

ABSTRAK

Sihombing, Heppi Naomi Lastio, 2026. Analisis Psikologi Eksistensial Tokoh Utama Dalam Novel *Semesta Anasera* Karya Hindhiastinaaaa. Tanjungpinang. Program Studi Pendidikan Bahasa dan Sastra Indonesia, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Maritim Raja Ali Haji. Pembimbing I: Ahada Wahyusari, S.Pd., M.Pd., Pembimbing II: Tessa Dwi Leoni Santi, S.Pd., M.Pd.

Kata Kunci : Analisis, Psikologi Eksistensial, Logoterapi, Novel

Penelitian ini bertujuan untuk mendeskripsikan makna kehidupan, makna penderitaan, dan kehampaan eksistensial yang dialami tokoh utama dalam novel *Semesta Anasera* karya Hindhiastinaaaa berdasarkan teori logoterapi Viktor E. Frankl. Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian deskriptif. Teknik pengumpulan data yang dilakukan ialah peneliti membaca terlebih dahulu novel yang dijadikan objek penelitian, kemudian menyimak kutipan-kutipan yang mengandung logoterapi Viktor E. Frankl, selanjutnya mencatat data yang sesuai dengan indikator penelitian. Adapun teknik analisis data yang dilakukan ialah mengidentifikasi data yang mengandung logoterapi Viktor E. Frankl, mengklasifikasikan data ke dalam aspek makna kehidupan, makna penderitaan, dan kehampaan eksistensial, kemudian mendeskripsikan serta menyimpulkan hasil penelitian.

Hasil penelitian menunjukkan bahwa tokoh utama dalam novel *Semesta Anasera* karya Hindhiastinaaaa mengalami tiga aspek logoterapi Viktor E. Frankl, yaitu makna kehidupan, makna penderitaan, dan kehampaan eksistensial. Makna kehidupan ditemukan melalui dua indikator, yaitu makna hidup yang spesifik dan bertanggung jawab terhadap hidup. Makna penderitaan ditemukan melalui indikator mengubah sikap terhadap penderitaan dan menemukan makna dalam penderitaan. Kehampaan eksistensial ditemukan melalui indikator kebosanan dan frustrasi eksistensial. Hasil penelitian menunjukkan bahwa perjalanan psikologis tokoh utama berkembang dari kondisi kehampaan eksistensial, kemudian mampu memaknai penderitaan yang dialaminya, hingga akhirnya menemukan makna kehidupan sesuai dengan konsep logoterapi Viktor E. Frankl.

ABSTRACT

Sihombing, Heppi Naomi Lastio, 2026. *An Existential Psychological Analysis of the Main Character in the Novel Semesta Anasera by Hindhiastinaaaa. Tanjungpinang. Indonesian Language and Literature Education Study Program, Faculty of Teacher Training and Education, Raja Ali Haji Maritime University. Supervisor I: Ahada Wahyusari, S.Pd., M.Pd.; Supervisor II: Tessa Dwi Leoni Santi, S.Pd., M.Pd.*

Keywords: *Analysis, Existential Psychology, Logotherapy, Novel*

*This study aims to describe the meaning of life, the meaning of suffering, and the existential vacuum experienced by the main character in the novel *Semesta Anasera* by Hindhiastinaaaa, based on Viktor E. Frankl's theory of logotherapy. The study employs a qualitative approach with a descriptive research design. Data collection techniques involved reading the novel serving as the research object, identifying excerpts containing elements of Viktor E. Frankl's logotherapy, and recording data corresponding to the research indicators. Data analysis techniques included identifying data related to Viktor E. Frankl's logotherapy, classifying the data into the aspects of the meaning of life, the meaning of suffering, and the existential vacuum, and subsequently describing and drawing conclusions from the research findings.*

*The results indicate that the main character in the novel *Semesta Anasera* by Hindhiastinaaaa experiences three aspects of Viktor E. Frankl's logotherapy: the meaning of life, the meaning of suffering, and the existential vacuum. The meaning of life is identified through two indicators: specific meaning in life and responsibility toward life. The meaning of suffering is identified through the indicators of changing one's attitude toward suffering and finding meaning within suffering. The existential vacuum is identified through the indicators of boredom and existential frustration. The research findings indicate that the protagonist's psychological journey evolves from a state of existential emptiness—through the ability to find meaning in their suffering—to ultimately discovering the meaning of life, in accordance with Viktor E. Frankl's concept of logotherapy.*