

THE CONCEPT OF SELF-ACTUALIZATION

IN HANIF KUREISHI'S GABRIEL'S GIFT¹

Hanif Kureishi'nin Gabriel's Gift'inde Kendini Geçekleştirme

Kavramı

Ayla OĞUZ²

Article History:

Received

11/09/2017

Received in revised

form

11/09/2017

Accepted

22/10/2017

Available online

21/12/2017

Abstract

When it is considered in terms of humanistic psychology the term self-actualization is mostly used as a humanistic perspective to personality. To grasp and evaluate the psychology of the individual, humanistic psychology is one of the methods that can be practised in the analysis of various characters in literature. As a prominent psychologist Abraham Maslow gives a great importance to self-actualization in one's education. He deals about a hierarchy of needs including the most fundamental ones beginning from food to social security and acceptance. For him, all is needed in order to constitute a psychological unity in one's individuation and education process. Maslow emphasizes the importance of the self-actualization in the lives of individuals in his theory. He indicates that these individuals are able to solve the complexities more easily. In this sense, he defines self-actualizers to be highly creative and psychologically powerful individuals. In Maslow's pyramid basic and higher needs are presented in a hierarchy of five steps. Whereas food, shelter, security and social connections are basic needs, such values like beauty, goodness, and love are in the group of higher needs. In the deficiency of these needs, individuals are subject to 'metapathology' for Maslow. In this context, Maslow's theory is motivational, and both basic needs and higher needs motivate the behaviours of individuals. One can reach the step of self-actualization if he or she is satisfied with the before steps. This process can go on if the individual doesn't have a failure in the before steps. In this context, Hanif Kureishi's novel called Gabriel's Gift, reflects the traces of self-actualization in the analysis of Gabriel, the teenage hero of the novel. Gabriel's father, Rex is an old rock musician and an exhausted person in his daily life. On the other hand, his mother, Christine works at nights and sleeps during the day. She doesn't have a respectful occupation. As a couple they don't have a good relationship. Because of the fact that Rex is always drunken and unoccupied they divorce at last. For Rex, the most important thing in his life is Gabriel. Gabriel has also basic needs and higher needs as a teenager in Maslowian perspective. Gabriel's life changes from bad to good when his father introduces him to his old friend Lester Jones, a very famous rock musician. Gabriel talks to Lester about his talent for copying real objects in their meeting and he is praised by Lester. Thus, the dialogue between them urges and motivates Gabriel to find his way of success and to set up his family's unity again in a hierarchy of needs in terms of Maslowian theory of self-actualization. In this context, that is the important turn as a peak experience to be motivated by a very successful person for Gabriel and it transforms him to a self-actualizer throughout his journey of self-actualization. His artistic ability, belief and hope for future lead him to a favourite future in which he finds himself more confident and successful. In this sense, it can be said that Kureishi lets Gabriel not only correct his parents' turbulent relations with each other and also reorganize all the family's life as a gifted person by experiencing self-actualization in Maslowian perspective. In this context, the purpose of the study is to display the reflections of the self-actualization phase in Kureishi's Gabriel's Gift

¹ This article is the expanded form of the paper presented in The Ninth International Congress of Educational Research held by Ordu University on May 11-14 2017.

² Assistant Prof. Dr., Gaziosmanpaşa University, Faculty of Science & Letters, English Language and Literature, aylabay@hotmail.com.

according to Maslow's theory called hierarchy of needs. Additionally, it can be said that the study is interdisciplinary and has been practised in order to illuminate the importance of psychological approach in the analysis of characters in English literature. Consequently, experiences practised by the characters throughout Gabriel's self-actualization period in the novel in Maslowian perspective can be examples for other individuals to urge themselves and to make and create something better in their problem solutions in terms of clinging to their own lives in a positive way both as teenagers, young adults, adults and parents, as well. In this sense, the study contributes to the literature in the point that it puts forward the importance of hierarchy of needs in the development of behaviour in one's self-actualization. Thus, it presents a new and useful perspective to English novel in the analysis of characters.

Key words: Self-actualization, Maslow, peak experience, hierarchy of needs, Kureishi.

Özet

İnsancıl psikoloji açısından düşünüldüğünde kendini gerçekleştirme terimi çoğunlukla kişiliğe insancıl bir bakış açısı olarak kullanılır. Bireyin psikolojisini kavramak ve değerlendirmek için insancıl psikoloji edebiyatta çeşitli karakterlerin analizinde uygulanabilen metodlardan birisidir. Göze çarpan bir psikolog olarak Abraham Maslow bir kimsenin eğitiminde kendini gerçekleştirmeye büyük bir önem verir. O yiyecek, sosyal güvenlik ve kabulü içine alan bir gereksinimler hiyerarşisinden söz eder. Onun için bir kimsenin bireyleşme ve eğitim sürecinde psikolojik bütünlüğünü oluşturmak için her şeye gereksinim duyulur. Maslow, kuramında bireylerin yaşamında kendini gerçekleştirmenin önemini vurgular. O, bu bireylerin sorunları daha kolayca çözebileceğini vurgular. Bu anlamda kendini gerçekleştirenleri son derece yaratıcı ve psikolojik olarak güçlü bireyler olarak tanımlar. Maslow'un piramitinde temel ve daha yüce gereksinimler beş adımlık bir hiyerarşi içinde sunulur. Yiyecek, barınak, güvenlik ve sosyal bağlar temel gereksinimlerken güzellik, iyilik, aşk gibi değerler daha yüce gereksinimler gurubundadır. Maslow için bireyler bu gereksinimlerin eksikliğinde 'meta-patolojiye' maruz kalırlar. Bu bağlamda Maslow'un kuramı güdüleyicidir ve hem temel gereksinimler hem de yüce gereksinimler bireylerin davranışlarını harekete geçirirler. Bir kimse eğer önceki basamaklardan tatmin olmuşsa kendini gerçekleştirme aşamasına ulaşabilir. Bu süreç eğer birey önceki aşamalarda başarısızlığa uğramazsa devam edebilir. Bu bağlamda Hanif Kureishi'nin Gabriel's Gift'i romanın onlu yaşlardaki kahramanı olan Gabriel'in analizinde kendini gerçekleştirmenin izlerini taşır. Gabriel'in babası Rex eski bir rock şarkıcısıdır ve günlük yaşamında tükenmiş bir insandır. Diğer yandan annesi Christine geceleri çalışıp gündüzleri uyur. Saygın bir işi yoktur. Çift olarak iyi bir ilişkiye sahip değillerdir. Rex'in sürekli içkili ve işsiz olması yüzünden sonunda boşanırlar. Rex için yaşamındaki en önemli şey Gabriel'dir. Gabriel de onlu yaşlarda bir çocuk olarak temel ve yüce gereksinimlere sahiptir. Gabriel'in yaşamı, babasının onu çok ünlü bir rock şarkıcısı olan eski arkadaşı Lester Jones ile tanıştırdığında kötüden iyiye doğru değişir. Gabriel, buluşmalarında Lester'a gerçek nesnelere kopya etme konusundaki yeteneğinden söz eder ve onun tarafından övülür. Böylece, aralarındaki diyalog Gabriel'i Maslow'un kendini gerçekleştirme kuramı bağlamında gereksinimler hiyerarşisi içinde kendi başarı yolunu bulması ve aile birliğini tekrar kurması için teşvik eder ve harekete geçirir. Bu bağlamda Gabriel için çok başarılı birisi tarafından harekete geçirilmek üst bir deneyim olarak önemli bir dönüştür ve onu kendini gerçekleştirme yolculuğunda kendini gerçekleştirene dönüştürür. Onun sanatçı yeteneği, inancı ve geleceğe olan ümidi kendisini içinde daha güvenli ve başarılı bulacağı hoş bir geleceğe yöneltir. Bu anlamda Kureishi'nin Gabriel'in sadece ebeveynlerinin karmaşık ilişkisini düzeltmesine değil aynı zamanda da yetenekli bir kişi olarak kendini gerçekleştirmeyi deneyimlemek yoluyla Maslowcu bakış açısından bütün ailenin yaşamını yeniden düzenlemesine izin verdiği söylenilebilir. Bu bağlamda çalışmanın amacı Maslow'un gereksinimler hiyerarşisi teorisine göre kendini gerçekleştirme kavramının Kureishi'nin Gabriel's Gift adlı romanındaki yansımalarını göstermektir. Bu çalışma disiplinler arasıdır ve İngiliz edebiyatında karakter çözümlemesinde psikolojik yaklaşımın önemini ortaya çıkarmak sebebiyle yapılmıştır. Sonuç olarak Maslowcu bakış açısından Gabriel'in Maslow'un gereksinimler hiyerarşisindeki en önemli aşama olan kendini gerçekleştirme basamağına ulaşmasındaki deneyimler kendilerini teşvik etmek ve sorun çözmelerinde daha iyisini yapmak ve yaratmak için olumlu anlamda ergen, genç yetişkin, yetişkin ve hem de ebeveyn olarak yaşama tutunmalarında bireylere örnek oluşturabilir. Bu anlamda çalışma bir kimsenin kendini gerçekleştirmesinde, davranış gelişiminde gereksinimler hiyerarşisinin önemini öne çıkarma noktasında edebiyata katkıda bulunur. Böylece, o karakterlerin çözümlemesinde İngiliz romanına yeni ve yararlı bir bakış açısı sunar.

Anahtar Sözcükler: Kendini gerçekleştirme, Maslow, üst deneyim, gereksinimler hiyerarşisi, Kureishi.

Introduction

When it is considered in terms of humanistic psychology the term self-actualization is mostly used as a humanistic perspective to personality. To grasp and evaluate the psychology of the individual, humanistic psychology is one of the methods that can be practised in the analysis of various characters in literature. In this sense, Abraham Maslow (1908-1970) is the most famous person having very important contributions to the creation and development of humanistic psychology. By his very different type of interpretation on psychological theory, a new perspective has been added to psychological theory and practice. For Maslow, human nature has a marvellous capacity for self-transcending altruism which is called transpersonal experiencing by him. In 1960's Maslow founded the transpersonal psychology movement as a branch of humanistic psychology and examined humans' highest potentials with his colleagues (Schneider. Pierson. Bugental, 2014:13). Thus, "his theory of the self and self-actualization served as a foundation for the later humanistic psychologists" (Schneider. Pierson. Bugental, 2014:13). Maslow chose mentally healthy people rather than unhealthy people and visualized humanistic psychology of the individuals. His ideas were opposite to the ideas of the contemporary psychologists of his time because of their futile attitude to explain higher levels of human experience through neurotic mechanisms.

In this concept, Maslow (1950/1973) preferred to choose the excellent specimens in order to solve the function of the crowning potentials of human nature and discovered the impression of peak experiences in one's self-actualization process:

He viewed peak experiences as an important component of psychological health. In his physical theory he divided human needs into basic needs and higher needs. Basic needs have to do with our physical survival and include our need for food, shelter, security and social connections. Higher needs have to do with being values, including our need for truth, beauty, goodness, and love. If deprived of these higher values, we tend to fall into what Maslow called 'metapathology', a pathology that is a direct result of deprivation at the spiritual level. The best cure for this malady is renewed contact with the realm of being to which peak experiences are the royal road (Schneider. Pierson. Bugental, 2014: 683).

Maslow studied the life patterns of self-actualized individuals and how self-transcending altruism occurs in these groups in its highest limits. Maslow defines it as a kind of transpersonal experiencing (Maslow, 1968:111). In this period of experience peak experiences are notable to talk about. They become the determiners of the self-actualization process in a way. They occur in the cheery and moving moments of the individuals. Feelings on esthetics, love, music, art causing purgation are the sources of peak experiences. Maslow also explains that "peak experiences are transient moments of self-actualization" (Maslow, 1971: 48).

Theoretical Analysis of *Gabriel's Gift*

In Hanif Kureishi's novel called *Gabriel's Gift*, Rex, Gabriel's father, is a ruined man and an unsuccessful rock musician missing his past glorious days. He has to abandon his house and his family for the reason that his wife, Christine doesn't want a drunken and unemployed husband at all. Gabriel's parents never have had a perfect family life up to that time because they always have problems in their relationship. His mother works at nights in a pub and she is absent in day times because she has to sleep all day. They don't have a harmony between them as a couple and always quarrel with each other without minding their son's existence there as a teenager:

His parents had argued a lot, saying the same things repeatedly, louder each time. He remembered his father placing objects in inconvenient positions on the floor, in the hope that Mum would fall over and break her neck...It was clear that she, in her turn, wanted Rex to wake up one day as a different sort of person, the type who earned money, didn't mind cleaning, sometimes kissed her, and was less melancholic than her. A tall order, obviously (Kureishi, 2001:5-6).

Gabriel as a child has to hesitate about the situation of his parents and family all the time. He has to watch their reactions for the incidents they experienced. His friends' families have similar problems, too:

He had noticed, in his friends' parents too, that there were different styles of madness for men and women, fathers and mothers. The women became obsessive, excessively nervous, afraid and self-hating, fluttering and blinking with damaged inner electricity. The men blunted themselves with alcohol and cursed, blamed and hit out, disappearing into the pub and then into jail (Kureishi, 2001:6).

Her mother isn't happy with this situation indeed but there is nothing to except this in her situation:

When it came to suffering, Gabriel's mother was, at least here, something of an artist, with a range of both broad and subtle manoeuvres. She could enter an airless tunnel of silence that would wither Rex and Gabriel until they felt like dried sticks; or she could put together words and noises of a force that could fling them against a wall and leave them shaking for days. Whichever method she selected was guaranteed to ensure that her 'common-law' husband and son felt it was them –bad guilty men, both –who had strangled and stifled her" (Kureishi, 2001: 6).

As seen in the passage Gabriel is in danger in terms of both his basic needs and his higher needs. Because of the fact that her parents have divorced he stays at home with Hanna, a refugee, who looks after him. Her mother wants him to obey the rules. She is in trouble and begs him to be silent: "Please try and help me, Gabriel. I've never been through such a difficult time. I want us to have a good life again" (Kureishi, 2001:9).

Christine doesn't trust on him in the point of tidying the house and warns him to be respectful at home although he is disturbed by Hanna: "She did watch him; and he watched her watching him. Hannah had a queer look, for her eyes, instead of focusing on the same point in the normal way, pointed in different directions" (Kureishi, 2001: 11). This position has been created by Gabriel's mother. She always criticizes him. This makes Gabriel unrest indeed and Hanna is prejudiced against Gabriel due to his mother's negative attitude for her son. She is programmed to be prejudiced against Gabriel by his own mother: "Even if Gabriel wasn't doing anything wrong, one of her eyes hovered over him. His mother must have given Hannah an unnecessarily prejudiced report of the scrapes and troubles he was prone to (Kureishi, 2001: 11).

Although Gabriel has a direct interest in art she warns him to do his homework and be a successful student at school:

His mother had always been tiresomely strict about his homework. She didn't want Gabriel to fail at school, for fear he would become an artist. Having spent her life among musicians, singers, songwriters, clothes designers and record producers, she knew how few of them had country

houses with recording studios and trout farms. Most were on the dole, passing through rehabs, smelling of failure or dying of disappointment. It wasn't only lack of talent, though most were prodigiously untalented, with stupidly coming off them like bad charisma. Few had the basic ability to organize and preserve the proficiency they did have. When she was in a good mood, his mother said humorously that she didn't want to discourage Gabriel's artistic endeavour but crush it altogether, so he'd go into business, or become a doctor or lawyer able to support her in her old age (Kureishi, 2001: 12-13).

Despite of being unrest with his mother Gabriel notices his interest in copying the real objects. He is always in peace with his father although he drinks a lot. He is sure that his father loves him a lot, and he is his best friend. His mother also tries to provide his basic needs by means of working at nights even if she is a strict mother. She finds an assistant to care for him when she is outside. On the other hand, Rex loves him very much and provides him his higher needs such as love and affection as a father.

In the novel, Gabriel's meeting with Lester by the urge of his father changes all his life and his family's life from bad to good. That is the peak experience for Gabriel to know such a famous and successful rock musician who is his father's old friend. He is very cheerful to know him and never hesitates to speak with him. Gabriel is motivated by his meeting with Lester in order to reach his goal in life in spite of the negative effects of his parents' relationship with each other. His peak experience reaches the top point when he is praised by Lester.

Maslow, in his *The Farther Reaches of Human Nature* (1971), talks about the prominent behaviors inspiring self-actualization. These are concentration, growth, self-awareness, honesty, judgement, self-development, peak experiences and lack of ego defenses for him. Maslow describes the self-actualization to be "a natural reflection of vividly and selflessly attitude towards everything including concentration and absorption" (Maslow, 1971: 45). In this context, Gabriel achieves his basic functions such as eating, sleeping and security because his parents provide these things for him. His psychological needs are achieved by the help of his father. He loves his son very much and supports Gabriel to see Lester so that his life changes in a positive way, socially. Thus, his social needs are also achieved in terms of Maslow's pyramid of hierarchy of needs (Rakowski, 2011:3-4).

For Maslow, during self-actualization individuals practise everything fully and selflessly. They also have full concentration and absorption. Thus, self-actualization shows itself when one has the highest awareness towards the incidents around him or her. Therefore, Gabriel displays a highest awareness towards his own dreams when he is introduced to Lester and influenced by him. Additionally, a more important point is that one has to be courageous in order to decide on what he wants to do indeed for his or her self-improvement, for Maslow. Additionally, it both requires a self-awareness and communication with the inner self and also improves the ability to make one's own choices. Self-actualization is not a talent. It is a phase of actualizing one's own potential. All these steps prepare individuals to reach the step of peak experiences where individuals become more peaceful and far from being egocentric. As a result of this, they do their best at this step (Maslow, 1971: 45-48).

Thus, Gabriel is capable of actualizing the best thing for him by means of his courage and he communicates with Lester and shows his talent to copy the real things. To copy something is like a recreating that object for him: "As Gabriel started to copy the chair, he began to feel he was bringing it into existence. He worked rapidly; it was like singing a song once you'd started you shouldn't think about it. When he had finished drawing and clouring in, he closed his eyes and looked up. There it was" (Kureshi, 2001: 22). In this

position, Gabriel notices his talent and tries to do his best to make use of it. It is the motivating power for him to achieve his goal in life.

In this context, Hanif Kureishi's *Gabriel's Gift*, reflects the traces of self-actualization in the self analysis of Gabriel, the teenage hero of the novel. When Gabriel copies real objects by drawing them and produces something very similar to those real objects nobody perceives the difference between them. As for the turning point in Gabriel's life it begins his meeting with Lester and talking to him about his talent. Gabriel is his father's only proud in his life. He gives great importance to the idea that his son should meet Lester because he knows Gabriel's gift about drawing. For him, art is one of the most important things in life. The dialogue between them is a surprise for Gabriel:

"Sorry? Is that the younger Welle or the older? When are you going to see him?"

'When are we going you mean?'

'You're taking me?'

'Tomorrow morning.'

'I'm supposed to be at school.'

Dad hesitated. "You've had more than enough education. Lester is more important than algebra. Promise you won't tell Mum. Dad started to roll a joint. Don't tell her anything about me, except that there is some kicking life in your old dad yet" (Kureishi, 2001: 41).

For Gabriel's father, Lester has the one thing that everyone wants: "This was his imagination or talent. This was his gift" (Kureishi, 2001: 45). Rex makes Lester his son's idol in this way. Gabriel finds the way of success by the help of his father's old famous friend and follows that way, willingly. When they went to see Lester he "remembered, from talking to his father, that Lester had been a painter before he'd been a pop star, and had continued to paint and exhibit" (Kureishi, 2001: 49). For this reason, his courage is at the top of the tree and he hands Lester his sketchbook and Lester goes through it, page by page. In his book called *The Quest For The Inner Man (1996): Transpersonal Psychotherapy and Integral Sadhana*, Joseph Vrinte explains this moment, clearly. For Vrinte, "what Maslow calls peak experiences are moments of intense ecstasy, wonder, awe and delight, with an expansion of human consciousness. They are self-validating moments which carry their own intrinsic values with it" (p.246). In his moment of intense ecstasy Gabriel begins to talk about himself: "Like you, I've been writing on the pictures. Some of them are photographs...I drew these daffodils for Dad and put them next to the photographs. Then I wrote daffodil poems across them in different colours so that Dad would know what I meant. It all went together in my mind" (Kureishi, 2001: 50). Gabriel also explains he copies other artists and it inspires him a lot. Lester is proud of him and he praises Gabriel because of his special talent: "Lester was looking at Gabriel. 'You are talented; he told him'. I am telling you -and now you know forever. Hear my voice and carry these words wherever you go" (Kureishi, 2001: 50) he says and adds, "Talent might be a gift but it still has to be cultivated. The imagination is like a fire or furnace it has to be stoked, fed and attended to. One thing sets another a blaze. Keep it going" (Kureishi, 2001: 50).

This is the important turn in his self-actualization journey in terms of Maslow's concept of self-actualization: "He knew it wasn't sufficient to worship Lester, like those fans who thought they could procure Lester's powers by copying his hair colour. If Gabriel was to achieve anything himself it would take more than hair dye. He had to follow Lester's

example and go his own way” (Kureishi, 2001: 63). For Maslow, “all peak experiences may be fruitfully understood as completions-of the-act...” (Maslow, 1968: 111). So, Gabriel finds the chance to talk about his own talent and he can see the way how to actualize himself by using his special talent. This appears in his cheerful moment when he talks to Lester. Thus, he is supported by Lester. He does all possible things to be successful by his courage. According to Vrinte, “during the peak- experience the individual feels more at peace with himself, more integrated and unified” (Vrinte, 1996:246) in Maslowian terms. Thus, Gabriel follows his dream step by step with references to Maslow’s theory of hierarchy of needs as coated below:

Navigating his way through the shattered world of his parents' generation, Gabriel dreams of being an artist. He finds solace and guidance through a mysterious connection to his deceased twin brother, Archie, and his own knack for producing real objects simply by drawing them. A chance visit with mega-millionaire rock star Lester Jones, his father's former band mate, provides Gabriel with the means to heal the rift within his family (Kureishi, 2001: 50).

Lester shows the key point for Gabriel’s self actualization. He explains his ideas about Gabriel’s way of copying other artists: “It’s what you make of the stolen objects that’s important. If you take something and use it, than it’s worthwhile. If you just copy it and it stays the same, then nothing’s been done” (Kureishi, 2001:50). Thus, Gabriel rises his position to a healthy level both physically and psychologically by his own effort and he has an integrated personality in Maslowian terms. For Vrinte, Maslow’s theory on basic need gratification makes possible one’s integration with himself or herself. Vrinte emphasizes that “he considered the integral person as the healthy personality and a healthy growt”(Vrinte, 1996:246).

As a result, it is seen that Gabriel is more satisfied with the improvements in his life beginning with his meeting with Lester in Maslowian context. His happy situation refers to Maslow’s words related with appearance of self-actualization. Due to this experience, he discovers he will heal his father, mother and make them a family again. For Maslow, these kinds of people are also peaceful, trouble-shooter and have less inner complexities due to the effects of their peak experiences. There are people who are luckier than others because they have the strongest characteristics of self-actualizers in Maslowian terms. Indeed, “most of us have had peak experiences, although we haven’t always labelled them as such. One’s reactions as watching a beautiful sunset or listening to an especially moving piece of music can lead to peak exoeriences. According to Maslow peak experiences tend to be triggered by intense, inspiring occurrences” (Rowan, 2005: 21).

In this sense, Gabriel’s meeting with Lester is thought to be an inspiring occurrence because he has the chance to be able to express himself to Lester. He has the traits to achieve his self-actualization. Such traits like acceptance, creativity, naturalness, peaceful sense of humour, spontaneity, courage, and hard work represent the traits of self-actualizers (Maslow, 1970:153-172). From the behaviours of Gabriel it is perceived that he has these traits and he tries to solve his father’s and mother’s problems and finds a new way to join in life actively as a person. As a consequence, he is accepted by Lester. His creativity, natural pose and courage are praised by Lester and then he finds the way to make his parents happy. Gabriel is at the top level in Maslowian pyramid of hierarchy of needs. In this level, Maslow “examines the search for transcendence on the highest aim of human life; the summit of integration is reached when the metaneeds are fully developed and expressed”. (Vrinte, 1996:246).

Lester gifts a drawing to Gabriel in their meeting with his father. Rex decides to sell it to Speedy, owner of a restaurant with a whole wall of rock memorabilia. And Christine

wants to use it for a future investment. But Gabriel decides on practising what Lester advises him about copying real objects. Thus, he learns the place of the painting by the help of his dead twin brother Archie, with whom Gabriel communicates from time to time in a supernatural way. Archie shows the painting to him: "The rolled-up picture was there, as Archie had said it would be. Gabriel had it in his hand. All he had to do now was get out without being noticed. That shouldn't be too difficult" (Kureishi, 2001: 80). Gabriel, who has a gift for copying, makes two copies to give to his parents and keeps the original for himself. Because of his special ability for copying and painting Christine doesn't understand that it is not real. She takes the copy to work and shows it to her friends in a proud manner. This makes Gabriel happier and more satisfied. He does this for the sake of their happiness:

His mind is palpitated with pride. He thought of everyone looking at the picture. It had been his copy of Lester's picture that they had praised in the bar. His scheme had worked, no one had suspected a thing. His mother was happy and so he was. He had become, in a way, an appreciated artist, though as anonymous, for the time being, as one of Ruben's assistants (Kuresihi, 2001: 86).

Thereafter, Gabriel takes control of his parents' lives. In the beginning of the novel Gabriel's father is portrayed as a drunken person. He always has alcohol and is always sad for his old successful days. He can't do his best to find a job and work regularly. He is the very example of metapathology as he is spiritually destroyed in Maslowian terms due to his failure and misfortune in his career. Thanks to Gabriel's effort, he has a new career. Gabriel supports his father to find a job and earn money. He always fights with his hopelessness and persuades him at last. Rex becomes a 'cool dude' music teacher at the end of Gabriel's efforts. Thus, he gets rid of his metapathologic position as a person who is unsuccessful, drunken and penniless as an old rock musician. Rex is satisfied a lot when he begins to earn money after many years. Rex is so impressed by earning money and compares himself with old Rex: "Dad counted money three times and whistled. To think- all these years I've been passing on my opinions in pubs for nothing" (Kureishi, 2001:109).

After this, Gabriel urges his dad to eliminate his mother's boy friends and his parents begin to see each other again. His father explains his feeling about Christine to Gabriel: "I wanted her to be only mine" (Kureishi, 2001:109). Gabriel explains the fact with his mother about her lover saying that "she is only trying to make Rex jealous" (Kureishi, 2001:110). Thus, he sets up the bridges between his parents once again. He acquires his own self-actualization and then he tries to do his best for his parents, too. It is a kind of passing from ego-oriented ways of experiencing to impersonal cosmic experience or transpersonal experience for Maslow: "The transpersonal experience where the individual self is, at least partly dissolved into the cosmos. The transpersonal experience goes beyond self-actualization to self transcendences the highest levels of consciousness" (Vrinte, 1996:105). Consequently, Gabriel becomes successful at living in the same house with his parents again in a more qualified way:

A few months later the family moved to a new house, not far away. Dad was doing well and Mum was working for Speedy, but it was still only a cottage with a kitchen extension, and a room with a big window where Dad could receive his pupils....Gabriel had a bigger bedroom than before, with Lester's framed picture -the original: the copies he had gladly destroyed -above the fireplace (Kureishi, 2001:176).

As a result of Gabriel's struggle and plans, Christine agrees to marry Rex once again. Finally, it is understood that it is Gabriel's gift to 'turn images into pictures'. He reorganizes all the family's life by his self-development and self awareness. He trusts on

his own inner feelings while doing all these actions. It is clear that all these things happen due to the fact that Gabriel has opened himself to new and challenging experiences and concentrated on his self-actualization in Maslowian terms.

Conclusion

In the basic step of Maslow's pyramid of hierarchy of needs, the importance of psychological needs and safety needs is emphasized. Such related needs like water, food, warmth, rest and security are provided by Gabriel's parents, especially by her mother. In this point, Christine works and earns money. She also pays for Hanna to care for Gabriel whenever she is at work or outside although she is always angry with her son as a strict mother. It is seen that there exist his psychological needs including belongingness, love needs and estimate needs like prestige and feeling of accomplishment in the middle step with reference to Maslow's theory. His intimate relationship with his father and his friend Zak makes him a beloved person in Maslowian pyramid. Moreover, he achieves prestige when he is praised by Lester because of his talent for copying real objects. Thanks to his talent, he copies Lester's picture and gifts one of them to her mother and the other one to his father but he saves the real one for himself. After having these valuable copies their lives change from bad to good both psychologically and economically. Thus, he makes his parents happy and satisfied so that it makes himself happy, too. It is for the reason that he accomplishes his mission in his self actualization step in a great degree because he has reached his self-fulfillment needs including creative activities as a natural result of reaching to the top step in Maslow's pyramid. This is the moment of transcendence (Vrinte, 1996:246) as an act of surpassing ordinary limits for him in Maslowian terms. After he has had the opportunity to notice his creative talent he finds the way how to operate it for the sake of his own self and his parents' happiness. In Gabriel's success the ego-oriented ways of experiencing are replaced progressively by impersonal cosmic experience and his individual self is dissolved into the cosmos (Vrinte, 1996:105) and causes a great happiness and satisfaction inside his soul. This situation is the emergence of the levels of self-actualization and self-transcendence in Maslowian theory.

In the appearance of these levels Maslow emphasizes the importance of integrity. For him, "the whole process of the transcendence is based on the concept of integration; the higher is built upon, rests upon but includes the lower" (Vrinte, 1996:105). Gabriel's success shows his integration to his purpose for healing himself and his parents and reorganizing his family relations and becoming a family again. As a result, it becomes evident that Kureishi successfully portrays Gabriels' innocent hope and artistic aspirations by showing his psychological and behavioral development step by step according to Maslow's theory (<https://www.simplypsychology.org/maslow.html>).

Due to this, it can be said that Gabriel practised all the steps of Maslow's pyramid of hierarchy of needs in a great integrity. Although Gabriel's need for food, shelter, security and social connections, which are his basic needs, are in danger at first because of her parents' negative relationships with each other, he corrects and reorganizes everything not only in his own life but also in his parents'. Next, he reaches at his aim besides his higher needs such as truth, beauty, goodness, and love and becomes successful in his ego-oriented experiences and transpersonal experience throughout his self-actualization process in Maslowian terms. Because of the fact that his peak experience with Lester changes everything in his life from negative to positive he prefers to use this chance for the sake of his family's happiness and unity. He makes everything real that he has imagined up to that time by means of his own creativity, naturalness, peaceful sense of humour, spontaneity, courage and hard work in a direct relationship with Maslowian concept of self-actualization and transcendence, respectively. As a kind of artist and a talented boy he actualized himself by the influence and motivation of his peak experience:

"The most powerful peak experiences are relatively rare. They have been portrayed by poets as moments of ecstasy, by the religious as deep mystical experiences" (Rowan, 2005: 22). Therefore, it is clear to deduce that he is a particularly furnished character produced by Kureishi and suitable for an analysis in terms of Maslow's theory of hierarchy of needs.

Additionally, Gabriel is aware of the power hidden in his soul. His peak experience with Lester and the painting gifted him activate Gabriel to achieve both his basic, psychological, social needs and the needs for security, as well. Thus, this chance and his gift open the way to self-esteem and self-actualization in his life. He never gives up for urging and healing his father in this process. He always motivates himself and his parents. Throughout his self-actualization journey, he becomes successful at his own self-actualization as an individual by practising Maslowian steps with the help of his gift.

Thus, Kureishi firstly displays how self-actualization works in the character of Gabriel trapped in the borders of lower and higher needs on the one hand, and next he also emphasizes the contribution of talent, motivation and peak experience to one's self actualization. As a result of this organisation Gabriel establishes basic prerequisites as a first step and he achieves psychological needs, security needs, social needs, self-esteem and self-actualization in Maslowian terms, respectively (McGuire, 2012:7-10). Meanwhile, he makes clear the power of imagination and self-potential and motivation to one's self-improvement with references to Maslow's concept of self-actualization. His illumination is directly related with his psychological condition and begins in a paralel level with his meeting Lester. Moreover, Kureishi's tendency to create such a character makes the novel more valuable and suitable for a Maslowian analysis in terms of inter-disciplinary studies and makes it original. He also shows in this way how human potential is ready to be discovered and motivated for the sake of his or her improvement both psychologically and socially for the qualified novel readers. Hence, it is understood that Maslowian theory of hierarchy of needs is illustrated in a creative way in terms of the development of behaviour in teenagers in Kureishi's Gabriel's Gift. In this sense, Maslowian theory of hierarchy of needs can be practised in order to clarify the development of behavior in various characters of English novel and their self-actualization period within the levels according to Maslow's pyramid. By this way, from the most basic functions to the more fulfilling ones all the needs are defined and the self-actualization period of the main character is shown clearly step by step as an example for the works in English novel referring to Maslowian theory of hierarchy of needs. Hence, the main character exhibits himself someone improving his life perspective step by step through Maslowian theory of hierarchy of needs and acquires new forms of behaviors and personal qualities such as courage, imagination, entrepreneurship, communication, self-confidence, diligence and so on by this method. In this respect, it can be said that the study particularly contributes to character analysis in English novel in a psychological perspective in Maslowian terms.

In conclusion, the study displays the importance of psychological approach in the analysis of one's character, character and behaviour development in Maslowian perspective in English novel as a study of inter-disciplinary. Additionally, it also emphasizes Kureishi's talent and contribution to literature not only for portraying his characters in a very qualified manner to be analyzed by Maslow's psychological method but also for loading them a great psychological insight as a crucial novelist in English literature. In this sense, this method can be applied to novels in English literature for the reason that it can clearly illuminate both the development of behavior and the psychological improvement of the characters in it.

Works Cited

- Kureishi, Hanif. (2001). *Gabriel's Gift*. London: Faber and Faber Ltd.
- Maslow, A. (1968). *Toward a psychology of being (2nd ed.)*. New York: Van Nostrand.
- Maslow, A. (1970). *Motivation and personality (rev. ed.)*. New York: Harper & Row.
- Maslow, A. (1971). *The farther reaches of human nature*. New York: Viking Press.
- McGuire, K, J. (2012). *Maslow's Hierarchy of Needs: An Introduction*. Munich: Green Verlag.
- Rakowski, N. (2011). *Maslow's Hierarchy of Needs Model - the Difference of the Chinese and the Western Pyramid on the Example of Purchasing Luxurious Products*. Norderstedt Germany:Verlag.
- Rowan, J. (2005). *The Transpersonal Spirituality in Psychotherapy and Counselling (2nd edition)*. London: Routledge.
- Schneider, J. Kirk. Pierson, J. Fraser. Bugental, James F, T.(2014). *The handbook of humanistic psychology: Theory, Research and Practice (2nd edition)*. London: Sage publication.
- Vrinte, J. (1996). *The Quest for the Inner Man: Transpersonal Psychotherapy and Integral Sadhana*. Pondicherry: India Press.

Electronic Sources:

<https://www.simplypsychology.org/maslow.html> access date:21st September 2017