

**PSYCHOLOGY ANALYSIS OF MAIN CHARACTER
IN THE NOVEL *GITANJALI* BY FEBRIALDI R**

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Abstract: This study aims to describe the psychology of main characters in the novel *Gitanjali* by Febrialdi R. In detail, the purpose of this study is to describe the psyche of the main character when facing various kinds of problems in his life. This research uses the library method. The subject of this research is a novel entitled *Gitanjali* by Febrialdi R which was published by mediakita publisher in 2018. This study focuses on problems related to the psychological conflict experienced by the main character. The results showed that: First, the main character of the novel *Gitanjali* received injustice. An accident that happened when he worked at a restaurant made him dismissed from the restaurant because of his disability. Second, the main character experiences despair in his life and love relationship. He feels hopeless about his love relationship which is not going well due to the demanding parents of his partner. It made him insecure, moreover his partner was a lecturer while he was just an ordinary man. Third, the main character lives alone because since childhood he never knew his biological parents and only lived in an orphanage. Fourth, the main character is depressed due to the problems that come his way.

Keywords: *main character, novel, psychological aspect*

INTRODUCTION

Literary psychology is a study that views literary works as a psychological activity. Human conflict could be analyzed by psychologist or people who can give a good suggestion or giving positive motivation. Commonly conflict that raise from human is from the negative ego (Widiastiti, et al., 2019). Negative ego is a source of problems because basically humans have an ego with the principle of putting oneself first and not caring about the reality of others. This ego is playing on oneself, because if there is a problem, someone else is to blame, and oneself is always in the right position, so the ego is sometimes a sign of a less commendable character. This phenomenon

happen to humans make an author has an idea to create a literary works, such as short story, drama, novel or movie. Literary works as psychological phenomenon is a condition role psychiatric illustration(Afkarina & Wardhani, 2019).

Literature and psychology are two branches of knowledge that study the human soul. Psychology researches human behaviours and their causes while literature depicts human behaviour through fiction. These two sciences studying human behaviour are interrelated and mutually beneficial. And the basic building block of the correlation between literature and psychology is a literary work. Literary works study human beings and describe their inner world with all its aspects. The reason is that a literary work is at the same time a product of a certain psychological condition. 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 phantasies, emotions and human soul. Thus there exists a two-way relationship based on mutual interaction between literature and psychology, in the form of evaluation of a literary work with the resources of psychology and obtaining psychological truths from a literary work(Yimer, 2019).

A psychology that is actually used to assess human real. In conjunction with a literary work psychology used to observe behavior an imaginary figures author. A literary work essentially noble is a life through the disclosure of a form of a language, while the purpose of psychology literature is to understand psychological aspects contained in the work of the content of novel(Devilito & Wardani, 2016).

The novel *Gitanjali* by Febrialdi R was chosen as the object of study because it is one of the novels with a very prominent psychological aspect of the main character. The novel tells the story of climbing the seven highest peaks in Indonesia which reflects the efforts and sacrifices of a man who loves his lover so much that it results in loss of life and regret. The novel teaches us about the search for meaning and the journey to find true love. In addition to adventure, this novel also tells the heart of a climber named Ed when he loses his job and comes into conflict with his girlfriend, Ine. Various psychological conflicts are contained in this novel through the main character. Therefore, it is interesting to analyze this novel through a literary psychology approach.

One of the relevant studies is by Dewi et al. on the study of humanistic psychology on the main character in the novel *Pasung Jiwa* by Okky Madasari. The results show that *Pasung Jiwa* (2013) is a novel that contains many problems. *Pasung Jiwa* means a shackled soul or a soul that does not have freedom and is restrained. This novel, which tells about human freedom, features a transgender character named Sasana who changes his name to Sasa and seeks his freedom. Many factors caused him to choose to be transgender. The factors experienced by Sasana may also cause the transgender phenomenon that has emerged in Indonesia recently. One of them is the non-fulfillment of basic human needs, as expressed by Maslow, consisting of physiological needs, security, love and belonging, self-esteem, and self-actualization (Dewi et al., 2018).

Pradnyana conducted another relevant study on the psychological analysis of the characters in Sapardi Djoko Damono's novel *Suti*. The novel's theme is the resilience of a woman in living her life. The setting on the outskirts of Solo in the 1960s and 1970s gives readers a distinct impression. The characters displayed vary based on behavior, character, and personality. Based on Sigmund Freud's psychological theory, all the characters in the novel have aspects of Id, Ego, and Superego (Pradnyana et al., 2019).

This study has similarities with the relevant studies previously described in the use of a literary psychology approach but differs in the novels studied. In addition, the focus of the problem in this study is different. This study examines the personality aspects of the characters in the novel *Gitanjali* by Febrialdi R. The main problem of this research is the psychological state of the main character after facing various problems in his life.

REVIEW OF LITERATURE

Literary psychology is an interdisciplinary study of psychology and literature. Psychology studies the human psyche, while literature is a work that contains elements of beauty and entertainment. Literary psychology is related to the psychological activities of the characters in a story (Citra, 2020). Psychology and literature have been closely related since the 4th century BC. Aristotle applied the psychological approach to defining the classic definition of the emergence of tragedy combined with fear and

compassion to cause catharsis. Literary psychology is built on the assumptions of genesis concerning the origin of the work. It means that literary psychology is deeply analyzed concerning aspects of the human psyche (Hambali, Rahmatiah, 2022).

The psychological approach starts from the assumption that literary works always discuss events in human life. Literary psychology analyzes texts by considering the relevance and role of psychological studies. Focusing on the characters will enable an analysis of inner conflicts that may conflict with psychological theory. In this context, researchers must find symptoms that are hidden or deliberately hidden by the author by utilizing psychological theories considered relevant (Suprpto et al, 2014).

Literary psychology views work as a psychological activity. The author will use creativity, taste, and intention in his work. In responding to literary works, readers cannot be separated from their psyche. Literary psychology also considers literary works as a reflection of the soul. The author will capture the psychological symptoms to be processed into the text. Projection of own experiences and life experiences around the author will be projected into the text (Setiaji, 2019).

Literary psychology is interdisciplinary since it studies and examines literature using various concepts and theoretical frameworks in psychology. Literary psychology has four possible meanings: the study of the psychology of the author as a type or as a person, the study of the creative process, the study of types and psychological laws applied to literary works, and the study of the impact of literature on the reader (Wiyatmi, 2011).

The literary psychology approach is used to analyze inner conflicts, psychological events, and reactions made by the main character in resolving the conflict of personality changes (Nuryatin, 2017). Therefore, this study focuses on the psychological approach of literature through psychological events experienced by the main character.

METHOD

This research uses the library method in which the novel *Gitanjali* is the subject of study and the main character in the novel is the object of study. Qualitative descriptive studies are based on the understanding that this kind of study explains a process or an event chronologically and describes and evaluates a case through data obtained from

observations of literary works. Data were obtained through reading the novel *Gitanjali* and noting important points related to the research. The data were then processed using a literary psychology approach.

FINDINGS AND DISCUSSION

Findings

The psychology of the main character is reflected through the various problems experienced. Conflicts that occur within the character become part of the psychological phenomena of the character, such as sadness, regret, injustice, despair, and other problems. The characters' psychology is represented through Febrialdi R's novel *Gitanjali* which is described as follows.

Injustice

The author of the novel *Gitanjali* describes the state of the main character who does not get justice in his life. One of these injustices was when he was hit by an accident at work until he was injured so he was expelled by the company. This injustice is illustrated in the following quote:

“Kini jelas sudah, perusahaan memutuskan untuk merumahkan aku dengan alasan bahwa akibat cedera di kepala, secara kondisi sudah tak memungkinkan untuk melanjutkan kerja di restoran lagi. Meskipun melalui asuransi perusahaan sudah menanggung seluruh biaya rumah sakit dan aku diberi pesangon yang cukup besar, tetapi pemutusan kerja membuatku merasa diperlakukan tidak adil.” (Febrialdi R, 2018)

English translation:

"Now that it's clear, the company has decided to lay me off due to a head injury, it's no longer possible for me to continue working in the restaurant. Even though the company has covered all the hospital costs through insurance and I was given a sizable severance pay, the layoff made me feel like I was being treated unfairly." (Febrialdi R, 2018)

The quote clearly shows that the company or restaurant where the main character works took a unilateral decision to dismiss the main character. He felt that he had been treated unfairly even though all the treatment at the hospital had been borne by the company. The injustice felt by the main character certainly disturbs his mental condition.

The accident that occurred was clearly not the result of the main character's wishes or actions. When he happened to be in an accident, he felt victimized by the

company through the layoff. Another injustice is also described by the author in the following quote:

“ini sungguh tak adil. mereka sudah berlaku sewenang-wenang terhadap karyawan. Namun bagaimana mungkin aku menggugat, sedang semua itu sudah tercantum di aturan perusahaan” (Febrialdi R, 2018).

English translation:

"This is really unfair. They have been abusive towards employees. But how can I sue them, when all of that is already stated in the company rules" (Febrialdi R, 2018).

The injustice described in the quote appears when the main character does not have any power to sue the company where he works. In fact, he also feels that the company's rules have treated the people who work in the company unfairly.

The main character's psyche was completely shaken when he experienced this calamity. Apart from being unable to sue the company, during his two-week hospital stay, his girlfriend never came to see or visit him. It is illustrated in the following quote:

“Lantas, ke mana ine? Ke mana dia? Apakah dia tidak tahu kalau aku terkena musibah dan dirawat di rumah sakit selama dua minggu lamanya? Apakah tidak ada teman yang mengabarkan padanya?” (Febrialdi R, 2018).

"Then where is Ine? Where is she? Didn't she know that I had an accident and was hospitalized for two weeks? Didn't any of her friends tell her?" (Febrialdi R, 2018).

The main character who is already confused and sad about the company's decision to unilaterally terminate him is now also saddened by his girlfriend who doesn't give any news and doesn't even meet him at the hospital while he is being treated.

Despair in Love

Initially, the main character's romantic relationship with his girlfriend went well. Their relationship began with their accidental meeting at an outdoor equipment store in Bandung. At that time, they were both watching a talk show with one of the speakers talking. The main character pays attention to a woman who has been busy by herself and has not been listening to the talk show.

After that meeting, they decided to be in a relationship. The main character, who was currently pursuing higher education, is now in a relationship with a lecturer. He felt his relationship with Ine was inappropriate. As an ordinary man, he feels that it is inappropriate to have a relationship with a lecturer.

From that problem, the main character begins to feel despair. His despair increases when his girlfriend's parents interfere in their love relationship as illustrated in the following quote:

“Terlepas dari itu semua, orang tuanya tetap mendesak ine agar aku menyelesaikan kuliahku, mengurangi hobi naik gunungku, dan bekerja secara layak. Secara layak? Apa maksud orangtuanya tentang bekerja secara layak? Kalaupun ine dan keluarganya berasal dari kalangan akademisi, apakah itu= berarti aku mesti jadi dosen juga? Kalau benar demikian, rumus hidup macam apa itu?”(Febrialdi R, 2018).

“Despite all that, her parents still urged Ine that I finish my studies, reduce the intensity of my mountain climbing, and find a proper job. Properly? What did her parents mean about working properly? Even if Ine and her family are from academic circles, does that mean I have to be a lecturer too? If so, what kind of life formula is that?”(Febrialdi R, 2018).

From the quote, it is clear that the main character feels uncomfortable and even disagrees that his girlfriend's parents interfere in their love affairs, especially if it is related to his social status.

The main character feels hopeless about it all. He despaired of the wishes of his girlfriend's parents. If he obeys all the wishes of his girlfriend's parents, he feels like he is not being himself. He feels that everyone has the right to determine their own way of life, not determined by the views of others. Living by paying attention to other people's views is a way that can disrupt human psychology, including the main character.

Living Alone

Many people dream of living a happy and prosperous life with their family, especially their parents. They think that the most valuable treasure in the world is family. A happy family is a family that goes through difficult times together and does not leave each other. Likewise, the main character also dreams of a happy life with his family. Unfortunately, luck was not on his side. Since childhood he never knew who his family and even his biological parents were. This is as explained by the author in the following quote:

“Rumah tua yang mulai ditumbuhi lumut dan ilalang di sana-sini itu adalah asrama yatim-piatu. Dulu aku tinggal di sana dari kecil hingga dewasa. Aku sendiri tak pernah tahu yang disebut dari kecil itu sejak kapan. Karena aku sendiri tak pernah tahu siapa orang tua kandungku. Mengapa aku berada di rumah itu dan menjadi bagian dari rumah itu.”(Febrialdi R, 2018).

“The old house which is starting to grow moss and weeds here and there is an orphanage. I used to live there from childhood to adulthood. I don't know what it's been called since I was a kid. Because I never knew who my real parents were and why I was in that house and a part of that house.”
(Febrialdi R, 2018).

From this quote, it can be seen that since childhood, the main character lived in an orphanage and was only cared for by the owner of the orphanage. He did not know who his biological parents were and why they had left him at the orphanage. Even as an adult, he still hasn't gotten the answers to these questions.

Since childhood, the main character has lived in an orphanage with other orphaned friends, as illustrated in the following quote:

“Yang kutahu, sejak kecil aku sudah ada di rumah itu. bersama teman-teman yatim piatu lain yang diurus oleh Ibu Ros. Dirawat dan disekolahkan hingga kami dewasa. Kami tak pernah tahu siapa orang tua kandung kami. Yang kami tahu bahwa ibu Ros mengurus kami dengan penuh kasih sayang.”
(Febrialdi R, 2018).

“As far as I know, since I was a child, I have been in that house with other orphans who were taken care of by Mrs. Ros. We are cared for and educated until adulthood. We never knew who our real parents were. All we know is that Mrs. Ros takes care of us with great care.”(Febrialdi R, 2018).

The quote describes how much the orphanage mother loves the children who live in the orphanage, including the main character. However, even though he gets the love of the orphanage owner, he still needs the love of his biological parents. In fact, he is often jealous of his school friends who get the love of their biological parents, as illustrated in the following quote:

“Dulu aku suka iri dengan teman-teman sekolahku di mana mereka memiliki orang tua lengkap, ayah dan ibu. Saat itu aku berpikir, mengapa mereka memiliki orang tua yang terdiri atas ayah dan ibu? Pada waktu itu aku tak mengerti bahwa seorang anak terlahir dari dua orang tua, ayah dan ibu. Karena saat itu kutahu hanya Ibu Ros-lah orang tuaku.”(Febrialdi R, 2018).

“I used to be jealous of my school friends where they had complete parents, father and mother. At that time I thought, why do they have parents consisting of father and mother? At that time I did not understand that a child is born from two parents, father and mother. Because at that time all I knew was that Mrs. Ros was my parent.”(Febrialdi R, 2018).

The quote clearly describes the psychological state of the main character as a result of living alone without his parents. Jealousy came to his heart. He felt that he was a victim of all the bad treatment of his parents.

The problem does not end there, living alone without parents also has another negative impact on the main character. He was once a rebellious child, as the author describes in the following quote:

“Namun, meski demikian, bukan berarti aku tak pernah nakal. Dulu, waktu remaja, aku pernah kabur dari panti asuhan. Hanya karena ada sepasang orang tua yang hendak mengadopsiku sebagai anak. Aku tak mau. Maka aku kabur. Berhari-hari hidup di jalanan. Tidur di terminal dan cari makan di pasar”
(Febrialdi R, 2018).

"However, even so, that does not mean I have never rebelled. In the past, as a teenager, I once ran away from an orphanage. Just because there are a couple of parents who want to adopt me as a child. I didn't want it. So I ran away. For days I live on the streets, sleep in the terminal, and scavenge for food in the market."(Febrialdi R, 2018).

The quote illustrates that the main character does not want to be cared for by his adoptive parents, because he feels comfortable living alone and being cared for by the owner of the orphanage. As a result of this incident, he had to witness the harshness of life in the real world outside the orphanage. At his young age, he should not have witnessed all that. He still does not have enough strength to face the street life. That is what makes the main character decide to return to the orphanage.

However, the main character feels comfortable solving every problem by running away from the orphanage, as illustrated in the following quote:

“Namun, sejak kejadian itu, aku jadi punya cara untuk menyelesaikan masalah. Setiap ada persoalan yang berhubungan dengan diriku, aku selalu memilih kabur. Keluar dari rumah panti dan dicari-cari lagi.”(Febrialdi R, 2018).

"However, since that incident, I have come up with a way to solve the problem. Whenever I face a problem, I always choose to run away. I got out of the orphanage and was searched for."(Febrialdi R, 2018).

From the quote, it is clear that the main character always chooses the bad way in solving his problems. It is because he feels comfortable with all of it, even though it is not a good thing to do.

Depression

All the bitterness he was going through made him very depressed. He finally decided to get rid of his depression by going on an adventure. Although initially it was his friend who proposed the idea, as in the following quote:

“Pergilah Ed, kosongkan kamar kosmu. Simpan semua barangmu di rumahku. Pergilah kemanapun kamu mau.”

“Go Ed, clear your boarding room. Keep all your stuff in my house. Go wherever you want.”(Febrialdi R, 2018).

The main character considers the suggestion of his friend. He realized what he needed to do was relieve his depression by doing activities he enjoyed. With a unanimous decision, he finally made a trip up the mountain. He targets seven mountains to be climbed spread across Indonesia.

His journey did not always go smoothly, until one day when he was planning to climb Mount Rinjani, a woman offered to come with him. At first, he was hesitant to agree to the woman's offer, but after much thought, he finally accepted it and they started their journey to Mount Rinjani.

However, the unexpected happened to them. A woman who accompanied him to climb Mount Rinjani died suddenly. She died while they were resting at the stop on the way to the top of Rinjani. He did not know what to do. Especially when there was no one around them, as the author describes in the following quote:

“Astaga! Apa yang terjadi? Apa yang harus kulakukan sekarang? Saat ini aku seorang diri di pelawangan sembalun.tak ada pendaki melintas. Tak ada tenda sama sekali. Aku harus bagaimana?”(Febrialdi R, 2018).

"Good grief! What happened? What should I do now? Right now I'm alone in the Sembalun field. There are no climbers crossing. No tents at all. What should I do?"(Febrialdi R, 2018).

From the quote above, it is clear that the main character is confused about what to do. Luckily, soon there were several people who passed through the area and helped him from the process of taking care of the woman's body until it was lowered from the mountain and taken to the hospital.

The woman's death suddenly caused a new wound for the main character. Climbing the mountain is the way he takes to get rid of depression due to the problems that come his way. However, it also inflicted a new wound on him.

Now, the depression felt by the main character is increasing. He even felt guilty for his negligence in taking care of the woman.

Discussion

Literary psychology emphasizes studying literary aspects that reflect psychological processes and activities. One way to understand the description of a character's mental activity in a literary work is through the character's behavior. This method can be used to find out the character's concept, motivation, or psychological impulse (Rozak et al., 2021). The characters' behavior in the novel *Gitanjali* is clearly illustrated through the conflicts experienced by the main characters, such as injustice, hopelessness, and loneliness, which reflect the main character's psychological activities.

Everyone certainly wants to get justice from others. Justice is a form of showing that someone is loved and cared for by others. However, sometimes there are some people who get injustice in their life. This injustice will certainly have an impact on the psychological aspect of the person. Since their psychological aspect has been disturbed, people often think that God is being unfair to them.

Especially after he thought back to his last meeting with his girlfriend which ended in an argument. The debate was based on the lack of blessing from the boyfriend's parents for their relationship. This situation made him feel that he did not get justice from God. He considers God unfairly has determined such a destiny for him.

The psychology of the main character gets disturbed when he has to go on a path that he is not interested in. In his life, he often feels depressed and even feels insecure. If he cannot fulfill the wishes of the person he loves, a sense of despair will arise in him. And if this is allowed, it is possible that bad things will happen to the main character.

Humans are always connected to problems in the surrounding environment in everyday life. These problems are not always stable. There are times when they deviate, away from the rules applied by the community and often lead to conflicts. These conflicts can sometimes be described in art called literature (Ramadania et al., 2018). Pulungan states that one of human nature is despair due to the loss of hope. Every

human being has different characteristics (Narahaubun et al., 2021). Febrialdi R.'s novel *Gitanjali* reflects this despair through the characters in the story.

A person who lives alone tends to feel comfortable when someone else cares about him. In fact, he will find any way so that the feeling of caring for him does not stop. That is what the main character does. Solving problems by running away from home is a simple way for him to get more attention from the residents of the orphanage. However, this method is wrong and not good to continue to do.

Problems that often afflict life can make a person depressed. That is how the main character in the novel feels. The problem faced by the main character in the novel is described by the author in a very complex way.

Starting from the main character who was dismissed at work due to a work accident, so he felt that everything was unfair. All of this was very imprinted on his heart. Then another problem arises, his love relationship with a girl who does not go well because of differences in social status. Not to mention the problems he faced since childhood when he found out that he only lived alone.

In the end, the depression felt by the main character increased. He even feels guilty for failing to take care of his climbing partner, Nina, while climbing the mountain.

The various conflicts experienced by the main character indicate that the novel *Gitanjali* by Febrialdi R has a very strong psychological aspect so that it becomes a mirror in living life with patience and spaciousness. Various obstacles and conflicts must be a challenge to mature us to find the right solution in living life.

Inner conflict occurs within a human being. It often takes the form of a conflict between two different desires, beliefs, choices, or expectations. Inner conflict is raised in fiction to determine a work's quality, intensity, and attractiveness. It can even be said that writing a story is building and developing conflict. Conflicts in fiction can be searched for, discovered, imagined, and developed based on conflicts in the real world (Ristiana & Adeani, 2017).

CONCLUSIONS AND SUGGESTIONS

Conclusions

Based on the previous discussion, it can be concluded that the psychology of the main character in the novel *Gitanjali* by Febrialdi R are Injustice is experienced and felt by the main character due to an unintentional work accident, the injustice experienced makes the main character's psyche disturbed so that he thinks that God has given him an unfair destiny. The main character also feels hopeless about his love relationship with a girl who works as a lecturer. He despaired of all the conditions put forward by his girlfriend's parents. If he fulfills all these conditions, he feels that he is no longer living his own way but living with the eyes of others. Living alone in an orphanage since childhood and only being cared for by the owner of the orphanage, the main character becomes a child who is envious of his friends with complete parents. In addition, the main character always solves his problems in a bad way. He did it all so he could get the attention of all the residents of the orphanage. Of all the problems he faces, it is possible that depression will arise in the main character. It is this feeling of depression that makes the main character decide to go on a long journey to climb seven mountains spread across Indonesia. However, his journey did not go smoothly, he again had to get a new heart wound from his journey.

Suggestions

The study of literary psychology is essential to understand the psychological problems of each character and the right solution in solving any existing problems. Every event experienced by the main character becomes a lesson for the reader about how to live life with patience and grace and find the right solution in dealing with problems. This study can be used as a reference in researching other literary works with a literary psychology approach to make it easier to understand the psychological problems of the main character. In addition, the literary psychology approach can facilitate literary researchers in understanding the psychological activities of the main character and can observe various characters that can be used as references in positive behavior.

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