

ABSTRAK

Bukit, Emia Teta Br. 2026. Trauma Emosional Tokoh Utama dalam Relasi Romantis: Kajian Psikologi Sastra pada Novel *Kukira Kau Obat, Ternyata Patah Hati Terhebat* Karya Ade Rima Miranti. Skripsi. Tanjungpinang: Program Studi Pendidikan Bahasa dan Sastra Indonesia, Jurusan Pendidikan Bahasa dan Seni, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Maritim Raja Ali Haji. Pembimbing I: Tessa Dwi Leoni, S.Pd., M.Pd. Pembimbing II: Musliha, S.Pd., M.Pd.

Penelitian ini bertujuan mendeskripsikan respons dan proses pemulihan trauma emosional tokoh utama dalam relasi romantis pada novel *Kukira Kau Obat, Ternyata Patah Hati Terhebat* karya Ade Rima Miranti. Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian deskriptif. Instrumen utama penelitian adalah peneliti sendiri yang didukung pedoman analisis data. Data penelitian berupa kata, frasa, kalimat, dan narasi yang menggambarkan perasaan, pikiran, sikap, serta perilaku tokoh utama. Sumber data penelitian adalah novel *Kukira Kau Obat, Ternyata Patah Hati Terhebat* yang diterbitkan oleh Gradien Mediatama pada 2024. Data dikumpulkan menggunakan teknik baca, simak, dan catat. Data dianalisis melalui reduksi data, penyajian data, serta penarikan kesimpulan berdasarkan teori trauma Judith Herman. Hasil penelitian menemukan data Respons trauma emosional meliputi data *hyperarousal*, *intrusion*, dan data *constriction* pada tahap respons trauma emosional yang paling dominan *intrusion*. Proses pemulihan meliputi data *safety*, *remembrance and mourning*, data *reconnection*. Proses pemulihan data yang paling dominan *remembrance and mourning*. Temuan tersebut menunjukkan bahwa proses pemulihan tokoh utama berlangsung melalui usaha membangun rasa aman, menerima kehilangan, memulihkan nilai diri, dan membangun kembali keterhubungan dengan kehidupan.

Kata kunci: trauma emosional, relasi romantis, psikologi sastra, novel.

ABSTRACT

Bukit, Emia Teta Br. 2026. *Emotional Trauma of the Main Character in a Romantic Relationship: A Literary Psychology Study of the Novel Kukira Kau Obat, Ternyata Patah Hati Terhebat* by Ade Rima Miranti. Undergraduate Thesis. Tanjungpinang: Indonesian Language and Literature Education Study Program, Department of Language and Arts Education, Faculty of Teacher Training and Education, Raja Ali Haji Maritime University. Advisor I: Tessa Dwi Leoni, S.Pd., M.Pd. Advisor II: Musliha, S.Pd., M.Pd.

This study aims to describe the emotional trauma responses and recovery process of the main character in a romantic relationship in the novel Kukira Kau Obat, Ternyata Patah Hati Terhebat by Ade Rima Miranti. This study employed a qualitative approach with a descriptive research design. The main research instrument was the researcher herself, supported by data analysis guidelines. The research data consisted of words, phrases, sentences, and narratives that describe the feelings, thoughts, attitudes, and behaviors of the main character. The data source was the novel Kukira Kau Obat, Ternyata Patah Hati Terhebat, published by Gradien Mediatama in 2024. Data were collected through reading, observation, and note-taking techniques. The data were analyzed through data reduction, data presentation, and conclusion drawing based on Judith Herman's trauma theory. The results of the study revealed that the emotional trauma responses experienced by the main character included hyperarousal, intrusion, and constriction, with intrusion being the most dominant response. The recovery process consisted of three stages: safety, remembrance and mourning, and reconnection, with remembrance and mourning being the most dominant stage. These findings indicate that the main character's recovery process occurred through efforts to establish a sense of safety, accept loss, restore self-worth, and rebuild connections with life.

Keywords: *emotional trauma, romantic relationship, literary psychology, novel.*