

## Efforts to Resolve Psychological Conflict in the Novels Odd Even by Almira Bastari and Bad Girl in Pesantren by Intan Zahlia Sari

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### ABSTRACT

*This study aims to describe the efforts to resolve conflict in the novels Odd Even and Bad Girl in Pesantren. The method used is descriptive qualitative method with an objective approach. The data in this study are in the form of words, sentences, or paragraphs related to narratives, dialogues, and behaviors that indicate conflict resolution efforts. The data sources of this study are taken from the novels Odd Even and Bad Girl in Pesantren. The instrument used in data collection was the researcher herself who acted as the key instrument. The data collection technique in this study was carried out by reading and note-taking techniques with the work steps of reading intensively, careful and repeatedly the novel Odd Even and Bad Girl in Pesantren as a data search process that included conflict resolution efforts, marking data according to research problems and recording data. Data analysis techniques, researchers used the Milles & Huberman model by reducing data, presenting data and drawing conclusions. The results showed 39 data, consisting of 15 sublimation data, 10 rationalization data in the novel Odd Even, 7 sublimation data, 7 rationalization data in the Bad Girl in Pesantren novel. The conflict resolution efforts contained in the novel can be used as a reflection not to dissolve in sadness and direct ourselves towards positive things.*

### KEYWORDS

*effort; resolution; conflict; psychological; novel*

### INTRODUCTION

The phenomenon of psychological conflict often occurs in schools and communities. Especially when teenagers face problems, they will be protracted in sadness and disappointment. Cases of psychological conflict in adolescence that often occur such as breakups, economics, academics, friendships, and other factors. Psychological conflicts will cause individuals to dissolve in sadness so that they are more likely to become depressed. Depression according to (Mandasari & Tobing, 2020) is characterized by feelings of irritability, pressure, fear, lack of enthusiasm, sadness, conflict with friends, and conflict with family. Depression experienced by a person can trigger feelings of desperate, lack of confidence, feeling depressed and thinking about things that are not good. (Murtane, 2021) argues that depression is a common illness and affects many age groups and communities around the world. Depression is a state of low mood and aversion to activities or indifference that can affect a person's thoughts, feelings, behavior and feelings of well-being (Al Qahtani, 2017).

Prevention of psychological conflict needs to be done because mental health is a serious problem. (Mukaromah, 2020) added that adolescents are a vulnerable population to have ideas or attempt suicide. Conflicts that occur in vulnerable adolescents make them dissolve

in sadness so that it is not uncommon to hurt others or themselves. The most crucial thing is when teenagers try to commit suicide as a form of solving the problems they are experiencing. Suicide cases are rife among teenagers for various reasons that lead to depression and frustration. The suicide rate in adolescence is greater due to various causes of suicide, such as problems with breakups, anxiety, stress, bullying, and low self-esteem (Sari, 2018). An 18-year-old high school student committed suicide by hanging himself using a scout rope in Tulungagung in 2022. The student committed suicide due to a unilateral breakup by the victim's boyfriend. Suicide was also committed in 2005 in Bantul Regency by a 9-year-old student due to depression and her parents often scolded her for not going to class. The girl was determined to commit suicide by hanging herself.

The importance of conflict resolution efforts to be researched and interesting to be discussed is because it can be relied on as a reflection and motivation to survive in the worst conditions possible. The effort of conflict resolution by the main characters in “Odd Even” and “Bad Girl in Pesantren” will be very beneficial to the society as a whole, especially teenagers. “Odd Even” contains a love theme and “Bad Girl in Pesantren” tells a story about teenage school life which attracts many readers. The theme raised in these novels will never get old and will always be relatable to teenage life. The story told in the novel has also inspired the readers to have self-control and gain the awareness of behaviour even in their hard times. BGP written by Intan ZS was released in 2018 while GG written by Almira Bastari was just released in 2020 therefore there are still a lot of things to be approached and researched.

The study that are relevant to the writer’s research are Pemila Chichi & Hera Wahdah Humairah (2019) with the title “*Psychological Conflict of The Main Character “Yudhis” in Possessive by Lucia Priandriani*”. The study explores the impact of psychological conflict due to personal and situational factors. (Devi, 2020), with the title of study “*A Heart in Three Love: Psychological Conflict of the Main Character in Tembang Raras Ing Tepis Putri by Sunaryana Soemardjo*. The article explained the cause of psychological conflict is when one’s need cannot be fulfilled such as the feeling of secureness, love and possession, social psychology factor with behaviour and emotional motives, also social factor. The similarity between this research and the previous research is that both studies literature and its relation to psychological conflict, the method used is also similar in applying descriptive qualitative. The difference is that the previous ones only focused on the effect of psychological conflict and the factor following the conflict while this research will discuss the phenomenon experienced by teenagers and how they will be able to deal with the conflict.

This research aims to describe the psychological conflict resolution in “Odd Even” and “Bad Girl in Pesantren”. The reason behind the selection of these novels is not only because they portray the problematic life of teenagers but also the way they behave towards the problem is one thing that can be taken as a reflection that life should not be filled with sadness, disappointment and gloominess. The language used in the novel is easy to understand by the readers.

## **LITERATURE REVIEW**

### ***Psychology of Literature***

Psychology is derived from the Greek language “Psyche” which means soul and “logo” which means knowledge. Psychology studies and researches about life, human psyche and the behaviour as the result of psychological factors that have relation with the surroundings and how they adapt with it. Psychology puts significant attention to humans, especially human behaviour (Almaaruf, 2018). Behaviour is a phenomenon that can be observed. Literature is a human's personal expression such as experience, thoughts, feelings, beliefs,

ideas and spirit in a form of literature and can be expressed through the beauty of language (Almaaruf, 2018). (Ismawati, 2013) said that literature functions as life reflection since it stands in line with life.

Psychology of literature is human conflicts concerning the portrayal of their soul, not only his soul but could also be another's soul that appear in literature (Minderop, 2018). According to Arista (2020) psychology of literature is the connection between psychological study and literature in which one of them studies the psychology of a character in a literature. Psychology of literature aims to understand psychological aspects contained in literature (Minderop, 2018). Someone could observe the behaviour of characters in literature through a psychological approach. Literature as a psychological phenomenon can be seen from a character's behaviour. Psychology and literature have a functional relationship that is equally useful as a means of studying the mental state of others (Almaaruf, 2018).

This study focuses on finding out the efforts to resolve conflicts between the main characters in literary works in the form of novels *Odd Even* and *Bad Girl in Pesantren*. The main character plays an important role and is mainly told in the story as the perpetrator or subject of the incident. Based on experts' opinions, psychology and literature have a relationship, one of which is studying the psychology of characters in a literary work. Novels as one of the literary genres in which events occur and have behaviors experienced and carried out by humans as story characters. Therefore, it can be concluded that psychological literature is a study that understands psychology and is related to the inner character contained in a literary work.

### **Psychological Conflict**

Conflict is a fundamental element in the development of the plot of a fictional text. According to Meredith & Fitzgerald (in Nurgiyantoro, 2013), conflict is something unpleasant that happens or is experienced by story characters. If indeed these characters have the freedom to choose, the character will not choose the events that befell them. Inner conflict is caused by the existence of two or more ideas or conflicting desires for self-control that affects behavior. Psychological conflict is a state of the emergence of two or more needs at the same time, which occurs in the mind or is related to one's feelings (Irwanto, 2016). Inner conflict is a dispute within the soul or oneself (A B M Asadullah, Nurita Binti Juhdi, Md. Iqbal Hossin, 2019). According to (Nur Fadillah, 2021), inner conflict occurs when a character struggles within himself and cannot choose one choice.

According to Stanton (in Nurgiyantoro, 2013), the form of conflict as a form of event is divided into two categories, namely internal conflict and external conflict. Internal conflict refers to psychological and inner conflict, which is a conflict that occurs in the heart and mind, in the soul of a character, namely the conflict experienced by humans with themselves. *External conflict* occurs between a character and something outside himself, perhaps with the natural environment, the human environment, or other characters. This external conflict can be divided into two categories, namely physical conflict and social conflict. Social conflict is a conflict caused by social contact between humans, including actions, oppression, squabbles, wars, or other cases of social relations.

### **Conflict Resolution Efforts**

Conflict resolution efforts can protect against external threats or self-interest from internal anxiety by causing chaos and deviation in various ways. Conflict resolution efforts are efforts to maintain or survive anxiety to solve problems more efficiently. The conflict resolution effort used in this study is the theory of defense mechanisms that contain nine aspects (Minderop, 2018). The nine aspects are (1) repression, (2) sublimation, (3)

projection, (4) displacement, (5) rationalization, (6) reaction formation, (7) regression, (8) aggression, and apathy, and (9) fantasy.

Based on these nine mechanisms, two types were taken because the four types are considered sufficient and focused and most often appeared in the novels discussed. Two mechanisms are taken, namely sublimation and rationalization. (1) sublimation is an attempt to avoid feeling uncomfortable by shifting to more positive and socially beneficial actions. Sublimation is a form of diversion from uncomfortable feelings or actions to be replaced by more positive and socially acceptable actions. The purpose of sublimation is to reduce tension, frustration, conflict, and other uncomfortable feelings to make individuals calmer (Arista, 2020), (2) rationalization is to provide motives or interpretations so that the behavior looks reasonable and acceptable. Rationalization has three goals, namely (1) to reduce disappointment when it fails to achieve goals, and (2) to provide acceptable motives for behavior. The motive is a reasonable justification.

## **RESEARCH METHODS**

This research is a literary study with an objective approach to describing conflict resolution efforts. This type of research is qualitative research that understands a phenomenon experienced by the research subject as a whole through descriptions, in the form of words and language, against natural conditions. Moleong (2018). The research process carried out by the researchers in this study included: reading the novels *Odd Even* and *Bad girl in Pesantren* intensively, carefully, and repeatedly as a data search process that provides for conflict resolution efforts, marking and recording the findings, classifying and presenting the data findings, and making conclusions.

The data in this study are in the form of words, sentences, or paragraphs related to narratives, dialogues, and behaviors that indicate conflict resolution efforts. This study's sources of data are the novels *Odd Even* and *Bad Girl in Pesantren*. Researchers found 39 data, with details of 22 data showing efforts to solve sublimation and 17 data showing efforts to resolve with rationalization. The instrument used in this study to collect data was the researcher, who acted as the key instrument. The data collection technique was carried out using reading and note-taking strategies. The researcher collected data by reading the novels *Odd Even* and *Bad Girl in Pesantren*. The data obtained were then recorded and presented in the research report book. Data analysis in this study used the Miles and Huberman model (2014) with the stages of data reduction, presenting data, and conclusions or verification. Researchers in analyzing the data make modifications that are tailored to the needs.

## **RESULTS AND DISCUSSION**

In this section, the researcher will describe four data on conflict resolution efforts as representatives of all the data that has been found. The two data represent sublimation of conflict resolution efforts, and the next two data represent rationalization of conflict resolution efforts.

### ***Sublimation of Conflict Resolution Efforts***

Efforts to resolve sublimation of conflicts are to avoid uncomfortable feeling by shifting into more positive and socially beneficial actions. Sublimation can be in the form of (1) diverting bad actions to positive actions, (2) behaving socially acceptable, (3) thinking positively when facing problems. Sublimation is found in the novel of *Odd Even* and *Bad Girl in Pesantren*. Efforts to resolve the conflict with sublimation are found in the novel *Odd Even*, namely 15 data. As stated in the following quote.

(1) *"t's also nice to be able to play tennis again after so many years of never liking tennis" (GG/UPK/Sub/78/1)*

Quotation (1) describes Gala's character diverting bad actions to positive actions when facing problems. Gala's character can't play tennis while dating Bara's character. Now his relationship with Bara's character is over. The separation makes Gala's character sad and his broken. Gala's character tries to solve her problem by playing tennis to distract his hurt feelings from his love problems. Sublimation is useful for replacing uncomfortable feelings by being replaced with positive and socially acceptable actions (Minderop, 2018). Sublimation is a form of diversion. Diverting from actions that are less comfortable to actions that are more positive and acceptable to society (Arista, 2020).

Furthermore, the efforts to resolve the sublimation conflict by the main character in the novel *Bad Girl in Pesantren* found 7 data. As stated in the following quote.

(2) *"For the girl, baking a cake is like relieving stress. So, when she s gloomy and having some problems, she makes cake as one f r escape". (BGP/UPK/Sub/152/3)*

Quotation (2) describes the character of Tiffany making efforts to resolve conflicts by taking preferred actions. The character of Tiffany is frustrated because of the many conflicts that occur to her. The character of Tiffany finally makes a cake to get rid of the frustration she feels. Taking useful actions is necessary because it minimizes negative thinking so that easier in the process of psychological calm than feeling uncomfortable (Afrikah & Setyorini, 2021). Mental well-being needs to be achieved with creativity in order to build a better psychological condition (Pohan & Gunawan, 2019).

### **Rationalization Conflict Resolution Efforts**

Rationalization is providing a motive or interpretation so that the behavior looks reasonable and acceptable. Rationalization is in the form of thinking rationally. Rationalization is found in the novels of *Odd Even* and *Bad Girl in Pesantren*. Efforts to resolve conflicts with rationalization are found in the novel *Odd Even* with 10 data. As stated in the following quote.

(1) *"Good women may have to wait to end up with good men. A good man may have to go through the process because he previously had a past that was far from good. Not having a partner does not make this world end. The world is running as it should." (GG/UPK/Ras/336/2)*

Quotation (1) describes that the character Gala is tolerant of herself who has not had a partner before the age of thirty. Gala figures think sensibly in overcoming the problem. Gala figures believe otherwise having a partner doesn't mean the world ends. Everything will be fine and work as it should be. Rationalization is usually done consciously in the process of avoiding or reducing uncomfortable feelings and actions (Afrikah & Setyorini, 2021). Rationalization is useful for replacing uncomfortable feelings and actions by providing motives or interpretations to make them seem reasonable and acceptable (Arista, 2020).

Furthermore, efforts to resolve conflicts in the novel *Bad Girl in Pesantren* were found by the main character named Tiffany 7 data as stated in the following quote.

(2) *"Bianca and Angel also hugged Tiffany. It made him realize that he was not alone in facing this problem. He still has a family who continues to support him from behind." (BGP/UPK/Ras/24/3)*

Quotation (2) describes the character of Tiffany thinking rationally when facing problems. Gala is sad because his grade is not promoted. Tiffany is also nervous because she has moved to another school and will be escorted to the Islamic boarding school tomorrow by her parents. Tiffany's character tries to solve her problem by thinking using her logic. Gala calms himself by reciprocating her brother's hug, namely Bianca and Angel. In getting inner peace, a place is needed as a complaint (Dewi1 & Basti, 2008). The hug from Tiffany is a form of complaint about the sadness she feels. Tiffany realizes that she must not dissolve in sadness because there is a family who loves her and is always there for her. Getting the love of the closest person is needed to protect oneself from powerlessness due to conflict (Utomo et al., 2019).

## CONCLUSION

Based on the results of a research carried out by researchers on the novel *Odd Even and Bad Girl in Pesantren*. The researcher found conflict resolution efforts in the novel *Odd Even* by 15 sublimation data, and 7 rationalization data . It is found conflict resolution efforts by 7 sublimation data and 7 rationalization data in the *Odd Even and Bad Girl in Pesantren* can be used as a reflection when facing psychological conflicts, not to dissolve in sadness, and can continue to live life properly as it should. The author realizes that in this paper there are shortcomings, the author gladly accepts constructive criticism. The author realizes that there are shortcomings in this paper, therefore the author is happy to accept constructive criticism. The author realizes that there is some lack in this paper since, hence the author is glad to accept constructive criticism. Because the study of tourism literature is relatively new in Indonesia, the author really hopes that this study can be expanded through the four focuses of the study of tourism literature.

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