

## INDIVIDUAL PSYCHOLOGY: AUDREY TURNER'S PERSONALITY DEVELOPMENT IN *FINDING AUDREY* (2015) BY SOPHIE KINSELLA

<sup>1</sup>Erlin Septyaningrum\*  
<sup>2</sup>Idha Nurhamidah

English Literature, Faculty of Language and Communication Science, Sultan Agung Islamic  
University

\*Corresponding Author:  
[erlinseptyaningrum1@gmail.com](mailto:erlinseptyaningrum1@gmail.com)

### *Abstract*

*This study analyzes the personality development shown by the character Audrey Turner in Finding Audrey novel, written by Sophie Kinsella in 2015, using individual psychology theory by Alfred Adler. This study uses descriptive qualitative technique of research to analyze the data. The data collected are from the novel in the form of dialogues, monologues, and prologues. There are some steps to collect the data needed, such as reading the novel, identifying the data, classifying the data, and reducing the data. Through this novel, Finding Audrey published in 2015, this study finds that Audrey Turner's personality development is in line with the Individual Psychology theory by Alfred Adler. It can be seen when she appears to have inferiority feelings affected by her mental illness that makes her unable to do social interactions. She tries to overcome it by striving for superiority such as going to the public places and her other effort in socializing. In her actions of striving show another quality of Individual Psychology such as creative power appears in her idea and her initiative to take control in her life, her fictional goal is to be able to get better and to socialize again with other people, social interest shown to us in her concern towards her family and people around her. From there we can see her style of life which is socially useful type. Later on, her efforts to strive for superiority results in her superior quality that shows she already achieved her goal and defeated her inferiority feelings such as going to public places, meeting new people and taking off her sunglasses.*

**Keywords:** *Individual Psychology, Alfred Adler, Striving for Superiority, Inferiority.*

## 1. INTRODUCTION

Not a being in the world wants to feel inferior. The feeling is too overwhelming that the soul inside us wants to unbound from it. Nevertheless, a human is born inferior. As Adler says "To be a human being means to feel oneself inferior" (Adler qtd. In Schultz and Schultz 116) We live years after years in a state of inferiority, which is in a state of baby. We need the presence of older human beings to solve our needs until we can be independent of our own. In that time we also grow the forces to let go of the inferiority feeling and strive from it. The significant action to strive from our inferiority is part of Individual Psychology Theory from Alfred Adler, that says we live our life to set up our superiority over our inferiority. As Burger says, "virtually everything we do is designed to establish a sense of superiority over life's obstacles." (Burger 98)

We survive the world full of trouble purely from the instinct to gain our state of superiority. The feeling to establish such a condition is innate, from within, and we are bound to do so because that is how every human life are. We live to conquer one problem to the other as Adler says in his theory of Individual Psychology "The goal of the human soul is conquest, perfection, security, superiority. Every child is faced with so many obstacles in life that no child ever grows up without striving for some form of significance. (Schultz and Schultz 113) To be perfect, to feel secure and feel superior is the human innate feeling that is certain in every soul. These forces to grow are fixed even when we were born.

Although the feeling of inferiority sometimes overwhelming, one needs to agree that it is not a sign of abnormality. It is normal to feel inferior because it is also the source of motivation to gain one's goal. And it needs feeling of inferiority for us to start striving for our superiority (Schultz and Schultz 116) Besides the term of inferiority and striving for superiority, Adler also using other terms such as Fictional Goal, Creative Power, Social Interest and Style of Life in her Individual Psychology Theory. The theory is fully reflected in Audrey turner as the main character of Finding Audrey (2015) novel written by Sophie Kinsella.

Audrey Turner is having several mental illnesses that she acquires after the bullying in her old school. The mental illnesses leave her to feel inferior because she cannot feel like she used to be. She cannot go to school, cannot go out alone, cannot meet new people or even see people in their eyes. She tries to overcome the mental illnesses with seeing her doctor and do things or challenges but her meeting with Linus opens a lot of opportunities than before.

With the help of Linus, she little by little gain her superiority back. She can control her mental illnesses better than before and also gain confidence in herself. Her confidence arises slowly, but she is also facing another problem after that. This problem will remind her that she is human being after all, and prone to all problem that needs to be solved. In the end she gains her superiority back and also not afraid to feel inferior over time because of life will full of struggle that needs to be solved.

Audrey Turner, in this novel of Finding Audrey (2015) written by Sophie Kinsella, reflected the Individual Psychology theory such as inferiority feeling, creative power,

fictional goal, striving for superiority, social interest and style of life. Even though she faces a lot of problem to gain her superiority, in the end her efforts are answered by the results.

## **2. RESEARCH METHODOLOGY**

Using qualitative research, this data of the study reported in a form of words, sentences in other words descriptive ways. It is done so because the data from this study is in form of dialogues, monologues, words, sentences, or phrases and not in numbers.

Data organizing is divided into two, data collecting methods and data types. Data collecting methods are also divided into four which of them are first Reading the Novel, second Identifying the Data, third Classifying the Data and fourth Reducing the Data.

Reading the novel is the first of Data Collecting Method. It is done to fully understand the content of the novel of Finding Audrey (2015). Reading the novel is done by reading thoroughly several times to help better understand the meaning of each sentence, also to pay much attention to the words from the novel. Second step is to identify the data. It is to analyze parts of the novel that important. It is done by marking, bookmarking, labeling also underlining and numbering the data. The data found are in the forms of prologue, monologue, dialogue and description. Includes also the indirect meaning from the text. Classifying the data is the third step which is classifying the data found into a table that consists of numbers column, data from novel, reference also comments that also called as an appendix. Reducing data is the next step, it is done by reducing the data found in a smaller number.

Data types used in this study are in forms of primary data and secondary data. Primary data taken from Finding Audrey (2015) novel by Sophie Kinsella. The secondary data is taken from journal, book, articles also website related to the study.

The data will be analyzed and reported. It is in statements, descriptions, quotations or explanations. Analyzing the data is trying to take interpretation from the novel using Individual Psychology Theory from Alfred Adler and reports the study and analysis in next chapter.

## **3. RESULTS AND DISCUSSION**

### **A. Psychology in literature**

The connections between literature and psychology are undeniable. As literature tries to express the human actions in a form of words or sentences, it is also trying to present the state of mind or psychological element of human in words.

A literary work benefits from psychology in terms of successfully presenting characters, expressing their moods, and bringing the reader into the psychological dimension of human reality. Psychology and study of literature meet in their focus on fantasies, emotions and human soul. (Emir 49)

The correlation between the two is formed from the understanding that literature itself is the product of author, in which its human mind poured into their literary work. Both were dealt with the expressions and their actions in minding their conflicts. That human being is the fundamental element in literature, science, and art, is clear. (Aras 251) Therefore, using the Individual Psychology Theory from Alfred Adler to the novel *Finding Audrey* (2015) is relevant.

## **B. Individual Psychology**

Individual Psychology is theory that tries to understand how one's life develops and reaches their success for themselves and others from their power to achieve one's goal from their inferiority. As Bret says according to *Understanding Life* book "The science of Individual Psychology developed out of an effort to understand the mysterious creative power of life - the power expressed in the desire to develop, to strive and to achieve, and to compensate for defeats in one area by striving for success in another." (Bret 1).

Individual Psychology also focuses on larger system like family and community and the individual. Individual Psychology tries to view human or individual from their social relationship and human cannot be separated from their society. (Stoykova 286) Adler also stated that individual personality is not only formed from their environment and heredity, but also their power to react and act to the condition they are born with. Meaning that human has their own power to choose how to live their life not just accept their condition when they were born.

"Personality is shaped not only by heredity and environment, but also by the individual's capacity to interpret, influence and create the events of his/her own life. In other words, the inherited potential with which we were born is less practically important than what we do with it, than how we exploit this potential and our innate abilities." (Zoltan 9).

### **B.1. Inferiority**

Watts stated that inferiority feeling is "the normal and universal feelings of insignificance and disempowerment, and the accompanying beliefs that one is less than what one should be" (Watts 42). It is the feeling of uncomplete from oneself, that we feel discouraged, but it is a normal feeling of a human being. Adler even stated that the feeling of inferiority is completely not a sign of weakness. Inferiority feeling is in fact the one force to drive for the perfectness of human being. (Schultz and Schultz 116)

Audrey turner having several mental illnesses feeling inferior towards it. She feels that her mental illnesses are the thing that prevents her from doing what she used to do.

So now you know.

Well, I suppose you don't know - you're guessing. To put you out of misery, here's the full diagnosis. Social Anxiety Disorder, General Anxiety Disorder and Depressive Episodes.

Episodes. Like depression is a sitcom with a fun punchline each time. Or a TV box set loaded with cliffhangers. The only cliffhanger in my life is, 'Will I ever get rid of this shit?' and believe me, it gets pretty monotonous. (Kinsella 22)

The quotation above shows Audrey's inferiority feeling towards her mental illnesses as she describes it as 'the cliffhanger' of her life. She wants to be a normal kid who can

interact with other people like she used to. She feels inferior, it is shown in her feeling insignificant to her mental illnesses and it is also her driving force to strive for superiority as we can see in the sentences 'it gets pretty monotonous'. It shows that Audrey feels bored with her condition and wants to strive so that she no longer have mental illness and no longer feel inferior.

Inferiority feeling that being overpowered can lead to inferiority complex. It is as Kalaivani says "an unrealistic feeling of general inadequacy caused by actual or supposed inferiority in one sphere, sometimes marked by aggressive behaviour in compensation." (Kalaivani 93). The feeling of inferiority is unrealistic leads to aggressive behavior.

It is also the arise in the feeling of low self-worth, doubt of oneself, feeling uncertain that most of the time arises subconsciously and can either make the individual achieved great success or extreme behavior. "An inferiority complex is lack of self-worth, a doubt and uncertainty, and feelings of not measuring up to standards. It is often subconscious and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme a social behavior." (Muhammad and Kabir 8-9).

Audrey also shows the inferiority complex. It is caused by her feeling low self-esteem of herself because of her mental illness.

Anyway, so I'm quite attuned to the Mid-Sentence Stop. And Linus just stopped, totally mid-sentence, and I know what he was going to say. He was going to say: She's crazy like you're crazy. He's repulsed by me. I knew it. He's only come by here because it's like entertainment, like a freak show. The girl in the dark glasses – roll up, roll up, see her cower in the corner!

The silence is going on and on, and someone has to break it, so I say tightly, 'It's fine. I'm crazy. Whatever.'

'No!' Linus sounds really shocked. Shocked, embarrassed, discomfited. Kind of mortified. Like he can't believe I would say that. (I'm getting all this from one syllable, you understand.)

'You're nothing like my granny,' he adds, and he gives this little laugh, like he's enjoying a private joke. 'If you met her you'd understand.' (Kinsella 99)

The quotation shows us that Audrey feeling hurt because of what Linus says to her. She thinks that Linus thought her as crazy person even though he doesn't mean it like that. It shows Audrey prone to feel low self-esteem because of her mental illnesses. She feels she is the crazy person even though it is just in her mind. Audrey's low self-esteem shows inferiority complex as the sign of inferiority complex is also the low self-esteem.

## **B.2. Striving for Superiority**

Human being is prone to striving for superiority in whole their life, because we instinctively do the action of striving without we know it. Reaching our state of superiority will upgrade and also away ourselves from the feeling of inferiority. (Burger 98) Striving for superiority is the derive to perfectness in oneself, to the completeness of oneself to gain our superiority. It is not for the arrogant tendencies to boast our superiority to other people.

Striving for superiority is not an attempt to be better than every-one else, nor is it an arrogant or domineering tendency or an inflated opinion of our abilities and accomplishments. What Adler meant was a drive for perfection. The word perfectionist is derived from a Latin word meaning to complete or to finish. Thus, Adler suggested that we strive for superiority in an effort to perfect ourselves, to make ourselves complete or whole. (Schultz and Schultz 118)

Striving for superiority also shows in Audrey's action. She tries to do a lot of things to improve her condition so she can gain her superiority.

Her action to strive for superiority also include the below quotation:

All I can hear is my own brain saying, Don't run, don't run, don't run.

'Hi,' he says.

'Hi,' I manage to reply. The thought of facing him or looking at him is impossible, so I turn away. Right away. Staring into the corner.

'Are you OK?' Linus takes a few steps into the room and pauses.

'I'm fine.'

'You don't look that fine,' he ventures.

'Right. Well.' I pause, trying to think of an explanation that doesn't involve the words weird or nutty. 'Sometimes I get too much adrenalin in my body,' I say at last. 'It's just, like, a thing. I breathe too fast, stuff like that.'

'Oh, OK.' I sense that he nods, although obviously I can't look at him, so I can't be sure.

Simply sitting here and not running away feels like riding a rodeo. It's taking a major effort. (Kinsella 77)

The above quotation shows Audrey's efforts to do social interaction with her brother's friend, Linus. Even though she feels like running away from her place, she keeps her state and tries to interact with Linus. It is shown in her words 'Simply sitting here and not running away feels like riding a rodeo. It's taking a major effort.' It is her full effort to improve her condition. It is also categorized as her action of striving for superiority, her action to move from inferiority to superiority.

### **B.2.1. Fictional Goal**

Fictional goal refers to the goal that guides of our behavior that is something from our imagination "The idea that there is an imagined or potential goal that guides our behavior." (Schultz and Schultz 118). The goal we set for ourselves is different from each individual because it is subjective and therefore varied based to the individual. It is also fictional, an idea that that from things the individual imagined. The idea from one individual can impact on their life also their social relationship. The fictional goal will guide the individual to their goal or ideal self as they try to strive for superiority. The ideal of perfection will be their goal in living their life. (Schultz and Schultz 118)

To reach Audrey's superiority, she needs to set her fictional goal so that she can direct her behavior to the goal. As can be seen in the below quotation:

First of all, you will not be like this for ever,' says Dr Sarah. 'Your condition is fully treatable. *Fully treatable.*'

She's said this to me about thousand times.  
'You've made marked progress since treatment began,' she continuous. It's still only May. I have every confidence you will be ready for school in September. But it will require—'  
'I know.' I hunch my arms round my body. 'Persistence, practice and patience.'  
'Have you taken off your dark glasses this week?' asks Dr Sarah.  
'Not much.'  
By which *not at all*. She know this.  
'Have you made contact with anybody?'  
I don't answer. I was supposed to be trying. With a family member. Just a few second every day. (Kinsella 25)

The quotation shows Audrey's fictional goal, which is to go to school in September. Go to school does not just mean only that, it is also means she is getting better. Go to school mean that she can meet new people, take off her sunglasses also not panicking in front of them. Going to school means that she needs to be better in her mental condition. It is her goal and needs to be realized so it can be made real.

### **B.2.2. Creative Power**

Creative power of oneself will be the defining power to free individual. It is the power to take control in aspects of their life, contribute to society also responsible for the goal.

Their creative power places them in control of their own lives, is responsible for their final goal, determines their method of striving for that goal, and contributes to the development of social interest. In short, creative power makes each person a free individual. Creative power is a dynamic concept implying movement, and this movement is the most salient characteristic of life. All psychic life involves movement toward a goal, movement with a direction. (Feist and Feist 79)

From heredity and environment, individual can decide how they want to use those they were born with to choose how to live their life. It is called the creative power. "The creative power of the self refers to our ability to create ourselves from the materials provided by our heredity and environment." (Schultz and Schultz 119). Environment and heredity is not merely the things that shaped us. We also have parts in defining our way of life, either to strive for perfection or not. (Feist and Feist 79)

The first step is catching Mum in a good mood, when she's not going to freak out or overreact or anything. I wait till she's just finished watching an episode of Master Chef, then casually sit on the arm of the sofa and say:  
'Mum, I'd like a phone.'  
'A phone?' She sits up, her eyes wide circles, her mouth open. 'A phone?'  
If I'm the Queen of Overreaction, Mum is the Empress.  
'Um, yes. A phone. If that's OK.'  
'Who are you going to call?' she demands.  
'I just . . . I don't know. People.' I know I sound scratchy, but she makes me scratchy.

‘Which people?’

‘People! Do you, like, need all their names?’ (Kinsella 135)

Audrey tries to get a new phone to text Linus. She does not have a phone because having it used to traumatize her. It is a big effort to acquire a new phone and actually use it. She decides to get a phone also because she needs to interview Linus for her project from her doctor. It is for her to get better in socializing with other people. It also shows Audrey's creative power, which is her initiative or her idea to get a new phone, it is her power to strive to be better. Her creative power that direct her behavior to make a move so she can strive for superiority.

### **B.2.3. Social Interest**

Adler believes in the notion that human is a social being, therefore there is what's it called as social interest. It is the act of not only concerning oneself but also the other such as family, friend or larger society in striving for superiority. It is the one indicator that defines if the striving is useful or not. (Hammond 20) It is not just appeared in individual, but requires attention and efforts. It develops from the environment from family to the community. (Stoykova 286) People with the accompany of social interest in their life will see their actions differently. They will more social in deciding things and not having self-centeredness behavior. The absence of social interest will be the one sign of unhealthy personality, because it is the foundation of healthy personality. (Leak 1)

In striving her superiority Audrey also shows her concern towards others, especially family. It is what moves her to get better.

Because of me, Mum is hanging around at home, worrying and reading the Daily Mail. Because of me, Mum looks all tense and tired instead of shiny and happy.

‘She should work. She likes work.’

Frank shrugs. ‘Well. I expect she will. You know . . .’

And again, the unspoken hangs in the air: When you get better.

‘I’ll go and get the grapes,’ he says, and ambles out of the kitchen. And I sit, staring at my blurry reflection in the stainless steel fridge. When I get better. Well then. It’s up to me to get better. (Kinsella 175)

The quotation above points out Audrey's concern to her mother. Her mother used to work and does her job very good. Her mother also loves her job. After Audrey's first episode, her mother decides to quit and taking care of Audrey full-time. It takes her energy and makes her look always tired. It concerns Audrey and knows immediately that it is her job to get better so her mother can look all happy again like she used to. It shows Audrey's social interest to her mother. That Audrey not only concern with herself but also other people around her, and in this case her mother. The quotation also shows how Audrey's social interest becomes her driving force to get cured.

### **B.2.4. Style of Life**

Style of life is the result of a structured self-consistent personality that later developed. Style of life is to define an individual's manner in their life goal, demeanor also feeling. (Feist and Feist 78) The style of life develops from child. The attitude of child in facing problem will become their behavior in their life. Whether they react in a positive or negative way. (Schultz and Schultz 119).



Adler divided style of life into 4, which of them are ruling type, getting type, avoiding type and socially useful type. The ruling type will have dominance behavior also antisocial. They also tend to solve problems in an aggressive way. Getting type will focus on getting as many as they can, they also dependant with the others in fulfilling their needs. The avoiding type will be fearing themselves in failure and have a tendency to avoid a problem or running away from it. Last is socially useful type. This type or person will try to solve their problem with concerning the needs of the society. They also try to master 3 major tasks of life, such as friendship, occupation and love. (Goodluck and Gabriel 5)

‘Is that a picture of rhubarb?’ She looks confused.

‘Yes. It’s our thing,’ I say casually.

‘Wow.’ Nat seems unable to get over this news. ‘So . . . how long have you been going out?’

‘A few weeks. We go to Starbucks and stuff. I mean, it’s just . . . you know. Kind of fun.’

‘I thought you were, like, properly ill. Like, in bed.’

‘Well, I was.’ I shrug. ‘I suppose I’m recovering or whatever.’ I rip open a bar of chocolate and break it into pieces. ‘So, tell me about school.’

I force myself to ask it, even though the word school leaves a nasty sensation in my brain; a kind of poisonous imprint. (Kinsella 189)

The quotation shows Audrey tries to improve her condition by meet up with her old friend. The quotation also shows her efforts in socializing, it shows in words ‘I force myself to ask it, even though the word school leaves a nasty sensation in my brain; a kind of poisonous imprint.’ The sentence regards Audrey's efforts to strive, even though it still gives bad sensation to herself. This effort of striving shows Audrey's style of life, which is a socially useful type, where the person who acquires this style will cooperate with other people to solve their problem in life. Socially useful type also concerns themselves with the problem of friendship, as we can also see in this quotation. It shows Audrey's style of life as socially useful.

### **B.3. Superiority**

Superiority will be achieved if the individuals are no longer in the state of inferior. It is often defined as the feeling of strong, independent, determined and self-assured (Zoltan 12) The state of superiority is the goal that we continuously fight for in life. “Superiority is the ultimate goal toward which we strive.” (Schultz and Schultz 118) The goal of superiority is varied. It can be in a form of “useful achievement, of personal prestige, of the domination of others, of the defense against danger, or of sexual victories.” (Wexberg 148)

After months of treatment, Audrey actually shows sign of the better condition, but she overestimates her condition and thinks that she is fully cured when actually she has not. So she takes a new challenge that makes her crumbled. Nonetheless, she also gains the state of her superiority after her collapse, that she can actually takes off her sunglasses.

‘I wanted to be better,’ I mumbled, feeling hot. ‘You know. Properly, one hundred per cent better. No meds, nothing.’ ‘You are better.’ Mum put my face between her hands, just like she used to when I was a little girl.

‘Sweetheart, you’re so much better every week. I mean, you’re a different girl. You’re ninety per cent there. Ninety-five per cent. You must be able to see that.’ ‘But I’m sick of this bloody jagged graph,’ I said in frustration. ‘You know, two steps up, one step down. It’s so painful. It’s so slow. It’s like this endless game of Snakes and Ladders.’

And Mum just looked at me as if she wanted to laugh or maybe cry, and she said, ‘But, Audrey, that’s what life is. We’re all on a jagged graph. I know I am. Up a bit, down a bit. That’s life.’

And then Jo met Professor Bhaer, so we had to watch that bit. And then Beth died. So I guess the March sisters were on their own jagged graph too. (Kinsella 260)

The quotation shows her condition after the collapse. She does not want her condition to be like jagged graph, or having up and down. But then she realizes from what her mother’s say to her, that she is improving even though still not total like she wanted be. Her jagged graph actually normal, because in life there is always the jagged graph.

It points out Audrey's superiority, which is in a form of ninety-five percent better than before. Even though she still has those episodes, it is normal, because human will always face the up and down in life. As also relate to the Individual Psychology that says that everything we do in life is to overcome one obstacle to another (Burger 98)

#### **4. CONCLUSION**

Based on the analysis, we can understand that Audrey Turner, the main character of Finding Audrey (2015) novel has reached her state of superiority, using Individual Psychology theory from Alfred Adler. First in Individual Psychology we need to discover her inferiority, in this novel, it is seen when she feels uncomplete about her condition in mental illness state. To get rid of it, she tries to do several efforts to reach her superiority. Such as doing challenges her doctor suggested and do things with Linus. In her action of striving, her fictional goal set her behavior to the goal. Her fictional goal is her being able to socialize with other people.

Her concerns to her mother also shown her social interest that later becomes the drive to striving for superiority. Her creative power is to take control in her life, which is her initiate to get a new phone. When we see her behavior, we can understand that her style of life is socially useful type. It is shown to us when she able to cooperate with other people and concerns herself with three major tasks of life, which is love, friendship and occupation. Lastly, her superiority shown to us when she actually getting better from her first condition. She recovered fast after months of treatments.

#### **ACKNOWLEDGEMENT**

First of all, I would like to send my gratitude to Allah SWT for the blessings. My parents always believe in me. Also to Ma’am Idha Nurhamidhah, S.S., M.Hum. that always be patient with me regarding this study.

## REFERENCES

- Aras, Goksen. "Personality and Individual Differences: Literature in Psychology- Psychology in Literature". *Procedia - Social and Behavioral Sciences* 185. 2015
- Brett, Colin. *Understanding Life; An introduction to the Psychology of Alfred Adler*. One World Oxford. 1997
- Burger, Jerry M. *Personality*. 8th Edition. Wardsworth Publishing Co Inc. 2010.
- Emir, Badegul Can. "Literature and Psychology in the context of interaction of social science". *Khazar Journal of Humanities and Social Science* 19.4: 5055. Print. 2016.
- Feist, J & Gregory J Feist. *Theories of Personality*. 7<sup>th</sup> Edition. The McGraw-Hill Companies. 2008.
- Goodluck, Kingdom Umegbewe & Justin M. Odinioha Gabriel. "Adlerian Individual Psychology Counselling Theory: Implications for the Nigeria Context". *British Journal of Applied Science & Technology*. 2017.
- Hammond, Heidi. "Self-Compassion, Social Interest, and Depression, A Research Paper". *Adlerian Counseling and Psychotherapy*. 2012.
- Kalaivani, G. "A Study On Inferiority Complex Of High School Students In Relation To Their Academic Achievement In Vellore District". *International Educational Scientific Research Journal*. 2017.
- Kinsella, Sophie. *Finding Audrey*. Penguin Random House Company. 2015
- Leak, Gary K.. "Confirmatory Factor Analysis of the Social Interest Index". <http://sgo.sagepub.com>. 2011.
- Muhammad, Syed, and Sajjad Kabir. "Psychological Well-Being , Inferiority Complex , and Interpersonal Values of the Universities ' Students of Bangladesh". 2018.
- Schultz, D. P., & Schultz, S. E. *Theories of Personality*. Wadsworth. 2012.
- Stoykova, Zh. "SOCIAL INTEREST AND MOTIVATION". Faculty of Education, Trakia University. 2013.
- Watts, Richard E. "ADLER'S INDIVIDUAL PSYCHOLOGY: THE ORIGINAL POSITIVE PSYCHOLOGY". *REVISTA DEPSICOTERAPIA*, November. Vol. 26. page. 123-131. 2015.
- Wexberg, Erwin. *Individual Psychology*. Alfred Adler Institute of Northwestern Washington. 2015.
- Zoltan, Ambrus. "Alfred Adler's Individual Psychology – towards an Integrative Psychosocial Foundation of the Education in the 21st Century". *Reconnect*, 3 (1): 4–19. 2011.