

THE IMPACT OF VIOLENCE ON THE MAIN CHARACTER IN THE NOVEL HOUSEMATE BY ANNISA LIM USING A LITERARY PSYCHOLOGICAL APPROACH

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ABSTRACT

This research aims to analyze the impact of violence experienced by the main character in the novel *Housemate* by Annisa Lim using a literary psychology approach. Using qualitative research methods and descriptive analysis, this research focuses on identifying the forms of violence experienced by the main character and the psychological impacts they cause, such as trauma, stress and changes in behavior. Data was obtained through a study of the novel text, which was analyzed using literary psychology theory and psychological trauma theory. The research results show that the violence experienced by the main character not only impacts his emotional condition, but also influences his social relationships and identity development. The psychological reactions shown include self-defense mechanisms, rejection, and traumatic acceptance, all of which influence the story's journey and character evolution. Through a literary psychology approach, this research provides a deeper understanding of the effects of violence on individual psychology, as well as describing how the main character in this novel experiences the process of adapting to the trauma he experienced.

ABSTRAK

Penelitian ini bertujuan untuk menganalisis dampak kekerasan yang dialami oleh tokoh utama dalam novel *Housemate* karya Annisa Lim menggunakan pendekatan psikologi sastra. Dengan menggunakan metode penelitian kualitatif dan analisis deskriptif, penelitian ini berfokus pada identifikasi bentuk-bentuk kekerasan yang dialami oleh tokoh utama serta dampak psikologis yang ditimbulkan, seperti trauma, stres, dan perubahan perilaku. Data diperoleh melalui kajian teks novel, yang dianalisis menggunakan teori psikologi sastra dan teori trauma psikologis. Hasil penelitian menunjukkan bahwa kekerasan yang dialami oleh tokoh utama tidak hanya berdampak pada kondisi emosionalnya, tetapi juga memengaruhi hubungan sosial dan perkembangan identitasnya. Reaksi psikologis yang ditampilkan mencakup mekanisme pertahanan diri, penolakan, hingga penerimaan traumatis, yang semuanya mempengaruhi perjalanan cerita dan evolusi karakter. Melalui pendekatan psikologi sastra, penelitian ini memberikan pemahaman yang lebih dalam mengenai efek kekerasan terhadap kejiwaan individu, serta menggambarkan bagaimana tokoh utama dalam novel ini mengalami proses adaptasi terhadap trauma yang dialaminya.

Kata Kunci: Dampak Kekerasan, Tokoh Utama, Psikologi Sastra

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Introduction

Violence in literary works is often a reflection of the social reality experienced by individuals in society (Sukowati et al., 2019). Through the representation of violence, the author describes the psychological dynamics of his characters, which not only influences the plot of the story, but also describes the mental, emotional and social conditions of these characters. The novel *Housemate* by Annisa Lim is an example of a literary work that highlights the theme of violence experienced by the main character, which not only occurs physically, but also mentally and emotionally. (Hapsari, 2023).

Violence is a theme that is often raised in literary works, reflecting complex and multi-dimensional social realities (Marzuqi et al., 2024). In the novel *Housemate* by Annisa Lim, the theme of violence experienced by the main character is the center of an interesting conflict to analyze. Violence is not only present in physical form, but also in psychological and emotional form, which has a deep impact on the mental development and personality of the main character (Ihsan, 2017). By using a literary psychology approach, this research aims to understand in depth how violence affects the main character from a psychological perspective, how he responds to the violence he experiences, and how this is reflected in the storyline and his relationships with other characters.

In this novel, the violence experienced by the main character has a deep impact on his personality development and psychological condition. The literary psychology approach allows researchers to analyze the impact of violence more comprehensively, especially in seeing how the trauma of violence can influence the way of thinking, acting, and building social relationships of the characters involved. (Sutardi & Ernaningsih, 2022). This approach also helps in understanding the internal and mental aspects of the character, which are not always explicitly visible in the narrative, but have an important role in the development of the story and the character's personality (Joko Sutopo, Sariban, 2024).

The urgency of this research lies in the importance of understanding the impact of violence, especially in the context of the lives of characters in literary works. Through analysis of the main character in the novel *Housemate*, this research can provide a deeper understanding of how violence can shape and change an individual's psychology, as well as how this trauma is transformed into everyday behavior. Apart from that, this research is also relevant to current social conditions, where cases of violence are often complex issues and require in-depth understanding, both in social and psychological contexts.

The literary psychology approach is very relevant for analyzing the impact of violence because it provides a tool to understand the mental and emotional dynamics of characters in more depth (Rahmawati & Suradji, 2020). Literary psychology examines the psychological aspects of characters based on psychological theories, such as trauma, identity crisis, and self-defense mechanisms. This analysis is important because the violence experienced by the character in the novel not only changes the course of his life, but also influences his perspective on the world and his relationship with his social environment.

Thus, it is important to conduct this research to examine the impact of violence on individuals through a literary lens, which not only provides insight into how violence affects the mental and emotional lives of characters in stories, but also offers reflections for readers about the impact of violence in real life. Literary psychological analysis of the novel *Housemate* will enrich understanding of the dynamics of violent trauma and the important role of psychology in understanding characters in literary works.

The novelty of this research lies in the combination of in-depth psychological analysis of the main character and exploration of the impact of violence which is not only seen as a physical event, but also as a psychological experience that affects the character's entire mental and emotional structure. Even though the theme of violence has often been raised in various literary studies, the approach used in this research, namely a literary psychology approach, provides a new focus on how the trauma of violence is interpreted and processed by the main character.

Furthermore, *Housemate* as a contemporary work has not been analyzed comprehensively using a literary psychology approach, especially in the context of violence. Thus, this research offers a significant contribution to the study of Indonesian literature, especially regarding psychological analysis in modern novels. The results of this research will not only enrich academic studies in the realm of literature and psychology, but also offer reflection for society to better understand and appreciate the psychological impact of violence, both in the real world and in fiction.

Method

This research uses a qualitative method with a descriptive-analytical approach. Meanwhile, the approach used in this research is a literary psychology approach, which focuses on analyzing the mental condition of the main character in the novel based on psychological theories. This approach was chosen because it allows researchers to explore more deeply the impact of violence on characters from a psychological perspective, by linking the experience of violence to the emotional, mental and behavioral changes of the main character. The main data source in this research is the text of the novel *Housemate* by Annisa Lim. This text is analyzed to identify the form of violence experienced by the main character and the psychological impact of this violence. Secondary data is in the form of related literature, such as books, journals and articles discussing psychological theories of literature, trauma and violence in literary contexts. This reference will support the analysis and interpretation in this research.

Results and Discussion

In this explanation, the impact of violence is the result of violent actions that result in injuries or experiencing pain, both physical and mental. The following are the results of the analysis carried out by researchers of the impact of violence experienced by the main character in the novel *Housemate* by Annisa Lim:

1. Physical Impact

The physical impact experienced by the *Housemate* characters is the impact of physical violence. According to Lestari et al. (2021:25), The impact of physical violence is related to influences that result in pain, illness or serious injury.

The following quote shows the impact of physical violence:

- (1) *"Indra pendengarannya sudah tidak berfungsi lagi. Cantika tidak bisa mendengar suara Ibu lagi. Hati Ibu sakit melihat keadaan anak kesayangan Ibu seperti ini."*
(H/DKF/85/2023)

Based on data (1), this quote describes the impact of physical violence in the form of loss of senses or physical injury. In the data excerpt, it was found that there was a physical injury to the ear which affected the listener's senses which no longer functioned as a result of an incident on campus, specifically in the meeting building..

- (2) *"Yu, Bel... Jovan melirih dengan bola mata yang nyaris meledakkan air mata. "Gue nggak bisa jalan." Jovan langsung menunjuk kakinya. Air matanya tidak bisa terbendung lagi " kaki kanan gue nggak bisa jalan dengan sempurna lagi."*
(H/DKF/86/2023)

Based on data (2), this quote describes the impact of physical violence in the form of very serious physical injuries to his legs. This can be seen in the quote that my right leg can no longer walk perfectly. This proves that after the campus building collapsed, a student became a victim, causing disability in his legs so that he could no longer walk normally as usual.

- (3) *Randy tahu sang ayah sedang menelannya. Ia tahu harus ada yang dibayar atas apa yang sudah disetujui hitam di atas putih. Andai Randy punya pilihan, ia lebih baik*

tidak lahir sebagai putra Julius Prahadi yang disembunyikan dari publik. Daripada harus berada di tengah-tengah persimpangan rasa bersalah dan harus memilih menyelamatkan nyawa sang ibu atau menjadi pembunuh bagi teman-temannya. (H/DKF/176/2023)

Based on data (3), this quote describes the impact of physical violence which causes death. The chronology is that if Randy cannot keep his promise, his mother's life will become a victim of his father's threats.

(4) Sabiru berutang janji: mengumpulkan sejumlah bukti kuat mengenai kejahatan apa saja yang pernah dilakukan oleh pihak petinggi kampus. Perilaku mereka dinilai tidak etis karena meninggalkan masalah begitu saja sampai menghilangkan banyak nyawa. Satu nyawa saja sangat berharga, apalagi lima orang. Lalu kini tujuh orang menghilang dan belum jelas bagaimana keadaannya. Sabiru hanya berharap mereka baik-baik saja. (H/DKF/203/2023)

Similar to quote (3), in data (4) this quote shows that the impact of physical violence caused the loss of many students' lives and seven people disappeared and it is not yet clear what the circumstances are.

(5) "Ya, gue nggak sangka aja dia anak Rektor, orang yang paling berkuasa di kampus. Tapi gue juga kasihan sama dia. Karena masalah ini, ibunya jadi korban." (H/DKF/238/2023)

Based on data (5), this quote describes the physical impact of violence in the form of threatening life. This can be seen in the data quote. Because of this problem, his mother became a victim. It turned out that behind all these incidents, his wife's life had become a victim of her child.

Based on the several quotes above, it shows the physical impact experienced by the main character. The physical impact is in the form of physical injury and loss of life. In the context of violence, this has a serious impact on a person's health and quality of life.

2. Psychological Impact

The impact of violence experienced by Housemate characters is the impact of psychological violence. According to Lestari et al. (2021:25), psychological impact is the result or influence of violence that attacks the mental condition of someone who experiences the action, for example feeling worthless, embarrassed, depressed/stressed, afraid, losing self-confidence, losing the ability to act, feeling helpless.

The following is a quote that shows the impact of violence experienced by the main character of Housemate by Annisa Lim:

*(6) "Din... Din... eh...."
Rasanya mendadak kebas dan kosong. Dinda tidak pernah menyangka Randy akan melakukan hal tercela itu padanya. Menyebarkan foto ke sebuah grup dewasa berisikan laki-laki dan menjadikannya sebagai objek pemuas nafsu. "Kenapa... kenapa Randy jahat banget ke gue?" lirihnya. (H/DP/39/2023)*

Based on data (6) in this quote, there is an impact of psychological violence in the form of feeling helpless over the treatment that occurred to Dinda. There is evidence that Dinda's photo was distributed by Randy to a group containing dirty chat, so that Dinda was shocked until her body was helpless.

(7) MESKI beberapa hari sudah berlalu, Dinda masih merasa takut untuk datang ke

kampus. (H/DP/48/2023)

Based on data (7), this quote describes the impact of psychological violence in the form of fear. Due to influences affecting her mental condition, Dinda felt afraid after Randy's photo was distributed.

(8) *"Mama selalu kepikiran Kak Genta, Kak. Udah satu tahun, tapi tetap nggak ada perubahan." (H/DP/97/2023)*

Based on data (8), this quote describes the impact of psychological violence experienced by Genta's mother. He always thought about his sick child lying in the hospital for a year but there was no change at all so his mother attacked his mother's mental state until she fell ill.

(9) *Para gadis di ruangan tersebut mengeratkan genggamannya tanpa sadar ketika pengisi suara yang sekarang diyakini sebagai korban pelecehan itu menceritakan si pelaku melucuti pakaiannya dengan paksaan dan mengancam akan menyebarkan foto naked-nya pada semua orang jika berani melawan atau buka mulut soal ini. (H/DP/205/2023)*

(10) Based on data (9), this quote describes the impact of psychological violence in the form of fear of taking action. The girl received threats so she was afraid and did not dare to fight back or open her mouth about the harassment that happened to her. *"Gue bakal kasih tahu di mana mereka, asal lo mau percaya sama gue." (H/DP/216/2023)*

Based on data (10), this quote shows that there is an impact of psychological violence in the form of behavioral disturbances to positive things that Randy did to his friends. This can be proven by Randy's serious way of speaking and really wanting to tell the whereabouts of his friends with the aim of making amends for his mistakes.

(11) *"Gue akan ingat semua dosa-dosa gue dan nggak akan lari kali ini," ucapnya lebih tenang. "Lo bisa tuntutan gue setelah ini izinin gue cari jasad nyokap gue lebih dulu." (H/DP/217/2023)*

Based on data (11), this quote shows the impact of psychological violence in the form of behavioral disturbances in negative ways to atone for all the crimes that Randy has committed against his friends. This proves that Randy will not run away from crime and if he runs away he can be prosecuted in legal justice.

(12) *Randy meringis. Dadanya terasa penuh dan sesak. Ia menghantam kepalanya beberapa kali ke kursi.
"Randy, what's going on?"
"Dia bunuh Mama," bisik Randi sembari menggeram. (H/DP/219/2023)*

Based on data (12), this quote shows that there is a psychological impact in the form of emotional disturbances related to unstable emotions and an impact on worsening mood because he cannot protect his mother.

(13) *Hilangnya para mahasiswa aktivis tidak luput dari perhatian karena Julius menganggap mereka adalah otak yang akan membuat posisinya terancam. Hati Sabiru hancur berkeping-keping mengetahui semua alasan di balik insiden mengerikan ini. Seperti mimpi buruk yang tidak punya pangkal penyelesaian; hidup mereka yang ditinggalkan tidak akan pernah sama lagi. (H/DP/234/2023)*

Based on data (12), this quote shows that there is a psychological impact in the form of emotional disturbances related to unstable emotions and an impact on worsening mood because he cannot protect his mother.

- (14) *Sabiru menerobos masuk dan langsung jatuh berlutut melihat pemandangan di depannya. Ketujuh badan teman-teman yang selama ini dicarinya tengah telungkup di tengah-tengah ruangan. Jika keadaannya lebih normal, mereka hanya terlihat sedang kelelahan dan tertidur. Namun darah kering yang ada di sekitar mereka jelas memperkuat dugaan bahwa mereka telah tiada. Sabiru mendekat dan air matanya tidak bisa lagi terbendung melihat wajah-wajah itu hampir tidak bisa dikenali. Penuh darah yang sudah hampir menghitam. Jelas-jelas mereka lama disiksa dan dibiarkan mati kehabisan darah. (H/DP/236/2023)*
- (15) *Olivia sempat muntah dan pingsan, begitu juga keadaan Kanala yang langsung melemas. Jevian hanya bisa menangis melihat kondisi teman-temannya. "Balikin teman-teman gue, berengsek!" teriak Sabiru histeris. Kelebatan perjuangan bersama mereka muncul dan menyerbu tanpa ampun sampai-sampai menyakiti hatinya. Pertemuan terakhir mereka tidak bisa dibilang memorable karena dirinya hanya berfokus pada kedukaannya terhadap Genta, Naufal, dan Adinda. Ia tidak ingin menyalahkan diri lagi, tapi terpaan tragedi ini membuatnya hancur lebur sekali lagi. (H/DP/236/2023)*

Based on data (14) and (15), the quote describes the psychological impact in the form of cognitive disturbances as well as emotional disturbances. Cognitive disorders refer to disorders that affect the victim's thinking patterns such as consciousness, feelings, and so on. So it is difficult to concentrate, often daydreaming and empty thoughts. And emotional disorders are related to unstable emotions and have an impact on worsening mood. According to this data, Sabiru and his friends experienced impaired cognition and feelings until they fell to their knees when they saw that their friends had lost their lives as a result of being held captive and being tortured until they lost their blood.

- (16) *"Yu, lo nggak apa-apa?"*
Sabiru menekan kedua mata dengan telapak tangannya. Ia sudah berusaha menahan kesedihan dan berjanji tidak terpuruk lagi, tetapi bersikap baik-baik saja atas semua kejadian mengerikan ini sangat berat. Dadanya terasa seperti dililit rantai besar saat mengingat segala perjuangan, canda tawa, dan kebersamaan dengan teman-temannya yang kini tidak akan pernah bisa ia temui lagi. (H/DP/239/2023)

Based on data (16), this quote describes the psychological impact. The character Sabiru experiences sadness and collapses when he loses several of his friends due to the evil that was done to them. All the struggles, laughter, and togetherness with friends who now he will never be able to see again.

- (17) *Setelah dipulangkan pada keluarga masing-masing, mereka yang tidak selamat langsung dikebumikan. Mendadak dunia terasa hambar. Sabiru bahkan sempat tidak hadir di kampus selama seminggu karena jatuh sakit setelah ikut dalam prosesi pemakaman semua korban. Syok, tidak percaya, dan terpuruk. Rasanya semua perasaan sakit hati tidak akan bisa sembuh dengan cepat. Ia meminta bantuan pada Jevian dan Septian untuk beberapa urusan di kampus yang masih berhubungan dengan dengan pihak kepolisian. (H/DP/243/2023)*

Based on data (17), this quote shows that there is a psychological impact in the form of impaired cognition. Sabiru's character was sick, he felt shocked, disbelieving, slumped and all his hurt feelings would not heal quickly. The consequences of violence have a psychological

impact that attacks the mental condition of the person who experiences the action.

Some of the quotes above show the psychological impact experienced by the main character. The psychological impact is in the form of fear, pressure/stress, anxiety, loss of ability to act and feeling helpless.

From the results of the research above, data on the impact of violence has been found including physical violence, sexual violence on Viber, psychological/psychological/emotional / mental violence, and verbal violence. Meanwhile, the impacts of violence include: physical impacts and psychological impacts.

Simpulan

The impact of violence is divided into two which include: (a) two physical impacts including two data on sensory loss and three data on death, and (b) one psychological /psychologicalv/emotional/mental impact including twelve data on cognitive disturbances. There are several figures analyzed including: (1) Genta Ganendra as head of the advocacy division and a student activist, (2) Randy Alfian as chairman of BEM, (3) Julius Prahadi as chancellor of November 10 Veterans University and a criminal, (4) Dinda as a person who Genta loves, (5) Kanala as the person who loves Genta, (6) Mama Marina as Genta's mother, (7) Jovan, Baskara, Naufal, Alan, Kanala and Cantika as students who took part in the action on campus and lost their lives, (8) Sabiru, the only surviving student. A form of violence is an intentional act by a person or group of people that causes injury or loss of life to someone or can cause physical damage or other people's property. The impact of violence is the result of violent actions that result in injuries or experiencing pain, both physical and mental.

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