

THE EFFORTS TO SURVIVE IN RACHAEL LIPPINCOTT'S NOVEL *FIVE FEET APART*

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Abstract

This study analyzed the protagonist's survival efforts and their psychological impacts in Rachael Lippincott's *Five Feet Apart*. Using a qualitative descriptive method, the research identified five key forms of survival efforts—therapy, yoga, medication, digital self-expression, and surgery—and their impacts on resilience and recovery. This study adopts qualitative method to acquire and describe the data about the main character's efforts to survive. The discussion is divided into two topics concerned to the aspects of the analysis. The first is focused on efforts to survive of the main character then the second is about the impacts of efforts to survive of the main character. There are five efforts to survive in the novel. They are: doing therapy, doing yoga, taking medicine, creating a YouTube account, and doing surgery; The impact of effort to survive are: to relieve her breathing naturally, to increase endurance and make recovery faster and to have a good life expectancy.

Keywords: *Effort; impact; survive*

1. Introduction

Effort is the use of physical strength or power of mind, it tries hard with mind or body (Hornby:1989). From the above definitions, it can be concluded that an effort is the way to get something that people wants. Without doing the effort, people can get nothing. According to Massin (2017, p.16), effort can be explained as a primitive feelings and action. He also states that effort contains mental episodes which do not indicate anything. Effort may also refer to the category of felling that can be compiled together with pains, tickles, and nausea. On the other hand, this primitive feeling can be viewed as the effort that belongs to the category of actions, not of feelings.

Parsons in Brown and Leigh (1996, p.362) defines effort as a way in which motivation can be manifested into a superior work. This can indirectly be done as a task of mediation between the invisible psychology of motivation and work output. It can be concluded that effort is a number of physical and mental strength mobilized by individuals to achieve goals.

Survive means to maintain life. It is needed in any kind and everywhere, like survive in daily life. Survive in daily life is very important because in living life we should always be grateful to be able to stay alive and maintain our life, be optimized when our desire will be accepted, to control our life and control positive emotions.

The writer focuses on main character's efforts to survive in Rachael Lippincott's novel *Five Feet Apart*. *Five Feet Apart* is a romantic drama talks about two teenagers, Stella Grant and Will Newman, with cystic fibrosis (CF) diseases who fall madly in love. Stella is a cheerful patient and takes pride in following a strict treatment schedule as she waits for a lung transplant. Her regimented routine, however, is thrown into disarray when she meets fellow Will Newman.

They become friends as Stella convinces Will to take his treatment schedule seriously in exchange for allowing him to sketch her, and their friendship soon turns into love. But as with terminal romance stories, there is a catch. Cystic Fibrosis patients can cross infect each other, so Stella and Will cannot be within five feet of one another.

Chronic disease is a type of degenerative disease that develops or persist for a very long period of time, more than six months. People who suffer from chronic diseases tend to have higher levels of anxiety high and tend to develop feelings of hopelessness and helplessness because various kinds of treatment could not help him recover from chronic disease (Sarafino, 2006).

2. Literature Review

Nasution et.al (2023) state that everyone must have the effort to survive. There are many things that humans can do to survive, for example, working, eating, or doing sport. Fakhira & Sahri (2021) state that the effort to survive is an activity or action which is carried out by a person with the aim of overcoming the problems that exist in his life, so that he/she can survive to continue his life.

Massin (2017) classifies efforts into some types. Efforts are primarily not feelings, in the same way that hardness, hotness, or pains are. Then, efforts, therefore, should be differentiated from feelings. Efforts have many given purposes that feelings lack. Efforts are necessarily related to a goal, which its complete point is intended to reach, while feelings do not show such goal-directedness. This can be seen from at least two ways. First, someone may confirm that feelings have adaptive value. Feelings do not definitely wish for something. Second, someone may think that feelings, such as the feeling of pain, call for some reaction for example, pain should be avoided. Efforts do not in any sense call for the pursuit of an end. They are pursuits of ends. Efforts are productive. One can lift weights, convince people or solve equations. One cannot do these things with feelings although feelings certainly do have other sorts of influences on our behavior. Efforts have success conditions. When an effort achieves the goal, it is successful. If it does not achieve the goal, it is a failure. Feelings by contrast have no success conditions. However, feelings have accuracy conditions which efforts lack. Efforts cannot be veridical; feelings cannot be successful. Efforts typically are accompanied by some resistance, which the agent tries to overcome. Things resist our efforts, but they do not resist our feelings.

3. Research Method

Qualitative research method is a method used to describe facts qualitatively. Qualitatively, researchers aim to gather an in-depth understanding of human behavior (Creswell, 2009). This research uses literary study in which the data are taken from books, especially those contribute to the variables discussed in research. The main data in this research are obtained from the novel *Five Feet Apart* by Rachael Lippincott. Some other data are taken from some books, some journal, and internet website. The

writers collect some important data, make notes, search any theories, organize, and analyze the data relating to the title.

4. Discussion

4.1 Effort to Survive

In the novel, Stella Grant as the protagonist of the novel is described as the female who leads and has cystic fibrosis. She lives in hospital as a patient. She almost drowns and luckily, she gets a lung transplant. She is very intelligent and often carries the weight of the world on her shoulders. Then, Stella Grant is very caring and changes many people's lives for the better. She has a friendly, but controlling personality and always does her treatments.

Stella's effort to survive is by doing therapy. Stella is helped by AffloVest, mobile airway clearance therapy. AffloVest itself is shaped like a life jacket in general that we often encounter on the beach, but AffloVest is blue and has components on each side.

"I pull on the blue AffloVest, snapping it into place around my torso with Barb's help. It looks an awful lot like a life vest, except for the remote coming out of it. For the quickest moment I let it be a life vest, and I stare out the window, picturing myself in Cabo on boat with Mya and Camila, the afternoon sun glowing on the horizon (Lippincott, 2019, p.22)."

Stella also finds inner peace through yoga every day, practicing breathing and releasing the negative energies that are within her. In that room Stella looks so peace, her face soft and calm. And enjoyed every moment that she is doing in yoga room.

"Peeking into the yoga room, I see her sitting on a green mat meditating, her legs crossed, her eyes closed. (Lippincott, 2019, p.73)."

Stella is a person who is very responsible for her role as a patient, she still doesn't forget to take her medicine. She is sure that after her fight against this disease she will be able to live 100% of her life like a normal person. She has regularity in carrying out her duty of healing that she has suffered for years. Stella shows and takes the time to give her attention to everyone, even though she is also carrying out her routine as a patient. Stella's life went on as usual, going to school, hanging out with her friends and working on the application.

"...that means taking my medications on time, and I hold up the bottle a whole lot of this liquid nutrition through my G-tube every night. (Lippincott, 2019, p.7)"

Stella doesn't not only take care of herself by taking her medicines, but she also drinks milk shakes which is her weight gain drink. She also does it with a very happy heart because she is in an environment where the people around her have a good heart.

"I get my treatments. I take my medicine, I drink my body weight in milk shakes, I got to see Barb and Julie, I leave until my next flare up. (Lippincott, 2019, p.5)."

Realizing her illness, Stella has changed his lifestyle. Because she has to undergo treatment for her illness, she, who previously likes travelling, now has to go to the hospital often. She has got rid of her boredom by creating a YouTube account and sharing information about the disease she is suffering. She also gives tips and tricks for staying healthy even having Cystic Fibrosis.

“My heart warms, and I give a final big smile for the camera, for that person fighting the same fight that I am. This time it's genuine. “All right, guys, thanks for watching! Gotta double checks my afternoon and evening meds now. You know how anal I am. Hope everyone has a great week. Bye! (Lippincott, 2019, p.8).”

After all the treatments that Stella did, Stella finally got her biggest hope, which was to get a lung transplant. She hopes after doing surgery, she could live well with her new lungs.

“New lungs can come in at any moment, so I've got to be ready! I say the words like I believe them wholeheartedly. Though after all these years I've learned to not get my hopes up too much. (Lippincott, 2019, p.8).”

4.2 The Impact of Effort to Survive

Using AffloVest itself is to relieve her breathing. AffloVest itself is a vest that is worn on our bodies which is shaped like a life jacket. Afflovest therapy helps loosen thick secretions so that they are expelled from the lungs through coughing. Clearing the airways can help prevent lung infections, reduce the use of antibiotics and hospitalizations. This vest therapy was created for people who have chronic lung disease that has obstructed the way of breathing.

“The vest kept vibrating. Silence enveloped us both. Except, of course, when it churned our lungs and gave it a breath-taking effect (Lippincott, 2019, p.115).”

The impact from doing the gym is the freedom of her lungs to breathe. It is a lung therapy that also functions to pump the lungs so that the mucus in Stella's lungs melts. It means it really helps Stella in surviving the crises that can come to her any time. And the exercise also really helped Stella's other treatments. Accompanied by Will, Stella is getting more and more excited in carrying out her sport in the hospital. They do sports together in the gym and take care of each other so that the positive energy that they both produce has a good impact on Stella's activities.

“I head straight to the gym with Will; I start pedaling on a stationary bike. It can make my lungs being strengthen. (Lippincott, 2019, p.63).”

By injecting antibiotics into Stella's body, it will have a good impact on Stella's throat, fever and lungs, whose condition is no longer normal and cannot be relieved naturally. Even though it was only temporary, Stella still did it when her throat and fever could no longer be controlled. Because for Stella, her struggle is very important for her life and the lives of her parents.

“I put some Fucidin on the sore skin around my G-tube in an attempt to make it less fire-engine red and more of a summer-sunset pink. (Lippincott, 2018, p.11).”

Interacting with many people on social media such as YouTube, has also a good impact. This can increase endurance and make recovery faster. Stella feels satisfied and happy because even though she is sick, she can still share information her followers many things especially about recognizing the rare disease she is suffering from. Stella also gets motivation to continue educating the public in fighting and preventing rare diseases.

“I’ve been making YouTube videos for about five years to increase people’s understanding of cystic fibrosis. Over the year, more people I can imagine have started following my surgery journey, and the rest of my medication regimen. I feel happy and proud because I have educated many people about my rare disease, and not only that, I feel happy that I can my complaint with my followers. (Lippincott, 2019, p.20).”

Stella is always optimistic because of her good understanding of her illness. It has had a good impact to his efforts to survive. The values of optimism are an attitude that can encourage her to always have good hopes in living life. Stella is optimistic about her condition. Moreover, Stella is very happy because every treatment she undergoes is accompanied by people who love her. and this was very helpful and had a positive effect on her mental state so that she remained motivated in undergoing the various treatments she had to undergo. Finally, she got a chance for a new lung transplant.

5. Conclusion

Some effort to survive in the novel *Five Feet Apart* are: doing therapy, mobile airway clearance therapy; doing yoga by practicing breathing and releasing the negative energies; taking medicine regularly and drinking milk shakes, weight gain drink; creating a YouTube account in sharing information about the disease and encourage her followers to live healthily; and doing surgery, a lung transplant. The impacts of effort to survive are: to relieve her breathing naturally, to increase endurance and make recovery faster and to have a good life expectancy.

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