

Resilience and Transformation Journey Through Maslow's Hierarchy of Needs in *The Color Purple*

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ABSTRACT

This study discusses the psychological transformation of Celie, who is the main character in Alice Walker's novel The Color Purple, with the theory of Abraham Maslow's Hierarchy of Needs. As an African-American woman who has experienced violence, trauma, and social oppression, Celie has developed with five levels of Maslow's needs, namely physiological needs, a sense of security, love and belonging, self-esteem, and self-actualization. This study analyzes Celie's relationship with important figures such as Shug Avery and Nettie who help build her emotional resilience, self-confidence, and psychological growth. In addition, this study analyzes several important things that indicate Celie's change from an oppressed figure to an independent woman by being able to recognize her identity. This is different from previous research that focused more on feminism with oppression, but in this study it emphasizes that self-actualization is a gradual, dynamic, and influenced process of emotional support and interpersonal relationships. With a qualitative descriptive approach, where the main data is obtained from novels supported by journal articles with previous research on Maslow's theory. The results of the study indicate that Celie's life journey not only indicates the gradual fulfillment of needs, but also indicates the importance of relationships with supporters in building resilience, empowerment, and self-identity formation in the midst of an oppressive social environment.

Keywords: hierarchy of needs, psychological, resilience, *The Color Purple*, transformation

INTRODUCTION

Humans are given the view of being unique beings with thoughts and consciousness that make their needs more complex. These needs can be divided into two main types, including biological needs and psychological needs. Biological needs are covered by basic things like food, water, and shelter while psychological needs are related to feelings of love, appreciation, and purpose in life. Both of these types of needs are equally important and a balanced life can only be achieved when they are met. Through a psychological perspective where humans are described as more complex creatures (Kabir et al., 2019). Not only biological needs are trying to be met, but deeper psychological needs are also sought with the desire to be loved, accepted, and have self-esteem. If these needs are not met, this condition can cause emotional distress or feelings of alienation.

In life, humans often face several challenges that analyze their ability to survive by adapting. These challenges can be in the form of personal problems, trauma, or pressure from the surrounding environment by often requiring a person to be able to rely on strength in

themselves. With self-resilience or called resilience, humans can get up and continue living after experiencing difficulties (Avatara et al., 2024). The development of a person's resilience can be supported by many factors, including support from family, friends, or from those closest to them. However, the process is not always easy, especially for individuals who have experienced trauma as they usually require longer recovery and support time. In some circumstances, the struggles experienced actually bring changes in a person, so that they become stronger and ready to face challenges in the future.

Resilience and the process of change are often raised in some literary and artistic works, examples are short stories, poems, films, and novels. These forms help show how the characters in stories face challenges and overcome struggles (Kustantinah et al., 2025). For example, some of these articles discuss psychological analysis through literary works. The first one is a study from Astuti (2014), examines the struggles of Maria, the protagonist of Paulo Coelho's *Eleven Minutes*, using an individual psychological approach. The research highlights Maria's resilience and pursuit of a better life, to achieve a better life despite personal and societal challenges. Another is the study from Ramadyani and Setiawan (2018), analyze Bella Swan's struggles in Stephenie Meyer's *New Moon* using a psychological approach. The study focuses on Bella's efforts to overcome personal, romantic, and family problems. It also highlights moral lessons like perseverance and friendship, as well as challenges like recklessness and atheism. Furthermore, research by Setiawan Negara (2024) analyzes Arthur Fleck's transformation in the *Joker* (2019) movie using psychological and character development theories. This research focuses on the internal conflicts experienced by Arthus and how social and emotional factors shaped his journey to become the Joker. The impact of these various struggles is shown in the character development he experienced. In addition, Ricardo and Puspita (2020) also analyzed the form of abuse experienced by Salomon Northup in *12 Years a Slave* and the self-defense mechanisms he used to survive. The study explores how verbal, physical, and racial violence affected Northup's personality and how strategies such as denial and sublimation were used by him to survive and eventually regain his freedom.

One of the novels that describes the journey of human life is *The Color Purple* by Alice Walker. However, most of the research that has been done on this novel has more discussed the themes of feminism, oppression, and womanism. For example, Diana (2022) research conducted an analysis of liberal feminism in *The Color Purple*, which focuses on the struggle of the main character, Celie, in dealing with violence and oppression. The study indicated Celie's transformation from a victim of patriarchal control to an independent woman. In addition, Simparinka (2022) also discusses the theme of feminism in *The Color Purple* by analyzing the struggles of black women in patriarchal American society. Her research indicates how characters like Celie, Nettie, and Sofia face sexism, violence, and oppression. Furthermore, Darmawanti (2012) conducted a study of the suffering of African-American women in *The Color Purple* from the perspective of feminism by focusing on the structural oppression experienced by black women, both from white men and African-American men, as seen in Celie's life experience. Finally, the research of Bay and Loda (2023) analyzed the domestic violence that black American women often experienced in the novel. With a focus on the characters of Celie and Sofia, their research reveals the physical, emotional, and social violence experienced by characters in the American South in the 1970s and 1980s.

The application of psychological theory, especially Maslow's Hierarchy of Needs, is given an important consideration in literary studies because it provides a deeper understanding of how characters develop internally outside of external conflicts. According to Abraham Maslow, human motivation is arranged in a hierarchy starting from basic physiological needs to reach the highest level, namely self-actualization. This framework will allow researchers to not only assess how characters survive difficult conditions but also how they achieve psychological growth as well as personal self-fulfillment. Therefore, the use of Maslow's

theory in literary analysis helps to give a complete expression of complexity only through sociological and feminist approaches.

In addition, *The Color Purple* by Alice Walker can also be categorized as a bildungsroman. A book by Rawat et al (2025) state that bildungsroman is a literary genre that focuses on the psychological and moral growth of a main character as they develop from youth to maturity. The story usually presents a young character who faces challenges and life experiences that gradually shape their identity and understanding of the world. In *The Color Purple*, Celie's life reflects this genre because the narrative follows her journey from a young girl who experiences abuse and oppression to a woman who becomes independent. Through her struggles and relationships, Celie develops a stronger sense of self and emotional maturity.

The urgency of this research lies in the importance of understanding resilience in the process of fulfilling human needs. Individuals who experience trauma, abuse, or oppression often face significant barriers in achieving higher-level needs such as esteem and self-actualization. As explained by Lewis (2017) research, it reveals Celie's life journey in *The Color Purple* that not only indicates suffering, but also shows the process in psychological recovery that takes place in a gradual way resulting from the experience of violence with the trauma she has experienced. This indicates that Maslow's theoretical framework is well suited to explain how a person can rebuild one's identity and regain control of one's life after facing prolonged hardships.

Some previous research on *The Color Purple* has generally focused more on the themes of feminism, gender oppression, and racial discrimination (Diana, 2022; Simparinka, 2022). Although structural injustices were successfully revealed through the study, the internal psychological development of the main characters tended to be less attention-grabbing. Although Ronie and Hellystia (2019) have applied Maslow's framework in literary analysis, the discussion is still descriptive and has not fully explored the uniqueness of the self-actualization process experienced by Celie's character.

This research shows novelty by emphasizing that self-actualization is a dynamic process and is influenced by relationships with others. This has a common view that self-actualization is considered to be an individual achievement, this study indicates that Celie's development is greatly influenced by supportive relationships, especially with Shug Avery and Nettie. In addition, this study also explains that the fulfillment of needs does not always take place in a linear manner, because individuals who experience trauma can experience obstacles or setbacks in their psychological development. Therefore, this research can contribute to a more dynamic understanding of Maslow's theory in the trauma and self-resilience section.

This research focuses on Alice Walker's *The Color Purple*, which provides a description of Celie's psychological and emotional journey as an African-American woman living in South America in the early 20th century. This study aims to be able to analyze how Celie's experience of trauma and oppression affects her psychological growth and the fulfillment of her needs, especially the need for self-esteem and self-actualization by using Maslow's Hierarchy of Needs as the main framework of analysis. Specifically, this study is directed to (1) explore the role of supportive relationships in Celie's emotional development and self-resilience, and (2) examine Celie's journey process towards achieving self-actualization.

METHODOLOGY

This study uses a qualitative descriptive approach by applying psychological literary criticism. Data analysis conducted with thematic analysis focuses on textual evidence that indicates at each level in Maslow's hierarchy of needs. In this study, two data sources were used. The main data is obtained from the novel *The Color Purple* by Alice Walker, which includes dialogue,

interactions between characters, and several events in the story. Meanwhile, the secondary data comes from journal articles, thesis, reviews on Maslow's Hierarchy of Needs, with research related to the novel.

The data collection process in this study is carried out through several steps. The first step is to read *The Color Purple* by Alice Walker several times for the purpose of analyzing the dialogue, the journey of the main character, and the relationship between the characters in it. Information and relevant sources related to the novel and the theory used such as journal articles, theses, and online sources were also collected to provide additional context. Records are made of several important aspects of the novel as well as various findings from secondary sources. The last stage is the drawing of conclusions where the data that has been collected is compiled and categorized according to its relevance to the focus of the research. The data analysis process is carried out by organizing the data that has been obtained to match the theory used in this study. Furthermore, the author analyzes the data based on a predetermined theory and presents the results in the form of a narrative with highlights of the main findings and patterns related to resilience and transformation in the novel.

RESULT AND DISCUSSION

In Alice Walker's novel *The Color Purple*, where the main character has undergone psychological changes with very deep emotions, which indicates a theory of hierarchy with the needs of Abraham Maslow. This theory indicates that human motivation has five stages of needs, namely physiological needs, security needs, love and belonging, self-esteem, and self-actualization. Throughout the storyline, Celie's life journey indicates a development that takes place in several stages with each of these levels, starting from a condition full of shortcomings to finally achieving self-fulfillment and awareness of her identity.

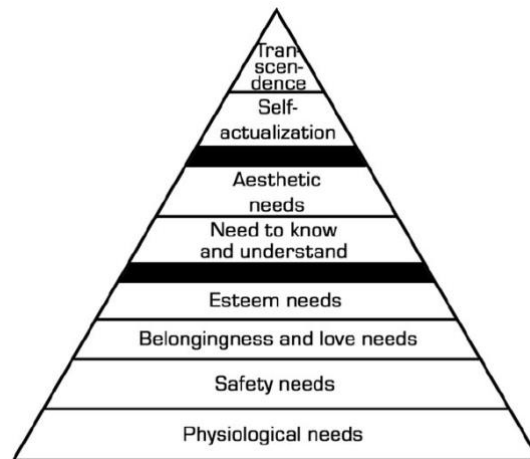


Figure 1. Original Maslow's Hierarchy of Needs (Adapted from (Ventegodt et al., 2003)).

Abraham Maslow's hierarchy of needs states that human motivation develops through five hierarchical stages consisting of physiological needs, security needs, love and belongings needs, self-esteem needs, and self-actualization. As illustrated in Figure 1, Maslow initially conceptualized the need as a sequential process in which a lower level of need must first be adequately met before psychological development at a higher level can occur. However, some recent studies provide that the statement of meeting needs can occur overlapping and not always linear, more specifically in individuals who have experienced trauma and oppression. This point of view becomes very relevant in the analysis of Celie's psychological development throughout the story of *The Color Purple*.

Most importantly, Celie's development does not take place directly or linearly, but is shaped by prolonged trauma, systematic oppression, and gender-based violence. Its ability to meet each level of need occurs gradually and is often due to interpersonal relationships and survival mechanisms within itself. This can strengthen previous research that stated that characters in literary works often indicate human psychological development with a hierarchical process of meeting needs (Baroroh, 2018; Ronie & Hellystia, 2019). Therefore, the changes experienced by Celie can be understood not only as a storyline in the novel, but also as a picture of human resilience with the process of self-recovery.

PHYSIOLOGICAL NEEDS

Physiological needs become the most basic level representation in Maslow's hierarchy with the coverage of basic needs for survival such as food, rest, water, and physical comfort. These needs must be met first before individuals can pursue higher psychological development. In Celie's case, where the fulfillment of physiological needs was initially limited by an oppressive environment; However, some small actions in the form of self-care are a guide to the recovery process starting to take place.

"I soaked myself in a warm bath filled with milk and epsom salts and sprinkled some witch hazel on my pillow and blocked all the moonlight that came in. Sometimes I manage to get a few hours of sleep. Then just when everything seemed supposed to be better I woke up again." (p. 33)

This quote occurs when Celie is still a young wife in her mid-teens, and lives with Mr. The quote is a hint of Celie's efforts in recovering her physical condition. Although his rest time is still often interrupted, the act of bathing reflects a conscious effort to take care of his own body. This is a sign of the early stage of self-awareness where Celie begins to be aware of her own needs even though she continues to experience various difficulties.

"I asked Shug Avery what he wanted for breakfast, and he said, 'What do you guys have?' I replied, 'We have ham, grits, eggs, biscuits, coffee, sweetened milk, or sour milk, flapjacks, and jelly and jam.'" (p. 41)

Here, Celie's ability to provide food supplies not only for herself but also for others is an indication of a level of stability in fulfilling her basic needs. The various types of food mentioned reflect an improvement in his living conditions which indicates that he is gradually starting to go beyond mere attempts to survive.

These findings are a clue to the fulfillment of physiological needs, even if only at a minimal level, still have a very important role in starting the psychological recovery process. According to Maslow himself, unmet basic needs can be an obstacle in development at a higher level, so Celie's small actions in taking care of herself become the foundation for her transformation process. This is in line with the opinion of Bahuwa (2019) who focuses on the fulfillment of basic needs as essential to enable further emotional and cognitive growth. In this context, Celie's initial efforts represent the first step in regaining control of her own life.

SAFETY NEEDS

When physiological needs have been partially met, individuals will then strive to meet the needs of a sense of security and security both physically and emotionally. The need for security includes protection from danger, stability, and freedom from fear. However, Celie's situation is a clue to a considerable challenge because she is still trapped in a violent environment for a long time.

"Don't let them step on you, Nettie said. You have to be able to show who has control." "Those who have it," I replied. But he continued, "You have to fight. You have to fight back." But I don't know how to fight back. All I know is how to stay alive (p.15)

The quote on page 15 occurs when Celie was about fourteen years old, which is not long before she was forced to marry Mr. _____. The dialogue is a hint that Celie does not have a sense of physical security and limitations in terms of her ability to resist the violence she experienced. Although Nettie gave encouragement to fight back, Celie's response reflected a survival mindset that indicated that her main focus was not on escaping her situation but on being able to survive the difficult conditions she was facing.

"If I was buried where I would not have to work anymore. But I just said it's okay, it's okay as long as I can still spell G-o-d I have someone accompanying me." (p. 16).

Instead, this quote is a hint of Celie's reliance on spiritual beliefs as a source of emotional security. Her belief in God serves as a psychological coping mechanism that provides comfort and a sense of community in the midst of the absence of physical security.

Some of these quotes are clues that although Celie's external environment is still unsafe, she begins to build a sense of security internally through emotional and spiritual resilience. This creates support for the opinion of Nurbayani (2021) who states that Celie's suffering is firmly rooted in the absence of a sense of security, and in line with Cross (2024) who provides an explanation that trauma survivors often develop internal coping strategies to be able to maintain psychological stability. Therefore, the fulfillment of the need for a sense of security in Celie is still partial and more occurs internally, marking an important transition phase in her development.

LOVE AND BELONGING

The third level in Maslow's hierarchy focuses on the importance of interpersonal relationships, affection, and belonging. For Celie herself, this stage represents an important turning point because she begins to experience a genuine emotional connection after going through a prolonged period of estrangement.

"However, Celie, I miss you so much. I always remember the time you sacrificed yourself for me. I love you with all my heart. Your sister, Nettie (p. 101)"

This event takes place when Celie is an adult and discovers Nettie's letters that have been hidden for years after they have been separated for a long time. The letters from Nettie have a function as an important emotional support for Celie where through the letters her value is reaffirmed and reminded that she is still loved so that it helps reduce the impact of the emotional abandonment that she has been experiencing.

"Shug and I fell into a deep sleep. His back was facing me, while my arms were around his waist. What does it taste like? It's a bit like sleeping with my mom, it's just that I can barely remember ever sleeping with my mom. It's also a little like sleeping with Nettie, but sleeping with Nettie has never felt so good." (p. 91)

Celie felt a sense of security as she slept next to Shug, reminding her of the warmth she had long longed for all her life and giving her a sense of belonging that she had never experienced before.

Some of these quotes are clues as Celie begins to experience a truly genuine emotional connection and affection. The letters from Nettie provide emotional affirmation while Shug's presence is able to bring a physical and emotional intimacy that Celie has long lacked. This stage is so important because it marks a turning point in Celie's development where she moves

from a state of isolation to a connection with others. These findings are in line with the opinion of Mogea (2022) who provides a statement that interpersonal relationships have an important role in overcoming trauma. Similarly, Lewis (2017) explained that emotional bonds can help individuals rebuild their identity after experiencing violence and marginalization. Therefore, Celie's sense of belonging becomes a foundation for her further psychological growth.

ESTEEM NEEDS

At this stage, people want to feel good about themselves and gain respect from others. They would seek recognition which boost their confidence and self-worth. Esteem needs also involve feeling capable and valued for one's contribution, this would help individuals believe in their abilities and take pride in their accomplishments.

"Anyhow, once you told me he beat you, and won't work, I felt different about him. If you was my wife, she say, I'd cover you up with kisses stead of licks, and work hard for you too." (p. 88)

Shug tells Celie that she deserves love and care, rather than the abuse she has endured. Shug's words make Celie reflect on her value, it reminded her that she is deserved kindness and respect too.

"Let's us put a few advertisements in the paper, she say. And let's us raise your prices a hefty notch. And let's us just go ahead and give you this dining room for your factory and git you some more women in here to cut and sew, while you sit back and design. You making your living, Celie, she say. Girl, you on your way." (p. 171)

From the data above, we know that Shug encourages Celie to show her talent and capability of achieving something more. This encouragement makes Celie starting to believe in herself and ability, she realizes that she can reach a successful living and giving her a sense of control over her own life.

"Shug saying Celie. Miss Celie. And I look up where she at. She say my name again. She say this song I'm bout to sing is call Miss Celie's song. Cause she scratched it out of my head when I was sick. First she hum it a little, like she do at home. Then she sing the words. It all about some no count man doing her wrong, again. But I don't listen to that part. I look at her and I hum along a little with the tune. First time somebody made something and name it after me." (p. 60)

This occurs after Celie leaves Mr. ____ and begins her pants-sewing business. Shug writes a song for Celie and names it after her. It makes Celie feel special as no one has ever something like this for her before. Celie start to growing her self-esteem and belief that she is worth being celebrated.

These excerpts show that Celie starts to receive appreciation and encouragement, which gradually transforms her self-perception. Shug's support helps Celie realize that she deserves love and respect so that it challenges the negative beliefs formed by years of abusive experiences. This process is so important because the need for self-esteem is closely related to self-confidence and independence. This finding is in line with Diana (2022) who provides an explanation that Celie's transformation involves increasing self-respect and autonomy and is supported by Kara (2021) who focuses on empowerment as so important for efforts to overcome oppression. As a result, Celie becomes more assertive and begins to take control of her own life.

SELF-ACTUALIZATION

Self-actualization is the highest level of needs that focus on personal growth and realizing someone's full potential, such as goals and dream that they have long wanted to achieve. In this stage, people try to become the best version of themselves.

"I am so happy. I got love, I got work, I got money, friends and time. And you alive and be home soon." (p. 173)

This happens near the end of the story when Celie has become independent and successful with her business. In the data above, Celie reflects on her life and realized that she has finally found happiness. She's surrounded by love, work and supportive friends, also stability in her life. After years of hardship, she is now in a place where she can truly appreciate the life she has built for herself. It shows that she has fulfilled the last level of hierarchy of needs.

"Oh, Nettie, us have a house! A house big enough for us and our children, for your husband and Shug, Now you can come home cause you have a home to come to!" (p. 198)

This happens at the end of the novel when Nettie is returning home from Africa. After relying on others for so long, she now has the ability to create a safe and loving home where everyone can feel secure. This part of her life represents a significant step in Celie's journey toward building a life she is proud of.

These excerpts indicate that Celie has reached a stage of fulfillment where she experiences happiness, independence, and stability. Celie is no longer defined by the suffering she has experienced in the past, but remains more than the achievements and relationships she managed to build. This stage indicates the attainment of full potential in her, which is described in Maslow's theory. This result is in line with Ross (1988) research, which revealed that Celie's life journey became a process of achieving identity by going through a long struggle. Most importantly, Celie's self-actualization is not only achieved alone, but is shaped by her relationships and support systems.

Based on five stages in Abraham Maslow's hierarchy of needs, Celie in *The Color Purple* manages to meet all levels of needs through a process that takes place gradually, complexly, and dynamically. The course of her life is clearly a clue to psychological growth that cannot be achieved instantly or automatically but is a continuous process influenced by the interaction between internal motivations and external conditions. At the beginning of the story, Celie's life is dominated by survival as she has to struggle for the fulfillment of her most basic physiological needs and sense of security in a violent and oppressive environment. However, as the storyline develops, the focus slowly shifts to higher level needs, especially through the development of emotional relationships, self-awareness, independence, and the ability to act personally. This development supports the opinion of Ronie and Hellystia (2019) who stated that character development in literary works is often a reflection of a structured pattern of fulfilling needs where each level is built on needs that have been met before.

However, this study also indicates that Celie's development does not completely follow a linear sequence for example as described in Maslow's theory. On the contrary, the developmental process she experienced was filled with setbacks, delays, and emotional struggles caused by prolonged trauma, patriarchal domination, and systematic oppression. This condition can hinder her ability to fulfill the need for a sense of security and self-esteem, because Celie has been trapped in a cycle of violence for a long time. In this case, Celie's life experience challenges the rigidity of Maslow's hierarchy by indicating that human development is actually much more flexible and influenced from the context of life when compared to the explanation in the theory. This is in line with the opinion of Cross (2024) emphasizing that trauma can interfere with a person's psychological development so that individuals must repeatedly build a sense of security, self-identity, and self-respect before achieving stability. Therefore, the hierarchy of needs should be understood as something flexible and can adjust to

circumstances, especially when implemented in individuals who live in conditions of injustice and violence.

Another important finding from this study is the crucial role of interpersonal relationships in facilitating Celie's development through the stages of the hierarchy of needs. The emotional support Celie receives from Nettie and Shug Avery not only serves as a function for fulfilling the need for love and belonging but also acts as a transformative force that allows her to achieve her self-esteem and ultimately self-actualization. It is through Nettie's letters that Celie regains a sense that she is loved and remembered while Shug's presence is able to bring acceptance, recognition, and empowerment to her life. Some of these relationships provide validation and encouragement that Celie has never experienced before so that she is able to rebuild her image and realize her own worth. This is a clue to self-actualization not merely an individual achievement but a socially mediated process shaped by meaningful and supportive human relationships. It is in this context that interpersonal relationships function as a supporting factor that not only accelerates psychological growth but also strengthens self-resilience and emotional recovery.

In addition, the changes experienced by Celie indicate that resilience should not only be understood as the ability to survive suffering, but also as the ability to re-analyze life experiences and rebuild one's identity in a more empowering way. At first, Celie accepts the oppression she experiences and sees herself as a weak and worthless figure. However, along with the journey of his life, his identity began to change slowly, from a silent and resigned person to someone who was confident, independent, and able to express himself. This change indicates a fundamental development in her self-concept, where Celie begins to see herself as an individual who has control over her life, no longer as an object of oppression. These changes indicate that the fulfillment of high-level needs, specifically in self-esteem with self-actualization, is strongly related to the development of an individual's ability to act independently by forming a positive self-identity.

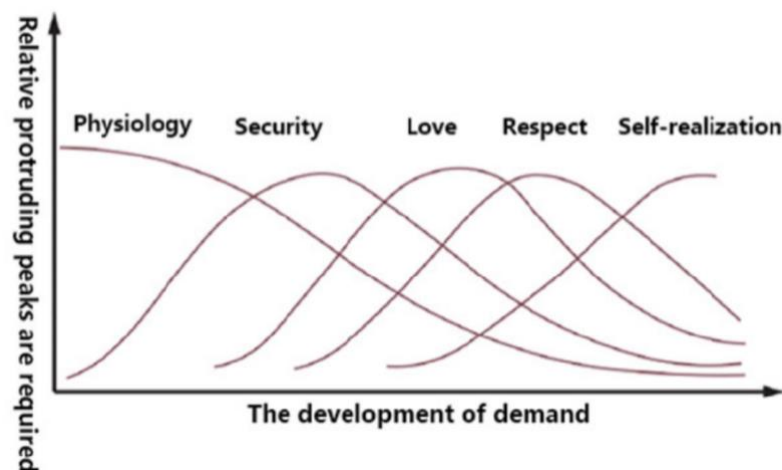


Figure 2. Gradual and overlapping progression of psychological needs fulfillment (adapted from (Li & Fan, 2025)).

Although Maslow (1943) initially indicated that human needs were hierarchical and sequential, later scholars were of the opinion that human development can take place in overlapping and not always, depending on the social, emotional, and environmental conditions a person faces (Fors Connolly & Lindh, 2025; Wahba & Bridwell, 1976). This is in contrast to the rigid hierarchical structure as shown in Figure 1, indicating that Celine's psychological development shows a more gradual and interrelated pattern of meeting needs, as illustrated in Figure 2. Throughout the novel, several psychological needs arise simultaneously, rather than sequentially. For example, Celie begins to feel affection, emotional attachment, and belonging

through her relationship with Nettie and Shug Avery, although her need for security has not been fully fulfilled due to abuse and oppression. This indicates that psychological development in a traumatic environment can take place dynamically, iteratively, or even regressively, rather than following a rigid hierarchy described in Maslow's theory. Therefore, Celie's life experience indicates a more flexible and context-influenced pattern of human development, where emotional growth, resilience, and self-esteem continue to develop even though instability and trauma remain. In this case, Figure 2 more accurately shows Celie's development as a flexible and ever-evolving process when compared to the stages that continue to take place step by step.

Overall, where these findings are clues, *The Color Purple* presents a rich and multidimensional picture of psychological resilience and personal transformation. Celie's life journey has shown that individuals who experience prolonged suffering and structural oppression can still achieve growth, self-fulfillment, and self-actualization as long as their needs are gradually met and supported by internal forces and external relationships. More importantly, this research contributes to a more nuanced understanding of Abraham Maslow's theory by denying that psychological development is not completely hierarchical or linear but rather complex, iterative, and often influenced by social contexts. In the literary analysis itself, this point of view allows for a more critical and humane interpretation of character development with more specifically in narratives that focus on trauma, resistance, and empowerment.

CONCLUSION

It can be concluded that Celie's life journey in Alice Walker's novel *The Color Purple* indicates that fulfilling Abraham Maslow's Hierarchy of Needs can help someone overcome trauma with oppression. Through gradual development, from physiological needs to self-actualization, Celie's changes indicate a process of psychological growth with dynamic self-resilience. Her development shows that changes in a person are not only caused by personal efforts, but also strongly supported by positive and supportive relationships. The presence of Shug Avery and Nettie plays an important role in helping Celie rebuild her sense of self-confidence, develop self-confidence, and ultimately achieve independence. This research indicates that emotional support, appreciation, and a sense of belonging are important to be able to enable a person to move towards self-actualization. In addition, the changes Celie experienced also indicates that self-resilience is not only about surviving in the face of adversity, but also rebuilding one's identity by gaining control over life. Celie's journey from oppression to empowerment indicates that the fulfillment of emotional and psychological needs is essential in achieving a meaningful and fulfilling life.

The next research is suggested to analyze *The Color Purple* using other psychological perspectives, such as trauma theory, psychoanalysis, or self-determination theory, so that the understanding of Celie's character development can be analyzed more deeply and thoroughly. In addition, the next study can also compare other literary works to see different figures in achieving self-actualization in diverse social and cultural conditions. Future research is suggested to use more recent scientific sources to strengthen the theoretical framework and to enhance the academic contribution of the research.

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