ABSTRAK

Rizky Maulana. 220531100157. Program Studi Ilmu Komunikasi, Universitas Trunojoyo Madura. Analisis isi trauma dan self-disclosure pada karakter eren, mikasa, dan armin dalam serial anime shingeki no kyojin

Anime Shingeki no Kyojin merepresentasikan kompleksitas trauma eksistensial dan dampaknya terhadap interaksi antarpribadi manusia. Penelitian ini bertujuan untuk membedah pengalaman traumatis yang membentuk mekanisme koping komunikasi dan dinamika keterbukaan diri (*self-disclosure*) pada karakter sentral Eren Yeager, Mikasa Ackerman, dan Armin Arlert di tengah krisis apokaliptik. Penelitian ini menggunakan pendekatan kualitatif deskriptif-analitis dengan paradigma interpretif. Pengumpulan data dilakukan melalui observasi nonpartisipan (*intensive viewing*) pada episode The Final Chapters Special 1 dan Special 2. Analisis data menggunakan metode Analisis Isi Kualitatif Klaus Krippendorff melalui penalaran abduktif yang berlandaskan pada Teori Penetrasi Sosial. Hasil penelitian menyingkap bahwa pengalaman traumatis direpresentasikan secara visual dan naratif melalui kelumpuhan komunikasi rasional, disonansi kognitif, serta fiksasi karakter pada objek artifaktual di tengah krisis eksistensial. Tekanan trauma tersebut secara langsung membentuk pola koping komunikasi defensif yang spesifik pada masing-masing karakter sentral, yang termanifestasi dalam bentuk koping agresif pada Eren, koping represif pada Mikasa, dan koping strategis pada Armin. Dalam merespons kebuntuan komunikasi tersebut, dinamika keterbukaan diri (*self-disclosure*) berlandaskan Teori Penetrasi Sosial beroperasi sebagai instrumen resolusi konflik antarpribadi. Resolusi ini terbukti tidak dicapai melalui perdebatan logis, melainkan melalui pencapaian tahap pertukaran intim (*intimate exchange*) di dalam ruang aman psikologis. Pelucutan ego dan komunikasi terapeutik tanpa penghakiman (*unconditional positive regard*) pada tahap ini memicu pergeseran krusial dari mekanisme koping individual yang merusak menuju koping kolektif yang suportif, sehingga membebaskan penyintas dari belenggu trauma masa lalu.

Kata Kunci: Anime, *Self-Disclosure*, Koping Komunikasi, Teori Penetrasi Sosial, Trauma.

ABSTRACT

Rizky Maulana. 220531100157. Communication Studies Program, Universitas Trunojoyo Madura, content analysis of trauma and self-disclosure in the characters eren, mikasa, and armin in the anime shingeki no kyojin

The anime Shingeki no Kyojin represents the complexity of existential trauma and its impact on human interpersonal interaction. This study aims to analyze how traumatic experiences shape communication coping mechanisms and the dynamics of self-disclosure in the central characters Eren Yeager, Mikasa Ackerman, and Armin Arlert amid an apocalyptic crisis. This study applies a descriptive-analytical qualitative approach with an interpretive paradigm. Data were collected through non-participant observation (intensive viewing) of The Final Chapters Special 1 and Special 2 episodes. The data analysis utilized Klaus Krippendorff's Qualitative Content Analysis method through abductive reasoning based on Social Penetration Theory. The results reveal that traumatic experiences are visually and narratively represented through the paralysis of rational communication, cognitive dissonance, and character fixation on artifactual objects amidst an existential crisis. The traumatic pressure directly shapes specific defensive communication coping patterns in each central character, manifesting as aggressive coping in Eren, repressive coping in Mikasa, and strategic coping in Armin. In responding to this communication breakdown, the dynamics of self-disclosure based on Social Penetration Theory operate as an instrument for interpersonal conflict resolution. This resolution is proven to be achieved not through logical debate, but rather through reaching the intimate exchange stage within a psychological safe space. The stripping of ego and non-judgmental therapeutic communication (unconditional positive regard) at this stage trigger a crucial shift from destructive individual coping mechanisms to supportive collective coping, thereby liberating the survivors from the shackles of past trauma.

Keywords: *Anime, Communication Coping, Self-Disclosure, Social Penetration Theory, Trauma.*