

ABSTRAK

Herliana Suciantatik. 2025. Post Traumatic Stress Disorder (PTSD) Tokoh Utama Novel *Not Me* Karya Caaay (Analisis Psikologi Sastra). Skripsi, Program Studi Pendidikan Bahasa dan Sastra Indonesia, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing: Arief Setyawan, S.Pd. M.Pd

ABSTRAK

Penelitian ini bertujuan untuk menganalisis bagaimana Gejala PTSD pada tokoh utama novel *Not Me* menggunakan teori Kaplan & Sadock's. Metode yang digunakan dalam penelitian ini adalah deskriptif kualitatif. Data penelitian berupa kutipan didalam novel *Not Me* karya Caaay. Pada penelitian ini menghasilkan data dengan menggunakan teori gejala PTSD Kaplan & Sadok's. Teknik pengumpulan data meliputi teknik pustaka, teknik baca, dan teknik catat. Hasil penelitian menunjukkan bahwa terdapat 30 data yang dianalisis dari novel *Not Me* karya Caaay. Data yang ditemukan menggambarkan peristiwa traumatik, mengingat kembali peristiwa traumatik, peghindaran peristiwa traumatik, menetapnya peningkata terjaga. Gejala PTSD pada Cakrawala terlihat melalui kilas balik (*flashback*), mimpi buruk, reaktivitas fisiologis, hingga halusinasi. Keseluruhan data ini menegaskan bahwa pengalaman traumatis yang tidak ditangani dengan baik dapat menimbulkan dampak psikologis serius dan berkepanjangan, membentuk kepribadian yang tertutup, sensitif, dan penuh luka batin.

Kata kunci: Sastra, Psikologi Sastra, Post Traumatic Stress Disorder, Novel, Tokoh Utama

ABSTRACT

Herliana Suciantatik. 2025. Post Traumatic Stress Disorder (PTSD) of the Main Character of the Novel Not Me by Caaay (Analysis of Literary Psychology). Thesis, Indonesian Language and Literature Education Study Program, Faculty of Teacher Training and Education, Trunojoyo University, Madura. Advisor: Arief Setyawan, S.Pd. M.Pd

ABSTRACT

This study aims to analyze how PTSD Symptoms in the main character of the novel Not Me use Kaplan & Sadock's theory. The method used in this study is descriptive qualitative. The research data is in the form of quotes in the novel Not Me by Caaay. In this study, data will be produced using Kaplan & Sadok's PTSD symptom theory. Data collection techniques include library techniques, reading techniques, and note-taking techniques. The results of the study showed that there were 30 data analyzed from the novel Not Me by Caaay. The data found describes traumatic events, recalling traumatic events, avoidance of traumatic events, persistence of increased wakefulness. PTSD symptoms in Cakrawala are seen through flashbacks, nightmares, physiological reactivity, and hallucinations. All of these data confirm that traumatic experiences that are not handled properly can have serious and prolonged psychological impacts, forming a closed, sensitive, and wounded personality.

Keywords: *Literature, Literary Psychology, Post Traumatic Stress Disorder, Novel, Main Character*