil, love or hate, modesty or pride, or some other virtue or vice (Dietch, 2003: 435).

The literary theme of a story is its underlying significance. The term of theme should not be confused with topic or theme as used in the sense of a thematic unit. Although we sometimes think of the literary theme as the message or moral of the story, it can just as likely be an aesthetic

understanding, such as an appreciation for nature, or a viewpoint on a current societal issue (Lynch-Brown and Tomlison, 2002: 30).

Rebecca (2003: 130) divides the theme into two types; they are explicit theme and implicit theme. Explicit themes sometimes the writer states themes openly and clearly. Explicit themes are easily understood. In contrast, implicit themes are as important and almost as apparent.

2.2.3 Behavior Change

In analyzing Colin Craven in Frances Hodgson Burnett's *The Secret Garden*, the writer uses theories of behavior change by Kurt Lewin. For Lewin, theory is a set of concepts that may be used to define psychological reality. These principles must be broad enough to apply to all types of behavior while still being detailed enough to explain a specific person in a given situation. Lewin's theoretical principles have been applied to a variety of psychological and social phenomena, including newborn and child behavior, adolescence, mental retardation, minority group issues, national character variations, and group dynamics. The author attempts to connect the theory of literary psychology, which views literary works as a psychological activity from the perspective of the author, character, and reader, in this thesis. The process of modifying Colin's character's behavior will then be analyzed by applying Kurt Lewin's psychology theory in term of the change of behavior.

Behavior change usually happens when people are affected by their environment and culture. Behavior change is common to happen to everyone.

People's behavior could change immediately depending on how they socialize with other people. In Lewin's theory, there are two kinds of forces working in opposing directions that are called force field analysis. Lewin (1970: 110) "Force field analysis is a general tool for analyzing the factors found in complex problems." It attempts to explain how the process of change works by diagnosing the driving and the restraining forces that lead to the behavior change. The driving forces are usually positive, reasonable, logical, conscious and economic. It is really pushing and promoting the change to the new state. While the restraining forces are usually negative, emotional, illogical, unconscious and psychological. It usually hinders change and counteract the driving forces.

Lewin's theory as cited in Hussain, et.al. (2018: 124), stated that there is an additional theory that is relevant with the force field analysis, the three-step model of behavior change. They are the unfreezing phase, movement phase and refreezing phase. This three steps model of change provides an understanding of how changes occur.

1. The unfreezing phase

This first phase is the foundation in preparing own-self to accept the occurring change. Before a change can be implemented, it must go through the initial step of unfreezing. The willingness to move towards the change point is catalyzed by the motivational desire of wishing to change, due to the sense of necessitating toward certain new changes or to substitute the previous behaviors.

According to Stanley, Meyer, & Topolnytsky (2005) as cited in Hussain, et.al., (2018: 125), the motivating change and creating a vision show to the unfreezing or current state of organization is being considered for change, developing support and managing the transition show the moving stage of change and sustaining momentum shows the implementation and refreezing state of the change. So this first phase is necessary to consider the acceptance of the change. In this phase, people usually learn about the situation when they realize that they must face the new situation.

2. Movement phase

In the second phase, change happens. It is marked by the implementation of the change. people begin to learn the new behaviors during this phase. Fernandez and Rainey (2006) as cited in Siddiqui, (2017: 673) explained that the change could be managed if training, mentoring and learning from mistakes is available. Communication at this phase is very important to share the progress toward anticipated change.

In this phase, people make a little identification to analyze the positive and negative side of the change. At that point, they prefer to make a movement whether they assume the behavior will change or not. Then they will try to make a comparison between their previous behavior and the new one.

3. The refreezing phase

The third phase of Lewin's three-step model of change is refreezing. Lewin found the refreezing phase to be especially important to ensure that people do not revert back to their old ways of thinking and behave after the change has been implemented. According to Fernandez and Rainey (2006) as cited in Siddiqui, (2017: 673), the refreezing phase deals with the stability once changes have occurred. The change is accepted as a new behavior. People will develop new relationships and become content with their new practices. This step is the final phase. People can choose and accept the behavior change to stay for a long time or not.

Behavior changes possibly to happen to any person. The change does not only happen to the grown up people but also happens to younger to the older ones when they have to face conditions that force them to change their behavior in good ways.