

## **Behind Altruism: Posey's Willingness to Sacrifice in Mitch Albom's Novel "For One More Day"**

**<sup>1</sup>Riska Dewi Ramadhani, <sup>2</sup>Novanda Lukwita Hakim, <sup>3</sup>Nasywa Nuzula Ramadhani,  
<sup>4</sup>Happy Julia Rahmadianti, <sup>5</sup>Rommel Utungga Pasopati**

Universitas Dr. Soetomo, Indonesia

<sup>5</sup>[rommel@unitomo.ac.id](mailto:rommel@unitomo.ac.id)

### **ABSTRACT**

This paper examines Posey's selfless actions, namely her readiness to make sacrifices, as a major character in Mitch Albom's *For One More Day*. Emotional empathy and a strong moral commitment are frequently present in altruism, which is characterized as unselfish care for the welfare of others. This study uses a qualitative yet psychological literary analysis to look at how Posey's self-sacrificing actions, whether they be financial, emotional, or physical, show what true altruism is all about. Posey continuously puts the needs of others before her own, from taking on dual parental responsibilities to facing social shame and working nonstop to maintain her family. The results demonstrate that Posey's sacrifices are based on resilience, responsibility, and true love. Her character serves as a reflection of the transforming potential of caring and emphasizes the inner strength needed to continuously give without expecting anything in return.

Keywords: Altruism, For One More Day, Mitch Albom, Willingness to Sacrifice

### **INTRODUCTION**

Altruism, which is typically thought of as the antithesis of egoism, is the conduct in which people decide to help others, even at the price of their own interests (Bhuvana et al., 2021; Farashifah et al., 2025; Mulyanto et al., 2025). This idea is frequently characterized by a sincere desire to improve the welfare of others, motivated by a sense of worth and care for the recipient. Altruistic actions, such as putting oneself in danger to protect others, are common in daily life (Rhoads & Marsh, 2023; Sharma, 2024).

Altruism, according to Ricard, is the genuine and innate desire to help others (Ricard, 2015). He claims that until an action is driven by conscious intention, it cannot be considered altruistic, regardless of the outcome. The primary distinction between selfishness and altruism is not how intense or advantageous the action is for the individual, but rather the purpose behind it. Ricard goes on to stress that cultivating an attitude based on empathy and compassion rather than merely carrying out random acts of kindness is what truly constitutes altruism (Berkey, 2021).

When people feel good and can operate well, they are said to be in a condition of well-being. In addition to positive emotions like happiness and contentment, it encompasses personal development, a sense of purpose, freedom, and meaningful relationships. It encompasses not only mental and physical health but also emotional stability, security, and

Received: December07, 2025; Accepted: December26, 2025; Published: December31, 2025



This work is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

\*Copyright (c) 2025 **Riska Dewi Ramadhani, Novanda Lukwita Hakim, Nasywa Nuzula Ramadhani,  
Happy Julia Rahmadianti, Rommel Utungga Pasopati**

general life satisfaction (Berkey, 2021; Sharma, 2024). Selflessness, on the other hand, is putting the needs of others before one's own without anticipating praise or benefits. Selflessness, when applied to altruism, shows a sincere desire to help others out of pure compassion (Berkey, 2021; Sharma, 2024).

In one of Mitch Albom's most famous novels, *For One More Day* which tells the story of former professional baseball player, Charley Benetto, who has reached the lowest point in his life and chooses to commit suicide after a failed marriage, a broken relationship with his only daughter, and his struggle with alcoholism. However, in a near-death experience, he is given a unique opportunity to spend another day with his mother, Posey, who has passed away. Charley uses the day to reflect on his mistakes and unresolved issues, especially his troubled relationship with his mother. Despite his selfishness and misunderstandings, Posey has always been a selfless individual in his life, doing everything she can to care for her son (Albom, 2006; Leahy, 2023; O'Reilly, 2021)). When they reunite, Posey tells Charley about the sacrifices she has made for him, and he realizes the intensity of her love and the greatness of her selfless act. As Charley learns new things about life, forgiveness, and the redemptive power of love, this day begins a path toward healing and redemption.

As literary work is reflection of human's everyday life, what Posey and Charley experience in their relationship may also be indicated in real life. Posey's love is so selfless that she keeps accompanying Charley even when her son comes to his death. This is how limitless love of a mother works (Leahy, 2023; O'Reilly, 2021). She lives never by her own self, but for the sake of her child. Since a mother is pregnant, she keeps her baby until s/he becomes adult. Time may go on, but mother's love is eternal. She keeps loving without any consent since she naturally knows that she is born to give, especially to her fruit of her own womb.

This article employs literary psychology as its main analytical tool. It is used to examine how Posey's altruism is driven by her willingness to sacrifice. Through Ricard's understanding, this paper would like to underline how selflessness is in line with altruism. It is also pushed from deep within the sense of being mother. Posey approaches Charley through her motherhood in his abundant selfless acts. Through literary psychology, it is also understood how characters in literary works are framed through everyday signs of human emotions. It becomes logical either as psychology focuses on how human minds work.

## RESEARCH METHOD

This paper is explored through a qualitative method that examines certain concepts and textual data. The researchers try to analyze how the novel *For One More Day* illustrates the willingness to sacrifice concept in altruism of the main characters by focusing the research on the mother and son relationship between Posey and Charley Benetto. The aim of this paper is to find out the benefits behind the main characters using willingness to sacrifice in altruism through their relationships where she demonstrates willingness to sacrifice by repeatedly forgiving his shortcomings and continuing to provide unconditional guidance and love. By taking a close reading of the entire novel and the dialogues between the main characters, the data is obtained through categorization and documentation within the read novel. In technique of data analysis, content analysis is used to give perspectives about how lines in literary works may give wider and deeper meanings. It is also used to reveal any implied understanding stated within such novel.

## RESULTS AND DISCUSSION

### *Posey's Altruism in Mitch Albom's For One More Day*

The main character in Mitch Albom's novel is Posey, a mother who acts as an altruist. The entire novel depicts Posey Benetto's selfless life, filled with willingness to sacrifice. After her husband leaves her, she refuses Charley's father's help in order to maintain her independence. Despite facing personal emotional challenges, Posey decides to work hard to support her children and provide them with a sense of security, love, and comfort (Albom, 2006). She always creates a safe and supportive environment for her children and hides her own sadness to save them from misery. The following quote provides evidence of Posey's willingness to sacrifice:

#### *Data 1*

*The truth is, there is no line. There's only your life, how you mess it up, and who is there to save you. (Chapter 1, Page 3)*

From Charley's perspective, his life is in disarray, and his mother is always present to rescue him. His struggles with alcoholism prevent him from being a good father and also hinder his ability to be a supportive son. Posey, on the other hand, is someone who never hesitates to assist her children in any circumstance, even when they stumble (Albom, 2006). This highlights the unconditional support and love that Posey provides, always stepping in to help her children overcome their mistakes and challenges, no matter how difficult the situation.

#### *Data 2*

*My mother had been all over me as a kid —advice, criticism, the whole smothering mothering thing. There were times I wished she would leave me alone. (Chapter 1, Page 4)*

Posey excels in her role as a mother. There are moments when Charley wishes she would give him some space, as she is constantly attentive to his needs. Not only did she bring Charley into the world, but she is also consistently present for him. Posey's constant presence and involvement in Charley's life, while sometimes overbearing, demonstrates her deep concern and commitment to Charley's well-being (Albom, 2006). Even when Charley feels stifled by her attention, Posey remains dedicated to guiding and supporting her through all stages of her life, embodying her role as a protective and caring mother.

#### *Data 3*

*"I'll take you," she whispered. "Whenever it is." (Chapter 2, Page 22)*

Posey believes it is her duty to fill in for Len and take Charley to the game, as a father would. In this instance, Posey takes on the roles of both father and mother (Albom, 2006). It demonstrates her capacity as an individual who embodies both masculine and feminine traits. Posey's willingness to take on both parental roles highlights his strength and adaptability in meeting Charley's emotional and developmental needs. By taking on the role of father, he demonstrates an unconditional commitment to being there for his son, regardless of societal expectations or personal challenges. This dual role reinforces his nurturing nature while demonstrating his resilience and determination to ensure Charley does not feel abandoned.

#### *Data 4*

*But my mother yanks me forward. And she barks. She barks. She makes the best barking sound I have ever heard a human being make. (Chapter 2, Page 35)*

The German Shepherd is an intense hunting breed. Posey is unafraid to confront it to safeguard Charley (Albom, 2006). The barking is not her copying the dog's sound; rather, it is

her attempt to safeguard Charley from any potential danger. Posey's fearless actions demonstrate his protective instincts, as he is willing to face even dangerous dogs to ensure Charley's safety.

*Data 5*

*But no, my mother decides, since this is my first parade, she will make me a costume: the mummy, my favorite scary character. (Chapter 2, Page 39)*

Charley was six years old. He will participate in his first Halloween parade at school. Len, Charley's dad advises Posey to simply purchase a costume, but she chooses to create one on her own because it is his inaugural parade. The mummy outfit symbolizes Posey's affection for Charley (Albom, 2006). Posey desires the costume to be engraved in Charley's memory as evidence that his mother was the one who created the first costume for him.

*Data 6*

*She gets the dictionary, and we sit in the den. (Chapter 2, Page 43)*

Charley, who is 8 years old, has an assignment for school. He inquiries about it from his father, but he is too unaware (Albom, 2006). One evening, Charley inquires with his mother regarding the assignment, and she promptly retrieves a dictionary as they sit together in the den. This demonstrates Posey's readiness to sense Charley's discomfort regarding his school assignments.

*Data 7*

*"Len," she says, "I'm allowed to help him." (Chapter 2, Page 43)*

Len asks Posey to allow him to study by himself, but she opts to stay with him (Albom, 2006). They learn together, and Posey is there for Charley, who does not receive help but rather companionship, which is exactly what Charley requires at that time. Posey's decision to stay with Charley, even when Len suggests he study on his own, highlights his understanding of Charley's emotional needs, prioritizing friendship with his son over simply providing academic assistance.

*Data 8*

*...and my mother threatened his wrath when he got home. (Chapter 2, Page 47)*

Posey fears his husband's anger as Charley and Roberta inscribe their names on the kitchen table using the steak knife. It is explained that threatened signifies protection, highlighting that it is more crucial for Charley and Roberta to acknowledge their errors rather than striking them. Posey's response in this situation illustrates her protective nature, as she chooses to shield Charley and Roberta from the immediate consequences of their actions, prioritizing their emotional safety over the fear of her husband's anger (Albom, 2006).

*Data 9*

*"Dad isn't going to live here anymore." (Chapter 2, Page 57)*

Posey suggests indirectly that they are no longer married. Her two kids need to adapt to the absence of a father in their household (Albom, 2006). In a roundabout way, Posey will take on the role of the complete head of the family. Posey, with her quiet strength, steps into the roles of both mother and father, insisting that she will provide for and protect her children as they adjust to their new reality, even if it takes an emotional toll on her.

Data 10

*It fell on my mother, mostly because she was still around. (Chapter 2, Page 64)*

Divorce is not common among people in that period. The residents of their area hold Posey responsible for still being present (Albom, 2006). This suggests that Charley's mother carries the weight and duty merely because she is there, whereas Len is not. This emphasizes that Posey must take care of everything, not due to her being the most qualified, but because she remains while he departs.

Data 11

*...Len was gone and Posey was there to be judged. (Chapter 2, Page 64)*

No one is aware of the events occurring between Posey and Len. Len has left following their breakup, but Posey remains to face the neighbors' scrutiny. Although Len's exit liberates him from accountability, Posey must confront the repercussions and societal judgment, potentially leading to discord in their families. When one parent is absent, the other parent frequently faces blame or criticism, even when they are not to blame (Albom, 2006).

Data 12

*She had spent her final years doing hair and makeup for homebound elderly women, going house to house, keeping their beauty rituals alive. (Chapter 2, Page 70)*

The lines above demonstrate Posey's devotion and compassion in her senior years. She preserves their dignity and self-esteem by performing beauty rituals for elderly women who are confined to their homes by continuing to style and apply makeup (Albom, 2006). Posey's concern for the emotional and psychological well of those she assists goes beyond their outward look.

Data 13

*...and with my father out of the picture, my mother tried to work as many shifts as she could,... (Chapter 2, Page 82)*

Charley remembers how her mother, Posey, undertook additional jobs after his father departed. This demonstrates her perseverance and commitment to support her family even as a single mother (Albom, 2006). She attempts to make up for her father's absence by taking on various shifts, demonstrating her commitment and sacrifices to guarantee her children's welfare.

Data 14

*My mother eases out the door. "Stay here," she whispers. (Chapter 2, Page 92)*

Posey puts herself at risk by instructing their children to remain in the room while she exits to investigate if there's an intruder in the house. This instance illustrates the mother's nurturing and safeguarding nature (Albom, 2006). By instructing Charley to remain, she seeks to shield him from something challenging or hurtful. It also shows the intimacy and gentle approach she uses to handle her relationship with her son, even during moments of stress or change.

Data 15

*"You worked at the beauty parlor?" I said. My mother grinned. (Chapter 3, Page 121)*

Charley is astonished to find out that his mother is employed at a beauty salon. Her smile indicates that she takes pride in or cherishes this aspect of her life, revealing a facet of her

that Charley might not have completely recognized before. The smile reveals a moment of realization regarding his mother's existence beyond her role as a parent (Albom, 2006).

*Data 16*

*"We cleaned houses together, Charley," she said. (Chapter 3, Page 121)*

The line above represents a shared experience and a time of bonding between Posey and Miss Thelma. The mention of cleaning the house jointly suggests that Posey engages in a demanding, labor-intensive job in addition to being a mother and a beauty industry worker. It highlights the dignity inherent in even the most mundane duties and honors Posey's personality as well as the effort she puts into her relationships and life (Albom, 2006).

*Data 17*

*"How do you think I put you kids through college?" (Chapter 3, Page 121)*

Posey contemplates the sacrifices she endures to assist her children. Posey illustrates the sacrifices she has undertaken to care for her children. This highlights that, despite the difficulties, Posey puts her children's future first and makes personal sacrifices for their betterment. Posey reflects on the sacrifices she makes, working tirelessly to ensure her children have the opportunities they need, including sending them to college (Albom, 2006).

*Data 18*

*... the bills back home were being paid, in part, by my mother cleaning houses with a woman who once cleaned ours. (Chapter 3, Page 125)*

This context emphasizes Posey's strength and the sacrifices she endures to aid her family. Regardless of the challenges she encounters after her husband departs, she persists in her efforts, even taking on mental and physical tasks like house cleaning (Albom, 2006). The reality that she collaborates with a woman who once performed cleaning in their home highlights the humbling aspect of her predicament and her need to cope with the challenging situation

*Data 19*

*Posey Benetto, nurse, and Posey Benetto, beautician, it was Posey Benetto, cleaning woman. (Chapter 3, Page 134)*

The quotes above showcase Posey's determination as she undertakes different jobs, such as cleaning, to help her family following her husband's exit. It illustrates the mother's role in different identities, demonstrating how she embodies and serves as a role model for her children (Albom, 2006). Posey's various roles emphasize her resilience and versatility, highlighting how she takes on many responsibilities to ensure the stability and well-being of her family.

*Data 20*

*... "Why didn't you just get money from Dad?" My mother set her jaw. "I didn't need any more from your father." (Chapter 3, Page 134)*

The lines above reflect Posey's self-esteem and autonomy. When Charley inquires why she does not request money from her ex-husband, she strongly replies that she does not require anything from him. She demonstrates her power and perseverance in spite of the obstacles she encounters (Albom, 2006). Posey's assertive response shows her pride and determination to stand on her own two feet, refusing to rely on her ex-husband for financial support, despite the hardships she faces.

### ***The Significance of Idea behind Altruism and Willingness to Sacrifice***

Altruistic action is characterized by a deeper moral commitment to the well-being of others rather than merely the absence of self-interest. It reflects a conscious concern for others' needs and outcomes, often grounded in ethical values, empathy, and social responsibility. In contrast to behaviors motivated by personal gain, altruism emphasizes acting for the benefit of others, even when such actions involve personal cost. Sacrifice, in this context, is defined as the propensity to forego immediate self-interest in order to promote the well-being of a partner, group, or relationship (Pasopati et al., 2025; Pastor et al., 2024; Pfattheicher et al., 2022). This definition highlights the relational and social dimensions of sacrifice, suggesting that individuals may prioritize collective harmony or relational stability over individual advantage.

Self-sacrifice is often characterized by self-denial and can manifest in two distinct aspects. According to Atabaeva (2019), the positive aspect of self-sacrifice involves giving resources, time, or emotional support to someone who is dear to the individual, reinforcing bonds of care and attachment. The negative aspect, however, may involve self-negation or even a form of rejection or hatred of one's own personality, where personal needs and identity are consistently suppressed. This dual nature suggests that self-sacrifice can be both constructive and potentially harmful, depending on context and motivation.

Altruism, is fundamentally focused on helping others, is imbued with moral intentions, and is largely devoid of self-interest. In contrast, self-sacrificial behaviors emphasize "the loss to the benefactor" rather than the moral purity of the intention behind the act (Pasopati et al., 2025; Pastor et al., 2024; Putriana et al., 2024). Together, these perspectives illustrate that emotional empathy and rational considerations, such as maintaining social cohesion and ensuring group survival, can motivate self-sacrifice. Even when such behaviors appear costly to the individual, they may serve broader social, relational, or moral purposes that extend beyond personal benefit.

### ***Posey's Willingness to Sacrifice in Mitch Albom's For One More Day***

This section discusses how Posey's willingness to sacrifice in *For One More Day* reveals factors that lead to altruism. These aspects are further explained below:

In Data 1, Posey's actions can be seen as a form of willingness to sacrifice based on her moral commitment to the well-being of her children and her willingness to put aside her own interests for their good. She is defending herself to the point of losing her job, or bearing the emotional and physical burdens of her relationship with her husband (Atabaeva, 2019; Kirana et al., 2025; Riza et al., 2025). Moreover, she also Posey consistently puts others before her own comfort. This is in line with the concept of altruistic action, where her focus is on helping and protecting those she cares about, even at the expense of her own well-being. Her sacrifices reflect the emotional empathy that drives her to maintain the continuity and cohesion of her family, demonstrating Posey's willingness to make sacrifices for the good of those she loves (Albom, 2006; Berkey, 2021; Putriana et al., 2024).

In Data 2, What Posey does reflect her willingness to sacrifice. She is willing to put aside her own comfort for Charley. Although Charley sometimes feels annoyed by her mother's excessive attention, Posey remains a consistent presence in her son's life, providing advice and guidance even when Charley feels he needs her own space (Albom, 2006; Kirana et al., 2025; Riza et al., 2025). This shows that Posey is willing to sacrifice her own personal needs, such as her freedom or free time, to ensure that Charley always feels supported and cared for. As described in the concept of willingness to sacrifice, Posey demonstrates a deep moral commitment to Charley's well-being, regardless of her own personal gain, demonstrating the

emotional empathy and logical thinking that drove her self-sacrifice (Albom, 2006; Atabaeva, 2019; Pfattheicher et al., 2022).

In Data 3, What Posey does demonstrate a willingness to sacrifice. She is willing to sacrifice her role as a mother and also take on the responsibilities of a father to Charley. This altruistic act is an example of Posey giving up her own self-interest and going above and beyond her role for the welfare of her child. She sacrifices her time, energy, and also the opportunity to take care of herself, just to make sure that Charley feels supported, even when that responsibility should have been carried out by her father. This decision reflects a deep moral commitment to maintaining the relationship and ensuring her children's happiness, even though it required personal sacrifice (Albom, 2006; Atabaeva, 2019; Pfattheicher et al., 2022).

In Data 4, What Posey does is a clear example of willingness to sacrifice. Willingness to sacrifice reflects a deeper moral commitment to the welfare of others, even if it means sacrificing personal interests. In this situation, Posey bravely faced danger without thinking about her own safety to protect Charley from the threat of a dangerous German shepherd (Albom, 2006; Atabaeva, 2019; Pfattheicher et al., 2022). This action shows self-sacrifice filled with empathy and moral intent to protect her loved ones.

In Data 5, What Posey does is an example of willingness to sacrifice. Willingness to sacrifice involves a deeper moral commitment to the interests of others, even though it requires personal sacrifice. In this situation, Posey chooses to make her own mummy costume rather than buy an easier costume, even though it takes additional time, effort, and energy. She is willing to make the sacrifice to create a special moment for Charley, in the hope that the costume will be remembered as evidence of her mother's love. Posey's sacrifice shows a moral intention to provide the best for her son, even though it means sacrificing her own comfort (Atabaeva, 2019; Pasopati et al., 2025; Pastor et al., 2024).

In Data 6, What Posey does is an example of willingness to sacrifice. Posey shows a willingness to sacrifice her personal time and attention to help Charley with his schoolwork. In this case, Posey not only provides practical assistance by fetching the dictionary, but also shows empathy by acknowledging Charley's discomfort with his assignment (Atabaeva, 2019; Pasopati et al., 2025; Pastor et al., 2024). Her sacrifice is seen in how she puts her children's needs before her own, even though it might interfere with her personal time. This action reflects Posey's moral commitment to support Charley's well-being and development, even though it means sacrificing her own comfort.

In Data 7, Posey's actions reflect a willingness to sacrifice. She chooses to prioritize Charley's emotional needs over simply providing academic assistance. In this case, Posey demonstrates the sacrifice of time and attention to accompany Charley, even though Len suggested that Charley should study on his own. This sacrifice is more related to concern for Charley's emotional well-being, which required her mother's support and presence, rather than simply material or academic assistance (Kirana et al., 2025; Pasopati et al., 2025; Pfattheicher et al., 2022). This shows how Posey was willing to sacrifice herself for her children's comfort and well-being, which reflects the trait of selfless sacrifice for the happiness and needs of others, as the essence of willingness to sacrifice.

In Data 8, What Posey does reflect a willingness to sacrifice. She is willing to endure her husband's anger in order to protect Charley and Roberta. Posey chooses to protect them from the emotional consequences that might arise, even though it means facing her husband's anger. This action shows that Posey is willing to make sacrifices, both emotionally and physically, for the well-being and safety of her children, which is the essence of the concept of sacrifice in altruism (Atabaeva, 2019; Pasopati et al., 2025; Pastor et al., 2024).

In Data 9, What Posey does is an example of willingness to sacrifice. She sincerely takes on the dual role of mother and father after her divorce, for the comfort and well-being of her children. Although she has to bear the emotional and practical burden of the dual role, Posey still chooses to sacrifice for the future and stability of her children without thinking about her own interests. In this context, Posey demonstrates a deep personal willingness to sacrifice, which reflects the sacrifice for the happiness and success of her children, even though she has to face tough challenges (Albom, 2006; Atabaeva, 2019; Rhoads & Marsh, 2023).

In Data 10, What Posey does is an example of willingness to sacrifice. Even though she is not asked to take on full responsibility, Posey sincerely accepts the role after the divorce (Albom, 2006; Kirana et al., 2025; Pasopati et al., 2025). Even though she is not considered the most capable, Posey chooses to sacrifice her time and energy to care for the children and maintain the stability of the family, simply because she is there and does not abandon them. This sacrifice reflects how committed she is to ensuring that her children feel safe and protected, even though she has to bear the emotional and practical burden alone.

In Data 11, Posey demonstrates a willingness to sacrifice despite her innocence in the divorce. She still chooses to face the criticism to protect her children. Even though Len left the family, Posey remains responsible, struggling with social stigma, and sacrificing her personal comforts in order to keep the family together and provide her children with a sense of security (Kirana et al., 2025; Pasopati et al., 2025; Rhoads & Marsh, 2023). Posey makes these sacrifices to demonstrate her commitment and willingness to shoulder unfair responsibilities for the well-being of her children.

In Data 12, Posey demonstrates a willingness to sacrifice, choosing to let go of her own personal comfort and work hard to meet the needs of others even when her own circumstances are not easy. Posey shows genuine dedication and compassion by doing work that is not always appreciated or recognized, such as doing makeup and combing the hair of an elderly woman who is bedridden, even though it may require physical and emotional sacrifice (Atabaeva, 2019; Putriana et al., 2024; Rhoads & Marsh, 2023). Posey's actions demonstrate how she is willing to sacrifice something for the happiness and well-being of others, even when she herself is facing challenges in her life.

In Data 13, Posey demonstrates her willingness to sacrifice by working long hours and taking on many extra shifts to support her family after her husband left. This is an example of Posey sacrificing her own time and energy for the well-being of her children (Atabaeva, 2019). Posey has to deal with the burdens of being a single mother, but she remains committed to caring for and providing a decent life for her children regardless of the hardships or sacrifices she faces (Berkey, 2021; Kirana et al., 2025; Pasopati et al., 2025).

In Data 14, Posey shows a willingness to sacrifice. She is willing to take risks to protect her children. Posey puts the safety and security of her children before her own by deciding to check if anyone is in the house, even if it means putting herself in danger. This action shows the physical and emotional sacrifice Posey is willing to take risks to protect her children and shows her love and commitment to her family (Albom, 2006; Pasopati et al., 2025; Pastor et al., 2024).

In Data 15, Posey shows a willingness to sacrifice as she works hard at the beauty salon to provide for her family. She still does that even though the job may not be ideal or comes from a lower status (Albom, 2006; Atabaeva, 2019). Posey accepts the sacrifices and challenges of her job for the sake of her children, as shown by her smile and pride in her work. Posey remains dedicated to providing for her family, even if she may not be fully seen or appreciated by Charley (Farashifah et al., 2025; Mulyanto et al., 2025; Putriana et al., 2024).

In Data 16, Posey demonstrates a willingness to sacrifice as she works hard at physically demanding jobs, such as cleaning houses with Miss Thelma. Although these jobs may seem

simple or difficult, Posey sacrifices time and energy to provide for herself and her family. This dedication demonstrates Posey's commitment to working hard for the well-being of her children and to maintaining the harmony of the social relationships that are important to her, no matter how difficult the task (Farashifah et al., 2025; Mulyanto et al., 2025; Putriana et al., 2024; Rhoads & Marsh, 2023).

In Data 17, Posey demonstrates a willingness to sacrifice, as she willingly sacrifices her time, energy, and personal well-being to ensure her children receive a proper education. Posey works hard and she puts her children's future ahead of her own safety (Albom, 2006; Berkey, 2021; Mulyanto et al., 2025). This shows her genuine commitment and sacrifice for the well-being and success of her children. It also shows how willing she is to sacrifice her own interests for the sake of others.

In Data 18, What Posey does show a willingness to sacrifice. She is willing to do hard work such as cleaning houses to provide for her family after the divorce. Although the work may feel humiliating, especially since she works with women who used to clean their own houses, Posey does it without hesitation for the sake of her children's future (Albom, 2006; Pasopati et al., 2025; Pastor et al., 2024). She put the well-being of her family above her own comfort and self-esteem, showing genuine dedication and deep emotional sacrifice. Her determination to continue working, despite the difficult circumstances, emphasizes how strong her desire is to ensure a better life for her children (Albom, 2006; Riza et al., 2025).

In Data 19, Posey's deed shows a willingness to sacrifice. She is willing to do various jobs. Her jobs include cleaning the other houses to ensure that her family's needs are met after her husband leaves (Albom, 2006; Atabaeva, 2019). Even though she has already served as a nurse and a worker in the beauty industry, Posey does not hesitate to add to the burden by becoming a housemaid. Her decision to sacrifice personal comfort and work hard for her children illustrates a selfless sacrifice based on love and responsibility as a mother (Albom, 2006; Putriana et al., 2024; Rhoads & Marsh, 2023).

In Data 20, Posey demonstrates a willingness to sacrifice by refusing financial help from Charley's father. She shows her independence and desire not to rely on others. Posey chooses to overcome all hardships on her own. Nevertheless, she continues to work hard to provide for her family, demonstrating that she is willing to sacrifice her own needs in order to maintain her self-esteem and protect her family (Atabaeva, 2019; Farashifah et al., 2025; Mulyanto et al., 2025).

## CONCLUSION

Through her unwavering willingness to make sacrifices, Posey's character in *For One More Day* effectively demonstrates the concept of selflessness. Her strong and genuine dedication to her children's welfare motivates her sacrifices rather than a sense of duty. She voluntarily puts up with social criticism, financial strain, and mental anguish in order to guarantee her family's security and happiness. Her deeds, such as working several jobs, refusing to rely on money, and putting herself in risk, demonstrate her moral fortitude and selflessness. Through psychological literary analysis, it is understood that Posey's life is a reminder that true altruism means helping others out of love and empathy, even if it means sacrificing own self for others. Therefore, the narrative of the novel emphasizes how compassionate sacrifice can be a powerful and lasting manifestation of selflessness. Sacrifice, selflessness, and altruism are three main key points of this paper, yet those are valuable for future research as well. By underlining those three aspects, future researchers may dig more

into how human emotions could be so sacrificial to other persons, including how self is not always so individual and even selfish.

## REFERENCES

- Albom, M. (2006). *For one more day*. Little, Brown.
- Atabaeva, N. B. (2019). Psychological factors affecting the development of altruism in humans. *Central Asian Journal of Education*, 3(1), 98–119. <https://files01.core.ac.uk/download/pdf/285997462.pdf>
- Berkey, B. (2021). The philosophical core of effective altruism. *Journal of Social Philosophy*, 52(1), 93–115. <https://doi.org/10.1111/josp.12347>
- Bhuvana, M. L., Pavithra, M. B., & Suresha, D. S. (2021). Altruism, an attitude of unselfish concern for others-an analytical cross sectional study among the Medical and Engineering students in Bangalore. *Journal of Family Medicine and Primary Care*, 10(2), 706–711. [https://doi.org/10.4103/jfmpc.jfmpc\\_834\\_20](https://doi.org/10.4103/jfmpc.jfmpc_834_20)
- Farashifah, N. I., Putri, A. S. L., Pasopati, R. U., Wijaya, K., & Hariyono, H. (2025). Spot's empowerment to Arlo in The Good Dinosaur movie. *EL2J (English Language and Literature Journal)*, 4(1), 11–24. <https://doi.org/10.38156/el2j.v4i1.72>
- Kirana, K. S., Nurdin, D. S. F., Wijayanto, B. P., Hizbullah, A. D., & Pasopati, R. U. (2025). Persistent doubts and uncertainties of Evelyn's despair in Everything Everywhere All at Once movie script. *JELLE*, 6(02), 9–17. <https://jurnal.unikal.ac.id/index.php/jelle/article/view/6793>
- Leahy, C. P. (2023). Mother love: Mothers and their children. Dalam *Becoming a mother* (hlm. 116–146). Manchester University Press. <https://doi.org/10.7765/9781526161215.00010>
- Mulyanto, L. Z., Napitupulu, J. C. P., Pasopati, R. U., Hariyono, H., & Wijaya, K. (2025). Revenge and/or justice in Quentin Tarantino's film Inglourious Basterds. *SALIENCE: English Language, Literature, and Education*, 5(1). <https://doi.org/10.60155/salience.v5i1.531>
- O'Reilly, A. (Ed.). (2021). *Maternal theory: The essential readings*. Demeter Press. <https://doi.org/10.2307/j.ctv1s2t0hn>
- Pasopati, R. U., Zhaifrah, M. Q., Wirnoto, Y. A. A., Fadillah, M. R. I., & Andharu, D. (2025). The psychoanalytical roles of imaginary friends in emotional development in If movie. *Alphabet*, 8(1), 57–66. <https://doi.org/10.21776/ub.alphabet.2025.08.01.06>
- Pastor, Y., Pérez-Torres, V., Thomas-Currás, H., Lobato-Rincón, L. L., López-Sáez, M. Á., & García, A. (2024). A study of the influence of altruism, social responsibility, reciprocity, and the subjective norm on online prosocial behavior in adolescence. *Computers in Human Behavior*, 154, 108156. <https://doi.org/10.1016/j.chb.2024.108156>
- Pfattheicher, S., Nielsen, Y. A., & Thielmann, I. (2022). Prosocial behavior and altruism: A review of concepts and definitions. *Current Opinion in Psychology*, 44, 124–129. <https://doi.org/10.1016/j.copsyc.2021.08.021>
- Putriana, K. O. N., Zaky, R. A., Hamdani, F. N., Salsabila, A. T., & Pasopati, R. U. (2024). The relevance of perpetual peace in Henry Van Dyke's *Ashes of Vengeance*. *SALIENCE: English Language, Literature, and Education*, 4(1). <https://doi.org/10.60155/salience.v4i1.397>
- Rhoads, S. A., & Marsh, A. A. (2023). Doing Good and Feeling Good: Relationships Between Altruism and Well-being for Altruists, Beneficiaries, and Observers. In J. Helliwell, R. Layard, J. D. Sachs, J.-E. De Neve, L. B. Akinin, S. Wang, & S. Paculor (Eds.), *World Happiness Report* (11 ed., pp. 103–130). Sustainable Development Solutions Network. <https://worldhappiness.report/ed/2023/doing-good-and-feeling-good->

[relationships-between-altruism-and-well-being-for-altruists-beneficiaries-and-observers/](#)

- Ricard, M. (2015). *Altruism: The power of compassion to change yourself and the world*. Little, Brown. <https://ird.mcu.ac.th/wp-content/uploads/2021/07/Altruism-The-Power-of-Compassion-to-Change-Yourself-and-the-World.pdf>
- Riza, D. A., Oktavia, D., Pasopati, R. U., Andharu, D., & Fadillah, M. R. I. (2025). The interpretations of morality and ideology in Wes Anderson's film *Isle of Dogs*. *Foremost Journal*, 6(2), 176–183.
- Sharma, N. (2024). The role of altruism in promoting psychological well-being among healthcare workers: A review of the literature. *Educational Administration: Theory and Practice*, 30(4), 9048–9059. <https://doi.org/10.53555/kuey.v30i4.3026>