

Sri Wahyuning Tyas. 2021. *Sikap Negatif Pasangan Tokoh Utama dalam Novel Kembali Bebas* Karya Sasa Ahadiah. Skripsi, Program Studi Pendidikan Bahasa dan Sastra Indonesia, Fakultas Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing: Fiyani Ilman Faqih.

ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan sikap negatif pasangan tokoh utama dalam novel *Kembali Bebas* karya Sasa Ahadiah dengan menggunakan metode penelitian kualitatif dan pendekatan psikologi sastra berdasarkan teori John Gottman. Hasil penelitian menunjukkan bahwa tokoh istri lebih dominan dalam menampilkan sikap negatif berupa kritik dan penghinaan, sedangkan tokoh suami lebih banyak menunjukkan sikap melindungi diri dan membangun benteng. Penelitian ini membantu kita memahami pola komunikasi tidak sehat yang sering terjadi dalam hubungan. Dengan mendeskripsikan sikap negatif seperti kritik, penghinaan, melindungi diri, dan membangun benteng pembaca dapat lebih peka terhadap tanda-tanda masalah dalam interaksi interpersonal. Selain itu, dapat dijadikan referensi dalam pembelajaran Bahasa Indonesia jenjang SMA kelas XII fase F, khususnya dalam menelaah unsur intrinsik dan ekstrinsik novel.

Kata kunci: novel, psikologi sastra, sikap negatif

Sri Wahyuning Tyas. 2021. *The Negative Attitude Of The Main Character's Spouse In The Novel Kembali Bebas By Sasa Ahadiah*. Thesis, Indonesian Language and Literature Education Study Program, Faculty of Education, Trunojoyo Madura University. Mentor: Fiyan Ilman Faqih.

ABSTRACT

This study aims to describe the negative attitude of the main character's spouse in the novel Kembali Bebas by Sasa Ahadiah using qualitative research methods and a literary psychology approach based on John Gottman's theory. The results show that the wife character is more dominant in displaying negative attitudes in the form of criticism and humiliation, while the husband character shows more self-protection and building fortresses. This research helps us understand the unhealthy communication patterns that often occur in relationships. By describing negative attitudes such as criticism, humiliation, self-protection, and building fortresses, readers can be more sensitive to signs of problems in interpersonal interactions. In addition, the research can be used as a reference in learning Indonesian language at the high school level, class XII phase F, especially in analyzing the intrinsic and extrinsic elements of novels.

Keywords: *novel, literary psychology, negative attitude*