

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

by Widia Tamara

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| Widia Tamara ^{1,*} | Karkono ² | Azizatz Zahro ³ |

^{1,2,3} Master of Indonesia
Language Education,
University of Malang,
Malang, Jawa Timur,
Indonesia

¹widiatamara97@gmail.com

²karkono.fs@um.ac.id

³azizatuz.zahro.fs@um.ac.id

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, carefully 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

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