

THE REFLECTION OF INFERIORITY COMPLEX IN *THE SUN AND HER FLOWERS* BY RUPI KAUR

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ABSTRACT

This thesis is entitled “The Reflection of Inferiurity Complex in *The Sun and Her Flowers* by Rupi Kaur”. The topic of this study is the inferiority complex. The object for this thesis is a book of the poem by Rupi Kaur entitled *The Sun and Her Flowers* (2017). The book tells about the speaker’s life as an immigrant, about her family, love life, and society around her. The aim of this study is to analyze the speaker who suffer from an inferiority complex. In conducting this study, the writer used Alfred Adler’s theory in a book *The Individual Psychology by Alfred Adler: A Systematic Presentation in Selection From His Writings* (1956). And this thesis also used the qualitative method. The result showed that from the data analyzed it was found that the cause of the speaker’s inferiority complex is the bad memories from childhood and during she grows up. The symptoms the speaker shows include anxiety, sorrow, despair, insecurity, and weakness.

Keywords: adler, inferiority, poetry, rupi kaur

ABSTRAK

Skripsi ini berjudul “Refleksi dari Rasa Rendah Diri akut yang digambarkan dalam *The Sun and Her Flowers* milik Rupi Kaur”. Objek dari skripsi ini menggunakan buku puisi dari rupi kaur yang berjudul *The Sun and Her Flowers* dan dirilis pada tahun 2017. Buku ini menceritakan perjalanan hidup sang pembicara sebagai imigran, tentang keluarga, kisah cinta, dan lingkungan sosial disekitarnya. Tujuan dari penulisan ini untuk menganalisa pembicara yang berjuang dari rasa rendah diri akut. Dalam mengerjakan penulisan ini, penulis menggunakan teori individual psychology dari Alfred Adler dibuku *The Individual Psychology by Alfred Adler: A Systematic Presentation in Selection From His Writings* (1956). Metode yang digunakan dalam skripsi ini adalah metode kualitatif. Penelitian ini menghasilkan kesimpulan bahwa penyebab dari rasa rendah diri yang dialami oleh karakter utama adalah kenangan buruk masa kecil dan selama dia bertumbuh. Gejala yang karakter utama alami termasuk cemas, sedih, putus asa, ketidakamanan, dan kelemahan.

Kata kunci: adler, rendah diri, puisi, rupi kaur

INTRODUCTION

A satisfying life is everyone’s dream. They hope to get such a perfect job, body, spouse, education, and so on. But, to get those things people must face some problems in their life. One of the problem is an inferior feelings that oftentimes develop in childhood due to invalid experiences or being raised in an unsupportive family and environment until a person feels inferior or not good enough. However, this feeling can also happen to adult who are constantly getting the same treatment. According to Taya (2016), the causes of feeling inferior are from parental attitudes, physical defects, mental limitation, and social disadvantages and discrimination including disapproving from parents, disproportional facial and body features, comparison with

others, and discrimination race, sex and social status.

In a study case from Syed Muhammad Sajjad Kabir in his study about Psychological well-being student of University in Bangladesh, age range 19-21 years in 2018 explain about inferiority complex become one of the problems that students have. Confidence issues make them avoid close contact with classmates. It affected their social life outside, during school, and also grade is below average. It tells that one of the internal factors is from ourselves which is our own biggest enemy. It depicted that inferiority complex is so related and reflect in our life situation nowadays. One of the problem people had since they are born is a weakness and it develops as an inferior feeling and it can grow as an inferiority

complex if someone gets a bad treatment experience in their life. Inferiority complex is a psychological condition that arises because of a sense of inadequacy and insecurity that comes from actual or imagined physical or psychological deficiencies. This actively demonstrate that the inferiority complex is a feeling that is present to show that one's qualities are not maximized or even lost to others (Sam, 2018). Adler also state, Humans could not avoid feeling inferior because, To be human is to feel inferior (Ansbacher & Ansbacher, 1956).

According to Adler, a person with an inferiority complex may use a superiority complex as a way to escape from his obstacle (Ansbacher & Ansbacher, 1956). People who feel inferior sometimes also tend to cover up their own problems. They will find someone's mistakes and find it difficult to admit their own mistakes. In addition, they will tend to be competitive and sensitive to criticism. Because the inferiority complex is formed in the subconscious of each individual, this feeling can manifest differently for each person. However, there are several common symptoms to watch out for, such as low self-esteem and ongoing stress.

One of the literary works that address the issue of inferiority complex is a book of poem collection by Rupi Kaur entitled *The Sun and Her Flowers*. According to Wellek and Warren, literary works are the imitation of human life. Death, life, and love happen commonly in everyday human life, so it is not really difficult for the readers to understand when the events also happen in the literary work (Wellek & Warren, 1977). The writer chose a poem that reflected inferiority complex as imitation in real life experienced by the speaker in this book. The book divided into five chapters and consist 203 poem, the first chapter is Wilting (38 poems), the second is Falling (48 poems), the third is Rooting (27 poems), the fourth is Raising (39 poems), and the last is Blooming (51 poems). Rupi Kaur uses Sunflower as a metaphor to represent a woman as the sun and the sunflower represents a relationship she has through in life. Rupi chose this title because she fall in love with the way that sunflowers worship with the sun, how

they rise with the sun, and then they follow the sun around (Marlow, 2017).

There is no title in every poem in this book, but all of the chapters have a different meaning. Wilting is about heartbreak and loss, falling focuses on depressive feelings, rooting explores about female infanticide, immigration, and borders, raising is about acceptance, and blooming is finally about she found love, accept her roots, and the world around her. *The Sun and Her Flowers* was published on October 3, 2017. The book is really tremendous because it has been translated into over 35 languages (Marlow, 2017).

Rupi Kaur was born on October, 5 1992. She was migrated to Toronto, Canada with her parents when she was 4 years old, that's why she wrote one of the chapters in *The Sun and Her Flowers* about immigrants because she has been through it. Her mom inspired her to draw and paint which she reflected with some illustrations in her book. She begins her writing ability to write a poem to her friends and even crushes. Kaur started her career on Instagram in early 2015 and less than a year she published her first book *Milk and Honey*. She studied at The Department of Rhetoric and Professional Writing in Waterloo University, Ontario. She currently lives with her parents and four siblings in Brampton, Ontario. Kaur and her family moved often before they stay in Brampton (El-Safty, 2016). She said she was inspired by some poets such as Anais Nin, Virginia Wolf, and Warsan Shire. She start writing seriously in 2013.

RESEARCH METHODOLOGY

The writer used a qualitative methods and psychological approach in this study to conduct the data and it was described and analyzed in the word. Qualitative research is described as an unfolding model that occurs in a natural setting that enables the researcher to develop a level of detail from high involvement in the actual experiences (Creswell, 1994). Psychological is chosen to analyze *The Sun and Her Flowers* to know the reflection of the inferiority complex that the character experienced in the book. Moreover, a qualitative method for collecting data and analyzing them. The result of this study can

tells a painting, wailing, give imagery to remembering the speaker of her partner. The speaker is on the stage of grieving because losing someone she loves, and it involves many different emotions and behavior. Emotions and behavior she shows are when she looks at something around her, it still remind her of him and keeps hoping for his present.

Having you touched
me
even if it was not kind
was better than not
having your hands at all
I could take the abuse
I couldn't take the
absence

(Kaur, 2017, p.23)

The 1 stanza with 5 line telling about the speaker's weakness is when she lives without her partner. The word 'hand' is used as a symbolism for a person. Even the speaker was in a toxic relationship with her partner, she was still addicted to him. The abuse she receives, she can handle it but not with the absence. The speaker's addiction is her weakness because once she starts feel comfortable with someone she can't let them go. The speaker knows that her partner is sometimes being rough, but she still accepts it. It's not only her partner was toxic, but the entire environment around her was toxic. It is hard to walk out of those types of relationship, especially when the speaker has no one to help except herself. One time she has a big intention to let go everything, but one time she thinks this relationship will work out. This situation is really confusing for her.

How does that make
you feel
interrupts the therapist
well I said
it kind of makes me feel
like shit

(Kaur, 2017, p.28)

From the data above, we can see that the speaker sees the therapist to tell about what she feels. The poem consist 4 lines and uses hyperbole as figurative language. The author uses 'shit' to represent a feeling, but actually no one knows how is it feel to be a shit. The speaker has faced some terrible trauma, loss, and has been blindsided by infidelity which causes anxiety. People around her also treat her bad and make her feel worst towards herself. The speaker realize if she doesn't see the therapist her problem will get too big, her condition will get worst so she decided to meet the professional. Moreover, the therapist is also one of the best methods to take care of her healthy mind, body, and mentally.

You took the sun
with you
when you left
(Kaur, 2017, p.31)

The sun here represents the speaker's happiness, and when her partner has left the happiness is also gone from her life. So, the poem above uses sun as metaphor for a happiness. The speaker has made him as a source of her happiness, so when he was gone she no longer feels the joy in her daily because of her breakup. The speaker hung all her happiness on him. In her relationship, the speaker gave all she has to him, her trust, loyalty, and anything she have.

But when he left, the speaker starts to lose her way to living her life. Feeling sad after loss is completely normal, but the confusion of being happy again after a big loss is still there. The speaker keeps hoping to come back with her partner when the situation clearly tells her it could not be happen. It makes the speaker forget to take care of herself after the break up, yet the speaker is more questioning about is she deserve the happiness?

I think my body
knew you wouldn't stay
(Kaur, 2017, p.34)

This type of anxiety is the most typical people feel. The speaker starts to feel worried about something that hasn't happened yet. A strong 1 line poem above depict about a strong anxiety. 'My body' is a symbolism as thought of speaker. In her relationship with her partner, the speaker is thinking about the worst case that he would leave her. The speaker believed in that thought every time the anxiety came. Her mind was designed to think in that way because since she was a child, people always left her for any reason. She used to be alone to take care of herself in any condition, so when someone stays, she gets confused and starts to think the person will also leave her.

show me a picture
I want to see the face of
the woman
Who made you forget
the one you had at home
What day was it and
What excuse did you
feed me
I used to thank the
universe
For bringing you to me

Did you enter her right
as
I asked the almighty
To grant you all you
wanted
Did you find it in her
Did you come crawling
out of her
With what you couldn't
in me
(Kaur, 2017, p.36)

The speaker is stressed out about what happened in her relationship because her partner sees somebody else's. Personification were used in this poem on the line 'what excuses did u feed me'. The speaker curious how the girl looks like and how he treats her. Jealousy in the poem above is really clear, the speaker remembers what her partner did to her and thinking about does he did the same thing with the new girl? When the speaker keeps wondering, the speaker becomes stressed and can't control her mind from thinking about the bad things that might be happening. Her anxiety prevents her from functioning or having a normal relationship.

Your absence is a
missing limb
(Kaur, 2017, p.40)

Imagine when someone only has one hand; it is hard to do activities like normal people. And that's exactly what the speaker feels when her partner left her. The word missing limb is used to give an imagery to the reader how hard the speaker feels without her partner. There is no spirit in her life, the speaker lost herself for not knowing what to do without him. The feeling of guilt after losing someone is also normal, this is a part of letting go. But it gets a little bit hard for the

speaker because she has no one to share her feelings about. It can take a long time for the speaker to let it go about her past due to her relationship with people around her and with her trauma since she was a child. the speaker was not familiar about being loved and now she should experience the feeling of losing someone again.

You call to tell me
you miss me
I turn the face the front
door of the house
waiting for a knock
days later you call to say
you need me
but still aren't here
(Kaur, 2017, p.44)

When the speaker is hoping her ex will come and the truth is he wasn't coming, the speaker clearly loses her hope. When the speaker is hopeless and surrounded by depression because of her loss, she no longer has joy to spend her days; there is only sadness, desperation, and anguish. Her ex said that he missed her, and the speaker sees it as an opportunity for getting back together, but eventually, he never appears. the speaker also said she will be the greatest loss instead, which means that there is no longer chance for them to get back together and making it all up. The data above is depicted the desperation experienced by the character is really bad, craving for someone to come back is not an easy feeling, cause the speaker needs to push her pride away and maybe put herself after her partner.

Day by day I realize
Everything I miss about
you
Was never there in the

first place
(Kaur, 2017, p.46)

After all this time, the speaker realizes that the person she falls in love with is just a mirage, he never be there for her. It was just a temporary feeling when they were together, it wasn't real. Due to her mental condition who always feels abandoned by people around her, the speaker surely thinks that her partner is a miracle that happens in her life. And when it's all gone, it become make her condition even down than before. Her trust issue towards people might become worst because people keep leaving her for whatever reasons. The more the speaker misses him, the more she realizes that there is no hope anymore for them. It is hurt to face the reality, but the truth will be told. Her relationship does not work anymore and it has to be end.

I tried to find it
but there was no answer
at the end of the last
conversation
(Kaur, 2017, p. 48)

Until the end of her last relationship, the speaker can't find the reason behind everything that happened. The closure was not really clear for her, she lost hope. When her partner turns to be different and avoid communicating with her, it left her hanging. The speaker tried to find the reason because she thinks that is really important to get an explanation that will alleviate confusion and ambiguity in her mind. But he disappeared without any closure, the feelings are left unresolved. The speaker put a lot of guilt on herself. When the speaker did not get the closure,

it still left her questioning what was happen. Is it the speaker fault that the relationship ends like this or is the speaker doesn't deserve to be loved by someone? And that is exactly the feeling of inferior getting worst.

You ask
if we can still be friends
I explain how a
honeybee
does not dream of
kissing
the mouth of the flower
and then settle for its
leaves

(Kaur, 2017, p.49)

The author uses personification to give an imagery to the reader, because the author uses honeybee, a non-human thing having human attributes. The disappointment for not getting back together with her partner make the speaker sorrow even bad, the speaker won't and can't just be friends with him. Even he left her because of seeing someone else, the speaker still want him to come back with her because the speaker was afraid she will not find someone else. The speaker believed that he was the only one who can understand her, and when he left everything went dark for her. She can't control her desire which still wants him becomes her partner, so that is why she can't only just be friend with him. The 'honeybee' represents her and the 'flower' is a metaphor for her partner.

4.1.2 Falling

Falling focused about depressive feelings that the speaker have after losing some important people. This is telling how the speaker feels after

going through heartbreak because of her partner and family.

Why are you so
unkind to me
my body cries

Cause you don't look
like them
I tell her

(Kaur, 2017, p.56)

The poem has 2 stanza with 2 line in each stanza. The poem depict depression feeling in speaker's mind. When the speaker's anxiety comes, she blames all the things that does not convenient as she wants. The speaker hates her body for not looking like the other girl that defines as beautiful in society. This kind of social anxiety makes the speaker feel ashamed, powerless, and alone. The speaker feels not good enough about herself and avoids socializing. The ability to be fully present in her relationship with people also affected in this case. Every time the speaker start a relationship with someone, herself not fully into it because the speaker thinks she can not be the person her partner wants. This kind of thoughts tortures her and makes her lose herself.

You are
waiting for
someone
who is
not coming
back

(Kaur,
2017, p.57)

The speaker forcing herself to believe that her ex will come back is really exhausting. The speaker realizes that he will never come back but she avoids it and keeps hoping until she feels tired. Hopeful and hopelessness

come alternately to her when the speaker is still of denial stage of grief. This feeling changes the way the speaker thinks, feels, and function in daily activity. When feeling hopeless, the speaker pushes herself to do something she might not like doing such as getting out of bed, socializing, working, or consuming a healthy meal to keep her healthy. It is clearly the speaker abandon herself for someone that she thinks really important. The phase of accepting the truth is really hard when she has no one to help her.

A lot of times
we are angry at other
people
for not doing what
we should have done for
ourselves

(Kaur, 2017, p.58)

The speaker desperate feelings caused her blame the situation. The speaker regrets something that she wouldn't do to herself maybe just to help her not into this kind of hurtful situation. Ultimately feeling of hopeless may lead the speaker into suicide if there is no progress toward her situation. On the lines above, the speaker depicted the feeling of anger or irritability. The speaker's temper is short and she saw everything and everyone gets on her nerves. The speaker's level of tolerance is also really low that she feels like pushing something that she can't do. The speaker can't accept the present time and keep the feeling of guilt on herself

The speaker is also experience break up with her friends, except with her partner. One by one people around her leave her. When the speaker experience losing someone, it is important to have someone to share a story about. But, the speaker also lost her friends at the same time she lost her partner. This kind of situation makes the speaker condition even worst. Anger, sorrow, sadness, loneliness, and depression took the major theme in this chapter of poem. And it affected a lot of aspects in the speaker's life.

I hear a thousand
kind words about me
and it makes no
difference
yet I hear one insult
and all confidence
shatters

(Kaur, 2017, p.61)

Because of the insecurity the speaker has, the speaker always focuses on the negativity about herself and what about people say about her. In fact, there is not always negativity said about the speaker but also the kind word. But when the speaker loses her worth, anything she can see is only the bad things in her. The cause of this situation is because the people around her always compare her to others, push her to fulfill the society's beauty standard, and do not let her do what the speaker likes. That's why confidence is one of her weakness, the speaker always sees herself not worth it for the world. The speaker keep questioning her worth, define herself as an ugly person, think that she has no ability to be proud of is what she always do to herself. The speaker did not

realize it is one of a self harm.
Not listening the good one but
always thinking about the bad
one.

It felt like you threw
me
so far from myself
I've been trying to find
my way back ever
since
(Kaur, 2017, p.69)

The speaker made it clear that she loss herself because of her last relationship. The speaker is not herself anymore, a lot of things change in herself. The figurative language author uses is hyperbole, because the author uses the phrases "you threw me so far from myself". the author overstate the situation of the character because no one can be separated from themself in real life. For the speaker, losing confidence, worth, and value is the hardest thing for her. So the speaker needs to earn those things back since he left her. But, that's not an easy job to do, especially when the speaker has no one to seek help. When someone loses themself just like the speaker has been through, the emotion is really hard to control. Sometimes they are happy, sometimes they are sad. In the speaker's journey to find herself again, the speaker might don't know when she is down or she doesn't know what's right or wrong.

The irony of
loneliness
is we all feel it
at the same time
(Kaur, 2017, p.71)

Lonely is a general feeling that people have, but the speaker has and feels it even when she was with her partner. The relationship she had was

not real then because they both feel lonely when they were together. The speaker and her partner both can not help each other that caused their relationship to end and he left her. The speaker's weakness is she doesn't know how to overcome the loneliness until she feels it even when she is surrounding by people. The speaker's childhood trauma takes a big role why is she always feels lonely; experiencing emotional loneliness is a worst memory when he speaker was a child. It's not only affect the speaker in one aspects of life, but a lot of aspects such as relationship, the trustworthiness to others, and her vulnerable time of growth and development during her life.

My girlhood was too
much hair
thin limbs coated in
velvet
it was neighborhood
tradition
for the other young girls
and I
to frequent basement
salons on a weekly basis
(Kaur, 2017, p.72)

The poem talking about cultural tradition to take care of woman body. The author uses metaphor in 'velvet' as body hair. It was the tradition, to keep how the body image should look like when there is no absolute definition about it. In the situation above, the speaker is in the basement salons to do some treatment that other girls do in her neighborhood. Some treatment for body, hand, legs, hair, and vagina. In the speaker's mind, she doesn't want to do this because it's torturing. Since the

speaker was young, the speaker should keep her body free from hairy, on hand, legs, and any other woman parts. The speaker formed to always do girl things, go to the salon, do some beauty treatment, and if she is not she will be called ugly and not fit in beauty in her society. And since that time the speaker knew the tradition, it affects her mind that she will always fulfill what society wants, and what society brings to the table. So with a little compulsion, the speaker did it.

Why do I do this
why do I punish my
body
for being exactly as it's
meant to be
I stop myself halfway
through the regret
when I think of him and
how
I'm too embarrassed to
show him
unless it's clean
(Kaur, 2017, p.72-73)

Somehow, body image and self-esteem problems are too difficult to handle alone. you need someone to boost your confidence including yourself too. When the speaker doesn't have someone to talk what's disturbing her, the speaker starts to push herself for being what she wants, and the speaker punishes herself mentally also physically. the speaker can't accept how her body looks like so that she feels embarrassed to show it to her partner. On the last line above, 'it' refers to the speaker's vagina. The fear of feeling unaccepted, rejection, and untempting for her partner always crosses in her mind. The speaker chose not to show it to her partner if she hasn't

trimmed or waxed yet. Hairy is not good and ugly for the society around the speaker, so the speaker prefers it clean. Doing some girl things might be uncomfortable for the speaker, but she was forced to do it because it is a tradition and that thing become a habit for her until the speaker feels if it is natural, it is not good.

I've tried the lasers
I've tried the facials
I've tried the blades and
expensive creams
for a hopeful minute
they fill me
make me glow from
cheek to cheek
but as soon as I feel
beautiful
their magic disappears
suddenly
where am I supposed to
find it
I am willing to pay any
price
for a beauty that makes
heads turn
every moment day and
night"

(Kaur, 2017, p.76)

Aside from desperation from the speaker's loss toward her partner, the speaker becomes really desperate about her look. Hyperbole and metaphor are used in the poem above. 'magic' refers to the benefit from all the treatment that the character did. And on the 2 last line on that stanza used hyperbole, because no one can make their heads turn every moment day and night. The speaker tried to be as beautiful as people around her think about beauty. The speaker tried any beauty treatment anywhere, the cheap one or the expensive one, this cream and that cream. But, all of them are vein. Once

the speaker feels pretty and suddenly all of the treatment goes away and she starts to feel ugly again. The mindset of always look ugly is the cause she never feels satisfied about her look. And what's because the speaker has such a negative mind? That's because how the society works which is extremely judging. That's really triggering the speaker's inferiority feeling.

I am having a
difficult time right now
comparing myself to
other people
I am stretching myself
trying to be them
making fun of my face
like my father calling it
ugly

(Kaur, 2017, p.80)

The speaker experiences bad memories from her father as she was a child, the speaker's father calling her ugly just not like other children. The poem using simile as figurative language because the author comparing 2 unlike thing using 'like'. The speaker suffers from her father's words and can't accept who she is. It causes the speaker to think about becoming somebody else and lose her self-worth. This hard memory to forget because the words came from the person the speaker looks up to. What makes it even worst is, the speaker got the mocking from someone who ought to be her safe place.

no was a bad word
in my home
no was met with the
lash
erased from our
vocabulary
beaten out of our backs

till we became well-
behaved kids
who obediently nodded
yes to everything

(Kaur, 2017, p.82)

The speaker's family has a rule to not say no to everything, and her family believed it could make their children a good people, but actually it tortures the speaker because she can't speak what she wants or tell her opinions about something. On the line 'no was met with the lash' *lash* used to give an imagery to the reader of abuse. That is the cause that the speaker has not good communication with her parents. Because since the speaker was a child she was not listened to and not allowed to speak what was on her thought. In fact, listening to a child's opinion is as important as fulfilling a child's emotional needs. When the speaker forbid to say what is inside her mind, the speaker grow up as a person who is afraid to express her feeling because she thinks that her feeling is invalid and the speaker does not deserve to show it.

part of my body still
ache
from the first time they
were touched

(Kaur, 2017, p.85)

Other than the speaker's family treating her badly, the speaker also got sexual harassment which causes her to hate her body and couldn't forget it until she is growing up. The theme of the poem above is heartbreak. The author depict that the heartbreak is not easy to be healed. It was the speaker's hard time dealing with such a condition because growing up in an unhealthy environment

where you don't know whom to speak is really bad. And the place where the guys have no respect for a woman is really scary for her. The speaker often hides her woman's parts so she is not attracted men's attention. In fact, it was not the speaker's responsibility to control the men desire, it should be them educate themselves to not disrespect woman. This situation makes the speaker think she has a big responsible and limit herself to show an expression.

The men looked at
my newborn hips with
salivating lips
the boy didn't want to
play tag at recess
they wanted to touched
all the new
and unfamiliar parts of
me

(Kaur, 2017, p.86)

All men and boys around the speaker keep telling or treating a woman as an object and doing some disgusting behavior. the word 'newborn' is a metaphor and represent the speaker who is already grew up and experiences change in the body just like the other teenager. The speaker was treated like toys so guys wanted to touch her private area on her body. That is so scary and can cause traumatize the speaker. It was such the speaker was not allowed to express herself or she got to treat really bad by people around her. Keeping on holding her emotions makes the speaker have an anxiety disorder and cause her brain to produce stress hormones which can impact her physically and mentally health. This kind of situation could get worse if the

people around her still do that over and over again. When the speaker feels oppressed because of a fear, the speaker will remember that feeling and it can grow as a weakness inside her.

Yes
it is possible
to hate and love
someone
at the same time
I do it to myself
every day
(Kaur, 2017, p.92)

The speaker really admits that she hates herself yet she loves her too. When the anxiety, insecurity, sorrow, and despair come, she becomes weaker. The speaker blames and hates herself for what she has and for what she has been through her whole life. When it comes to self-hate, the speaker only perceives the negative and ignores the positive, and always feels not good enough. Since the speaker has a bad experience when she was a child and during her growth, it's really affected her development of self-esteem. In her mind, there are surely a lot of negative narratives about herself and it impact the way she thinks about her self-worth. Having such a low self-esteem makes the speaker's inferior feeling become stronger and complex. The speaker needs to start loving herself and accepting for whom she is, but in this situation it wouldn't be easy.

Somewhere along
the way
I lost the self-love
and became my greatest
enemy
(Kaur, 2017, p.93)

The self-hate that the speaker have is really strong till she lost herself sometimes. There is no support system in the speaker's life makes it even harder to avoid that feeling. The speaker has no healthy environment to help her through this phase. Self-loathing can be comparing herself to others and finding fault in herself so that it triggers the speaker's self-love to become self-loathing. A suggestion in her mind might be popped up when the speaker loses her self-love, telling her stupid, ugly, and others negative words.

The way you speak
of yourself
the way you degrade
yourself
into smallness
is abuse
(Kaur, 2017, p.94)

She has no idea what she did to herself until she realizes it's kind of abuse. She treats herself bad because she lost her self-worth. One kind of her weakness is she always follows her feelings to threaten and degrade herself until it tortures her inside and hurt her mentally. She always listens intently the inner voice that can depicted on her behave towards herself. That behavior may be because her parents treat her with abusive words so she gets used to it when she grows up and adjusts it to herself. Without her consent, she punishes herself mentally when she said something bad to herself. Her thought must be full of curse about herself since she really hate for being herself. She never deals with the insecure part of herself and keeps hating it.

first
I went for my words
the I can'ts. I wont'ts. I
am not good enough
i lined them up and shot
them dead
(Kaur, 2017, p.96)

Personification is a figurative language for this poem because the author suppose the word can do a shot, but it's only human can do that. Low self-esteem because of anxiety on that line took a major vibe. The speaker is depicted herself as someone who can't do anything and is not good enough for this world. This disorder can cause high levels of stress and prevent the speaker to do what she wants to do in her life. The speaker might find difficulty every time she performs to do something and might be hard to concentrate on any task. Keep questioning about her worth and craving for validation from other people is really tiring, in fact it should be the speaker who knows all her value and honor it so it can bring the best version of her. It also can help the speaker to fight against her inferior feeling.

4.1.3 Rooting

In this chapter, explore about female infanticide, immigration, and borders. The society around in this book showing how scary people treating one to another. The speaker experience some bad treatment from people around her because of her race, status, and physical appearance.

They have no idea
what it is like
to lose home at the risk
of
never finding home
again

to have your entire life
split between two lands
and
become the bridge
between two countries
(Kaur, 2017, p.109)

The speaker and her family have to leave their country and become an immigrant in another country. The poem above using hyperbole, because human couldn't be a bridge it is a non-living works. The speaker and her family actually won't leave their home because they know it would be hard to leave in another country and get used to a new environment and different culture. Living in a big country as an immigrant is difficult for the speaker's child time. The speaker does not have the feeling of cheerful as a child in a playground even at school. Racism, discrimination, and bullying often happen to her. For her family, daily life becomes more difficult due to fear and uncertainty and it is so hard to find a job for her parents to fulfill family needs. Judgemental society always treats an immigrant differently and sees them from their social and economic class, and that is makes the speaker's struggle even hard.

Your legs buckle like
a tired horse running
for safety
drag them by the hips
and move faster
you don't have the
privilege to rest
in a country that wants
to spit you out
(Kaur, 2017, p.116)

The author used simile to compare 2 unlike things. It implicit because the author use the word 'like' there. As an

immigrant, the speaker and her family got a different treat from the natives. Immigrants are seen as a burden for the country and often get bad treatment from society. Since the speaker grew up in an unhealthy environment, it affecting her well-being as a person, the speaker does not get to know children around her home cause her parents are too afraid for letting her go out, so they mostly spend long hours in the house, and only leave the house when it is necessary.

bombs
brought entire
cities
down to
their knees
today
refugees
boarded boats
knowing
their feet
may never touch
land again
police
shot people by
the color of their
skin
(Kaur, 2017, p.120)

The threat as a refugee makes the speaker have a fear to develop herself as a better person. The speaker feels like she doesn't have enough room to evolve or to explore. The speaker reflects her fear that her parents or family will be split up and it is really toxic stress she has been through. The speaker worries about it a lot which is not good for her health, and it affects her daily life and routines. It also took a big role of The speaker's fear being socialize with people around her. The oppression

from the situation above is really scared her.

my parents never sat
us down in the
evenings to share
stories of their
younger days. One was
always working. The
other too tired. Perhaps
being an immigrant
does that to you
(Kaur, 2017 p.128)

The poem above implicit sadness for being abandoned by parents. As children, the speaker didn't get such as help from her parents to show off her opinion or share about life. The speaker's parents were always busy with their own business. The speaker might be having a rough day or difficult time and need to share her negative energy properly with someone, especially her parents. But the speaker doesn't have someone to tell stories about her daily and that situation can lead to depression. When the speaker reached that stage, her negative emotion will turn into feelings of sorrow, despair, and hopelessness.

4.1.4 Raising

Raising focus about how the speaker accept themselves and trying to heal from all the bad treatment and experience that they have got. It could be from their family, partner, and the society.

How do I teach myself
to accept a healthy love
if all I've ever known is pain
(Kaur, 2017, p.146)

The poem consist stanza and 3 lines, it implicit pain situation that the speaker going through about love. From all of the speaker's experience, she only experiences pain in her relationship with her partner,

family, and friend. The speaker never got a healthy love just like she said so that she doesn't know what it feels like. The speaker is just like blinded about it. The speaker is getting used to the pain she got in her childhood. During her childhood, the speaker was often in a situation where she has to be helplessness child. Because of her sensitivity to pain and negative circumstances, the speaker is more affected by small events and gets used to them. So, another weakness from the speaker is she doesn't know what healthy love means and how it feels.

When death
takes my hand
I will hold you with the other
and promise to find you
in every lifetime
(Kaur, 2017, p.174)

Even when the speaker died, she will always remember him the whole time. The speaker can't get over from her past life but when the speaker realize, she try to accept it. Even it was a happy or toxic relationship, it is takes a lot of effort to get over it. Her break up likes to trigger all of the painful feelings the speaker had since she was a child. The speaker becomes addicted to him so that she finds it's hard to let go of what has been over. In the poem above, the speaker reflects an addiction toward her loves one, and imagine if the thing she was addicted was taken away from her? It must be difficult to get over the addiction, isn't it?

4.1.5 Blooming

Blooming is finally the speaker found a love and accept her roots. Forgiving all the

people that makes the speaker feels weak and inferior. The speaker try to accept all the good and bad thing that already happen so they can heal themself.

as a
father of three
daughters
it would
have been
normal
for him
to push marriage
on us
this has
been the
narrative for
the
woman in my
culture for
hundreds of
years
(Kaur,
2017, p.190)

Culture in the speaker family also forces her to do something that limits her wish towards her life. So many rules the speaker didn't want to do but it has been a culture and it affected her to explore new things, the do's and don't are preventing her to live her life. In India, the speaker's hometown, child marriage is still happens. The speaker's father who still engages with the culture of their hometown usually forces his children to marry soon. But the speaker realizes that she is not ready yet to marry someone when her mentally and physically sick because of a lot of incidents she has been through in her life.

CONCLUSION AND SUGGESTION

5.1 Conclusion

From the discussion in the previous chapter, it can be conclude

that the writer indicates that the speaker dealing and suffering from an inferiority complex with some causes from her childhood memories, and while she grew up. She also shows some symptoms such as anxiety, sorrow, despair, insecurity, and weakness. Childhood and adult bad memories the speaker experiences come from family, friend, and partner.

The speaker's relationship with people does not go well, the speaker did not have a good relationship with her parents and the speaker does not know how to communicate to help each other through some bad times. the speaker is living as an immigrant which makes her struggle even more. As the speaker grows up, society is being cruel towards her. There are a lots of perspective are not fit in as they should be.

From the entire problem above, the inferiority complex feels stronger in the speaker's. Another bad treatment the speaker got is from their love life with her partner which left her and sinks into a toxic relationship. Some symptoms caused by bad events that appears as the speaker grow up. The anxiety the speaker feels makes her worry and stress a lot about something bad. In a sorrowful situation, the speaker is debilitated by loss and sadness due to her situation. The speaker is also desperate to her hopes towards people and life. The speaker has no joy and spirit to live life. The speaker's insecurity because of society becomes worst when she loses her self-esteem and questioning her worth. Furthermore, all of those things become the speaker's weaknesses and makes her hard to suffer from an inferiority complex.

5.2 suggestion

Hopefully this thesis can be helpful for the English Department student who will be interested in analyzing inferiority complex. However, this study is still imperfect. The writer found difficulties in finding

the right theory and analyzing the issue. So it took longer time for the writer to conduct this study. Therefore, the writer suggests to all the readers who are interested in analyzing similar issue to enrich the reference from any sources and deepen the knowledge about the issue that has been chosen. After knowing about the issue, it is important to choose the best theory that fits the issue itself. It can help a lot to do the analysis.

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