

**MAX PZORAS'S CHARACTER DEVELOPMENT IN
THE YOGA OF MAX'S DISCONTENT BY KARAN BAJAJ**

THESIS



**BY:
FAHRIA NOVITA QURROTUL AINI
REG. NUMBER A73219056**

**ENGLISH LITERATURE DEPARTMENT
FACULTY OF ADAB AND HUMANITIES
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA**

2023

DECLARATION

I am the undersigned below:

Name : Fahria Novita Qurrotul Aini
NIM : A73219056
Department : English Literature
Faculty : Adab and Humanities
University : UIN Sunan Ampel

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Who makes the statement



Fahria Novita Qurrotul Aini

Reg. Number. A73219056

APPROVAL SHEET

MAX PZORAS'S CHARACTER DEVELOPMENT IN *THE YOGA OF MAX'S DISCONTENT* BY KARAN BAJAJ

by

Fahria Novita Qurrotul Aini
Reg. Number A73219056

approved to be examined by the board of examiners of English Literature
Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya

Surabaya, 11 Mei 2023

Advisor 1



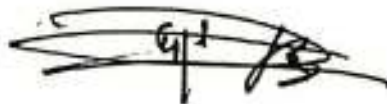
Dr. Abu Farhani, S.S., M.Pd.
NIP. 196906152007011051

Advisor 2



Sufi Ikrima Saadah, M.Hum.
NIP. 201603318

Acknowledged by
The Head of the English Literature Department



Endratno Pili Swasono, M.Pd.
NIP. 197106072003121001

EXAMINER SHEET

This is to certify that the *Sarjana* thesis of Fahria Novita Qurrotul Aini (Reg. Number A73219056) entitled **Max Pzoras's Character Development in *The Yoga of Max's Discontent* by Karan Bajaj** has been approved and accepted by the board of examiners for the degree of *Sarjana Sastra (S.S.)*, English Literature Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya.

Surabaya, 16 May 2023

Board of Examiners:

Examiner 1



Dr. Abu Fanani, S.S., M.Pd.
NIP. 196906152007011051

Examiner 2



Sufi Ikrima Saadah, M.Hum.
NUP. 201603318

Examiner 3



Dr. Wahyu Kusumajanti, M.Hum.
NIP. 197002051999032002

Examiner 4



Itsna Syahadatud Dinurriyah, M.A.
NIP. 197604122011012003

Acknowledged by:

The Dean of Faculty of Adab and Humanities
UIN Sunan Ampel Surabaya



Mohammad Kurjum, M.Ag.
NIP. 196909251994031002



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KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300
E-Mail: perpus@uinsby.ac.id

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KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Fahria Novita Qurrotul Aini
NIM : A73219056
Fakultas/Jurusan : Adab dan Humaniora/Sastra Inggris
E-mail address : fahrianovita04@gmail.com

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ABSTRACT

Aini, Fahria Novita Q. (2023). *Max Pzoras's Character Development in The Yoga of Max's Discontent by Karan Bajaj*. English Literature Department, Faculty of Arts and Humanities, UIN Sunan Ampel Surabaya. Advisors: (I) Dr. Abu Fanani, S.S., M.Pd. (II) Sufi Ikrima Saadah, M. Hum.

This study discusses the main character, Max, who changed from having no purpose in life to being a person who achieves his goals and finds meaning after taking a spiritual journey. There are three problems to be solved in this research: (1) How is Max's personality described before going on a spiritual journey? (2) What spiritual journey influences Max's personality? (3) How is Max's personality development after being influenced by the spiritual journey?

In conducting this research, the researcher uses New criticism as a theory to analyze Max's characterization and Personality development theory used to analyze Max's Personality development. This study uses a qualitative method to analyze the novel *The Yoga of Max's Discontent* by Karan Bajaj as the primary data source. The researcher collects the data through quotes in the novel that uses to explain what the main character goes through until he becomes a person who has a goal in life again.

The results obtained from this study of the personality of Max Pzoras before he took a spiritual journey are emotional, indecisive, suffering, and traumatic. The spiritual journey that influences Max's personality is yoga and meditation. After taking a spiritual journey, Max's personality development are calm, decisive, happy and peacefull, and well-being.

Keywords: Personality development, New criticism, Spiritual journey

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ABSTRAK

Aini, Fahria Novita Q. (2023). *Perkembangan Karakter Max Pzoras dalam Novel The Yoga of Max's Discontent Karya Karan Bajaj*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Dr. Abu Fanani, S.S., M.Pd. (II) Sufi Ikrima Saadah, M.Hum.

Penelitian ini membahas tentang tokoh utama, Max, yang berubah dari yang tidak memiliki tujuan hidup menjadi orang yang mencapai tujuannya dan menemukan makna setelah melakukan perjalanan spiritual. Ada tiga permasalahan yang ingin dipecahkan dalam penelitian ini, yaitu: (1) Bagaimana gambaran kepribadian Max sebelum melakukan perjalanan spiritual? (2) Apa pengaruh perjalanan spiritual terhadap kepribadian Max? (3) Bagaimana perkembangan kepribadian Max setelah dipengaruhi oleh perjalanan spiritual?

Dalam melakukan penelitian ini, peneliti menggunakan New criticism sebagai teori untuk menganalisa penokohan Max dan teori perkembangan kepribadian yang digunakan untuk menganalisa perkembangan kepribadian Max. Penelitian ini menggunakan metode kualitatif untuk menganalisis novel *The Yoga of Max's Discontent* oleh Karan Bajaj sebagai sumber data primer. Peneliti mengumpulkan data melalui kutipan-kutipan dalam novel yang digunakan untuk menjelaskan apa yang dialami oleh tokoh utama hingga ia menjadi orang yang memiliki tujuan hidup kembali.

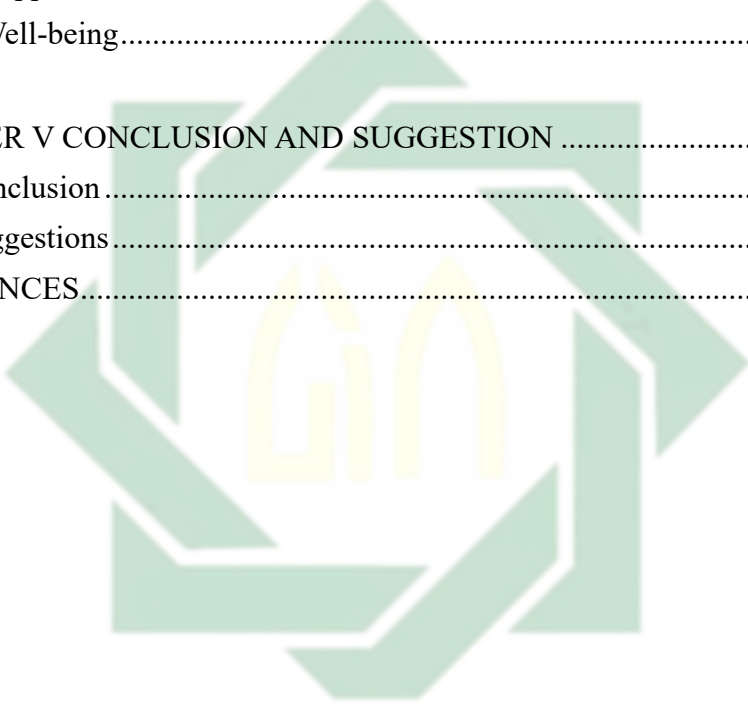
Hasil yang diperoleh dari penelitian ini mengenai kepribadian Max Pzoras sebelum melakukan perjalanan spiritual adalah emosional, bimbang, menderita, dan traumatis. Perjalanan spiritual yang mempengaruhi kepribadian Max adalah yoga dan meditasi. Setelah melakukan perjalanan spiritual, perkembangan kepribadian Max menjadi tenang, tegas, bahagia dan damai, serta sejahtera.

Kata kunci: Perkembangan kepribadian, Kritik baru, Perjalanan spiritual

TABLE OF CONTENTS

Inside Cover Page	i
Inside Tittle Page	ii
Approval Sheet	iii
Examiners' Sheet	iv
Declaration	v
Acknowledgements	vi
Abstract	vii
Abstrak	viii
Table of Contents	ix
 CHAPTER I INTRODUCTION	 1
1.1 Background of Study	1
1.2 The Problem of The Study	9
1.3 Significance of The Study	10
1.4 Scope and Delimitations	11
1.5 Definition of Key Terms	11
 CHAPTER II REVIEW OF RELATED LITERATURE	 12
2.1 New Criticism	12
2.1.1 Character	14
2.1.2 Characterization	16
2.2 Personality Development	17
 CHAPTER III RESEARCH METHOD	 22
3.1 Research Design	22
3.2 Research Data	22
3.3 Data Collection	22
3.4 Data Analysis	23
 CHAPTER IV ANALYSIS	 24
4.1 Max's Personality before going on a Spiritual Journey	24
4.1.1 Emotional	24
4.1.2 Suffering	26
4.1.3 Indecisive	27

4.1.4	Traumatic	29
4.2	Spiritual Journey Influence on Max's Personality	33
4.2.1	Yoga and Meditation	35
4.3	Max's Personality after Going on a Spiritual Journey	43
4.3.1	Calm	44
4.3.2	Decisive	47
4.3.3	Happiness and Peace	50
4.3.4	Well-being	54
CHAPTER V CONCLUSION AND SUGGESTION		59
5.1	Conclusion	59
5.2	Suggestions	61
REFERENCES		62



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S U R A B A Y A

CHAPTER I

INTRODUCTION

1.1 Background of Study

People in every part of the world have their unique personalities and traits. Everyone has extraordinary skills, abilities, personality, attitude, and emotional state. Personality is the sum of all these differences. In general, it is what sets people apart from one another. Personality describes a person's demeanor, disposition, behavior, and qualities. In general, people's personalities changed dramatically after age five and this change was tied to resolving existential issues like trust, autonomy, closeness, independence, and self-identity (Hurlock, 1973). Understanding personality development is essential for more than just the novel's characters, particularly for people who read novels. Typically, conflicts in people's life form the foundation of their personalities. (Erikson, cited in Kendra Cherry, 2022)

From childhood to adulthood, each person's personality essentially evolves. There are numerous motivations for individual personality development, including the desire for a better life, to be loved by others, to seek one's identity, etc. Before achieving one's objectives, a lengthy time and process are required. Hurlock (1973) shows that the factors influencing personality development include the individual's family, religion, school, occupation, and peer group. These variations can be different across age groups as well as between individuals. So, it can be said that a person's personality can influence the environment in which they live. The individual

with whom someone associates in their environment might influence their social behavior and attitude. Without exception, the characters in works of literature undergo similar personality development.

Characters serve as a medium for the author to tell a story. The reader is guided through the story by the characters. Their acts and developments add meaning and interest to the plot. Readers can feel, learn, and understand the story through these characters (Nurgiantoro, 1995). Understanding individuals' personality development in real life is critical since it can help people react to changes in others. Bennett and Royle (2016) support it by stating that through the strength of identification, characters in the novel may become part of how readers envision themselves, a part of who they are. Both in real life and in literature, the concept of personality development can be used most prominently in analyzing characteristics.

Hudson (1913) argues that the essential record of what men have seen in life, what they have experienced, and what they have thought and felt about it is found in the literature. Not much different, Rohrberger and Woods (1971) also states that literature expresses what people see, feel, and think as a whole. As a result, it is fundamentally a language-based manifestation of life. It indicates that literature is a "copy" of real life. Literary works can also include the author's personal experiences. It is not unusual for writers to take ideas or themes from things that happen in the real world and use them in their works. Many kinds of literary works use the lives and words of people to show what they want to say through the art of language. Literary works

convey the author's emotions, including love, fear, joy, and pain. The kinds of literary works are poems, novels, short stories, plays, and dramas.

Novel is one genre of literature that the general public frequently reads (Murphy, 1972). Novels are included in the category of prose. Novel is a long, interconnected work of prose fiction. One of the issues that we can find in the novel is personality matter. The author's creativity may be used to build a personality in the story's characters, especially in the novel. Plot, characters, language, time and location of the action, style, and a stated or implicit life philosophy are the main components of a novel. These components might be utilized to clarify the type of story to write. Without its components, a novel is both worthless and nothing (Hudson, 1913).

The researcher chose the novel entitled *The Yoga of Max's Discontent* by Karan Bajaj. The novel tells about the change in the personality of the main character. This novel was published in 2016 and is the best-selling book in India. Karan Bajaj, the author of this work, was born on June 30th, 1979, in Shimla, Himachal Pradesh, India. He grew up in a family with military ties. Bajaj is the author of various books, having written four so far. *The Yoga of Max's Discontent* is his most recent publication. He is not just a writer but also an Indian technology entrepreneur. He is best known as the founder and CEO of WhiteHat Jr., a distance-learning Edtech business acquired by BYJU in 2020 (*Karan Bajaj Age, Wife, Children, Family, Biography & More*, n.d.).

Personality development lessons form the main character in the novel can inspire the reader. One is to understand life's meaning or want to improve

concentration. In the wake of his mother's passing, Max Pzoras suffers from a sense of hopelessness in the novel. Greek immigrants raised him in a violent housing complex in New York, but he overcame his environment to become a brilliant Wall Street analyst. However, one night, he gets into a fight on the street, and Max faces the suffering and mortality issues that have plagued him. Max's life feels threatened because of that incident. He also must fight against the scars he carries from the past to achieve his ultimate goal through a spiritual quest. He travels to India for spiritual enlightenment after leaving a comfortable life in the US. Max Pzoras leaves his Wall Street job soon after his mother passes away and starts a harrowing journey of self-discovery that takes him from the frigid Himalayas to a drought-stricken region of southern India. A fortuitous encounter inspires his journey with a wise falafel cook. After going through various challenges and obstacles, Max's long struggle finally produces results. He manages to find his true himself through the yoga he has done. Not only that, but he also feels his body full of excitement and energy.

The novel above focuses on Max's changes from a man who was always hopeless, overthinking, and surrendered to his life caused by pressure on the environment where he lives, the death of his mother, and other events that happen to him. Until he finally becomes a man who loves himself, cares, enthusiastic, and open-minded in overcoming his problems. This change was due to him taking a spiritual journey. He traveled far to the Himalayan mountain, which are located in India. All that is thanks to his efforts and also

can not be separated from the teachings of his teacher. As this novel's main character, Max has a vital role and influences the readers in terms of behaving and acting. One of the novel's most fascinating aspects is the main characters' development to overcome apparent issues caused by environmental factors, that is dangerous living quarters and also the death of mother.

The novel demonstrates the significance of a figure and self-awareness in influencing and developing someone's personality. Readers will also learn that some factors can affect someone's personality development. As a result, the issue of personality formation is always interesting to discuss. This novel is interesting to analyze because the researcher is interested in how a spiritual journey might alter a person's personality. In this study, the researcher draws on Elizabeth Hurlock's theory of personality development and the New Criticism theory. This novel and the new criticism theory are related since the researcher will discuss Max's character.

The researcher found five previous studies that discussed personality development theory by Elizabeth Hurlock, but No one has researched the novel *The Yoga of Max's Discontent* by Karan Bajaj. This search for previous research is intended to provide insight into the differences from previous studies.

First, Novanda (2020) analyzes the influence of the environment on the main character's personality development in the novel, *Divergent*. She used a psychological analytic approach to assess the data, employing personality development theory and literary criticism theory. According to her

conclusions, she notices that Tris in the novel is dutiful, insecure, and lacks expressiveness, then develops into an optimistic, brave, fearless, intelligent, and divergent person. Tris' personality developed when she met Four, and the situation was also very influential in developing Tris' personality. Tris got more defiant, direct, courageous, and expressive. Four had a significant influence on Tris, and he also assisted Tris in becoming a better person.

The second is (Dewi, 2016). She examines Harry Potter characters and the determinant responsible for changing the personality of Harry Potter. The researcher discovers that Harry has the following characteristics: they are loyal, bold, curious, bad-tempered, brazen, and stubborn. Three factors contributed to Harry's personality development. The intellectual determinant is the initial factor influencing Harry's personality development. The Prince's Potion book evidences Harry's scholarly achievement. The emotional determinant is the second determinant. Harry feels frustrated following Dumbledore's death since he has lost his mentor. Harry also begins to develop affection for Ginny Weasley. After breaking up with Ginny's boyfriend, he becomes aware and no longer scared to express his feelings for her. Social determinants are the third component influencing Harry's personality development. Before the development, Harry's group status was that of a follower. His group status changes to leader following his progress.

The third is the research from Fathika Anggrela et al. (2021). They analyze the personality development of the main character in Alice in Borderland TV series, Ryohei Arisu. According to the researchers' results,

Ryhoei Arisu can become incredibly selfish due to the lack of attention and love he received as a child. He believed he would be incapable of offering love since he had never known it, and his trauma gradually manifested throughout his time in the Borderlands. He did everything for himself and was always thinking about himself. For a long time, he did not realize it. In the end, he learned how selfish he was. After that, he began working on himself in an attempt to change. Because of the impact of the environment, he changes his thinking and conducts to be better, significantly impacting his personality development. He can accept the conditions that occur to him and knows how to overcome and behave when experiencing problems or difficulties. Arisu also begins to adapt to the environment and situations. These related studies are similar: they analyzed the main character's personality development. They also use the same theory, which is Hurlock's personality development. The differences between them are the objects of the study and the factor that contributes to the development of the character.

The fourth is a Femylia (2022) study entitled Demelza's Personality Development in Winston Graham's *Ross Poldark*. This study explores the personality development and changing attitudes of one of Winston Graham's main characters, Demelza Poldark, in the story *Ross Poldark*. There are three issues that the researcher discovers. The first discusses Demelza's personality. The second issue is the tensions depicted in the novel, while the third issue explores Demelza Poldark's personality development. To investigate the problems created above, the author employs I.A. Schirova's theory of

character, Holman and Harmon's theory of conflict, and Elizabeth Hurlock's theory of personality development. The study findings are as follows: first, Demelza's personality qualities before her marriage are, to begin with, stubborn, unpleasant, and incapable of doing the family. Second, Demelza's character changed following her first marriage to Ross, becoming calm, pleasant, and capable of doing household tasks. She grows up amid the struggles between her father and her husband in the story. Demelza's conflict with her father begins after she makes a mistake with Ross. The second conflict pits Demelza against Ross. Demelza's personality alters as she struggles to overcome all of the issues. Demelza matures into a gentle, pleasant, and capable lady. As a result, the researcher concluded that disputes and problems do not always exist to bring humanity down. Instead, conflicts and challenges might serve a higher purpose to get the best out of people.

The fifth is a study entitled Maleficent Personality Development as Seen in Elizabeth Rudnick's *Maleficent* by Yunda Anissa (2017). The researcher examined how Maleficent is described in the novel, her personality growth, and the circumstances or causes that influence Maleficent's personality development. This study has two problem formulations: how Maleficent is described in the novel and how Maleficent's personality development is depicted in the novel. As stated by Hurlock's theory, this research focuses on Maleficent's personality and development and the causes that influence her development. According to the researcher, the study found that Maleficent, one of the story's main characters, goes through personality development. At

the beginning of the story, she is portrayed as a melancholy, bad-tempered, irritable, cruel, and spiteful fairy. After meeting Princess Aurora, her personality develops. She transforms into a caring and loving fairy who is also regretful, brave, and strong. Maleficent realizes that there must be a good human who cares for nature. Changes in significant persons, changes in self-concept, changes in roles, and high motivation are all elements that influence her personality development. She is driven to improve herself since she regrets her faults.

These related studies encouraged the researcher to analyze the personality development of the main character from *The Yoga of Max's Discontent* novel. In order to make a novelty in the thesis, the researcher uses the gap from those related studies by using a different novel that has never been studied and is a bestseller novel too. However, the researcher also thinks this novel contains many moral values that benefit readers. Besides that, the main character of this novel also has a high spirit and does not easily give up under circumstances that can motivate the reader.

These related studies are similar in analyzing the main character's personality development. They also use the same theory, which is Hurlock's personality development. The differences between them are the objects of the study and the factor that makes the character is developed.

1.2 The Problem of The Study

1. How is Max's personality described before going on a spiritual journey?

2. What spiritual journey influences Max's personality?
3. How is Max's personality development after being influenced by the spiritual journey?

1.3 Significance of The Study

The significance of this study is presented in this thesis, namely theoretical and practical significance. Theoretical significance means contributing scientific knowledge to theory development in literary analysis. This study aims to expand the knowledge and insights into personality development and new criticism theory. This research also could greatly assist and guide others in the future, mainly English Literature pupils. Moreover, practical significance means filling the gaps in the research series in the literature field. This study will enable readers to comprehend the characteristics and personality development of the novels' characters. There are still no studies about *The Yoga of Max Discontent* novel, but many issues remain to investigate. It can be an analysis using psychoanalysis theory towards the character or an analysis of intrinsic and extrinsic elements of the novel and so on. Further, the researcher hopes this recent study can convey insight to the readers.

Scope and Delimitations

To avoid being broad and irrelevant, this study focuses on Max's characteristics and personality development in *The Yoga of Max's Discontent* by Karan Bajaj. The researcher analyze the data using personality development and new criticism theory.

1.4 Scope and Delimitations

This study focuses on Max's characteristics and personality development in The Yoga of Max's Discontent by Karan Bajaj to avoid being broad and irrelevant. The researcher analyzes the data using personality development and new criticism theory.

1.5 Definition of Key Terms

Personality development: A process of developing and enhancing one's personality, attitude, and behavior and making oneself unique.

New criticism: A formalist literary theory movement that dominated American literary criticism during the middle of the 20th century.

Spiritual journey: A journey into one's inner existence to learn more about oneself and the world.

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CHAPTER II

REVIEW OF RELATED LITERATURE

2.1 New Criticism

The theory of New Criticism emerged in America around 1920 and became widely used in literary criticism in the 1940s and 1950s. I.A. Richards is a significant figure in disseminating the New Criticism theory in America. Other contributors to applying this theory are John Crowe Ransom, W. K. Wimsatt, Monroe C. Beardsley, Mark Schorer, and Cleanth Brooks (Hickman and McIntyre, 2012). The reading technique is the main element in this theory because it deals with intrinsic and extrinsic components of literary works, similar to Russian Formalism.

New Criticism is the natural unity of the text generated by a standard feature depicted in the text (Tyson, 2006). According to Wolfreys (2015), new criticism centered on the text as a means of comprehending a piece of art. It means that new criticism is an appropriate method for analyzing the meaning and any element of a text based on the text itself. However, this theory analyzes based on "the text itself." It denies traditional historicism, such as biographical and social information (Tyson, 2006, p. 136).

New criticism becomes the basis of literary theory. Despite the author's goal or the reader's reaction occasionally mentioned in New critical interpretations of literary works, neither one is the centre of study. The only way to determine if an author's intention or a reader's perception accurately conveys the text's meaning is to analyze or closely read the text thoroughly.

New criticism examines the main character's character and characteristics from the book itself. Because the New Critics introduced the practice of "close reading" to America, new criticism provides textual support for literary interpretations (Tyson, 2006, p.137-138).

The close-read approach procedure is often utilized in the theory of new criticism because it allows the reader to focus more on evaluating the text. The Close Read technique assesses formal elements in literary works and for careful reading. Symbols, metaphors, pictures, rhythm, meter, point of view, setting, characters, narrative, and other components that comprise the literary work as a whole are examples of formal elements (Tyson, 2006). Components of a literary work are required in the study of new criticism theory in order to discover the meaning or values included in the literary work.

If the intrinsic elements in literary works are linked to formal elements, the extrinsic elements in literary works are historical and social aspects. The author's background from their life period and social situations in the surrounding society might impact the creation of literary works (Warren, 1949, p. 65). Usually, the author expresses what they have experienced and what is around through literary works, known as the extrinsic element. In contrast, the intrinsic element is used to beautify the author's experience, which has been poured so that it has artistic value.

As previously explained, characterization is one of the formal components of literary works. This element refers to the character who brings a story to life and provides a clear path or plot from beginning to end.

Because the characters in the story will be the focus of the reader's attention, this research will only be concerned with characterization and character development because the researcher evaluates the conflict in Karan Bajaj's novel as related to a man who must overcome scars from his past in order to attain his primary goal.

2.1.1 Character

The author creates the characters to be the story's actors, allowing the plot to progress from beginning to end. With their actions and words, the novel's characters reveal aspects of the author's worldview, morals, emotions, and intellect (Abrams, 1999, p.32). Whether human or animal, the figure has moral qualities and certain tendencies, such as always doing what they say they will do (Abrams, 1999, p.76). A character is typically considered a fictional creation that appears in a story, although there are deviations from this simple description (Kennedy and Gioia, 1995, p. 62). Character is a vital aspect of any novel or work of literature. It was formerly assumed that no fiction could be without character (Kuiper, 2012, p.6).

Murphy (1972) identified nine ways an author conveys a character's personality to the reader. The first is the individual description. The author explicitly presents the characters' physical appearances in the personal description. The second is the character as perceived by another, and the author describes the character based on other characters' opinions. The third is a past life, which can be used to examine characterization. A hint provided by

the author in the novel can teach the reader something about a character's previous life. The character's former life is reflected in direct words observed in the person's mind, dialogue, or through the medium of another character. Fourth is speech. The author provides some knowledge of the character by what the character says. Fifth, the author explains the conversation between the characters through other characters, and it gives some hints to the description of specific. The author gives the reader a point by expressing the character's reactions to particular situations and occurrences. The seventh method is a direct comment, in which the author directly explains or comments on a person's character without using any media. The author shows a character's mannerisms by describing the character's routines and activities. The last is thought. The author gives the reader direct information about what a character is thinking about, what is on the character's mind, and how the character feels.

According to Gill (1995, p.133-134), two methods exist for describing characters in a text: telling and showing. Telling a character is when the author describes the character's physical appearance, including clothing, age, and how the character appears. Portraying a character is more complex than telling because the author attempts to demonstrate the character's behavior and thought processes. The author attempts to elicit from the reader an evaluation of the character's traits, whether positive or negative, or whether the character has other features by describing the character's behavior and thought processes in certain situations.

There are four types of characters: flat, round, static, and dynamic.

Perrine (1974) defines a dynamic character as one who transforms throughout the story due to resolving a central conflict or overcoming a significant crisis. A dynamic character is similar to a round one, but the dynamic character is similar to developing the character's personality. Some character, personality, or outlook aspects will change constantly as they grow. A change is more than just a shift in circumstances or a subtle shift in perspective. It can be dramatic or subtle, for the better or the worse.

The writer will use the theory of the dynamic character to examine Max's personality development. Compared to his previous self, Max has transformed for the better thanks to his yoga practice, and as a result, he is considered a dynamic character. Over time, Max improves and grows into a more admirable person. The transition from one characteristic to another demonstrates Max's dynamic personality.

2.1.2 Characterization

Characterization is how a writer makes the reader aware of a character's thoughts, feelings, and desires. Jones (1968) defined characterization as explicit representations of a person or figure in the story. It means that characterization is the method by which a writer conveys the characteristics of a person or other creatures in writing. An author's knowledge and understanding of a character in a work of literature is demonstrated by using characterization, making it one of the work's fundamental parts.

Holman (1985, p.75) claims that literary fiction is distinguished by the author's explanation of the imaginary characters' personalities. The building of these fictional characters that appear natural to the reader within the confines of the fiction is known as characterization. The capacity to vividly depict fictional characters is a crucial skill for any novelist.

Fictional characters can be developed using one of three main strategies: Three methods of character presentation exist: (1) the author's detailed, expositional introduction to the character, either all at once or in smaller pieces spread out across the text and supported with superior experiences, (2) presenting a character in action, without much or any commentary from the author, with the assumption that the reader will infer the character's qualities from those acts, (3) the depiction from within a character, without author commentary, of the effect of actions and emotions on the character's inner self, with the assumption that the reader will gain a thorough grasp of the character's traits (Holman, 1985, p. 75). So, the reader can study the character from various perspectives, including action, dialogue, and physical portrayal, as well as through the author's direct representation.

The researcher uses this theory to examine max's character before and after a spiritual journey based on what is in the novel regardless of the author's background or the background of the novel.

2.2 Personality Development

As defined by Hurlock (1973, p. 6), the word "personality" comes from the Latin word "persona," which means "mask." She explained that a person's personality comprises their innermost beliefs, values, and psychology. These

characteristics will become apparent in their manner of speaking and acting.

Hurlock also stated that personality development is a normal part of the human life cycle. These traits continue to grow throughout one's life, from childhood into age, eventually becoming fixed characteristics. Forming a new identity is a complex process requiring extensive exposure to various stimuli. Another statement by Allport (1938, p.24) explained that personality is the dynamic arrangement of an individual's psychophysical processes that produce his typical behaviors and thoughts.

According to Hurlock (1973, p. 143-381), eight factors influence the development of a person's personality. The determinants are physical, intellectual, emotional, social, aspiration and achievement, sex, educational, and the last family.

The first determinant is physical. While discussing the physical determinant, we are referring to the extent to which external factors shape an individual's character. The body impacts personality traits in both obvious and subtle ways. What people can and cannot do is directly influenced by their physical bodies. Indirect factors include a person's ideal, the opinions of others about their physical abilities and disabilities, and how the person's body is perceived compared to others' bodies. Personality is impacted when a person goes through a physical transformation since it changes how they typically respond to change. The reactions of others and the roles the social group will allow the individual to play due to their changed appearance contribute to the impact of physical transformations.

The second determinant is intellectual. Intellectual capacity has a direct and indirect impact on a person's personality. It has an immediate effect on personality because of the kind of life adjustments that an individual makes. It indirectly impacts their personality because of the judgments that others make of them based on their intellect. It is necessary to be aware of the typical course of intellectual growth to comprehend the consequences of intellectual capacities on behavior. The capability of finding solutions to difficulties is tied to the intellectual component. The degree of the person's success in adjusting will be directly proportional to how they use their intelligence.

The third determinant is emotional. Because it influences both person's personal and societal adjustments, emotion is a significant factor in determining their personality. The ability of a person to form emotional connections with other people and social judgments based on how well that person manages their own feelings are two examples of how emotions can directly impact a person's personality.

The fourth is social determinants. A person's genetic disposition does not determine whether they become social, unsocial, or antisocial. However, it is their early social experiences at home and in the broader world. These formative experiences allow the individual to learn how to interact with others and the virtual drive to do so. The extent to which a person's social group impacts the development of their personality is not only determined by how well-accepted the individual is but also by how much the individual values being well-accepted by others.

The fifth determinant is aspirations and achievement. People are evaluated at every stage of life based on how their accomplishments stack up against their contemporaries. The social group will have a favorable opinion of the individual whose accomplishments in highly valued areas are deemed outstanding in quantity and quality. Aspirations are self-focused objectives that a person establishes for themselves in the form of goals. The more their ambitions are focused on their ego and the more they connect to aspects of behavior that are significant to them, the more significant an impact those aspirations will have on their personality. The type of goals that a person aspires to achieve is heavily impacted by a variety of factors, including a person's intelligence, sex, personal interests and values, family pressures, group expectations, cultural traditions, competition with others, prior experience, the mass media, and personal characteristics.

The sixth is the sex determinant. This factor in a person's life has both a direct and an indirect impact on the formation of their personality. The impacts of a person's sexual hormones, which affect the structure and function of the body and how a person acts, are directly responsible for the influence that sexuality has on a person's personality. The degree to which a person is interested in their sexuality is a crucial factor in determining the extent to which their sexuality will shape their personality.

The seventh determinant is the educational determinant. The environment of the house, as well as the children's interactions with their parents, has a significant role in developing their personalities. How a student feels about

going to school and college, the people who teach them, and the importance of getting an education all play a significant role in determining how much of an impact an educational establishment has on the development of a person's personality.

The final determinant is the family determinant. A person's relationship with their family is undoubtedly the most crucial component in developing that individual's personality. Everyone, regardless of age, benefits significantly from the guidance provided by their family. The amount of time that is spent in the home, the amount of control that family members have over the person's behavior, the emotionally charged relationship that a person has with their family, and the sense of security that the home environment provides are the primary contributors to the family's prominent influence.

The researcher will examine Max's personality development using the personality development theory developed by Elizabeth Hurlock, which is based on the explanation of the theory of personality development that was explained above.

CHAPTER III

RESEARCH METHOD

3.1 Research Design

In this study, the researcher used a qualitative method. Creswell (2013) states, "A qualitative approach is one in which the researcher frequently makes claims of knowledge based on constructivist perspectives or participatory or both. In this study, the researcher attempted to analyze Max's characteristics and personality development in *The Yoga of Max's Discontent* by Karan Bajaj based on personality development and new criticism theory to describe the issues.

3.2 Research Data

This research's primary data was taken from the Karan Bajaj novel entitled *The Yoga of Max's Discontent*. Moreover, the secondary data from books, journals, and websites support the theory and personality development issues.

3.3 Data Collection

The researcher collected data from the novel Karan Bajaj entitled *The Yoga of Max's Discontent* in this study. In collecting data, the researcher conducts several steps:

1. The first step was to gather and take notes on knowledge of linked appropriate theories to study the narrative.
2. The next step was to read the novel thoroughly to understand the story's significant concerns while taking notes on data related to the theory's approach.

3. The third step was collecting and categorizing quotations from the novel as data.

3.4 Data Analysis

After the data collection procedures were completed, the data were finally ready to be evaluated. There was a direct link between data collecting and data analysis. It suggested that the researcher had begun data analysis while gathering information. The following are the remaining data analysis steps:

1. The researcher divided the discussion into three parts: Max's personality before going on a spiritual journey, the spiritual journey's influence on Max's personality, and Max's personality development after being influenced by the spiritual journey.
2. The researcher discusses Max's personality before going on a spiritual journey, what the spiritual journey influenced Max's personality, and how Max's personality developed after being influenced by the spiritual journey.
3. The researcher drew a conclusion based on the findings and discussions.
4. After ensuring that all research problems were addressed, the final step was to present and report the research findings.

CHAPTER IV

ANALYSIS

In this chapter, the researcher is present the results of analysis and use them to answer the research question.

4.1 Max's Personality before going on a Spiritual Journey

This part will describe Max's personality before he goes on a spiritual journey. Before Max takes off on his spiritual journey, his life, in many ways, embodies the American Dream. He spends his childhood in a housing project with a high crime rate, but he manages to graduate from Harvard and have a great career on Wall Street. However, following the passing of his mother, he begins to question the meaning of life in general. He feels like an imposter. Max's mother's death has prompted him to consider the disparity between the luxurious upper-class lifestyle he leads today and the tremendous poverty and violence he was exposed to while growing up in the Bronx housing projects.

4.1.1 Emotional

Being in a harsh environment makes Max a person who is easily aroused by emotions. Especially when Max has just been left by his mother. His mind is confused and has no direction. The incident began one cold night. Max and Sophia left the hospital to look after their mother, who had cancer that had spread to her lungs, causing difficulty breathing. Then a homeless man

approached Max for money and pulled Sophia closer to him. Then there was a fight between Max and the man.

“He grabbed the man’s neck. The man raised his thin arms weakly. Max let go of his neck and pushed him back with force. The man fell on the ice. Max swooped down next to him and raised his fist to break the man’s quivering jaw. Someone grabbed his hand. Max swung his other arm back, trying to break free. Again someone caught it. Max pushed his shoulders back. The grip tightened. Max whipped his head around.” (Bajaj 2016, p. 5)

From the quote above, it can be seen that Max is an emotional figure due to because of the fight between him and the gang guys. He could not control his emotions, so a fierce fight ensued. Max was already injured, but he seemed to have lost control over himself, causing the man to fall limp. Max appeared to give no mercy to the man and continued to beat him from the head, neck, and jaw to the man's shoulders. Until someone came to stop him, but Max did not care and just continued to fight.

“The Indian man had returned to standing behind his food cart, a pan in one hand, a mug of water in the other. Max went up to him. “Thank you. I could’ve hurt him badly,” he said. “I don’t know what came over me.” (Bajaj 2016, p. 6)

The quotation above explains that Max seemed oblivious to what he had done at that time. He thanks the Indian man who helped stop him from beating the homeless man. Max thought that if it were not for the Indian man, he would hurt the man even more. Living conditions, the environment, and Max's many thoughts trigger him to act out of control, emotional, and unconscious. Moreover, he has to accept that his mother now has cancer that has spread, making it difficult to breathe, where breathing is vital to life's sustainability.

4.1.2 Suffering

In *The Yoga of Max's Discontent* by Karan Bajaj, Max, the main character, is described as having a suffering personality. After her mother died, she struggled to find meaning in her life and doubted her pursuit of the American Dream. He experiences a moment of awareness of the emptiness of his life after the death of his mother and begins to evaluate what this life he is actually living is all about. The grief and loss of his mother causes him to embark on a spiritual journey to India, where he seeks answers to the questions of suffering and mortality that have dogged him since his mother's death.

“Max was restarting work the next day after a week off, and he hadn't slept well for several nights. But he felt like talking to someone who didn't know of his mother's death and wouldn't offer unwanted condolences and homilies.” (Bajaj 2016, p. 21)

After Max decides to come to India and meet his spiritual teacher, Shiva, he talks a lot about how he decided to go from New York to India. Max knows that he has made the right decision to come to India because he wants to understand the true meaning of life. Max has endured a life of suffering due to his tragic breakup with Keisha, the suffering he endured while growing up in a Bronx housing project full of drugs and violence, and the passing of his mother. Max seeks to eliminate the shadows of his life by trying to redirect his life's purpose to live a meaningful life.

“Max told him about his unexpected meeting with Viveka and his subsequent quest to find the Brazilian doctor. As Max spoke, the uneasiness he had felt since coming to India slipped away. Somewhere deep down, he knew he'd been right in coming here.

He'd been living a shadow of a life. The dots were connecting themselves. If he kept pushing forward, he would penetrate the mystery of pain, suffering, and death.” (Bajaj 2016, p. 21)

After Max decides to come to India and meet his spiritual teacher, Shiva, he talks a lot about how he decided to go from New York to India. Max knows that he has made the right decision to come to India because he wants to understand the true meaning of life. Max has lived a life of pain due to a tragic breakup with his girlfriend Keisha, the suffering caused by growing up in a housing project in the Bronx surrounded by drugs and violence, and the death of his mother. Max seeks to eliminate the shadows of his life by trying to redirect his life's purpose to live a meaningful life.

4.1.3 Indecisive

After having done a memorial service for his mother, on the way back from the subway, Max met a food cart man selling falafel, and his name was Viveka. The two of them initially talked about the cold temperature, then Viveka compared the cold in that place to the Himalayan mountains where Viveka had meditated. After Viveka and Max had a long discussion about the meditation he and Yogis did in the Himalayan Mountains, Max started to get interested because Max wanted to find peace in his messy life. However, he was still hesitant to decide to go to India.

“Did the yogis find any answers? After a moment's hesitation, Max switched over from Excel to Chrome and began searching the internet for information about Himalayan yogis.” (Bajaj 2016, p. 32)

After the death of his mother, Max has no more encouragement from anyone. Because for him, his mother is the most important person who makes him a great figure in his current job, and he is also a graduate of Harvard University. Therefore, he became interested in meditation and went to India. However, he still doubted what he would achieve by going there because India is a faraway place. As well as the temperature in the icy Himalayan mountains and the journey he will take, while he is in the office, he shifts his work by finding out what the goals of yogis going to the Himalayas are and the answers to those goals.

“A shadow of doubt arose in him. Was he unraveling after his mother's death, becoming just another privileged white fucker with rich people's problems? Max remembered the strange feeling from last night that he'd heard Viveka's words before, somewhere within the depths of his heart. He tried to dismiss all doubt and tore through the web pages as though scrutinizing a prospective acquisition's noisy balance sheet, deciding whether to invest in the company or not.” (Bajaj 2016, p. 32)

Another quote that illustrates that Max is a doubtful person is when he starts to find out about spiritual enlightenment. Then find out the background of some Western youth who decided to go to India to do meditation. Because after the death of his mother, Max thinks of himself as a loser with many problems in life. After rummaging through web pages, a picture of a successful doctor from Brazil appeared on various websites. After Max's research, it turned out that the doctor taught yoga and meditation methods and that maybe someone could get into the recesses of his mind by doing these methods. “The Brazilian taught a method of yoga and meditation that allowed one to go deep within the recesses of one's own mind to reach a perfect

condition beyond good and evil, birth and death-the end of suffering, as it were.” (Bajaj 2016, p. 33). Then Max thought about starting to find out where the Brazilian doctor lived.

4.1.4 Traumatic

The main character Max Pzoras is described as traumatized by the death of his mother, which he witnessed as his mother struggled with her illness from the beginning until her death. He also struggled with the suffering of a harsh living environment and the pain he experienced because he had to separate from his girlfriend, Keisha. These traumatic events have a lasting impact on Max and shape his character throughout the novel. Max's journey in the novel is partly an attempt to heal from these traumas and find a deeper meaning and purpose in his life. Most of Max's traumas emerge from his dreams when he sleeps, depicting past events that reappear in his dreams and making it difficult for him to forget them.

“He was still using the Buddha's image as a surrogate, and even that kept slipping from his mind as it digressed to other thoughts, unspiritual thoughts such as a presentation he had screwed up at work, fucking Anna, his guilt about Keisha, and his mother's dying face. "Have you ever had such dreams?" said Max when he calmed down. "I don't know. Maybe. I don't dream much," she said. Max sensed something, probably her disappointment at not having a similar experience, unpleasant as it was.” (Bajaj 2016, p. 180)

The quote above explains some of the things that traumatized Max. When he was chatting with his meditation friend Hari, Max told that while doing meditation, his mind was still unable to focus, especially since he was a

beginner who still used Buddha images as a substitute. Even Max was still unsuccessful and kept slipping from his main thoughts to other thoughts. Ideas that he thought were unspiritual came from his past experiences. The thoughts were the presentation he had messed up at his work as a wall street analyst, screwing Anna, and his guilt about Keisha for having made him feel bad. These thoughts were the presentation he had messed up at his job as a wall street analyst, screwing Anna, his guilt towards Keisha for impregnating her and feeling unprepared to take responsibility for Keisha, and seeing the face of his mother, who was dying while struggling with cancer, but finally, her struggle stopped. The trauma manifested in his dreams as vivid and recurring nightmares often left him anxious and restless.

“Often he would wake up in the middle of his night with his heart beating wildly. "My life, my life," he would repeat to him- self. Those images again. Sophia, three years old, brown head, curly hair, and cute lisp saving a piece of Werther's candy their mother's employer had got from Germany for him when he returned from school by holding it in her mouth. Her out- stretched hands and dimpled smile.” (Bajaj 2016, p. 184)

Another quote also describes Max's traumatization that comes in his dreams. This time is the description of his sister Sophia. Sophia is still three years old with curly brown hair, and her speech is still unclear with a piece of candy she got from her mother's employer when her mother was still working. Sophia's dimpled smile that adorns her beautiful face makes Max unable to forget that memory until it enters his dream. His happy life with his family differs greatly from Max's current life.

“His anxiety would spiral the next day, coming to a head in the hour-long break they had between lunch and the afternoon asana

class. With no work to distract him, his mind would spin doomsday scenarios. He'd be broke and unemployable soon; he was squandering his most productive years; all this wasn't real life; he'd regret this time forever. He remembered himself studying all night in a corner of the living room, obsessed with nailing the SATS while the world crumbled around him-the stock market crash, his mother's being out of a job, losing welfare, nights when they went to bed hungry, the terrifying prospect of homelessness, crack entering the projects, his friend Pitbull's throat slit in a gang fight, Andre's going to jail, waves of arson in the neighborhood.” (Bajaj 2016, p. 185)

Another quote also explains Max's trauma that began to cause anxiety.

The anxiety peaked when Max rested for an hour between lunch and the afternoon asana class he would do. He had no positive thoughts to distract from the negative thoughts in his brain. With the thought of him being broke and unemployed soon, he felt he had wasted his most productive years and would regret this time forever. He remembers studying all night in the living room corner to pass the SATS exam while the world around him was crumbling. So was the stock market crash, his mother losing her job, the loss of prosperity in his family, the nights when they went to bed hungry, the terrifying prospect of homelessness, crack entering the projects, his friend Pitbull's throat being slashed in a gang fight, Andre going to jail, and the wave of arson in the neighborhood. All those anxieties returned to Max, and it was still challenging for Max to forget.

“That night he didn't come out for meditation. He lay still on his bed just as his exhausted body told him to. When he went to the bathroom, he saw that Shakti's mat was empty as well. Max came back and slept. He saw his mother with a crumbling cookie in her pale bony fingers. Sophia stretching out her hand to offer him the melting candy. Swirling, spinning blackness.” (Bajaj 2016, p. 194)

At night when it was time for meditation, Max did not participate. He fell asleep in his bed because he was tired. Then he woke up and went to the bathroom, and he saw that his friend Shakti's meditation mat was also empty. Then he went back to sleep because he felt he had friends not to do meditation that night. Then he slept again and dreamed about his mother and Sophia. he saw his mother carrying a crumbled cake in her thin, pale hands. Then he also saw Sophia offering him a melted candy, and the image was lost in the darkness. The image was from his childhood moments that continue to overshadow his life until now.

“Max awoke with a start. His throat choked. Keisha, black eyes brimming with tears outside the clinic in Tarrytown. He had forced her to ride the Metro North with him so that no one up would see them. Just as he had pressured her to abort their child. His chest filled up. Max hadn't wanted to be a father at seventeen like all the other guys in the projects. He had wanted to go to college so his mother's sacrifices didn't go to waste. The mud walls of the hut closed in on him. Max covered his eyes with his hands and tried not to cry and lose water.” (Bajaj 2016, p. 194)

Max has a past with a woman named Keisha, who was once his girlfriend. Max and Keisha had a tumultuous relationship characterized by their passion. Max and Keisha were 17 years old at that time, still very young. In Max's dream, he saw the moment when Keisha, with black eyes, was in tears outside the clinic in Tarrytown to check Keisha's pregnancy. Max felt very guilty because he had forced Keisha to take the Metro North with him so that no one would see them go to the clinic. He thought that if he had forced Keisha to take the Metro North with him, it was the same as he had pressured her to abort their child. Max's chest was tight, thinking he had forced Keisha

to take the Metro North with him so no one would see them go to the clinic. He thought that if he had forced Keisha to ride the Metro North with him, it would have been the same as if he had pressured her to abort their child. Max's chest tightened at the thought. He did not want to become a father at a very young age like the people in the New York housing project. He wanted to go to college so that his mother's sacrifice to raise him would not be in vain. When he remembered that moment, he tried to hold back his tears by covering his eyes with his hands. From this quote, it can be concluded that the trauma Max experienced was quite deep, and many things caused it.

4.2 Spiritual Journey Influence on Max's Personality

In this part, the researcher will describe the element that influences Max's personality. After going on a spiritual journey, Max experiences a transformation that makes him a better person. The practices of yoga and meditation Max typically engages in India heavily influence him. Max's character undergoes significant transformation due to his yoga practice in *The Yoga of Max's Discontent*. Max is introduced as a well-off Wall Street analyst, and Max's psyche is significantly impacted by his yoga practice. Max is initially characterized as an accomplished Wall Street analyst who is dissatisfied with his life and miserable. To discover the essence of life, he travels to India, where he encounters various yoga practices and endures a transformation. Max's personality was significantly shaped by yoga, which helped him develop greater self-awareness, emotional intelligence, and compassion for himself and others. As he immersed himself in the practice of

yoga, Max became more in tune with his thoughts, feelings, and emotions as he learned to attend to his body and mind.

Max learned to observe his thoughts without judgment through the practice of mindfulness and meditation, allowing him to acquire a deeper understanding of himself. Additionally, he learned to let go of his attachments and desires, which allowed him to find inner serenity and fulfillment. Further, yoga helped Max develop a sense of empathy and connection with others, which enabled him to establish meaningful relationships with the people he met along his voyage. He developed a greater empathy capacity, allowing him to see the world from a different perspective. Max's yoga practice contributed significantly to his journey of self-discovery and transformation. It helped him discover inner calm, cultivate greater self-awareness, and foster empathy and compassion for others.

In search of the significance of life, he travels to India, where he experiences a transformation due to his exposure to different forms of yoga. Max credits yoga significantly influencing his character development, particularly self-awareness, emotional intelligence, and kindness. Max became more in touch with his inner world as he practiced yoga and developed an ear for his body and psyche. Max improved his knowledge of whom he was by training himself to pay attention to his ideas without passing judgment on them. He eventually found happiness and contentment by releasing his ties and cravings. As a result of his yoga practice, Max developed greater compassion and interpersonal skills, allowing him to form

deep bonds with the people he encountered along the way. He developed sensitivity and a kinder disposition toward others, which expanded his worldview. As a whole, Max credits his yoga practice with helping him grow and change. He was able to calm his mind, gain insight into himself, and expand his capacity for kindness.

4.2.1 Yoga and Meditation

Max's journey to yoga began when he decided to leave his job as an analyst in New York City and travel to India in search of spiritual enlightenment. One can attain spiritual life through hard discipline, quitting the business world, and love, even love for the closest family members (*The Quest: From Discontent to Peace and Fulfillment - Impakter*, n.d.). In this case it is Max's sister named Sophia. Max hoped practicing yoga would help him find the answers he was looking for because he was restless and felt like something was missing from his life. Max's journey took him to many different places in India, including the Himalayas, where he met a guru named Ramakrishna, who taught him yoga. Max spent months studying with Ramakrishna, pushing himself to his physical and mental limits to master the art of yoga. He learned various techniques, including asana, pranayama, and Transcendental Meditation, and spent hours each day in silent contemplation.

Along his journey, Max met other seekers like himself, who were also seeking spiritual enlightenment through meditation. He formed deep bonds with some of them, sharing their struggles and triumphs. During that time, Max faced many challenges and obstacles, both internal and external. He

struggled with self-doubt and the temptation to give up, but he also faced dangerous situations and difficult people who tested his resolve. Despite these challenges, Max perseveres, driven by his desire to find inner peace and purpose. Ultimately, Max's journey leads him to a profound realization of the true nature of happiness and contentment. He emerges from his experience as a changed man with a deeper understanding of himself and the world around him.

"HE SKIMMED THROUGH story after story of young Westerners traveling to India to seek spiritual enlightenment. A shadow of doubt arose in him. Was he unraveling after his mother's death, becoming just another privileged white fucker with rich people's problems?" (Bajaj 2016, p. 32)

Explanation of the quote above about spiritual enlightenment in the novel "the yoga of max's discontent" by karan bajaj is the above quote touches on the theme of doing a spiritual journey in the novel *The Yoga of Max's Discontent* by Karan Bajaj. The quote depicts the character, Max, reading the stories of young Westerners who travel to India in search of spiritual awakening. The term "spiritual enlightenment" implies that these individuals are embarking on a journey to find a deeper meaning or purpose in life, to find inner peace, or to connect with something greater than themselves.

"This final union is yoga. Individual consciousness has merged with divine consciousness. You will become the universal. God as it was. It is the end of the individual, of birth and rebirth, this endless cycle of suffering. You will achieve every goal of the human form." (Bajaj 2016, p. 234)

The above quote highlights the concept of ultimate union in yoga. This suggests that through yoga, individual consciousness merges with divine

consciousness, leading to a state in which one becomes universal and experiences a sense of oneness with the divine or God. This union signifies the end of the cycle of individual suffering, birth and rebirth.

The quote shows that the ultimate goal of the human form can be attained through this yogic spiritual journey. This implies that by attaining this state of union, one transcends the limitations of individual existence and attains spiritual fulfillment, liberation, or self-realization. This suggests that yoga is seen as a means to reach a higher level of consciousness and connect with divine or universal consciousness.

“When you meditate on something, you just think of that thing only. No other thoughts left. You meditate on consciousness, you become pure consciousness. This is goal of yoga. It can take many years, many lives. You can’t jump or hurry like American.” (Bajaj 2016, p. 162).

The quote above explains that Max learns about the philosophy and practice of yoga from various teachers and practitioners, and this remark reflects one aspect of the instruction he receives. Meditation on consciousness is a prevalent practice in various meditation and yoga practices. The purpose of such a practice is to still the mind and concentrate on the nature of the self or ultimate reality, frequently described as pure consciousness or the divine. By meditating on this reality, Max can gain a more profound understanding of the true nature of oneself and the universe and ultimately achieve liberation from suffering and ignorance.

The quote implies that when Max meditates on something, such as consciousness, he focuses solely on the object of meditation and abandons all

other thoughts and distractions. It can eventually lead to a state of heightened awareness and inner peace, as well as the ultimate aim of yoga.

“From then on, Max banished all doubt and surrendered himself more fully to every part of the day. He didn't have more prophetic dreams, but he changed in smaller, more meaningful ways. One day he didn't stuck in his breath while pouring cold water on himself in his daily bucket shower, now reduced to half a bucket.” (Bajaj 2016, p.183).

The above quote depicts the transformation of Max's character as he fully undergoes his journey of self-discovery through yoga. Before this part of the story, Max had struggled with doubts and uncertainties about his life path, and he had experienced prophetic dreams that were both confusing and unsettling. However, after giving himself entirely to each part of the day, Max's doubts disappeared, and he could experience more clarity and meaning in his life. Although Max no longer has prophetic dreams, he can change in smaller yet more meaningful ways. By embracing each moment throughout the day, Max can fully immerse himself in the present, allowing him to experience a deeper sense of connectedness with himself and the world around him.

This quote shows that Max's commitment to yoga allows him to relinquish his doubts and embrace a more meaningful and fulfilling life. Through this transformation, Max was able to experience the power of living in the present moment and the transformative effect that a dedicated practice can have on one's life.

“So his thoughts would swirl until pranayama began. Then he regulated his breathing, his mind calmed, and his body felt connected to the universal energy again. He didn't fear suffering.

He wasn't craving happiness. He was seeking something quite different... completeness. The way out of the predictable rhythm of birth and death. Joy, grief, anger, guilt, love, passion he had experienced everything in events past and lives before.” (Bajaj 2016, p.185-186).

This quote describes Max's experience during his yoga practice. Before starting his pranayama, Max's mind would be in a state of chaos and disorder, but by regulating his breathing, his mind would become calm, and he would feel a connection with the universal energy. Max's motivation for practicing yoga is very different from most people's. Instead of seeking happiness or avoiding suffering, Max seeks completeness and a way out of the predictable cycle of birth and death. He has experienced the full range of emotions that life has to offer, both in the past and in past lives, and is now seeking a deeper understanding of the universe and his place in it.

By connecting with universal energy through his yoga practice, Max can transcend his individual experiences and tap into a deeper sense of completeness and interconnectedness. This quote shows that Max's yoga practice is not simply a physical exercise or a means of relaxation but rather a transformative journey of self-discovery and spiritual growth. Through his practice, Max can overcome the limitations of the ego and connect with a deeper, more profound sense of purpose and meaning.

“Just someone born in easier circumstances he didn't work for in this life. A bony, charred young woman served him potatoes and biscuits. She looked roughly the same age as Sophia, but this woman's future would be as black as her past. Could he help her? Could anyone? Who knew if her pain was the effect of actions from lives past or just a random act of nature? All he knew was that the world was imperfect and an ancient path promised

perfection. Now he would walk the path afresh to get answers back for all.” (Bajaj 2016, p.214)

Another quote depicts a moment when Max reflects on the inequality and injustice of the world around him. He is served food by a thin, charred young woman roughly the same age as Sophia but whose future looks bleak. Max is struck by the unfairness of her circumstances, and he wonders if he or anyone else can do anything to help her. He realizes the world is imperfect, and some people are born into more straightforward circumstances than others. He also recognizes that it is difficult to determine the root cause of a person's suffering, whether due to past actions or just a random act of nature.

Despite the seemingly hopeless situation, Max was determined to take action. He recognizes that the ancient path of yoga promises perfection, and he is committed to taking this path to find answers that can benefit everyone. This quote highlights Max's compassion and empathy towards others and his recognition that the world is full of suffering and inequality. Despite overwhelming odds, it also underscores his commitment to making a positive difference in the world. These quotes highlight the novel's central themes, namely the transformative power of yoga, the search for meaning and purpose in life, and the human capacity for empathy and compassion.

“The blacks of Ramakrishna's eyes shone in the yellow-white light of the courtyard lamp. Max's heart overflowed with love. He was gripped by the same boundaryless feeling he had experienced with the little girl from the village, but he wasn't overwhelmed this time. He was complete. There was just oneness. Nothing separated him from Ramakrishna. The words that were about to come from Ramakrishna's mouth were already alive within him. Max breathed slowly. "You have received the rarest of the rare blessings. For so many lives, you have worked for this," said

Ramakrishna, his voice echoing in the still night. "The universal consciousness is awake in your body." "What happens now?" "If you keep striving, the active consciousness will slowly move from the Muladhara chakra at the base of your spine to the Sahasrara at the top of the head, the home of the static, creating energy-or God," he said." (Bajaj 2016, p.233)

The above quote depicts a powerful moment where Max had a spiritual experience with Ramakrishna. Max's heart is filled with love, and he feels infinite oneness with Ramakrishna. Ramakrishna tells Max that he has received the rarest of blessings, the awakening of universal consciousness in his body, resulting from his hard work over many lifetimes. Ramakrishna explained that if Max continued striving, active consciousness would move from the Muladhara chakra at the base of his spine to the Sahasrara chakra at the top of his head, the home of static energy, the creator or God. This journey is a movement from the active consciousness of the body to the static consciousness of the divine.

This quote is important in the novel as it culminates in Max's spiritual journey. He has been searching for meaning and purpose, and through yoga, he awakens to a deeper understanding of himself and the world around him. The experience with Ramakrishna represents a spiritual awakening, a moment of profound realization where Max feels oneness with the universe.

"Max looked into her eyes. He saw his mother, whose attachment to her children and work had grown in the end. Even goodness shackled a person. Every concept bound. We all built houses on the sand, destined to fade away in dust. Max was gripped by the same melting, dissolving feeling he'd had years ago in the village near Pavur. He was breaking into pieces, falling, fluid, boundaryless, merging into Nani Maa, just one giant heart that felt her fear, her sadness, her goodness, her pride, her love, like his own." (Bajaj 2016, p.307)

Another quotation explains that Max experiences a moment of deep connection with Nani Maa, a wise old woman who has guided and inspired him on his spiritual journey. As he looks into her eyes, he sees his mother and ponders the idea that even kindness can be a form of attachment that binds us to the world. Max was overcome by a feeling of melting and dissolving as if he was breaking into pieces and merging with Nani Maa. He felt oneness with her as if their hearts were one, and he could feel her fear, sadness, kindness, pride, and love as if they were his own. Through his experiences with Nani Maa and other spiritual teachers, Max has learned to relinquish his attachments and embrace a more fluid and limitless way of life. He understands that all concepts and beliefs are ultimately impermanent and that the only path to true liberation is to obliterate the boundaries between oneself and the world and merge with the universal consciousness.

“He had taken cold showers in Trinity's gym every morning before going to class. Where had that Max gone? He poured another bucket of water on his head without worrying about breathing. His head pounded. But he didn't care anymore.” (Bajaj 2016, p. 143).

The quote above describes the time of Max's yoga class. The quote focuses on Max's actions and state of mind rather than yoga class time. It describes Max's habit of taking a cold shower at Trinity gym every morning before going to class, implying a personal routine or workout that he follows.

“In the afternoon, he would practice pranayama, now no longer a slow, meditative breathing exercise but a frenzied grab for the oxygen he had lost foraging and walking across the stream in the thin air. Evenings were spent in performing samyama on his navel

to lower his metabolism so that his heart could supply blood to his body's extremities.” (Bajaj 2016, p. 260).

The quote above describes Max's yoga practice in the afternoon. The passage shows that Max's pranayama practice, which usually involves slow, meditative breathing exercises, has become frenzied. This change in pace and intensity may result from Max's physical exertion, as mentioned in the quote, in which he forages and walks across rivers in thin air, possibly in high altitudes or challenging environments.

The quote also mentions Max's nightly exercises, specifically doing samyama on his navel. Samyama refers to deep meditation and concentration, and in this context, Max focuses on his navel to lower his metabolism. The aim of this exercise is for the heart to supply blood to the body's extremities more efficiently. The excerpt highlights Max's growing and intense yoga practice during the afternoons and evenings. This shows that Max's yoga routine has adapted to his physical and mental challenges.

4.3 Max's Personality after Going on a Spiritual Journey

The researcher would like to analyze Max's personality development in this section. The latter changes from one who feels unfulfilled and disconnected from his true self to one who finds inner peace, releases his attachments, and develops a deeper sense of empathy and purpose after going on a spiritual journey. Now he is more confident and focused on pursuing her goal and what he is looking for in yoga. “Nothing would distract him in his search for the permanent truth within.” Bajaj (p. 214). Here, the researcher

intends to dissect Max's maturation as a person. The latter goes on a spiritual quest and returns a changed man, at peace with himself, having released his attachments and developed a stronger sense of empathy and purpose. In her book, Hurlock (1974, p.91) argues that a person's personality takes on positive or negative traits based on their upbringing. Individual personalities can and do evolve over time. How and why people adapt is a matter of choice and circumstance.

4.3.1 Calm

A characterization that occurs after he makes a spiritual journey, the researcher finds the personality change of Max from being an emotional person to a calm person. Since childhood, Max has always had to deal with gangs and local people from dangerous housing projects. Because since childhood, he has lived there with his family, Max cannot avoid something happening that can endanger him. He once fought with someone who was bothering his sister, Sophia, until Max was unaware that he had injured the person so badly. The quote below will describe Max's calm behavior through his actions during or after yoga, as well as towards someone or something else.

“SUDDEN IMAGES. An old white priest dying on a bed. People with tears in their eyes surrounding him. A window looking out to snow-covered mountains. An olive-skinned woman with a cloth covering her head praying in a cornfield. A man kissing an amulet. More men and women, faces melting into one another, lips muttering, eyes watering, hands folded. I've been searching for Him for so many lives. Max opened his eyes. He felt strangely calm. His head was clear.” (Bajaj 2016, p. 81-82).

The above quote describes a series of sudden images that appear in Max's consciousness, including an old priest dying, mourners surrounding him, a snow-covered mountain view from a window, a woman praying in a cornfield, and a man kissing an amulet. These images may represent numerous spiritual and religious concepts. The quote also reveals that Max has sought spiritual enlightenment throughout many lifetimes, indicating his desire for a higher purpose or meaning in life. Max feels calm and clear-headed despite the intensity of his quest, indicating that he may have achieved a state of inner peace or realization through his spiritual pursuits.

“Max got up, breathless, his face warm, his body pulsing with streams of energy. He had never felt this way after asanas. He felt giddy. Maybe he had flown. The air was electric with possibility. He breathed deeply to calm himself down. Max faced Ramakrishna, struggling to put his thoughts into words. "The pranayama cured me," he said finally.” (Bajaj 2016, p. 154).

The quote above describes Max, that has just completed practicing pranayama, a yogic breathing exercise, and is experiencing a strong sensation of energy and possibility. He eventually informs his teacher, Ramakrishna, that the pranayama has cured him after struggling to convey the intensity of the experience. This quotation emphasizes the transformative effect of yoga practices, particularly pranayama, on individuals' physical and emotional health. It also implies that through diligent practice, one can experience profound changes within themselves. The quote captures the novel's essence, about a man's spiritual journey through yoga and its life-altering consequences.

“Max released his breath slowly. He lifted his legs back, softly touching the ground without thuds or crashes. His body shook with energy. A stream of warm air flowed from his pelvis to the top of his head and back down to his pelvis. His head buzzed. The world was his to take. He could do anything. He breathed deeply to calm down.” (Bajaj 2016, p. 174).

Another quotation describes a moment when Max practices yoga, particularly an asana (posture) that requires him to lift his legs back while maintaining balance. Max experiences a surge of energy and a feeling of warmth coursing through his body, instilling him with a sense of power and possibility. Max maintains calm despite this intense experience by taking deep breaths. This quote emphasizes the transformative effect of yoga on an individual's physical and emotional health. It also suggests that one can experience profound changes within themselves, including increased strength, balance, and concentration, through consistent practice. The quote captures the overall sense of accomplishment and inner fortitude that can be attained through yoga.

“He still saw them, felt them, but the part of his mind that judged those sights and sounds as inconvenient or unpleasant was quiet. This in turn made his asana practice stronger. He didn't judge which pose he liked, which he disliked, which he could do well, which he couldn't do well.” (Bajaj 2016, p. 184).

The quote describes a moment during Max's yoga practice when he is able to silence the portion of his consciousness that typically evaluates his experience. Consequently, he can concentrate on his practice and perform each posture without judgment. Max can completely experience the present moment and immerse himself in the practice of yoga by releasing judgments. This quotation emphasizes the significance of mindfulness and being

completely present during yoga practice. It also suggests that individuals can deepen their yoga practice and experience greater physical and mental benefits by letting go of their judgments and expectations. Overall, the quote highlights the transformative power of yoga on peace of mind and spirit and the significance of letting go of judgments and expectations to experience the present moment completely.

4.3.2 Decisive

Another characterization occurs after he makes a spiritual journey. The researcher finds the personality change Max from being an indecisive person to a decisive person. He establishes a distinct objective for himself: finding inner peace and purpose in life. On his journey, Max encounters numerous challenges and obstacles, but he remains focused and dedicated to his objective. Max's willingness to abandon his comfortable existence in New York City and venture into the unknown demonstrates his decisive nature. Even if it means abandoning everything he knows, he is not unwilling to take risks and make courageous choices. In India, Max encounters many spiritual teachers and learns various spiritual practices, including yoga and meditation.

"I've been trying to figure you out. Most Westerners who come here want easy answers. That's why I also fell into the Hare Krishna thing, chanting, love, all the simplistic stuff that gives you some happiness but doesn't last. But something in your eyes, in your going to the high Himalayas in this crazy winter, makes me want to believe that you can be more." (Bajaj 2016, p. 105)

The above quote was spoken by one of Max's spiritual teachers in India.

The teacher admired Max's character, commitment, and determination in his

spiritual journey. The guru admits that many Westerners come to India for easy answers and simple solutions to their problems. They may be attracted to superficial aspects of spirituality, such as singing and love, but these things do not provide lasting satisfaction. Instead, the teacher saw something different in Max's eyes and actions. Max's willingness to venture into the high Himalayas in the dead of winter demonstrates his determination and commitment to his spiritual quest. The teacher saw Max's potential to go deeper and find answers to his questions.

“Max's heart fell. If Ramakrishna hadn't reached transcendence yet, what chance did he have?

"We each have our destinies, Mahadeva," said Ramakrishna. "If you have walked on this path in another life, you may make more progress in a day here than I make in a lifetime."

Max nodded. If nothing else, he would gladly settle for reading people's thoughts like the man in front of him could. "I will stay. Thank you for taking me in." (Bajaj 2016, p. 140-141).

The quotation above is a conversation between Max and Ramakrishna, one of his spiritual teachers in India. Max feels hopeless and doubts his ability to achieve spiritual transcendence like Ramakrishna. Ramakrishna tries to convince Max by telling him everyone has their own destiny and spiritual path. He suggests that Max may have walked this path in a past life and could make more progress in a day than Ramakrishna could in a lifetime.

Max is amused by Ramakrishna's words and decides to stay and continue his spiritual journey. Here it can be seen that Max, who was initially hesitant, became more decisive in continuing his search with encouragement from Ramakrishna. He expressed his gratitude for Ramakrishna accepting him and showing him the way. Max struggles with doubt and feelings of inadequacy,

but Ramakrishna gives him hope and encouragement. The quote also shows that everyone has a path to follow and that progress can be made at every stage of life.

"I'm going to go back to Ramakrishna," he said after a minute. "I'll withdraw whatever money I can from the ATM, buy supplies for the village, and walk right back." Shakti tied her bandanna around her hair. "I think that is wise," she said." (Bajaj 2016, p. 210).

Another quote describes the decision made by Max, the protagonist, to return to Ramakrishna's ashram in India. Max has left the ashram to embark on a journey to the remote village of Pavur to help the villagers, but he encounters unexpected difficulties and setbacks along the way. Despite the challenges, Max is decisive in fulfilling his mission and helping the villagers. He withdraws money from an ATM to buy village provisions and then returns to Ramakrishna's ashram. Max's decision to return to the ashram shows his commitment and determination in his spiritual journey and his desire to positively impact the world. It also shows his toughness and determination in the face of adversity.

"Max went back north the same way he had come, resisting the urge to stop in Dehradun and thank Anand, the Slovenian who had guided him to Ramakrishna. It wasn't time. He hadn't yet reached a spiritual whole with consciousness, become the universal. He still identified himself as Max, one who was born, grew, decayed, suffered, and died and couldn't alleviate anyone's suffering because he hadn't conquered his own. Yes, he had seen glimpses of the truth, a shimmering, blinding light dancing in the corners of the growing void within him. In those rare moments, there had been pure silence, just the One and no other. But the individual lump of salt hadn't dissolved completely in the ocean yet. He had to go deeper still." (Bajaj 2016, p. 247).

The above quote describes Max's spiritual journey and his quest for self-realization. Max has just left Pavur village and is heading north to Ramakrishna's ashram. Max reflects on his progress so far and realizes that he has not yet attained spiritual wholeness or become one with consciousness. He still identified himself as an individual with his limitations and struggles and felt that he could not relieve the suffering of others until he had conquered his own.

Nonetheless, Max has glimpses of truth and moments of pure silence where he feels connected to the universe. However, he knew he still had a further spiritual journey. Max constantly tries to transcend his limitations and become one with the universe, but he realizes this is a difficult and ongoing process. The quote also highlights Max's humility, determination, and willingness to continue his spiritual journey despite his challenges.

4.3.3 Happy and Peacefull

Another statement from Max that the researcher finds in his story is that he changes from suffering to happiness. Previously, he became a suffering person in New York before taking a spiritual journey. Max embarks on a spiritual journey in search of inner serenity and contentment. He encountered various external and internal obstacles throughout this journey and ultimately discovered fulfillment and happiness. Max feels grateful after completing his spiritual journey because he has found purpose and meaning in his life. He has conquered his suffering, fears, and limitations and gained a deeper

understanding of himself and his surroundings. Max's spiritual journey has enabled him to connect with his inner self and recognize the interconnectedness of all things, which has brought him serenity and happiness.

"For last six months, I speak so little. I feel happy you came. Do not go away soon."
 Their eyes met.
 "I need to buy some snacks," said Max, looking away.
 "Why?"
 "I'm still adjusting to two meals a day. Sometimes I feel hungry in the night," he said." (Bajaj 2016, p. 168).

The quotation above suggests that the character Max has been isolated and silent for the past six months. When someone arrives to speak with him, he expresses joy and asks them not to leave too soon. No need to be fancy; simple things like that are enough to make Max happy when his eyes meet the other person's. It suggests they share a connection. Max then changes the subject by stating that he needs to purchase some snacks because he is still adjusting to consuming only two meals daily and is occasionally hungry at night.

"Max didn't know if he had experienced any deep awakening. All he knew was that he felt more and more alienated from his life back home. He had left New York in December. It was April now, and nothing was pulling him back." (Bajaj 2016, p. 187).

The quotation above describes that Max is undergoing a process of transformation and self-discovery due to his spiritual journey. He felt increasingly disconnected from his previous life in New York and had no desire to return. Max is unsure whether he has undergone an awakening or an intense transformation. Still, he is aware that his time in India brought about

changes and a sense of happiness that caused him to feel disconnected from his previous existence. It indicates that Max is still in the process of comprehending the implications of his spiritual journey for his future. Max's journey has caused him to question his previous lifestyle and pursue a deeper understanding of himself and the world. The fact that he does not feel pulled back into his previous life indicates that he has undergone significant change and is on a path of personal growth and transformation.

“When he woke up, the cave was black. The scorpion had gone. He was alone, all alone. Just him and the infinite blackness. He should get the herb. He pushed himself up. His open wound stared at him. Deep, red, rich, alive, stunning, Max lay down again. His body burned. He moved from his thin sheet. His naked body touched the cold, rocky floor. It felt so good, so comfortable. Finally, he was at peace.” (Bajaj 2016, p. 281).

The above quote portrays Max's mental and physical state after waking alone in a dark cave. It demonstrates that Max is experiencing intense physical and emotional suffering. The description of Max's open wounds as "deep, red, rich, alive, and stunning" emphasizes the severity of his physical discomfort. Max's decision to bed down once more, despite needing to retrieve the potion, demonstrates that he has given up his struggle for survival and has accepted his fate.

However, the quote also implies that Max has found serenity and comfort in his current state. He had attained a level of attachment and acceptance of her situation, as evidenced by the fact that he found the stone floor pleasant and comfortable. No longer resisting his fate, he accepted it with composure and resignation. In the novel, this quotation represents acceptance and

resignation in the face of suffering. Max has attained a state of inner peace and separation despite his pain and physical isolation, indicating that he has achieved a degree of spiritual enlightenment and accepts his situation.

“Max looked at the plate. Millet and eggplant. He smiled. The same meal he'd eaten every day for three years at the ashram. Such happy, simple times. He went back to sleep without eating. When he awoke, the snowflakes spiraled slowly in the grayness above him, ice crystals shining in them.” (Bajaj 2016, p. 282).

Max experiences a sense of reminiscence and contentment when he recalls his time at the ashram, as evidenced by the quote above. The daily meal of millet and eggplant he had consumed for three years reminded him of the joyful and simple times he had experienced. Max's decision to return to sleep without eating indicates that he is ignoring his physical requirements in favor of his memories and emotions. He is more concerned with the familiarity of food and the memories it evokes than with his current situation or physical requirements. Max finds comfort in recollections of a simpler time despite his present circumstances and experiences simple satisfaction and happiness. He does not share the need to eat, suggesting that he derives sustenance and solace from his memories and emotions rather than from material objects such as food.

“Max walked out of his cave when such meditations ended, tired, dizzy, yet elated. The universe was revealing its most fundamental truths to him. The truth about suffering was clear. The way out of it was even clearer. He was walking on the path of the sages now, feeling lighter, bathed in bliss and certitude. One energy vibrated everywhere within and around him.” (Bajaj 2016, p. 266-267).

Other quotations indicate that Max experienced a profound spiritual awakening in the cave. As if he had deeply understood the universe's

fundamental truths, he felt ebullient, bathed in happiness, and assured. The quotation demonstrates that Max has realized the truth about suffering and how to surmount it. He walked the path of the sage, indicating that he had attained spiritual enlightenment and was on the way to wisdom and perception.

Max has a profound connection to the universe and is in tune with the energies and vibrations of the world around him, as suggested by the description of a singular energy vibrating in and around him. It proves that Max has attained spiritual enlightenment and is experiencing a sense of unity with the universe. In sum, these quotations emphasize spiritual awakening and enlightenment. Due to his profound understanding of the universe, Max is experiencing a deep sense of happiness and certainty.

4.3.4 Well-being

Furthermore, the last personality development of Max that the researcher finds is that he changes from a traumatic to a well-being person. Before Max made a spiritual journey, he was a person who was traumatized by his past. He often dreams about his past incidents. Max felt disconnected and dissatisfied with his existence due to past trauma. He is agitated and seeks meaning and purpose outside of his current situation. Max's path to well-being begins when he leaves his analyst position and travels to India on a spiritual quest. He immersed herself in yoga and meditation to communicate with her inner self and discover a sense of well-being there. Max begins to

cope with his past trauma and feelings of pain and loss due to his experiences. As Max continues his journey, he endures a transformation in his personality, becoming a well-being person. Max can let go of his past trauma and find purpose and meaning in his life due to his experiences.

“They put on their backpacks and lifted the sacks above their heads and walked back to the village. Max was heady and light. The images from his past that had been tormenting him for months had receded. He felt Shakti's touch on his skin, a loose strand of her auburn hair below his eyes, the smell of her sweat. He stole a glance at her determined, sure face. His eyes stung. She was beautiful.” (Bajaj 2016, p. 205).

The above quotation describes when Max and Shakti return to the village after completing a difficult Himalayan trek. Max feels light and exhilarated as if a burden has been lifted from his shoulders. The images of his past that tormented him for months have faded, and he is now focused on the present. Max is keenly aware of Shakti's presence to him. He is mindful of the feel of her skin, the strands of her hair, and the scent of her sweat. This sensory awareness illustrates Max's increasing mindfulness and appreciation for the world around him. The fact that he is captivated by Shakti's attractiveness suggests that he is forming a deeper connection with her.

This quote depicts a transitional moment in Max's journey toward wellness. He has been attempting to overcome his prior traumas and find purpose and meaning in his life. This moment of clarity and connection with Shakti signifies a turning point for Max as he begins to release his past and embrace the possibilities of the present.

“Max got up, straightened his back, and felt the warmth spread out from his spine. He felt one with the great sage in front of him,

the blackness of the night around him, and the moon and stars above him. His body was as light as the air that hugged him. For a moment he thought he was floating. He looked down to check.” (Bajaj 2016, p. 235).

The quote above describes Max practicing yoga under the night sky at the time. He is in intense concentration and connection with his environment, experiencing a sense of oneness with the world. His mental and emotional state are reflected in Max's physical posture. He feels warmth emanating from his spine as he straightens his back, indicating a sense of alignment and energy flow. Max experiences a sense of unity with the great sage before him, most likely a statue or image of a Hindu divinity or guru. He also feels connected to the night's darkness and the moon and stars above him, highlighting his sense of oneness with the universe.

The lightness of Max's body suggests that he is liberated from the burdens of everyday life. Max can transcend his past traumas and experience serenity and attainment in the present through his yoga practice and connection to the natural world. He is experiencing a deeper level of consciousness and contacts with the universe, which could be a turning point on his path to well-being.

“With moist eyes, the baba thanked him when they reached the village. "For many years, I have been afraid to make this walk down," he said. He touched Max's hands. "You have done much good here."

Max's heart leaped and expanded, occupying the space between them. "You are not even from here," said the baba. "What is your name? Where do you come from?"

Max opened his mouth. For a moment he couldn't remember his name. He concentrated. "Max," he said weakly." (Bajaj 2016, p. 311).

The quote above depicts a moment after Max and the baba, a spiritual leader in the village, have completed a challenging walk. The baba expresses gratitude to Max for helping him overcome his fear and become a well-being person capable of completing a challenging walk. The baba tells a sense of connection and appreciation by touching Max's wrists. Max experiences a profound sense of pleasure and kinship in response to the baba's gratitude. His heart "leaps and expands," signifying an emotional state of openness and vulnerability. Max's relationship with his grandmother suggests that he has developed a deeper understanding and appreciation of the importance of community and human connection.

The baba observes that Max is not local and inquires about his identity and origin. Max's rejoinder is significant, as he struggles to recall his name first. It may represent Max's journey toward self-discovery and a deeper understanding of his identity. Max's momentary forgetfulness may indicate that he transcends or detaches from his prior traumas and emotional baggage. Overall, the quote captures a moment of emotional and spiritual connection between Max and the baba and Max's growing sense of self-discovery and emotional openness.

"Millions of thoughts and ideas, a whole universe of voices, came alive within Max. Deep within him, a whisper arose. "I don't teach anything, Mahadeva," said Max. "I just live here. So you alone decide what you want and understand what you get. For me, yoga is both my path and my goal." (Bajaj 2016, p. 317).

The final quotation describes a conversation between Max and Mahadeva, a spiritual teacher. Mahadeva has questioned Max about his knowledge of yoga and how he imparts it to others. Max responds by considering his relationship with yoga and how he regards it as both a means and an end. The quote emphasizes the scope of Max's inner world, where "millions of thoughts and ideas" and "a whole universe of voices" come to life. It indicates that Max has undergone an intense change and is now more in tune with his inner self and its sage advice.

Rather than something that can be taught or imposed upon others, he considers yoga as a personal endeavor. According to Max, each individual must determine what they want from yoga and what they understand from it. Max's assertion that yoga is both his path and his destination suggests that he views yoga as a way of life rather than simply a physical discipline. Yoga transforms him into a well-being and mentally healthy person.

UIN SUNAN AMPEL
S U R A B A Y A

CHAPTER V

CONCLUSION AND SUGGESTION

In this part, after the researcher analyzes the data using the personality development and new criticism theory in the novel *The Yoga of Max's Discontent*, the researcher concludes the data in the previous chapter and suggests providing insight for future research on the subject.

5.1 Conclusion

In this chapter, the researcher will conclude the results from the discussion in the previous chapter about Max's personality development and spiritual journey as the influence on Max's personality development. Max Pzoras, who successfully transformed, became a better person after making a spiritual journey in India. Max went through many processes to finally become a serene and fulfilled person.

The researcher found Max's personality before he made a spiritual journey. He is emotional, indecisive, suffering, and traumatic. The cause why Max had destructive behaviors like that is because he grew up in a demanding environment, namely in the Bronx housing projects in New York. Another cause was the death of his mother and separation from his girlfriend. The problems made him dissatisfied, and he lacked purpose in life. He became emotional, had a big fight with a group of people and gangs from the housing project that disturbed her sister Sophia while passing through the streets, and became a person who could not control her anger. Another of Max's personality is being a suffering person who becomes suffer person who is

always involved in unwanted fights to the point of being black and blue. The incident was not only experienced by Max once but many times. He suddenly thought of his mother, who had lived in this harsh environment for a long time and had to endure her illness until she finally died. Those were the worst moments for Max. He seemed to live in the shadows and had no purpose in life anymore. He is indecisive when a desire comes from within him to go to India on a spiritual journey. Then he asked someone with experience in India who was on a spiritual journey. He still was not sure about leaving, let alone having to leave his job, sister, and place of residence. He started searching again on the internet and found a blog about a Brazilian doctor. From that moment on, his doubts about going to India disappeared. Max's final personality before going on a spiritual journey is traumatic. When he started meditating and doing yoga, he often dreamed about his past moments. Especially the moment that traumatized Max when he lived in New York.

The influence of yoga and meditation on Max's personality development is the strong motivation and path taken by Max so that he can achieve his goals, namely to find purpose and meaning in his life. After Max went on a spiritual journey, he became calm because he often practiced meditation and yoga. Likewise, when making decisions, he can eliminate the doubts that exist in him, and he becomes full of certainty. He becomes happy because he has faced various external and internal obstacles along this journey and finally finds satisfaction and happiness within himself. Max feels grateful after completing his spiritual journey to find purpose and meaning in his life.

Likewise, with the trauma he experienced, he managed to heal it with yoga and meditation. The images of his past that had tormented him for months have faded, and he is now focused on the present.

5.2 Suggestions

This study uses personality development and new criticism theory to research Max Pzoras's Character Development in the novel *The Yoga of Max's Discontent*. The breadth of theory and literary studies can be linked to reviewing this work more variedly, for example, using comparative literature, psychoanalysis, masculinity, and many more. The researcher suggests future research on this novel using the theory of psychoanalysis of the main character because, in this novel, the reader can observe the main character's shaped personality through a psychological aspect.

UIN SUNAN AMPEL
S U R A B A Y A

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