

THE ANGER OF THE MAIN CHARACTER IN THE *PEREMPUAN BERSAMPUR MERAH* NOVEL BY INTAN ADARU: A STUDY OF LITERARY PSYCHOLOGY

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ABSTRACT This study aims to describe the form, the factors, and the psychological impact of anger of the main character in the novel "*Perempuan Bersampur Merah*" by Intan Andaru. This research is a qualitative descriptive study. The object of this research is the novel "*Perempuan Bersampur Merah*" by Intan Andaru. The method of data collection is done by reading and note-taking techniques. The data were analyzed by qualitative descriptive technique, which is a research procedure with descriptive data presented in the form of the author's speech in the novel "*Perempuan Bersampur Merah*" by Intan Andaru. The results showed that (1) the form of anger of the main character in the novel "*Perempuan Bersampur Merah*" is the anger described as an expression of human emotions in venting dissatisfaction, disappointment or mistakes when there is an emotional turmoil that does not occur, controlled include revenge, curiosity, irritation, hurt and overflowing emotions, (2) the factors of anger between characters in the novel "*Perempuan Bersampur Merah*" by Intan Andaru are environmental factors, family factors, social factors, and (3) the psychological impact of the main character in the novel "*Perempuan Bersampur Merah*" caused several problems of depressed, uncomfortable with their environment, potentially hurting themselves, interfering with children's relationships with parents, even with family, problems with friends peers, school environment, even the environment where the child lives.

Keyterms : Anger, literary psychology,

PENDAHULUAN

The novel "*Perempuan Bersampur Merah*" by Intan Andaru tells about the socio-cultural life of the Banyuwangi people. Intan Andaru dared to bring back the story of the tragedy that had occurred in Banyuwangi twenty years ago related to the massacre of people who were considered to be witch doctors. The tragedy that occurred in 1998 is still full of mystery and leaves many questions to this day. This novel also raises interesting things, namely Sari's struggles to get out of the shadow of her childhood trauma, and her great gratitude for accepting her life, even though she is in the trap of poverty and the stigma of the people in her village. This novel is full of conflicts and facts about the psychology of the people of Banyuwangi. This is the basis for researchers to use a literary psychology approach.

The novel "Perempuan in Red" tells the story of a girl who has many emotions, such as anger, hate, sadness, and love. Sari figures accept various conflicts in the surrounding environment that force them to mature before their time. Therefore, there are emotions conveyed by the author through the sari character. These emotions make Sari's life full of stress that always haunts her mind, namely regarding the case of her father's death. This affects Sari's life from childhood to adulthood, so that her mind is haunted by a very strong curiosity. This makes the researcher want to study more deeply about how the sari character expresses his emotions, and the author also has a goal to be conveyed by giving a lot of emotions to the sari character.

The novel "*Perempuan Bersampur Merah*" by Intan Andaru is very interesting to discuss considering that the novel is full of social contradictions, one of the conflicts that originates from a problem in society, namely the issue of witch doctors where when there is a massacre by the villagers parading, beating, massacring a person who is considered a witch doctor in public. Social conflicts also arise between individuals and families, which are told by the main character and the family of the closest people to the main character.

The novel "*Perempuan Bersampur Merah*" by Intan Andaru has attracted the attention of readers because the content of the story is full of various psychological problems

experienced by the main character in the novel. No less interesting, namely, the discussion in the novel "*Perempuan Bersampur Merah*" has a correlation with current life, which is related to social problems that are again being discussed about the massacre of witchcraft in Banyuwangi that occurred in 1996 ago.

This research was conducted because of the psychological pressure that occurs in the Sari character, which has a lot of emotions that occur to him. The psychological pressure that occurs in Sari builds ongoing emotions, so researchers feel the need to find out what lies behind the various emotions in Sari's character.

Literature as a psychological symptom in which there are psychological phenomena through characters made by the author to bring the story to life. A literary work has many aspects. One of them is having a tendency to talk about feelings that are very close to someone's personality. Psychology and literature have a functional relationship, which is equally useful for the character's mental state. The author creates psychological symptoms of literary works through the characters in the story. The author through his imagination creates characters and plots in a literary work.

Literary works become symbols that can be a place for the soul, but on the other hand, the soul is also involved in literature. It states that literature cannot be separated from the psychological aspect. Literature also contains about the problems that occur in human life. The author also participates in expressing life experiences and experiencing the process of deep soul processing by imagining.

Literary works are present as a tangible manifestation of the creative imagination of a writer who is the result of the author's thoughts, experiences, culture, and reflections on something that happens in the community and within the author. Literary works can be said as a portrait of social life which has an important role in evoking people to think about the values and meaning of life. A good literary work will be able to show new values that are quite rich when it is read more often (Waluyo, 2011: 37).

In relation to literature and psychology, there are several things that make a person able to experience psychological changes, one of which is emotion. A joy, anger, fear, and sadness are often considered the most basic emotions. Krech, et al. (1974) explains that emotional situations can evoke feelings related to the actions caused and lead to tension. In the classification of emotions, there are several causes including the concept of guilt, pent-up guilt, self-punishment, shame, sadness, hatred, and love.

Anger is a natural and healthy form of emotion and can happen quickly. Anger is caused by fighting against someone or feeling after being mistreated. Anger is closely related to literary psychology, where literary works can describe psychological problems. It states that literature cannot be separated from the psychological aspect of literature. Literature also contains about the problems that occur in human life.

By knowing the classification of anger that occurs in Sari's character, it will also find the meaning of the presence of the anger classification of Sari's character in the novel "*Perempuan Bersampur Merah*" by Intan Andaru. The research was conducted by first finding the anger of Sari's character in the structure of the novel. Then, we will classify the emotions that Sari's character experiences, then we can find the hidden meaning behind the anger that happened to Sari's character.

RESEARCH METHOD

This is a qualitative descriptive study. The data of this research are the contents of the entire novel "*Perempuan Bersampur Merah*" by Intan Andaru. To strengthen the data, the research uses relevant reference books as supporting data. The data source of this research is

the novel "*Perempuan Bersampur Merah*" by Intan Andaru published by PT Gramedia Pustaka Umum, Jakarta in 2019.

Data collection techniques in this research are followed by the following steps description:

- 1) Read the whole novel "Women in Red" by Inta Andaru, over and over again.
- 2) Identifying data related to the problem studied in this case is the anger of the main character in the novel.
- 3) Grouping the data according to the problem formulation.

The research instrument was carried out by means of a documentation study. Documentation was carried out on the novel "*Perempuan Bersampur Merah*" by Intan Andaru. By reading and understanding how the anger that occurs in the main character of the novel "*Perempuan Bersampur Merah*" by Intan Andaru, the study of Literary Psychology.

The steps used in this research data collection procedure are as follows:

- 1) Read the novel "*Perempuan Bersampur Merah*" so that it can describe the source of the data and note things related to the formulation of the problem.
- 2) Read references or those that have a relationship with the problems and problems in the research. Record important things related to studies that are relevant to the selected novel according to the problem formulation so as to be able to produce an answer from the novel being studied.
- 3) Record and enter the data obtained from the novel "*Perempuan Bersampur Merah*" into the data analysis instrument so as to obtain data that is in accordance with the formulation of the problem and research objectives.

The analysis recorded by the researcher is based on the data, so the management is as follows: 1) reading the novel "*Perempuan Bersampur Merah*" by Intan Andaru, living it, and understanding it. 2) collect data from the content of stories related to the anger that occurs in the main character of the novel "*Perempuan Bersampur Merah*" by Intan Andaru. 3) analyzing the data and underlining the signs or words in the story, text and anger contained in the novel "*Perempuan Bersampur Merah*" by Intan Andaru. 4) describe the anger that occurs in the main character of the novel "*Perempuan Bersampur Merah*" by Intan Andaru. 5) draw conclusions from the content of the story contained in the novel "*Perempuan Bersampur Merah*" by Intan Andaru.

RESULTS AND DISCUSSION

In analyzing the psychology of literature, the researcher focuses on three aspects contained in the novel "*Perempuan Bersampur Merah*" by Intan Andaru, namely the form of anger, the factors of anger, and the psychological impact of the main character.

The Form of Anger

Anger is an expression of human emotions in venting dissatisfaction, disappointment or mistakes when there is an uncontrollable emotional turmoil, unpleasant and causing conflict as well as an interpersonal event that usually causes a negative assessment of self or society, is also a response, encouragement as well as the goal of a person and operationalized as feelings and behavioral expressions.

Revenge

The concept of anger in the point of view of Rycroft (1995) and Maltz (2002), internal or emotional changes that lead to assault and torture in order to treat what is in the heart.

"Tanpa Rama, aku dan Ahmad tetap mencari nama-nama yang kutulis di kertas itu. Tidak akan tampak mencurigakan sebab kami pandai melakukan penyelidikan dan berpura-pura sebagaimana dalam buku-buku misteri yang pernah kami baca" (Andaru, 2019: 30)

The quote explains that Sari is still trying to find out who killed her father, because she does not accept that her father was killed unnaturally. The quote fits the concept of anger in Rycroft (1995) and Maltz (2002) point of view, namely, internal or emotional changes that lead to assault and torture in order to treat what is in the heart. The definition of anger is briefly formulated in A Critical Dictionary of Psychoanalysis compiled as a basic emotion aroused specifically by frustration (Rycroft,1995). Maltz (2002) stated that anger is frustration, a type of frustration that explodes where a person turns a passive hurt feeling into an active intentional act of destruction (Maltz, 2002).

Curiosity

An anger can be a response to an uncomfortable situation, can encourage someone to act aggressively or can be a way to achieve goals (Sumarni, 1995: 28).

"Aku tak peduli dengan rencana masa depan Ahmad. Aku ingin mencari tahu tentang pak sotar. Rasa penasaranku terhadap mereka bagai dahaga yang harus dituntaskan dengan air segar. Celakanya, air itu hanya bisa didapatkan setelah aku mencari tahu berita akan nama-nama di kertas itu" (Andaru, 2019: 41-42)

The quote explains that Sari has found the one name that killed her father, Pak Sotar. It was explained that Sari wanted to find out about Pak Sotar why he had killed his father unnaturally. The quote is in accordance with the concept of anger in Sumarni's point of view, namely, anger is part of emotion and is a response, encouragement as well as a person's goal.

Resentful

Anger is an emotion that has characteristics of high sympathetic nervous system activity and a very strong feeling of dislike because of errors that may be manifestly wrong or maybe not (Davidoff, 1991 as cited in Purwanto, 2005:47)

"Perasaanku saat itu, entah bagaimana cara menggambarkannya. Tak akan mampu diwakili oleh satu kata yang paling menyakitkan sekalipun" (Andaru, 2019: 66).

The quote explains that Sari felt very angry and disappointed after learning that she died an unnatural death. Apart from that, Sari also saw that there was a scratch on the left side of her neck and bruises all over her body. I found her father. This quote is in accordance with the concept of anger in Davidoff's point of view and also according to the point of view of an Islamic religious study. Also explained in the concept of anger according to Islamic studies, that Anger in Arabic, namely Ghadhab (غضب). The word *Ghadhab* comes from the root word يغضب - غضب غضبا means angry, irritated, disgusted and very unhappy because of oneself. treated inappropriately

Irritated

Anger can be a response to an uncomfortable situation, can encourage someone to act aggressively or can be a way to achieve goals (Sumarni, 1995: 28).

"Ah , Ibu ini tak tahu. Pada kenyataanya, aku sama sekali tidak punya keinginan besar untuk menjadi penari gandrung. Aku terpaksa bicara begitu kemarin sebab aku butuh alasan untuk dapat mngenal Mak Rebyak dan tentunya mencari tahu tentang Pak Sotar" (Andaru, 2019: 107).

The quote explains that Sari has found the one name that killed her father, Pak Sotar. Sari wants to find out about Pak Sotar why he killed his father unnaturally. By meeting Mak Rebyak, Mr. Sotar's ex-wife, maybe Sari could know more about Mr. Sotar. This quote is in accordance with the concept of anger from Sumarni's point of view, namely, Anger is part of emotion and is a response, encouragement and purpose of a person.

Overflowing Emotions

According to Sarwono, Anger is an emotion that arises from something that is annoying. Imam Ghazali explained that Anger is like a blazing fire, attacking, moving and churning in the human heart.

“Ada yang berdentum sangat kuat di dadaku hingga menyebar keseluruh tubuh. Apa yang kudengar telah memporak-porandakan kesadaran dan sikap manisku hari ini. Entah datang dari mana rasa sakit itu sebab begitu kuat muncul dari diriku. Sejenak kutumpukan bahu pada dinding rumahnya. Menguatkan badanku yang sedang dikuasai emosi meluap-luap” (Andaru, 2019: 200).

The quote explains that Sari already knew who was the mastermind behind her father's murder. Sari heard the conversation between Rama and her father that it was Rama's father who masterminded her father's murder. Rama is Sari's lover as well as Sari's future husband. The quote is in accordance with the concept of anger in the point of view of Wetrimudrison, (2005) and also in the point of view of Islamic studies, namely.

In accordance with the form of anger in literary psychology, namely, emotion is related to a person's psychology and ongoing mood. Emotions can be issued in the form of certain behaviors. Feelings and behavior are interconnected with emotions. Emotion means the content of the heart that is poured into physical expression. Anger is a psychological state that deviates one's character from the path experienced (Mushtaq & Najam, 2014). Wetrimudrison (2005) mention that anger is an emotion caused by a person facing a situation that he does not like, or is against his will (Wetrimudrison, 2005: 35).

Factors that Cause Anger

External factors

The first quote found the anger factor when the main character saw his father being forcibly dragged by the residents.

“Malam itu kulihat dengan mata kepalaku sendiri, mereka menyeret bapak mengambil bapak dari kami. Bapak yang melolong minta tolong tak digubris sama sekali . bahkan tetanggaku yang terbangun karena keramaian malam itu tidak dapat melakukan apa-apa selain memandangi kami dan menutup mulutnya” (Andaru, 2019: 65).

The quote explains that that night Sari woke up from her sleep and saw with her own eyes her father had been dragged and abused by irresponsible people. Sari's feelings at that time were very broken to see her father being treated like that and a very big feeling of anger arose in Sari. The quote is in accordance with the factors of anger in the perspective of Purwanto and Mulyono (2006), broadly speaking, the causes of anger are situations outside of a person that provoke an emotional response, background, and culture and environment (Purwanto & Mulyono 2006).

The second quote found the anger factor, namely when the main character saw his father being persecuted by the residents.

“Pak! Bapak! Paaaaakkkkkkk!” Aku berteriak sekncang-kencangnya memanggil Bapak hingga merasakan tenggorokanku serak. Kulepas rangkulan ibu. Kukejar bapak sebisaku. Kutarik pakaian orang-orang yang mengambilnya. Kupukuli kaki mereka” (Andaru, 2019: 65)

The quote explains above that after Sari was filled with anger and anger, Sari tried to chase and help her father who was being abused by people. Sari shouted as loudly as possible calling her father's name, Sari angrily beat the people who dragged her father. The quote is in accordance with the concept of anger in the Islamic religious point of view and the factors of anger in the perspective of Mash and Wolfe (2012), Anger in Arabic, namely *Ghadhab* (غضب)

Individual factors, among others, are due to temperament which tends to appear as an active individual, difficult to calm, very sensitive to stimuli that come from the environment, and often shows a negative mood. In addition to being related to temperament, the emergence of aggressive behavior in individuals is due to cognitive distortions (Mash & Wolfe, 2012).

Internal factors

The first quote found the anger factor when the main character found out that his father had died unnaturally.

“Waktu tahu bapak meninggal dengan cara yang mengenaskan, tubuhku seperti kosong. Seolah tak percaya dan tak ingin percaya. Aku hanya menggeleng terus menerus ketika kabar itu sampai di telingaku” (Andaru, 2019: 66).

The quote explains that Sari felt very angry and disappointed after learning that her father had been unnaturally killed. In addition, Sari also saw that there were scratches around her neck and bruises all over her late father's body. Since the occurrence of the conflict, Sari's anger grew very large. The quote is in accordance with the concept of anger according to Islamic studies and also the anger factor because of the conflict in point of view of Maryati and Juju (2014), a problem, conflict, and strife between individuals and society. Sociologically, conflict is defined as a social process between two or more people (or groups) who try to get rid of the other party by destroying or making him powerless. Maryati and Juju (2014) stated that from the expert's opinion, it can be understood that social conflict is a social process of trying to get rid of the other party by destroying it. Anger means not being willing to do something and being jealous of something. If it is said, "gadiba 'alaihi gadaban wa maghdhubatan," it means that he angry or unwilling to something. "Ghadhiba lahu", means angry or unwilling to someone for the benefit of others (Nuh, 1987)

The second quote found the anger factor, namely the main character felt disgusted and annoyed with people who were pretentious heroes and had killed his father.

“Mereka berkoar-koar di gelap malam seolah mereka adalah orang-orang yang memiliki misi paling mula di dunia menyelamatkan hidup banyak orang dengan membunuh seorang ayah yang mereka tuduh dukun santet” (Andaru, 2019: 70).

The quote explains that Sari was disgusted by the people who stormed her house and took her father in an unnatural way that night. From this disgust, Sari's anger arose. The quote is in accordance with the concept and factors of anger in point of view of Wallbott (1986), situations outside of a person that provoke an emotional response, background, and culture and environment (Wallbott, 1986)

The third quote found the anger factor, namely the main character was disappointed because the perpetrators of his father's murder were not ensnared by the law at all

“Karena cerita pak Muis itu, aku makin sedih sekaligus kecewa, rupanya para pelaku itu masih jalan-jalan di luar sana. Makan enak, tidur nyenyak, bergurau sebagaimana mestinya seolah lupa telah membunuh bapak yang tidak bersalah, dan membunuh kehidupan anak dan istrinya” (Andaru, 2019: 85) .

The quote explains that Sari feels guilty and very disappointed in herself for not being able to bring to justice the people who killed her father. after knowing that the person who had killed his father was not punished at all, even those people could live their normal lives without any punishment. The quote is in accordance with the concept and factors of anger in the perspective of Purwanto and Mulyono (2006). Psychological factors that cause anger are closely related to one's personality. This is particularly the case with regard to the so-called "false self-concept" i.e. that one's perception of oneself is wrong. A wrong self-concept results

in an unbalanced and immature personality. Because someone will judge himself very different from the reality (Purwanto & Mulyono, 2006).

Psychological Impact of Main Character

Psychological impact on the main character's mental and memory

"Tiap kali aku memandang keluar rumah, aku sungguh masih bisa merasakan kejadian malam itu. Ingatkanku tentang gerombolan orang yang mengepung rumah. Suara berisik mendebarkan. Dalam gelap itu aku mampu memandang siapa saja orang yang menatap iba dan siapa saja yang menatap penuh benci pada bapak" (Andaru, 2019: 70)

The quote explains that Sari cannot forget the incident. Where a mob of people surrounded his house at that time. Every time Sari looks out of the house Sari always remembers that incident that makes Sari desperate every day. The quote is based on the concept and psychological impact of anger in the point of view of experts, namely, it can be concluded that angry behavior in bad children can cause several problems in children such as children becoming depressed, uncomfortable with their environment, potentially hurting themselves, interfering with children's relationships with others. parents, even with family, have problems with peers, the school environment, even the environment where the child lives.

Psychological impact on the life of the main character

The difficulty in anger and easy expression of anger in aggressive behavior will cause children to have difficulty connecting with other people, and what is worse is causing violence against self or others (Faupel et al., 2011).

"Mataku ketap-ketip . sungguh aku malas sekali makan, aku nyaris tak merasa lapar. Nasi apapun lauknya terasa hendak keluar lagi kalau menyentuh langit-langit mulut. Semuanya jadi hambar" (Andaru, 2019: 73).

The quote explains that Sari is so depressed that she doesn't want to do anything at home. Even eating was ignored, Sari at that time could only daydream and keep daydreaming about the incident. The quote is in accordance with the concept and psychological impact of anger in the point of view (Faupel et al., 2011).

The Impact of Psychology on the Main Character's Physical Condition

Expression of anger in bad behavior can cause several problems such as decreased quality of work, the emergence of mental and psychopathological disorders such as depression, difficulty in being able to focus on completing work, and difficulty in thinking rationally . (Bhave & Saini, 2009).

"Dua penyakit itu datang berulang. Ibu bilang sakitku itu karena aku terlalu merasa kehilangan bapak. Ibu bilang aku harus bisa mengikhlaskan bapak dan tidak terlalu memikirkannya. Mungkin saja Ibu benar. Dan aku pun tak tahu, bila memang sakitku karena itu, bagaimana aku bisa sembuh ? bukannya rasa kehilangan tak ada obatnya ?" (Andaru, 2019: 94)

The quote explains that Sari suffered from typhus and intestinal worms until Sari vomited worms from her mouth. The disease came twice after one month. The disease was suffered after the departure of his father precisely at the massacre at that time. It was true that the illness was caused by Sari thinking too much about her father, she felt too lost for his father's departure. The quote is in accordance with the concept and psychological impact of anger in perspective of Bhave and Saini (2009). In addition, children will also face a decrease in the quality of relationships with other people, the emergence of various physical diseases such as

hypertension or heart attacks and strokes. Children will also spend a lot of time and energy, do not feel calm, have poor self-control, and appear aggressive. (Bhave & Saini, 2009).

The Psychological Impact of the Main Character on the Surrounding Environment

In children, bad angry behavior can disrupt relationships with parents or other family members, and when this problem becomes a dominant, it will disrupt the relationship between all family members (Faupel et al., 2011).

"Hari-hari kulewati dengan perasaan yang masih kelabu seolah di dunia ini, akulah yang paling nelangsa. Bayangan bapak masih juga muncul tiba-tiba ketika aku sendirian. Disusul rasa sakit yang amat menyiksa. Karenanya aku sering malas mengerjakan pekerjaan rumah" (Andaru, 2019: 95).

The quote explains that Sari still cannot forget her father. The image of that incident always appeared in Sari's mind every day. Coupled with the pain he suffered from typhus and intestinal worms. Sari is very moody, she is always in her room every day, reluctant to leave the house so she is lazy to do housework and help her mother. The quote is in accordance with the concept and psychological impact of anger in the perspectives by Faupel et al., (2011). Control of angry emotions needs to be done in order to control the emergence of aggressiveness. From the results of research that has been done, it was found that anger can be a cause of aggressive behavior, because individuals who are in a state of anger will be unwary, unable to think well, and have less empathy for the environment (Crain, 2007).

The Impact of Psychology on the Mentality of the Main Character

Golden (2003) Control of angry emotions needs to be done in order to control the emergence of aggressiveness

"Kutaruh sepatu itu di lemari. Kalau hendak tidur aku memandangnya dalam gelap. Lumayan dapat membayar rindu untuk bapak. Kebiasaanku menjelang tidur hanya itu" (Andaru, 2019: 87).

The quote explains that every day Sari can only daydream. Every time he goes to bed he always looks at the shoes his father bought him. This was done to repay her longing for her father, because with that Sari Bia felt calm. Sari had nothing else to do in her daily life than daydream and stare at the shoes her father bought at bedtime. The quote is in accordance with the concept and psychological impact of anger which has been mentioned in chapter II of Theory Study, namely. The ability to manage anger depends on the extent to which we can feel comfortable expressing emotions and thoughts towards others as a source of conflict. Healthy anger management includes the ability to exercise empathy, which is the ability to see from the other person's point of view and understand the thoughts and emotions of others. In addition, individuals must also have the ability to express their anger in a positive way, not ignore it. From the results of research that has been done, it was found that anger can be a cause of aggressive behavior, because individuals who are in a state of anger will be unwary, unable to think well, and have less empathy for the environment (Crain, 2007).

CONCLUSION

This research is entitled The Anger of the Main Character in the Novel "*Perempuan Bersampur Merah*" by Intan Andaru. This research is a study that is examined using the study of Literary Psychology. The reason the researcher conducted this research was to fulfill the tasks and requirements to complete the undergraduate program. In addition, this novel is interesting to study because there are many life experiences in it. This research is descriptive qualitative while the formulation of the problems contained in this study are as follows, the form of anger of the main character, the factors that cause anger, the psychological impact of

the main character. The purpose of the study is to describe the three formulations of the problem.

What the researchers found was a form of anger in the novel "*Perempuan Bersampur Merah*" by Intan Andaru which included revenge, curiosity, irritation, hurt and overflowing emotions. The factors that cause anger include two factors, namely external factors and internal factors. Psychological impact The main characters include the psychological impact on mental memory, the psychological impact on life, the psychological impact on the physical condition, the psychological impact on the surrounding environment and the psychological impact on the psyche.

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