

The Ego Defense Mechanism of the Main Character in the Novel "Sekosong Jiwa Kadaver" by Ita Fajria Tamim (Literary Psychology Study)

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Abstract

Literature is the result of the writer's imagination based on his personal experience and background. This research focuses on analyzing the ego defense mechanism of the main character in the novel Sekosong Jiwa Kadaver by Ita Fajria Tamim. This research uses a literary psychology approach with Sigmund Freud's psychoanalytic theory. This study used descriptive qualitative method. The data collection stages in this research included intensive reading, note-taking, and marking the novel. The results of the research conducted show that there are four ego defense mechanisms for the main character Rayya in the novel Sekosong Jiwa Kadaver by Ita Fajria Tamim, including, firstly, diversion which is one way to protect the ego and divert emotions and aggression to things that are considered safer. . Second, repression is an attitude shown by a person to reduce anxiety by suppressing unconscious impulses or desires. The third rationalization is to reduce feelings of disappointment when someone feels like they have failed. Fourth, aggression occurs when someone experiences frustration but cannot express it because it is unclear or does not know where to attack.

Keywords: novels; literary psychology; ego defense mechanisms.

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Introduction

A novel is a type of prose literary work, which has two components, namely intrinsic elements and extrinsic elements. The presence of novels or prose literary works in society is generally very helpful and useful. Writers provide different definitions of novels from each other. Novels consist of form components and content components (Octavia, 2020:2). Literary works are the result of the author's imagination and are shaped by his experiences and

personal background. Literature is an interesting expression of the struggle for human life that arises from the dynamism and diversity of life conflicts in society. According to Susana and Fadli (Manjagati, 2023) Literary work is a work that expresses the author's ideas and concepts regarding his views on the social environment of society which generally contains problems that occur in society. These social problems are usually related to humans themselves, both themselves and other people.

According to Millner (Solihah, 2022:14) states that through literature, we can gain a better understanding of ourselves. Literature hides and reveals the secrets of its characters, just as we often hide secrets in our subconscious. So, without us realizing it, it has changed the way we think and behave. In this case, psychology plays a role in the process of analyzing literary works which discuss the main character's psychology as a tool to find out what is in the main character's subconscious and unconscious world, which changes the way he thinks and behaves. This process is usually called psychoanalysis. Sigmund Freud developed the theory of psychoanalysis to understand how human psychology acts. Freud divided human personality into three parts, namely: personality structure, personality dynamics and ego defense mechanisms. These three systematics are related to each other. In his personality dynamics, Freud showed the relationship between the id, ego and superego. Personality dynamics connects the three personality structures (Yuli 2023:290)

Conflict is an event that is considered very important and functional. Conflict is a component of the plot of a literary work. The author's ability to choose and develop conflict through various events (both actions and events) will greatly influence how interesting the resulting story is. Fictional stories that have no conflict, problems or simple conflicts hardly attract readers (Rohman Eva Hartina Solichah, 2018:28). This condition is followed by unpleasant feelings described by terms such as worry, fear and displeasure which we can experience at various levels. According to Freud, objective anxiety is a natural reaction when a person feels danger in their environment. Anxiety is divided into three, namely reality anxiety, neurotic anxiety and morality anxiety.

According to Freud (Yuli, 2023:291) describes a person's subconscious processes, which include his ego's defenses against anxiety. Feelings of discomfort because the ego cannot fulfill the id which is considered to interfere with personal activities. According to Minderop (Yuli, 2023) Anxiety reminds the ego to use ego defense mechanisms to overcome its anxiety. This defense mechanism influences personality development. To adapt to certain situations, people often engage in ego defense.

Researchers will use this psychoanalytic concept to understand in depth the ego defense mechanism of the main character in the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim which was published in July 2023. Ita Fajria Tamim is a doctor, writer and caretaker of the Nazhatut Thullab Islamic boarding school in Sampang, Madura. The novel *As Empty as a Cadaver Soul* is the author's first novel, published by Fakon Interactive in July 2023. Previously, the author has

written two books about mental health, *Bahagia dalam Penerimaan* and *Daily Insight*. In the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim, the main character, Rayya, experiences inner conflict, who is the daughter of a kiai at an Islamic boarding school, finally being able to realize her dream of becoming a medical student at a university in Bali. The bomb incident in Bali several years earlier made Balinese people wary of Muslims. The main character Rayya also faces bullying from some of her racist friends, high college standards, and promiscuity, this makes Rayya confused about the path she wants to take.

The inner events that are turbulent due to conflict and anxiety produced by the dynamics of the character's personality structure in the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim produce a combination of ego defense mechanisms. The ego defense mechanism helps the main character in the novel adapt to anxiety and prevent the ego within the main character. This is the main reason why this novel is interesting to study.

By considering the things above, the researcher found the following problem in the novel *Sekosong Jiwa Kadaver*, namely what form of ego defense mechanism the main character experiences in resolving inner conflict in the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim. Based on this problem formulation, the aim of this research is to describe the ego defense mechanisms experienced by the main character in resolving conflict in the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim.

Theoretically, it is hoped that the research findings that have been carried out can contribute to thinking in the fields of literature and education. Practically, it is hoped that the findings of this research will provide the author with more knowledge and insight and offer ways to use the theory or science learned during college. Apart from that, it is hoped that this research can be used as a reference for further research and as input or consideration in other literary works studied using the same study theory.

Method

This research uses a qualitative descriptive research method that focuses on the study of literary psychology. This research is suitable for using this method because this research aims to describe the ego defense mechanisms experienced by the main character in resolving inner conflict in the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim. Qualitative research on literary works places greater emphasis on text descriptions, according to Ahmadi (Yuli, 2023) The data collected in this research consists of sentences, words or expressions, and conversations between the main character and other characters, which explain the ego defense mechanisms experienced by the main character. According to Moleong (Solihah & Ahmadi, 2022:18) Qualitative descriptive research can be defined as research rules that produce verbal or written descriptive data about the behavior to be observed.

Results and Discussion

Forms of Ego Defense Mechanisms in Resolving the Inner Conflict Experienced by the Main Character in the Novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim.

From the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim some data supports the existence of an ego defense mechanism in resolving the inner conflict experienced by the main character, from the novels studied, researchers found five forms of ego defense mechanisms that dominate, namely repression, rationalization, distraction, aggression, projection

Diversion

Diversion is one way to protect the ego and divert emotions and aggression to things that are considered safer. This transfer can be proven in the following quote:

"Aku didudukkan Bersama Rizal di kursi ruang tamu. Ayah dan Ibu duduk dihadapan kami. Aku yang tahu bahwa ada yang tidak beres tak mampu menyembunyikan kecemasan. Aku menunduk sambil meremas-remas ujung kemejaku berulang kali. Di sampingku, Rizal yang lebih muda 2 tahun dari usiaku, juga melakukan hal yang sama. Kulihat tangannya yang basah menempel erat pada kedua sisi kaosnya" (Tamim, 2023:25)

Based on this quote, in accordance with the definition of diversion, namely one way to protect the ego and divert emotions and aggression from things that are considered safer, from the action of the main character Rayya who wrung the hem of his shirt repeatedly, to relieve panic and anxiety because he had made a mistake so that he received quite a harsh reprimand from his father and mother.

"Mereka tak mau duduk di dekatku, batinku"

"Aku mulai merasa tak nyaman. Ketiga mahasiswa itu jelas-jelas bersikap seakan-akan aku adalah makhluk astral dari luar angkasa. Aku pun mengalihkan pandangan ke arah lain, berusaha menyembunyikan perasaan tak enak yang muncul di dalam hati" (Tamim, 2023:74)

This quote shows that the main character Rayya looks away to hide her unpleasant feelings, because there are three students who act strangely towards the main character Rayya, so the main character Rayya looks away.

Repression

Repression is an attitude shown by a person to reduce anxiety by suppressing unconscious urges or desires (Aprianti, 2022:68). This repression can be proven in the following quote:

"Aku membaca istighfar berkali-kali dalam hati, mencoba menenangkan diri. Perasaanku diliputi rasa terkejut sekaligus bingung yang teramat sangat. Aku tak mengerti kenapa mereka mengataiku teroris ketika aku"

bahkan tak mengenal mereka. Aku merasakan nyeri di dada, seakan jantungku diremas-remas oleh tangan tak kasatmata". (Tamim, 2023:75)

This quote shows the repression carried out by the main character Rayya, by reading istighfar many times to calm herself because Rayya was filled with extreme shock and confusion after being called a terrorist by several students whom Rayya did not know.

"Aku menggeleng-gelengkan kepala, berharap suara di kepalaku enyah. Bahkan hingga blok terakhir semester ini, kata-kata mereka masih menghantui. Untuk menghalaunya, aku sengaja menghindari Kristo dan gerombolannya di mana pun mereka berada. Kemarin aku bahkan sengaja keluar dari antrean panjang penggemar pastel Bu Kantin begitu kulihat Kristo untuk masuk ke kantin. Aku memilih merelakan antreanku diambil orang daripada harus bertemu dengannya". (Tamim, 2023:156)

This quote shows the existence of repression which can be proven by the main character Rayya by shaking her head hoping that the voices that haunt her will disappear from her mind and the main character Rayya deliberately avoids running into Kristo and his gang who have bullied Rayya.

Rationalization

According to Sholihah (Widatama, Sudiatni, and Septiari 2022) rationalization has two goals (1) to reduce feelings of disappointment when someone feels like they have failed (2) to try to give someone an acceptable reason for their behavior. The motif in question is a verbal and physical form, but the motif that is often used is the motif in verbal form. According to Minderop (Widatama, Sudiatni, and Septiari 2022) there are three types of rationalization (1) feelings of liking or disliking (2) blaming other people or the environment and (3) reasons for personal interests. Rationalization can be proven in the following quote:

*"Akan kutunjukkan foto vila ini ke Mikail! Dia pasti berdecak kagum sepertiku, sorakku dalam hati. Aku buru-buru berputar arah dan berlari kembali ke arah Pantai, tak sabar berjumpa dengan Mikail. Langkah kakiku terhenti Ketika aku mulai sadar."
"Aku baru saja menolaknya. Bagaimana mungkin aku bersikap seakan tidak ada apa-apa dengan bercerita mengenai vila cantik di pinggir jalan kedepannya? Aku mengutuki diri sendiri yang tak peka dan egois."
"Aku tak bisa menerima perasaannya, tetapi aku tak mau kehilangannya. Mikail teman yang sangat berharga untukku." (Tamim, 2023:188)*

This quote shows the existence of rationalization which can be proven by the main character, Rayya, who was going to show Mikail a photo of the villa to

reduce Mikail's disappointment with Rayya, but Rayya canceled this intention because she realized that what she had done would hurt Mikail. After all, Rayya had just rejected her.

Aggression

According to Minderop (Arimbi, 2022:177) aggression occurs when someone experiences frustration but cannot express it because it is unclear or does not know where to attack. This also happens when someone is very angry and needs something to vent. This happens when someone experiences frustration but cannot express it, so that person needs to do something to vent their anger.

"Kalian ada masalah denganku?" ucapku ketus

"Sing ... sing ade," jawab Dwipa.

"Lalu apa masalahnya? Dihari pertama kuliah kalian menyebutku teroris!" tuduhku, mulai kesal.

"Ah, kamu hanya salah paham. Atau kamu memang merasa?"

Kristo tertawa lebar.

"Aku bukan teroris!"

"Memang bukan. Namun se-cluster dengan mereka. Agama kalian sama," kata Hendri kalem. Kedua temannya terbahak-bahak mendengarnya. (Tamim, 2023:102)

This quote shows the aggression which Rayya evidenced by feeling irritated towards Kristo and his gang, and Rayya using a harsh tone to vent her anger, for which Rayya had called Kristo and his gang terrorists.

Conclusion

From research conducted on the novel *Sekosong Jiwa Kadaver* by Ita Fajria Tamim, the ego defense mechanism experienced by the main character Rayya has been discovered. Based on the results of the discussion above, it can be concluded that the main character experienced an inner conflict which started from the bullying that Kristo and his gang did to Rayya, so that Rayya experienced a prolonged inner conflict which really disturbed her mentally, from several incidents of inner conflict experienced by the main character Rayya to reduce anxiety. and the tensions that occur include diversion, repression, rationalization, aggression. With these efforts, we hope that feelings of anxiety and tension can be resolved.

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