

Posey's Voluntary and Intentional Behaviors in Mitch Albom's *For One More Day*

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ABSTRACT

This study explores the altruistic qualities of Posey, the main character in Mitch Albom's novel *For One More Day*, focusing on her voluntary and intentional behaviors as expressions of altruism. Altruism is defined as selfless concern for the welfare of others, often manifested without expectation of reward. Using qualitative methods and character analysis, this study examines Posey's acts of sacrifice, emotional support, and moral guidance, specifically in her relationship with her son, Charley Benetto. Her behaviors—from defending her son against unfair judgment to creating lasting emotional bonds—are voluntary and intentional, reflecting a deep commitment to the welfare of others. In conclusion, this study confirms that altruism in the literature can be explained by consistent and intentional actions that prioritize the needs of others over personal gain.

Keywords: Altruism, *For One More Day*, Mitch Albom, Voluntary and Intentional Behavior

INTRODUCTION

People in today's culture are willing to make sacrifices for the good of others, such as saving the life of someone who is at risk of dying in an accident. We call this type of phenomenon altruism. Altruism is a selfless concern for the welfare of others (Sharma, 2024). The study of altruism looks at the reasons and mechanisms of selfless behavior in which someone acts for the good of others at the potential cost of themselves. This phrase is used to describe the antithesis of egoism (Bhuvana, et al., 2021; Oktavia et al., 2024). Altruism often indicates the altruist's genuine concern for the welfare of the recipient, as seen in their innate desire to improve their quality of life (Rhoads & Marsh, 2023; Pasopati et al., 2024).

Ricard defines altruism as the sincere and unthinking desire to help others. Motivation is necessary for altruism; automatic or reflexive behavior, regardless of its positive or negative effects, cannot be classified as altruistic or selfish. Altruism and selfishness are qualitatively different because the altruistic nature of our motivation is determined by its quality, not its strength, in relation to personal needs. He emphasizes that performing random acts of kindness is not as important as cultivating a mindset of compassion and ongoing care (Pasopati et al., 2024; Richard, 2015).

Feeling good and functioning well, experiencing positive emotions such as happiness and satisfaction, developing one's potential, having control over one's life, having a purpose in life, and having positive relationships are components of well-being (Huppert, 2014; Ruggeri et al., 2020). In addition to physical and mental health, it includes emotional stability, security, and overall life satisfaction (Huppert & Cooper, 2009; Pasopati et al., 2024). On the other hand, selflessness means consistently putting the wishes or desires of others ahead of one's own goals

or benefits. Selfless altruism implies that one acts out of a desire to help others, rather than in the hope of gaining favor or fame (Batson, 2015; Pasopati et al., 2024).

Through one of Mitch Albom's famous works entitled *For One More Day* which tells the story of a former professional baseball player, Charley Benetto who has reached the lowest point in his life decides to commit suicide following a bad marriage life, a strained relationship with his only daughter, and his struggle with alcoholism. But when he is on the verge of death, he is given a unique opportunity to spend one more day with his mother, Posey, who has passed away. Charley spends his days thinking back to his mistakes and unresolved issues, especially his strained relationship with his mother. Posey has always been the selfless one in her life, going out of her way to care for him, despite his selfishness and misunderstandings. Posey reveals to Charley the sacrifices he has made for her as they reconnect, and Charley begins to understand the depth of his love and the significance of his selfless actions. The day becomes a journey of healing and redemption as Charley gains new insights into life, forgiveness, and the power of love.

METHOD

This research 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 voluntary and intentional behaviors 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 research is to find out the benefits behind the main characters using selflessness in altruism through their relationships where she demonstrates voluntary and intentional behaviors 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. It also provides quotations from the novel and the sources that support the analysis.

FINDINGS AND DISCUSSION

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

In his novel, Mitch Albom portrays Posey as an altruistic mother. Throughout the book, Posey Benetto's selfless existence is depicted through her voluntary and intentional behavior. She refuses Charley's father's help in order to maintain her independence after her husband's divorce. Despite her own personal challenges, Posey decides to work hard to earn money in order to provide security, love, and comfort for her children. She hides her own suffering and always creates a safe and supportive environment for her children to avoid suffering. The following quote provides evidence of Posey's voluntary and intentional behaviors:

Data 1

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)

From Charley's point of view, he messes his life and his mom is there to save him. It is because he could not be a good father, being an alcoholic person, and also failing to be a good son (Albom, 2006). Posey is the person who never thinks twice to help her children in every situation even when her children fail. This shows how responsible Posey is and how much he loves his children no matter what.

Data 2

My mother, had she been alive, might have found a way through to me because she was always good at that, taking my arm and saying, "Come on, Charley, what's the story?" (Chapter 1, Page 5)

Charley's life is so messed up. He grows to be a harsh and distant person. When his mother is still alive, she is always good at making him feel better by telling him to tell the story. Posey is a good listener; she always listens to Charley's heart. This shows Posey's deliberate effort to support Charley emotionally, always giving him space to open up (Albom, 2006). Her willingness to be there for Charley, listening and helping him through his emotions, reflects her deep concern and desire to guide his through life's challenges, even when he feels lost.

Data 3

She shook her head and put a hand to her cheek. (Chapter 2, Page 22)

Posey decides to pretend that she is fine in front of Charley even after her fight with Len. She wants to look strong for her children and their future (Albom, 2006). She is a role model that life is tough. She does not just want to look strong. Posey's decision to hide her pain shows her resilience and selflessness as a mother. In doing so, she teaches Charley that strength is not about avoiding suffer, but facing it with grace and determination, even when life is hard.

Data 4

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

Posey feels responsible to replace Len as a person to take Charley to the game, as a father. Here Posey plays both roles as father and mother. It shows her ability as a person who is both masculine and feminine. Posey's willingness to take Charley to the games demonstrates her deep sense of responsibility and unconditional love for her son (Albom, 2006). By playing both father and mother, she demonstrates her resilience and adaptability, ensuring that Charley doesn't miss out on important experiences, even in his absence.

Data 5

STILL, I CAN say I adored my mother, in the way that boys adore their mothers while taking them for granted. She made that easy. For one thing, she was funny. She didn't mind smearing ice cream on her face for a laugh. She did odd voices, like Popeye the Sailor Man, or Louis Armstrong croaking, "If ya ain't got it in ya, ya can't blow it out." She tickled me and she let me tickle her back, squeezing her elbows in as she laughed. (Chapter 2, Page 32-33)

It shows that all of this is a form of Posey's intrusion as a mother even if she has to be a clown. This reflects Charley's fond memories of his mother, highlighting the warmth, humor, and playfulness of their relationship. While he sometimes takes his mother for granted, as children often do, Charley acknowledges how much he adores her, especially for the joy and laughter she brings into his life (Albom, 2006). Clown is about her silliness and willingness to connect with him on a fun and personal level emphasizing his efforts to make their bond special. This underlines the love that lies behind everyday interactions that may be overlooked at the time.

Data 6

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 a fierce hunting dog. Posey is not afraid to face it to protect Charley. The barking is not her imitation of the dog's voice, but it is her effort to protect Charley from whatever may come (Albom, 2006). Posey's actions demonstrate her maternal instincts and her courage, showing that she is willing to do anything to protect her child from danger. Her fierce bark, while unusual, symbolizes her protective nature and her willingness to confront any threat for Charley's safety.

Data 7

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 6 years old. He is going to have his first Halloween parade at school. Len, Charley's father tells Posey to just buy him a costume but she decides to make it by herself since it is his first parade (Albom, 2006). The mummy costume is a form of Posey's love for Charley. Posey wants the costume to be remembered by Charley as proof that his mother is the one who made the first costume for him.

Data 8

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

Posey is threatened by his husband's wrath because Charley and Roberta carve their names on the kitchen table with the steak knife (Albom, 2006). It is explained that threatened means defending by saying that it is more important for Charley and Roberta to admit their mistakes instead of hitting them. Posey shows that she values honesty and responsibility more than physical punishment. By emphasizing the importance of admitting mistakes, she tries to teach good moral values to Charley and Roberta, even though she has to face her husband's anger.

Data 9

"I'm Mrs. Benetto. This is my son, Charley. Did you tell him a book was too hard for him to read?" (Chapter 2, Page 52)

The librarian woman underestimates Charley by telling him that the book he is about to borrow is too hard for him to read. Posey gets out of the car and rebukes the librarian woman (Albom, 2006). Posey believes that Charley has abilities in academic, so she protects Charley. Posey's reaction shows her strong belief in Charley's potential and her determination to defend him from unfair judgment. She refuses to let anyone underestimate her son's abilities, especially when it comes to his academic abilities, even though others doubt him.

Data 10

"Don't you ever tell a child something's too hard," she snaps. "And never—NEVER—this child." (Chapter 2, Page 52)

Posey scolds the librarian woman. For Posey, a difficult book is a must-read and she does not want her child to be underestimated just because the book is too difficult for him (Albom, 2006). Posey believes that Charley should be encouraged to push himself and face challenges head-on, rather than letting others limit his potential. By standing up for Charley in front of the librarian, Posey demonstrates his commitment to fostering Charley's self-confidence and resilience, ensuring that Charley never feels inferior or not enough.

Data 11

"What do you want to do this year?" my mother asked me the first September after they got divorced. School was about to start, and she was talking about "new beginnings" and "new projects." My sister had chosen a puppet theater. I looked at my mother and made the first of a million scowling faces. (Chapter 2, Page 60)

Posey asks her children what they want to do this year because school is about to start (Albom, 2006). However, her optimistic approach contrasts with Charley showing his emotional struggle. This shows that Posey's divorce is also a new chapter. And she also wants her children to start new things rather than remembering their father. Posey encourages her children to make a fresh start, believing that focusing on new projects will help them move forward and heal from the past, despite the emotional challenges they face.

Data 12

July 20, 1959

Dear Charley—I know you are scared but there is nothing to be scared about. We have all had our tonsils out and look at us. We're OK! You hold onto this letter. Put it under your pillow before the doctors come in. They're going to give you something to make you sleepy and just before you fall asleep you can remember my letter is there and if you wake up before I get to your room, then you can reach under the pillow and read this again. Reading is like talking, so picture me talking to you there. And soon I will be. And then you can have all the ice cream you want! How about that? I love you every day. Mom (Chapter 2, Page 63)

Posey writes a letter for Charley to make him feel fine. This is to ease Charley's pain after the surgery. It also shows how Posey wants Charley to remember her during his hardest time. Just by reading his message, Posey hopes her son will remember her and become stronger (Albom, 2009). Posey's letter was a heartfelt and thoughtful way for her to stay connected with Charley during a difficult time, offering emotional comfort and reassurance. Her words reflected her deep love and desire to provide support, even when she couldn't be there physically.

Data 13

"We're having a party right here," she'd say. She made it seem like her choice. Just the three of us. (Chapter 2, Page 74)

On the fourth of July, no one invites Posey's family to the party, she says that they are having a party in the house as if it is her choice. The fact that their neighborhood exiles them. Posey is presented as a strong, positive individual who can bring happiness even in difficult

situations (Albom, 2006). She transforms a potentially depressing or lonely situation into something joyous and memorable for her and her kids by declaring, "We're having a party right here" making it appear like an intentional choice. It demonstrates her capacity to encourage people and find the positive side in all situations.

Data 14

...my mother wants to do something special. (Chapter 2, Page 76)

Posey wants to do something special by dressing up as Santa Claus for her children. She says she wants to make special memories. It displays her nurturing personality and her ability to add special touches or memorable details to everyday events, including as a means of expressing her love and concern (Albom, 2006). This also relates to her personality, which is one of constantly trying to make ordinary occasions more special for her family.

Data 15

"Come here, Charley." She holds a hand out. (Chapter 2, Page 93)

In this moment, the mother's holding out her hand signifies an invitation for comfort, connection, and reassurance. This gesture reflects Posey's desire to offer emotional support or closeness, which symbolizes a safe space for Charley. Posey's outstretched hand is not just a physical act; it is a deeply emotional invitation for Charley to seek solace in her presence (Albom, 2006). In that moment, she offers him the comfort of knowing that he is not alone, which reinforces her role as a constant source of support in his life.

Data 16

She wanted to know where the library was, and she found someone to give us directions. "Charley, look at all the books," she marveled as we walked around the ground floor. "You could stay in here all four years and never make a dent." Everywhere we went she kept pointing. "Look! That cubicle—you could study there." And, "Look, that cafeteria table, you could eat there." I tolerated it because I knew she would be leaving soon. (Chapter 3, Page 104)

This illustrates Posey's deep concern and care as a mom as she navigates Charley's new environment. She shows him various places—such as the library, study rooms, and cafeteria—she tries to make the transition easier for him by imagining all the possibilities and comforts of his new life. (Albom, 2006) Her excitement reflects her pride and desire to make sure her son feels at home, even in these unfamiliar surroundings. Charley, meanwhile, tolerates her enthusiasm because he knows the moment will pass, symbolizing the growing emotional distance between them as she prepares to leave him for college.

Data 17

"Charley," she said. Her voice was softer now, and it sounded different. "Give your mother a kiss." (Chapter 3, Page 105)

In this context, Posey's softer tone and request for a kiss signal a moment of tenderness and vulnerability (Albom, 2006). The change in tone suggests a deeper emotional meaning—perhaps an awareness of the impending separation or a final moment of closeness before

parting. Because of the mother's vulnerability and desire to connect, Charley sees this moment as a reminder of the inevitable nature of change and the bittersweet nature of saying goodbye.

Data 18

"Don't let anything affect your studying, Charley." "I won't." "That's the most important thing." "I know." "An education is everything, Charley. An education is how you'll make something of yourself." (Chapter 3, Page 124)

The mother emphasizes the importance of education and its role in shaping Charley's future (Albom, 2006). She views education as the key to success and self-development, encouraging him to prioritize it above all else. The dialogue reflects her deep concern for his well-being and future, demonstrating her desire for him to succeed in life. The mother's words show that education is not just about learning, but about creating opportunities and building a meaningful life.

Data 19

"Where did you learn that song?" she said, stepping up as I drew a beer from the keg. "Uh...my mom," I answered. I felt like an idiot. Who begins a conversation with "my mom?" But she seemed to like the idea and, well, we went from there. (Chapter 3, Page 131)

This passage shows that Charley's relationship with their mother is a big part of who they are, even in small moments. Charley feels a little awkward when he says "my mother," but everyone else reacts positively, showing that talking about family is a relationship that people can relate to (Albom, 2006). This highlights how the influence of family, especially a mother. It sticks with Charley and shapes his interactions, even if he does not always talk about it directly.

Data 20

When I first mentioned the idea to my mother, she screamed, "Absolutely not!" It didn't matter that baseball would pay me. It didn't matter that the scouts thought I had potential—maybe enough to make it to the major leagues. "Absolutely not!" were her words. And I absolutely ignored her. (Chapter 3, Page 132)

In this context, Posey's strong reaction to Charley's baseball opportunity demonstrates her protectiveness and concern for his future. Her refusal reflects her fear and desire to keep him safe, perhaps from the uncertainty or challenges she associates with a career in sports (Albom, 2006). Charley's decision to ignore her and pursue his dream anyway highlights the tension between following his aspirations and his parents' hopes or fears. It also underscores his growing independence and determination to make his own choices, despite his mother's objections.

The Significance of Idea behind Altruism and Voluntary and Intentional Behaviors

People with a prosocial personality would tend to help, whether through spontaneous altruistic behavior or through organized voluntary action (Haski-Laventhal, 2009). Intentional action is a type of action distinguished by the presence of specific developmental skills and by intent or purpose (Burks, 2001). As intentional action originates from an actor's desires and

wishes, it is influenced by motivation, emotional state, and concept of self as the active agent (Burks, 2001). Altruistic actions are purposeful performed out with the intention of helping others. This describes acts that a person takes willingly, free from external influence or force. When an organism or person shows altruism, they decide to act in a way that helps others even when doing so may harm them. The act's voluntary character emphasizes that the altruist does it of their own free choice and is not required or forced to do so.

Altruistic actions are related to voluntary and intentional behaviors. Voluntary is a behavior that is carry out voluntarily or without force. When people behave voluntarily, they are doing altruistically out of their own free choice, without consideration of reward (Burks, 2001). Intentional behavior indicates that the individual doing the altruistic behavior has a specific intention. It is an intentional decision made to benefit other people. When individual decides to help with the express of goal of advancing others' well-being, the person is aware of the effect of their actions will have on other people. Both behaviors above indicate that altruistic actions are shaped from deep psychological impulse of people who realize those deeds.

Posey's Voluntary and Intentional Behaviors in Mitch Albom's *For One More Day*

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

In Data 1, Posey's action illustrates voluntary and intentional behavior. Her "smothering" presence—through constant advice, criticism, and involvement—reflects a conscious choice to actively guide and support Charley. She does this of her own free choice (voluntary) and with a clear intention to ensure her son's well-being and success (intentional), even though Charley may not always appreciate it (Burks, 2001; Haski-Laventhal, 2009; Pasopati et al., 2024). Her actions stem from a deep desire to protect and care for her child, which is consistent with behavioral characteristics of altruism.

In Data 2, Posey's action categorized as voluntary and intentional behavior. Her decision to emotionally support Charley and listen to him came from her own free will, without any external coercion or obligation. This voluntary nature is consistent with the concept of altruistic behavior, since she helped Charley without expecting anything in return (Burks, 2001; Haski-Laventhal, 2009; Oktavia et al., 2024). Furthermore, her actions were intentional because they were intended to improve Charley's emotional well-being. Posey consciously chose to comfort and guide him, fully aware of how her actions would benefit him, which makes it a deliberate altruistic act.

In Data 3, Posey's act of pretending to be okay after the fight with Len demonstrates voluntary and intentional behavior. Her decision is voluntary because she chooses to act strongly on her own, without external force. Her action is also intentional because it is driven by a specific goal: to protect the well-being of her children (Burks, 2001; Haski-Laventhal, 2009; Pasopati et al., 2024). Posey is aware of the impact her behavior has on Charley, and she intentionally chooses to demonstrate strength for the sake of her family's future.

In Data 4, Posey's action of offering to drive Charley to the game, taking over the roles of both mother and father, categorized as voluntary and intentional behavior. Her decision to take on this responsibility is voluntary because she does so of her own free will, without being forced or influenced by others. She intentionally chooses to step in and ensure that Charley has a parent present at the game, demonstrating an awareness of the impact her actions have on Charley's emotional well-being (Burks, 2001; Haski-Laventhal, 2009). This demonstrates her

genuine desire to help and support Charley, reflecting the characteristic of altruism, as she is driven by her internal motivation to care for and provide for her child.

In Data 5, Posey's actions in creating funny and warm memories with Charley categorized as voluntary and intentional behavior. She intentionally chooses to behave in silly ways, such as smearing ice cream on her face or imitating funny voices, with the goal of strengthening her relationship with Charley and creating happiness for her child. Furthermore, this act is also voluntary, because Posey does it without any external pressure or force. She chooses to actively engage in Charley's life in a loving way, without expecting anything in return because of her internal drive as a caring and loving mother to her child (Burks, 2001; Haski-Laventhal, 2009; Oktavia et al., 2024). This reflects the concept of altruism, where actions are performed with the intention of helping and supporting others, even if it may seem simple or trivial.

In Data 6, Posey's action in confronting the German Shepherd dog to protect Charley constitutes both voluntary and intentional behavior. Based on the explanation of voluntary and intentional behavior, Posey voluntarily, without any external force or pressure, decided to act to protect her child (Burks, 2001; Haski-Laventhal, 2009; Pasopati et al., 2024). She is not required or forced to confront the dog, but does so out of her desire and motivation as a mother. Furthermore, her action was intentional because she had a clear intention to protect Charley from harm. Posey is aware of the positive impact her action would have on her child's safety, so this action meets the criteria for voluntary and intentional behavior in the context of altruism.

In Data 7, Posey's action in making a mummy costume for Charley is a form of voluntary and intentional behavior. Posey freely chose to make the costume without influence from others, even though Len suggested buying it. Her action is also intentional, because there is a clear purpose behind her decision, which is to create memorable memories for Charley and show her affection through her efforts. By making the costume, Posey is aware of its positive impact in building an emotional connection with Charley, which reflects her intention to strengthen their bond (Burks, 2001; Haski-Laventhal, 2009; Pasopati et al., 2024).

In Data 8, Posey's actions in the face of her husband's threat of anger are voluntary and intentional behavior. Posey voluntarily decides to defend her children by not physically punishing them, even though she knows that her actions would trigger her husband's anger. This shows that she does the action based on her own choice, without any external coercion. Intentionally, Posey has a clear intention to teach Charley and Roberta responsibility by allowing them to admit their own mistakes (Burks, 2001; Haski-Laventhal, 2009; Oktavia et al., 2024). Her goal is to provide her children with a deeper moral understanding of the importance of honesty and accountability, even though she had to face the consequences from her husband.

In Data 9, Posey's action constitutes voluntary and intentional behavior. Voluntary behavior refers to an action that is done consciously without force, and intentional behavior indicates that there is a specific purpose or intention behind the action (Burks, 2001; Haski-Laventhal, 2009; Rafiuddin et al., 2025). Posey knowingly involves herself to protect Charley from unfair judgment. She is not asked or forced to defend her son, but does so because of her intention to protect and show support for Charley's academic abilities. This action is clearly a voluntary and purposeful choice by Posey, who wants to ensure that Charley is valued and not belittled.

In Data 10, Posey's action viewed as intentional and voluntary behavior. She is not forced or required to confront the librarian, but chooses to do so because of her strong belief in protecting her child's self-esteem and abilities. Her decision to hire the librarian is motivated

by her intention to defend Charley and ensure that he is not discouraged or belittled. This behavior is consistent with the intentional and voluntary action framework, as Posey's response is motivated by her deep concern for Charley's development and her determination to challenge the unfair judgment against him (Burks, 2001; Haski-Laventhal, 2009; Rafiuddin et al., 2025).

In Data 11, Posey's action categorized as voluntary and intentional behavior. Posey voluntarily chose to ask her children about their plans after the divorce, indicating that she acts of her own free will without force (Burks, 2001; Haski-Laventhal, 2009; Rafiuddin et al., 2025). It is also an intentional act because Posey has a clear goal of helping her children see the divorce as a new beginning, not a burden from the past. Her desire to encourage them to start new things and focus on the future suggests that her actions were done with the good intention of her children's emotional well-being, without consideration of external rewards or coercion.

In Data 12, Posey's act of writing a letter to Charley is an example of voluntary and intentional behavior. Voluntary behavior is an action carried out with good intentions without external influence, and this is reflected in the way Posey sends a letter to provide emotional support to Charley (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025). Posey deliberately writes a letter to make Charley feel better and remember him when facing difficult times, which shows her intention to provide comfort and emotional support. This action was carried out on her initiative as a caring mother, and the goal is to make Charley feel stronger and not feel alone.

In Data 13, Posey's action of stating, "We're having a party right here," is an example of voluntary and intentional behavior. Voluntary behavior is an action that is done without coercion, and this is reflected in how Posey chooses to celebrate Independence Day in a positive way, even though they were not invited. Posey intentionally made a situation that could have been sad into a fun one by bringing happiness to herself and her children (Burks, 2001; Haski-Laventhal, 2009; Rafiuddin et al., 2025). Her action is not only a spontaneous decision, but also a decision made with the intention to change the mood and bring happiness, indicating that she does it with full awareness and purpose to create happiness in a difficult situation.

In Data 14, Posey exemplifies voluntary and purposeful activity by dressing up as Santa Claus in an attempt to accomplish a special task. Voluntary behavior is defined as an activity carried out voluntarily and free from force (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025). Posey made the conscious decision to gently and lovingly make unforgettable memories for her kids. This choice was chosen with the goal of expressing love and excitement even in routine situations. It also shows how Posey makes an effort to thoughtfully and intentionally give her family greater significance on everyday occasions.

In Data 15, Posey's act of reaching out is intentional and voluntary behavior because it is a conscious and purposeful act motivated by her desire to provide emotional support and reassurance to Charley. She is not forced to do so by any external force, but chooses to offer comfort of her own accord, demonstrating her nurturing and protective role as a mother. The act is consistent with the concept of voluntary behavior, because it is done voluntarily, without external pressure, and intentionally, because Posey's goal is to provide emotional security to her son in his time of need (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025).

In Data 16, Posey's actions in showing Charley various places on campus, such as the library, study rooms, and cafeteria, are voluntary and intentional behaviors. Posey intentionally involves herself to ensure that Charley feels comfortable and prepared to navigate her new life in an unfamiliar environment (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025). These actions reflect Posey's intention to make Charley's transition easier and to help her feel

accepted in her new place. This is an example of voluntary behavior because Posey did it of her own free will, without any coercion, and intentional because she had the goal of providing comfort and reassurance to Charley.

In Data 17, Posey's act of asking for a kiss in a softer voice is both voluntary and intentional. Posey does so with the intention of creating a moment of emotional intimacy and warmth with Charley before their separation. Her change in tone indicates an awareness of the impending change, and she is intentionally trying to deepen their relationship in these final moments. This is an example of voluntary behavior because Posey does so of her own free will, without coercion, and intentionally because she wants to create emotional closeness as part of the emotional separation process (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025).

In Data 18, Posey's action in emphasizing the importance of education is voluntary and intentional behavior. Posey does so with the clear intention of guiding Charley to realize how important education is for his future. This behavior is voluntary because Posey chooses to give the advice of his own free will, without coercion (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025). In addition, this action is also intentional because he has a goal to encourage Charley to achieve success through education, which shows his desire for Charley to have a better future.

In Data 19, Posey's actions in forming a relationship with Charley demonstrate voluntary and intentional behavior. Posey intentionally teaches Charley the song, which creates a lasting memory for them, even though Charley feels awkward talking about his mother. This is voluntary behavior because Posey chooses to teach the song and share this moment without coercion, and it demonstrates an intention to connect with Charley emotionally (Burks, 2001; Haski-Laventhal, 2009; Rafiuddin et al., 2025). This action is intentional because Posey indirectly forms a profound influence on their relationship, affecting Charley's interactions with others, even though she is not always aware of it or expresses it explicitly.

In Data 20, Posey's actions in response to Charley's baseball opportunity demonstrate both voluntary and intentional behavior. Posey voluntarily expresses her feelings loudly "Absolutely not!" because of her concern for Charley's future and her desire to protect him from the potential risks associated with a career in sports. This is voluntary behavior because Posey freely chooses to protect her child, even though the decision may be unpopular with Charley. It is also intentional because Posey consciously chooses to express her concerns and try to influence Charley's decision, reflecting her goal of preserving his safety and happiness, even though it may be in a way that is contrary to her child's wishes (Burks, 2001; Haski-Laventhal, 2009; Riza et al., 2025).

CONCLUSION

The study concluded that altruistic behavior can be viewed as a combination of intentional and voluntary actions based on love, empathy, and responsibility after analyzing Posey's character in *For One More Day*. Posey exemplifies the qualities of true altruism by readily comforting, protecting, and providing emotional support for her son. She often puts her son's needs before her own, acting from an internal moral compass rather than out of duty or peer pressure. Her actions are deliberate and purposeful, with the goal of helping Charley achieve personal growth and emotional healing. Posey shows that even the most routine gestures can have great value when done with care. Her altruistic actions are everyday affirmations of love rather than spectacular acts of heroism. Her altruism is an example of how moral character and lasting human relationships are built on deliberate choices and actions.

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