

Conference Paper

Self Determination in Nicola Yoon'S Novel *Everything, Everything*

Sri Wulan, Asnani, Safitri Hariani, Devi Pratiwy, and Pardi

Universitas Islam Sumatera Utara (UISU), Medan, Indonesia

Abstract

This paper focuses on the analysis of self-determination. The main theory of self-determination applied is that developed by Ryan and Deci and the supporting theory is adopted from Wehmayer. In the data analysis, this study uses descriptive qualitative method. By using this SDT (Self Determination Theory), two points are discussed. First, it is self-determined motivation found in the novel. Further, there are two types of the protagonist's determined motivation which are found in the novel. *Autonomous (Intrinsic) motivation* comes from the person's own mind. The protagonist has her own thought to determine her life and her choice. Meanwhile, *controlled (extrinsic) motivation* is caused by the presence of external influences from the results of interacting with other characters in the novel. Both types of motivation encourage the protagonist to believe what she will do and choose for her life. The second point in discussion is the protagonist's life choices. Even though she is assumed to suffer from SCID (Severe Combined Immunodeficiency Disease), and she is considered to have a disability, she dares to make decisions that could endanger herself. However, she finally proves that the self-determination done by the protagonist in Yoon's novel *Everything, Everything* is in accordance with what she wants. At last, she feels alive.

Corresponding Author:

Sri Wulan

sriwulan@sastra.uisu.ac.id

Received: 1 July 2019

Accepted: 18 July 2019

Published: 31 July 2019

Publishing services provided by
Knowledge E**Keywords:** Self determination, motivation, intrinsic motivation, autonomous motivation

© Sri Wulan et al. This article is distributed under the terms of the [Creative Commons Attribution License](#), which permits unrestricted use and redistribution provided that the original author and source are credited.

Selection and Peer-review under the responsibility of the AICLL 2019 Conference Committee.

1. Introduction

For humans who have limitations, the belief in the future is sometimes very weak. They consider their future to be bleak. This results in loss of life expectancy and life motivation. This happens to the protagonist in Yoon's Novel *Everything, Everything*. She is considered to suffer from a form of Severe Combined Immunodeficiency Disease (SCID). She has not left her house in seventeen years because she is allergic to almost everything. This happens until she meets her basic needs which motivate her to be alive. Her basic needs as a human being involve desire to have social interaction and relationship. The existence of the basic needs leads the protagonist, Madeline, to the self determination. Therefore, humans, especially with physical limitations or disabilities, must have motivation which can be obtained from within themselves or from outside

OPEN ACCESS

themselves. This motivation brings us to build self-determination in our lives. And, such motivations are called extrinsic and intrinsic motivation. (Ryan and Deci in Ackerman, 2019).

However, SDT (Self Determination Theory) differentiates between autonomous motivation and controlled motivation. Autonomous motivation includes internal drives that motivate us to behave in certain ways, including our core values, our interests, and our personal sense of morality. Controlled motivation is external sources and results in external rewards (1985). Such sources include grading systems, employee evaluations, awards and accolades, and the respect and admiration of others.(Deci and Ryan, 2008)

Issues of self-determination are as important at the end of one's life as they are at the beginning. People experience age-related changes differently, with some subgroups of adults with developmental disabilities experiencing earlier aging (e.g., Down syndrome). The Supports Outcomes Model of Aging Well (Heller, 2008), a conceptual model developed to explain aging in individuals with developmental disabilities, emphasizes the primacy of the environment and individualized supports in influencing outcomes for individuals across the lifespan. Outcomes of aging well are 1) maintaining health and function (physical and mental health and independence); and 2) active engagement with life (friendships, contributions to society, and community participation). Inherent in this model is the assumption that aging is a life-long process and that how well one ages in later life is dependent on events occurring at younger ages. This model emphasizes that aging successfully evolves from exercising self-determination to create a successful and productive life. It is a dynamic process involving individuals in their environment including the historical and cultural context. This is reflected in the Yoon's Novel *Everything, Everything*.

The protagonist's life story represents her taking choices beside her severe disease. She is brave enough to take any risk even though she knows her disability. Even, she and Olly, her beloved, continue to communicate through their bedroom windows. She becomes increasingly dissatisfied with her isolated existence. Finally, She makes a decision that sets in motion a chain of events that change her life forever.

Then, the purpose of the gateway to Self-Determination Project is to *scale-up* efforts to promote the self-determination of people with disabilities. This study is developed to help communicate, through the story of the protagonist with disability, what is meant by self-determination and why it is important that people with disabilities receive the supports they need to live self determined lives. Quite simply, being self-determined means making things happen in a person's own life, instead of having others do things to, or for them. People who are self-determined know what they want and how to get

it. They choose and set goals, then work to reach them. They advocate on their own behalf, and are involved in solving problems and making decisions about their lives. They do not have to do everything for themselves, but instead, they make or cause things to happen in their lives that improve the quality of their lives. And, such things happens to the protagonist in Yoon's novel *Everything, Everything*. Therefore, it is hope that this study can give motivation and inspiration to those with disabilities but they want to do more than they think they cannot.

2. Literature Review

It is true that traditionally, self-determination has been more frequently used in a diplomatic and political context to describe the process a country undergoes to assert its independence. However, self-determination also has a much more personal and psychology-relevant meaning today: the ability or process of making one's own choices and controlling one's own life.

Self-determination is a vital piece of psychological well-being; as you may expect, people generally like to feel in control of their own lives. According to Deci and Ryan quoted by Pintrich and Schunk (2002), self-determination is the process of utilizing one's will. Self-determination requires that people accept their strengths and limitations, be cognizant of forces acting on them, make choices, and determine ways to satisfy needs. Will and self-determination are linked: To be self-determining, people have to decide how to act on their environment.

Another definition of self determination given by Little, et al in Wehmeyer and Abery (2013) is that Self-determination is a general psychological construct within the organizing structure of theories of human agentic behavior. An agentic person is the "origin of his or her actions, has high aspirations, perseveres in the face of obstacles, sees more and varied options for action, learns from failures, and overall, [and] has a greater sense of well being".

Then, Wehmeyer et.al (2003) defines self determination is a complex process the ultimate goal of which is to achieve the level of personal control over life that an individual desires within those areas the individual perceives as important. It is nearly the same as Ackerman's description (2019). He determines the best description of a self determined individual is someone who:

1. Believes she is in control of her own life.

2. Takes responsibility for her own behavior (taking credit and blame when either is warranted)
3. Is self-motivated instead of driven by others' standards or external sources.
4. Determines her actions based on her own internal values and goals.

Nearly the same as Ackerman's description, Martin and Marshal (1995) summarized the evolving definition of self determination in the special education literature as describing individuals who:

Know how to choose –they know what they want and how to get it. From an awareness of personal needs, self determined individuals choose goals, then doggedly pursue them. This involves asserting an individual's presence, making his or her needs known, evaluating progress toward meeting goals, adjusting performance and creating unique approaches to solve problem.(Pg.147)

Then, in addition to this idea of controlling one's own destiny, there is a lot more to learn about self-determination from the field of psychology, and you can discover it through Self-Determination Theory (SDT).

Self-Determination Theory (SDT) is a theory that links personality, human motivation, and optimal functioning. It posits that there are two main types of motivation—intrinsic and extrinsic—and that both are powerful forces in shaping who we are and how we behave (Ryan and Deci, 2017). It is a theory that grew out of researchers Edward L. Deci and Richard M. Ryan's work on motivation in the 1970s and 1980s. Although it has grown and expanded since then, the basic tenets of the theory come from Deci and Ryan's seminal 1985 book on the topic.

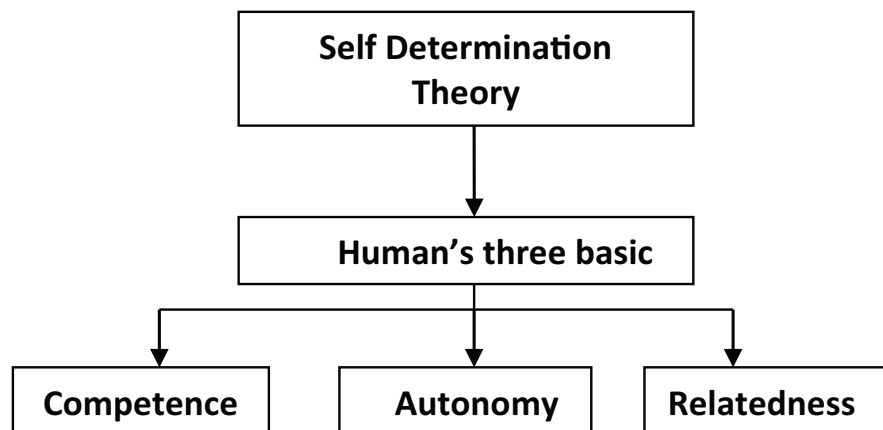
The theory examines how biological, social, and cultural conditions either enhance or undermine the inherent human capacities for psychological growth, engagement, and wellness, both in general and in specific domains and endeavors. SDT research thus critically inquires into factors, both intrinsic to individual development and within social contexts, that facilitate vitality, motivation, social integration and well-being, and, alternatively, those that contribute to depletion, fragmentation, antisocial behaviors, and unhappiness.(Ryan and Deci, 2017)

SDT (Self Determination Theory) differentiates between autonomous motivation and controlled motivation. Autonomous motivation includes motivation that comes from internal sources, but it also includes motivation from extrinsic sources if the individual has identified with an activity's value and feels it aligns with their sense of self. Controlled motivation is comprised of external regulation—a type of motivation in which the

individual's behavior is directed by external rewards and punishment—and introjected regulation, or motivation that comes from only partially internalized activities and values and motives such as avoiding shame, seeking approval, and protecting the ego. When an individual is driven by autonomous motivation, he or she feels self-directed and autonomous; when the individual is driven by controlled motivation, he or she feels pressure to behave in a certain way and experience little to no autonomy. (Ryan and Deci, 2017).

Sebire et al. (2016) describes the more self-determined types of motivation (i.e., intrinsic motivation, integrated & identified behavioural regulation) are broadly grouped as *autonomous*. Intrinsic motivation is based on the inherent satisfaction or enjoyment that accompanies a given behavior. The other forms of autonomous motivation are extrinsic in nature and involve undertaking a behavior for a reason other than its inherent satisfaction. Integrated regulation is where a person aligns their engagement in a behavior with their broader self (e.g., seeing being active as part of one's identity) and identified regulation represents motivation which is driven by a valued outcome such as health benefits or making new friends. The less self-determined types of motivation (i.e., introjected & external regulation) are broadly grouped as *controlled motivations*. Introjected regulation refers to motivation based on internalized pressures such as avoiding feelings of guilt, whereas external regulation is characterized by prods and pushes which are external to the person such as complying with demands or avoiding punishments. Previous research suggests that more autonomous physical activity motivation is positively associated with child and adolescent physical activity (Owen, Smith, Lubans, Ng, & Lonsdale, 2014; Sebire, Jago, Fox, Edwards, & Thompson, 2013) and positive psychological outcomes such as quality of life and physical self-concept (Standage, Gillison, Ntoumanis, & Treasure, 2012). correlate negatively with health-related quality of life and functioning within physical, social, school and emotional domains (Standage et al., 2012).

Related to kinds of motivation, Ryan and Deci (2017) further explain both intrinsic motivation and extrinsic motivation are highly influential determinants of our behavior, and both drive us to meet the three basic needs identified by the SDT model:



1. Competence: another need concerns our achievements, knowledge, and skills; people have a need to build their competence and develop mastery over tasks that are important to them.
2. Autonomy: people have a need to feel that they are the masters of their own destiny and that they have at least some control over their lives; most importantly, people have a need to feel that they are in control of their own behavior.
3. Relatedness (also called Connection): people need to have a sense of belonging and connectedness with others; each of us needs other people to some degree.

Rogers in Brophy (1998) views the self as the central ingredient in human personality and personal adjustment. He maintained that there is a basic human need for positive regard both from others and from oneself. Motivation action may be either self-determined or controlled. To the extent that it is self-determined, it is experienced as freely chosen and emanating from one's self, not done under pressure from some internal or external force.

Another area of potential focus early in life is the development of self-regulation skills. Self-regulation refers to the ability to examine one's environment and coping responses, to make decisions on how to act, to take action, to determine the outcomes of the action, and to revise plans, if necessary. The skills associated with self-regulation include goal-setting, self-monitoring, and self-reinforcement (Wehmeyer, Abery, Mithaug, & Stancliffe, 2003). Each of these domains has a developmental course. Self-regulated problem solving refers to the idea that self-determined people persistently regulate their problem solving to meet their own goals in life (Wehmeyer et al., 2003).

From the above described theory, Self Determination Theory (SDT) developed by Deci and Ryan is used to analyze the protagonist's self determination in Yoon's novel *Everything, Everything*. The concept of motivation and life goals or choice becomes the concern of this analysis.

3. Research Method

This study applies qualitative descriptive method through which the data is analyzed in description. By using such qualitative method, a program, an event, an activity, a process, or one or more individuals is explored in depth” (Creswell, 2003:15). Then, Herbert as quoted by Wulan and Pratiwy (2018) explains the data in this study are analyzed with qualitative descriptive approach in which non–numerical description or verbal response is used to give the generalization of the data. This means that the data are in the form of description (Herbert, 1990: 70). Thus, the exploration of self determination process is analyzed in this paper. Self determined motivation and determined life choices are the sub topics of the analysis.

4. Result and Discussion

Based on the area of SDT, two main points are discussed in this study. First, the discussion leads to the protagonist’s life motivation. Second, as the motivation drives to meet the human basic needs, the protagonist’s basic needs are also discussed.

4.1. Self determined motivation

4.1.1. Autonomous motivation

It has been described previously that SDT distinguishes two kinds of motivation. They are autonomous motivation and controlled motivation. Autonomous motivation comes from the internal source, and controlled from external regulation. The protagonist shows being motivated. The motivation comes from her own mind and from being associated with environment.

The protagonist, Madeline, is in cage for seventeen years without ever going out her house. She never meets other people beside her mother, a caregiver, and the caregiver’s sister. She wastes her time by reading books. But, when she becomes eighteen years old, some motivation to enjoy her life as a teenager appears from her own thought. The following quotation shows the beginning of her autonomous motivation.

Maybe it’s because I’m eighteen now. Technically, I’m an adult. I should be leaving home, going off to college. (Yoon, 2015:10)

Madeline realizes that she has to decide a life choice because she has already eighteen years old, which means she has already been adult. Further, she tells her mom her wish in her eighteenth birthday.

“What did you wish for?” she asks as soon as I open my eyes. Really there’s only one thing to wish for—a magical cure that will allow me to run free outside like a wild animal, but I never make that wish because it’s impossible.”
(Yoon, 2015:11)

That is seen that Madeline has a wish to be like a normal girl although she thinks it is impossible to happen. However, then she motivates herself to be optimistic for her own life by saying this:

“World Peace,’ I say”. (Yoon, 2015;11)

The following also shows Madeline hopes a change of her life, and the hope can motivate her to be more optimistic.

“Maybe I’m holding out hope that one day, someday, things will change.”
(Yoon, 2015:14)

Besides, Madeline’s view of outside world makes herself not to realize her real life. The quotation below proves that Madeline believes that life outside is really beautiful and it is not as hard as hers. Of course, this really motivates her to know more about outside life and she wants to leave her cage.

“But trying to get back to my normal routine is hard when I can hear all the sounds of the outside world. I notice things that I paid very little attention to before. I hear the wind disturbing the trees. I hear birds gossiping in the mornings. I see the rectangles of sunlight that slip through my blinds and work their way across the room throughout the day. You can mark time by them. As much as I’m trying to keep the world out, it seems determined to come in.” (Yoon, 2015:32)

The above quotations show how motivation exists from the protagonist’s own mind. Later on, there is also motivation which comes from outside factors, and it is called controlled motivation. Those factors are because of the protagonist’s relatedness.

4.1.2. Controlled motivation

The controlled motivation comes from falling love. It is Olly, the one with whom Madeline falls in love for the first sight. That is Olly who always supports her to be alive. Olly, the

caring boy whom Madeline falls for, is a believable character with real life problems who unwittingly motivates Madeline to risk all in order to live more fully. He shows some attention to Madeline and succeeds to make her more cheerful to live her life even with severe disease.

"Ever since Olly came into my life there've been two Maddys: the one who lives through books and doesn't want to die, and the one who lives and suspects that death will be a small price to pay for it... The second Maddy knows that this pale half life is not really living." (Yoon, 2015:167)

The above quotation proves how valuable the coming of Olly is to her life. The coming changes Madeline view her own life. Madeline realizes her being alive and her existence. This is also supported with the following quotation.

"I was happy before I met him. But I'm alive now, and those are not the same thing." (Yoon, 2015: 181)

Madeline distinguishes two different conditions in her life: being happy and being alive. From the above quotation, It is seen that she prefers being alive, and she can feel such stage after meeting Olly.

Then, Madeline reveals the different feeling between love for her mom and for Olly. She expresses that she has ever love somebody, but now she feels like special love. She thinks that such love for Olly is better than her first love for her mom. The following quotation shows it.

"In my head I know I've been in love before, but it doesn't feel like it. Being in love with you is better than the first time. It feels like the first time and the last time and the only time all at once." (Yoon, 2015: 221)

Olly plays a role in changing Madeline's life view. He draws a beautiful imagery which controls her motivation to be alive and to enjoy her life. Even, What Olly does impress Madeline and it can drive her to feel what she never has before. It is like being described below.

"Olly's rejection has made me feel like a little girl again. It reminded me why I stopped paying attention to the world before." (Yoon, 2015: 32)

The quotation below also describes how much Madeline trusts Olly who can make her aware with her own existence. Moreover, Madeline believes that Olly will not hurt her.

"I know she's just trying to protect me, just as I was trying to protect myself a few short weeks ago, but her words make me aware that the heart in my chest is a muscle like any other. It can hurt." (Yoon, 2015:113)

No less interesting for Madeline, it is how Olly cares about her. Olly's attention is really touching for Madeline. This makes Madeline feel sparkling.

"I squat, shift, and push up. I'm unstable almost immediately and begin to fall backward. Olly's suddenly right next to me, his hands on the bare skin of my ankles, holding me steady. Every nerve in my body migrates to where he touches. The skin under his hand sparks to life, every cell alight with feeling. I feel as if I've never been touched before." (Yoon, 2015:119-120)

The all above quotations reveal that Olly contributes to control Madeline's self determined motivation. It cannot be denied that from Olly, Madeline feels what she never has. Besides, Olly drives Madeline to desire to get her human need, that is being alive.

Beside Olly, there is another person who plays a role in driving Madeline's being loved and alive. It is Clara, Madeline's caregiver. The following is the dialogue between Clara and Madeline. It seems that Clara wants to ensure Madeline about her feeling to Olly. Even, Clara advises Madeline not to deny her feeling.

"What would be the point?" I say, throwing my hands up. "Me in love would be like being a food critic with no taste buds. It would be like being a color-blind painter. It would be like—" "Like skinny-dipping by yourself." I have to laugh at that one. "Exactly," I say. "Pointless." "Not pointless," she says, and looks at me seriously. "Just because you can't experience everything doesn't mean you shouldn't experience anything. Besides, doomed love is a part of life." "I'm not in love," I say again. (Yoon, 2015: 79)

Further, Carla also tries to convince Madeline about her love. Carla asks Madeline why Madeline does not text Olly. Then, Carla wants to confirm Madeline by asking her whether she has ready lost her love.

"Why didn't you write to him?" "Because of what we talked about. I like him, Carla. A lot. Too much." The look on her face says is that all? "Do you really want to lose the only friend you've ever had over a little bit of heartache?"(Yoon, 2015:86)

Carla also bridges to bring Madeline and Olly together. However, Carla feels really sorry since Madeline's mother knows that Carla has brokered a meeting between

Madeline and Olly. Carla says that she has not to do such thing. But, as a result, Carla has driven Madeline's feeling. It means Carla has contributed to determine Madeline's life choice.

"OK, fine. You can still see him, but you have to get some sense into you. You understand?" (Yoon, 2015: 114)

The above quotation shows Carla responses Madeline when they are talking about what Madeline should do to avoid her mother's hurt. It is seen that Carla still permits Madeline to meet Olly with some requisites. But, the following shows Carla feels really sorry for letting Madeline meet Olly because Carla knows very well the consequence of what she has done to Madeline.

"Carla grabs the remote from my hand and hits pause. She tosses the remote into the corner of the couch. "What's wrong?" I ask, feeling guilty for ignoring her. "It's you. And that boy." "What do you mean?" She sighs and sits. "I knew it was a mistake letting you two see each other."(Yoon, 2015:119-120)

In all, both Olly and Carla play a role in controlling Madeline's motivation which leads to self determination. This is like what is described in SDT that controlled motivation appears from external regulation. Such external regulations are given by Olly and Carla to Madeline.

4.2. Determined life choice

Everything, Everything is part sick lit and part romance. Readers will probably quickly figure out the twist in the story early on partly because unlike the real *bubble baby*, Madeline is not in total isolation. SCID is now curable if caught immediately after birth and many jurisdictions test newborns for this serious condition.

Madeline's entire existence is defined by her illness. Her life is a series of missed events driven home to her even more when she has her eighteenth birthday. In this birthday, she initiates to change her life and determine her life choice. It can be seen from the quotation below.

"Another whole year of being sick, no hope for a cure on the horizon. Another year of missing all the normal teenagery things – learner's permit, first kiss, prom, first heartbreak, first fender bender...This year is a little harder than the previous. Maybe it's because I'm eighteen now...I should be leaving home, going off to college. My mom should be dreading empty-nest syndrome." (Yoon, 2015: 10)

Meeting Olly for the first time results in Madeline thinking about her place in the universe, outside the confines of her home, and to acknowledge what she really wants. This is something she has not really allowed herself to do until this point.

"And it's not just Olly that I see. I keep picturing myself floating high about the earth. From the edge of space I can see the whole world all at once. My eyes don't have to stop at a wall or at a door. I can see the beginning and the end of time. I can see infinity from there. For the first time in a long time, I want more than I have."(Yoon, 2015:)

The two quotations above reveal how initially brighter life she wants to reach. However, the loss of Olly after their relationship is discovered by her mother results in Madeline's perspective on her life gradually changing. Although she describes herself as *two Maddys*, in reality Madeline is growing up and beginning to make her own decisions about the risks she will take and how she wants to live her life.

"Ever since Olly came into my life there've been two Maddys: the one who lives through books and doesn't want to die, and the one who lives and suspects that death will be a small price to pay for it... The second Maddy knows that this pale half life is not really living." (Yoon, 2015:167)

Madeline's first determined life choice is to love Olly. Through Madeline's letter to her mom, it is shown that Madeline tells her mom about her choice.

I'm not doing this just because of Olly. Or maybe I am. I don't know. I don't know how to explain it. It's Olly and it's not-Olly at the same time. It's like I can't look at the world in the old way anymore. I found this new part of myself when I met him and the new part doesn't know how to stay quiet and still and just observe.I don't know, Mom. I don't know what I'm doing only that I have to. Sometimes I wish I could go back to the way I was before, before I knew anything. But I can't.(Yoon, 2015:168)

Before the coming of Olly in her life, Madeline never speaks to other people beside her mother, Carla and her sister. Even, Madeline never has a close friend. The only one she loves is her mom. Even though Madeline's mother forbids her to have relationship with Olly, Madeline keeps her choice to be closer to Olly. Moreover, though Madeline realizes that Olly will leave her for school and even he will have a girlfriend, Madeline still believes that it will not truly hurt her heart because Olly can make her awake and alive.

“No, you don’t know. He’s not yours. Maybe he has time for you right now, but he’s going to go back to school soon. He’s going to meet some girl, and he’s going to be her Olly. You understand me?”

I know she’s just trying to protect me, just as I was trying to protect myself a few short weeks ago, but her words make me aware that the heart in my chest is a muscle like any other. It can hurt.”(Yoon, 2015:113)

The above quotations describe what choice Madeline wants to take dealing with her love. Even, she can keep such secret from her mother. For the first time, Madeline wants to lie her mother. The quotation below shows Carla gets disappointed with Madeline’s decision to lie her mother.

“I rush right through this opening. “He’d get decontaminated and sit across the room, far, far away from me and only for fifteen minutes. Thirty minutes at the most.”

She shakes her head, but it’s not a firm shake. “It’s too risky. And your mother would never allow it.”

“We won’t tell her,” I say instantly.

She gives me a sharp, disappointed look. “Do you girls really find it so easy to lie to your mamas?”(Yoon, 2015:66)

To support the above, in other part it is described that she knows that everything she takes will result in any risk, but still she does not want to tell her mother.

“It feels strange not to talk to my mom about something, someone, who’s becoming so important to me. My mom and I are drifting apart, but not because we’re spending less time together. And not because Olly’s replacing her. We’re drifting apart because for the first time in my life, I have a secret to keep.” (Yoon, 2015:101)

Madeline seems really sure about what she will do, and Carla also ensures Madeline that everything has its own consequence. Carla notes Madeline to be ready for the consequence.

“I don’t turn around, talking instead to the Carla in the mirror. “Are you sure about this? You don’t think it’s too risky anymore?.....

He’s the biggest risk I’ve ever taken.” “You trying to talk me out of it?” She comes over and puts a hand on my shoulder. “Everything’s a risk. Not doing anything is a risk. It’s up to you.”(Yoon, 2015:68-69)

Those quotations reveal that Madeline realizes that there is any risk for what she will take, but she seems ready to take it. This choice is taken by Madeline though she knows her limitation. Madeline has determined her life choice and its consequence.

Next, her decision to travel to Hawaii with Olly leaves Madeline conflicted but not enough to cause her not to follow through on her plan. The trip opens her to new experiences: travelling in a car and a plane, wearing a swimsuit for the first time and going to the beach, snorkeling.

“Please help me, Olly. Please.” I point to the orrery. “I need to escape, too, just for a little while.”

He nods. “Where do you want to go?”(Yoon, 2015:176)

“Mads, be serious. We can’t go to Hawaii.”

“Why not? I got us plane tickets. I booked us a hotel.”

We’re sitting in Olly’s car in the driveway. He puts the key in the ignition, but doesn’t turn it.

“Are you kidding?” he asks, scrutinizing my face for evidence that I’m kidding. He doesn’t find any and begins shaking his head slowly. “Hawaii is three thousand miles away. Hence the airplane.”(Yoon, 2015:178)

The following quotation shows when Madeline is trying something she never does before.

“I surprise Olly by getting into the water right away.....

We’re at Black Rock, so named because of the rocky cliff formed by the lava rocks that run right up to the beach and jut high into the sky.....

“Together?” he asks, looking down at the sparkling water.

...jumping off this cliff doesn’t

seem so scary at all.” (Yoon,2015:208-210)

Finally, Madeline decides to invite Olly to go to Hawaii. Even, she has bought them tickets and booked a room in a hotel. This really surprises Olly. This shows that Madeline is really serious to take her choice to know the world and then to enjoy it. Further, Madeline enjoys the beach and jumping into the sea and snorkeling with Olly. This is really amazing for Madeline and she does not feel scared and worried about what they have done. It can be seen that Madeline has determined her own choice to go with Olly; even, it can cause any risk to her life. But, Madeline still keeps his choice not to permit her mother’s visit. It can be seen the quotation below.

"Please don't worry, Mom. And please don't come here. I'm really OK and it's my life too. I love you. I'll see you soon.

.....

I decide not to tell him about my mom's impending visit. We'll just make the most of the time we have.

"I've never felt better in my life," I say. I'm grateful at least that I don't have to lie about this." (Yoon, 2015:217-2018)

Unfortunately, in Hawaii Madeline gets illness. She feels sick after some activities she has done together with Olly. She feels worse.

I try again to sit up, but pain buries itself deep in my bones.

The vise around my brain tightens and now there's an ice pick stabbing indiscriminately at the soft flesh.

I try to cry out but my throat is raw, as if I'd been screaming for days and days.

I'm sick.

I'm more than sick. I'm dying.

Oh, God. Olly. (Yoon, 2015:234)

After recovering from her illness on Hawaii, Madeline comes to discover the truth about her situation. The novel does not become bogged down in details but shows Madeline taking the initiative to discover the truth about her health, confronting her mother and beginning to set boundaries while still living at home. Although Madeline will never know "the moment that set my life on this path", she learns to forgive her mother, understanding that what she did was out of love. Unlike her mother who tries to protect her from the dangers of life, Madeline accepts that life and living have its risks.

"But anything can happen at any time. Safety is not everything. There's more to life than being alive."(Yoon, 2015:300)

All in all, Madeline finally comes back to her mother after recovery. She realizes that she is the only love her mother has.

"I am the love of her life."(Yoon, 2015:301)

All events that happen to Madeline's life represent her determined choices. And over Madeline's serious illness is a sweet coming of age story that involves two lonely teens struggling to deal with serious issues. What Madeline has chosen is her personal determination. In conclusion, Madeline expresses self determination in the novel.

5. Conclusion

Based on SDT (Self Determination Theory), there are two kinds of motivation: autonomous and controlled. Such motivation is also expressed through the protagonist in this novel. The protagonist in this novel has the two kinds of motivation. The first comes from the internal part of her own thought. It is originally her idea. Next, the motivation comes from the external factors. The influencing external regulations are got from the other characters. This is the result of the protagonist's social interaction.

The motivation leads the protagonist to take a personal determined life choice. Her choices are determined with any risk. Loving Olly, Going together with Olly, lying and leaving her mother, and finally coming back to her mother are what she has determine and even these make her realize that she is alive now. To conclude, self determination is undergone by the protagonist in Yoon's novel *Everything, Everything*.

References

- [1] Ackerman, Courtney. (April 12, 2019). What is the self determination theory of Motivation. Retrieved from <https://positivepsychologyprogram.com/self-determination-theory/#what-selfdetermination>.
- [2] Brophy, J. (1998). *Motivating students to learn*. Boston: McGraw Hill.
- [3] Creswell, J. (2003). *Research design: Qualitative, quantitative and mixed methods approaches* (2nd ed.). Thousand Oaks, CA: SAGE Publications.
- [4] Deci, E. L. & Ryan, R. M., & (2008). Self-Determination Theory: A Macrotheory of Human Motivation, Development, and Health. *Canadian Psychology*, 49(3), 182–185.
- [5] Heller, Tamar., at al. (2008). Self-determination across the life span: issues and gaps. Retrived from https://www.researchgate.net/profile/Michael_Wehmeyer/publication/254304083_Self-Determination_Across_the_Life_Span_Issues_and_Gaps/links/54e144260cf24d184b1095ff.pdf
- [6] Martin, J.E., and Marshall,L.H. (1995). Choice Maker: a comprehensive self determination transition program. *Intervention in School and Clinic*,30, 147-156.
- [7] Pintrich, Paul R. & Schunk, Dale H. (2002). *Motivation in education theory, research, and applications* 2nd edition. New Jersey: Pearson Education - Merril Prentice Hall.
- [8] Ryan, R. M., & Deci, E. L. (2007). Active human nature: self-determination theory and the promotion and maintenance of sport, exercise and health. In M. S. Hagger, & N.

- L. D. Chatzisarantis (Eds.), *Intrinsic motivation and self determination in exercise and sport* (pp. 1e19). Champaign, IL: Human Kinetics
- [9] Ryan, Richard M., and Deci, Edward L. (2017). *Self-Determination Theory*. New York: The Guilford Press.
- [10] Sabire, Simon J., et al. (2016). Using self-determination theory to promote adolescent girls' physical activity: Exploring the theoretical fidelity of the Bristol Girls Dance Project. *Psychology of Sport and Exercise*, 24, 100-110.
- [11] Wehmeyer, M.L., Abery, B., Mithaug, D.E., and Stancliffe, R.J. (2003). *Theory in Self-Determination: Foundations for Educational Practice*. Springfield, IL: Charles C Thomas Publisher, LTD.
- [12] Wehmeyer, M.L., & Abery, B. (2013). Self-determination and choice. *Intellectual and Developmental Disabilities*, 51(5), 399-411
- [13] Wulan, Sri. And Pratiwy, Devi. (2018). The spiritual states (*ahwal*) in *the rubaiyat of omar khayyam*. *Proceedings of Annual International Conference on Language and Literature* (pp.864-877). Retrived from <https://www.knepublishing.com/index.php/Kne-Social/article/view/1993/4442>. doi: 10.18502/kss.v3i4.1993
- [14] Yoon, Nicola. (2015). *Everything, Everything*. New Yok: Alloy Entertainment and Nicola Yoon.