

Character Identification in *a Breastless Novel* by Betty Sitorus

DOI: <https://doi.org/10.47175/rielsj.v4i1.619>

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ABSTRACT

Factual social phenomena related to life and human life are a source of inspiration that never runs dry for a writer of literary works. The Novel *Breastless* by Betty Sitorus is a work of fiction based on the fact that cancer sufferers are suffering. This study seeks to reveal how the main character in the novel *Breastless* by Betty Sitorus fights cancer? Thus the purpose of this study is to identify the main character in the novel *Breastless* Betty Sitorus' work against cancer. The approach used is a qualitative approach the research method used is the library method and is enhanced by reading, note-taking and underlining techniques. The theory used is the theory of Literary Psychology. The results of this study prove that the main character in the novel *Breastless* Betty Sitorus' works include a number of characters such as shock, anxiety, fear, compassion, patience, optimism, alertness, belief in traditional medicine, confidence, and positive thinking.

KEYWORDS

characters; main characters; literary psychology

INTRODUCTION

Novel is one type of prose literary work. Kosasih (2007:395), states that the novel is "an inventive work that tells all sides of the problem of the existence of a person or several characters". In a different language, Sumohardjo (1992:11-12) states that novels are literary genres in the form of stories that are easy to read and digest, and also mostly contain elements of suspense in the storyline that easily lead to an attitude of reflection. to the reader. Broadly speaking, the novel has its own characteristics compared to other types of literary works. Suharianto (1982:11), for example states the characteristics of novel literary works such as, *first*, storytelling. Through his work, the writer reveals all his feelings and thoughts in detail in the form of stories. All events and occurrences as well as the entire life path of the characters in are described in such a way that the reader can follow the storyline step by step. Readers are led to follow the storyline from beginning to end. *Second*, The novel is arranged in parts, but still in one unit. A larger unit in the form of sections or chapters, then divided again in the form of sub-chapters or sub-sections. Writers, when narrating, do not express it all at once, but scan it part by part in the form of a unified whole, interrelated to form a larger whole, so as to form a whole and complete story. *Third*, novel literary works use simple language, but by utilizing an interesting and evocative style of language. Unlike the language of poetry which is dense, concise, full of symbols and metaphors and imaginative. Because it is in the form of a story, the language used is the language used in everyday life, but is rhetorical so that it can awaken the reader 's imagination.

Novel literary works present problems that are broader in scope and deeper compared to other types of prose, such as short stories or folk tales. The novel reveals all episodes of the main character's life journey and other characters involved in the whole story. That is why,

the novel can be divided into a number of fragments, but the fragments remain in a unified whole and complete (Sehandi:2014).

Novels have intrinsic elements that are much more complete than other types of prose works. The main intrinsic elements of novel literary works are (1) the theme or core or basis of the story, (2) characters or characterization, (3) plot or plot or storyline, (4) background or setting, and (5) diction or language style. Analysis of the novel is an analysis of the intrinsic element. *First*, the theme or core or basis of the story. Mido (1994:18), says that the theme is the subject matter that dominates a prose literary work. The theme is felt and colored in the novel's literary work from beginning to end. The essence of the theme is the problem which is the starting point of the author in composing the story. Or in other words, the theme is the main problem that the author wants to solve with his work. Every novel always has a basic theme, apart from complementary themes, it only remains for the reader's foresight to catch it. *Second*, the characters or perpetrators of the story. Characters in the story have a distinctive character or character that is certainly different from other characters. The character or character of the character is described by the novelist in a direct or indirect way. Siswanto (2012) states that characters in fiction always have certain traits, attitudes, behaviors or characteristics. In line with Siswanto, Mardiani (2016) also stated that story characters are very important to tell a story in a literary work that is adapted to each character or character created by the author. In addition, Nurgiyantoro (2010:176-193) classifies the types of characters in prose into five categories, namely (1) based on their level of importance, characters are divided into main characters and secondary characters, (2) based on their appearance function, characters are divided into protagonists and antagonist character, (3) based on the complexity of the character, the character is divided into a simple character and round character, (4) based on the development of character, the character is divided into a static character and a developing character, and (5) based on the possibility of the character's reflection on a group of people from real life, the characters are divided into typical figures and neutral figures.

Third, the plot or storyline. The plot is a continuous path in a story based on cause and effect (Mido, 1994:42). There are two main elements in the plot, namely (1) the story or series of events in the story, and (2) the causal relationship between one event and another. It is through plot that the author interweaves successive events by paying attention to the law of cause and effect so that they form a unified, unified and complete whole. Suhariantono (1982:28-29) states that in a conventional novel, the plot usually consists of an introduction, expansion, climb, climax, and separation.

Fourth, background or setting. Setting is a description of the place and time as well as all the situations where the incident occurred (Mido, 1994:51). The characters in the story are never separated from space and time, so it is impossible to have a story about a character without a background or setting. A good setting can always help other elements in a story, such as plot (storyline) and characterizations.

Sixth, diction or language style. Diction (choice of words) is the way the author chooses and uses words, sentences, and expressions in the story so that it creates an imaginative effect and stirs the hearts of the readers. The use of language that is attractive, creative, innovative, and *fresh* is a characteristic of the language of literary works which is different from the language of non-literary works. Each author has a uniqueness in telling his story by using a variety of appropriate and refreshing language styles.

Personality is one of the psychology fields that discusses human behavior and the discussion is related to what and why humans can behave in this way. Personality includes thoughts, feelings, behavior, awareness, and the human unconscious in behaving (Alwisol, 2009). Characters in literary works have different personalities according to the creations of

the author's imagination. The author will try to choose characters and give spirit to the characters so that the characters have attitudes and personalities that can attract the sympathy of the reader. Thus, literature, especially fiction, and psychology have a very close affinity. The character of the story can be described both outwardly and inwardly. Inwardly, a character is described in terms of his life outlook, behavior, attitudes, beliefs, customs, and so on. Marisyah and Hayati stated that the character's personality structure is an interesting thing to study because the psychological description of the main character is very much highlighted in this story (Marisyah, et al., 2022:68).

The novel *Breastless* by Betty Sitorus presents the story of the struggle of a female character who is the main character of the novel to suffer from breast cancer. It is in this struggle against cancer that various characters emerge. I can't imagine the sadness that will touch all the members of the family. The main character of the novel keeps her health condition secret from her husband and children. Various attempts at healing were carried out, including treatment in Singapore, until he gave up his two breasts through surgery.

After the main character of the novel managed to conquer his illness, he chose to live with cancer as friends. With high enthusiasm and discipline, the main character of the novel manages to become a cancer *survivor*. The struggle that makes cancer a friend raises various characters or characters in the main character of the novel named Betty Sitorus. Character according to Minderop (2011:1) is a character or something that has become a habit. Nurgiyantoro (2010:166) uses the term characterization in relation to each story character, how character is, and how is it placed and described in a story so that it can give a clear picture to the reader. The character's reflects the personality, mental and moral attitudes, quality of a person's reasoning. These things raise the problem of how the main character's character in the novel is *Breastless* by Betty Sitorus? This paper attempts to identify and describe the main character in fighting cancer in the novel *Breastless* by Betty Sitorus.

LITERATURE REVIEW

The theory used is the theory of Literary Psychology. According to Endraswara (in Minderop, 2013:59) literary psychology is a field of science that is interdisciplinary, a combination of psychology and literature. Literary psychology is the same as studying humans from the inside of humans themselves. Perhaps it is this aspect of human nature that is often subjective, which makes literary researchers consider it heavy. In fact, studying psychology of literature is interesting because we can understand the inner side of the human soul which is so broad and deep that it requires interpretation (Endraswara, 2011:96). Intikah, et al (2020:38) state that ' Psychology is the study of human mind and soul related to behavior. Even though the soul itself does not appear, psychiatric life can be seen in human behavior or in the way of behaving '. In a different language, Wellek and Waren (1993:108) say that psychology helps in gathering the researcher's sensitivity to reality, sharpens observational abilities, and provides opportunities to study patterns that have not been touched before'. By referring to a number of these opinions, it can be said that psychology is an interdisciplinary branch of science that examines aspects of the human mind and psychology with the behavior patterns of certain characters that can be observed in literary works. The purpose of studying the psychology of literature is to find out the psychological aspects contained in literary works (Ratna, 2009:342-344).

Related to the theory of Literary Psychology, Feist (2011:136-141) identify two basic human attitudes related to a person's character, viz introversion and extroversion. Introversion is an attitude that arises from within the human being himself, while extroversion is an attitude that arises from outside the human being himself. Ekiwardani and

Sumartini (2021:192) say that as a psychological symptom, psychology in literature contains phenomena that appear through the behavior of the characters or characters. Apart from that, human character also cannot be separated from the functions of *thinking*, feeling, *sensing*, and *intuition*. Allport (in Pratiwi, 2013:269) suggests that attitudes or traits are distinguished by (1) The Insistent Trait, (2) central trait, and (3) secondary traits. Karl Gustav Jung (in Feist, 2011:137) defines attitude as a tendency to react in a character. Everyone has both sides of introversion and extroversion. Introversion is an inward psychic energy that has a subjective orientation.

Introversion has a great understanding of the world in humans with all the fantasies, dreams, and perceptions that are individual. While the extroverted attitude is an attitude that describes the psychic flow towards externally so that those concerned will have an objective orientation and move away from the subjective. Extroverts will be more easily influenced by their surroundings than by their own state. They tend to focus on objective attitudes and emphasize their subjective side (Feist, 2011:138).

RESEARCH METHODS

This research is a qualitative research. Creswell (2016:262) says that qualitative research is one of the types of interpretive research that interprets something that is read, seen, and understood. Moleong (2021:4) says that qualitative research aims to understand a phenomenon in a natural social context by prioritizing a process of in-depth communication interaction between the researcher and the phenomenon being studied. The method used is descriptive analysis method. Semi (2012:30-31) says that the descriptive method of analysis is a method that is carried out by not using numbers, but by presenting decomposed data, discourses, expressions, and words about the problem under study. Meanwhile Sugiyono (2009:29), states that the descriptive method of analysis is a method that functions to describe or give an overview of the object under study through data or samples that have been collected as they are by conducting analysis and making general conclusions. Data collection techniques used are reading, note, and knot techniques. The data source comes from the novel *Breastless* Betty Sitorus' works are in the form of discourses or expressions or sentences and words. Of course the data collected relates to the character of the main character in the novel *Breastless* by Betty Sitorus. Data were analyzed using inductive analysis and presented in the form of description, interpretation, analysis and evaluation.

RESULTS AND DISCUSSION

The novel *Breastless* by Betty Sitorus departs from true stories that have been experienced by novelists. The experience has been mixed with the author's imagination, so that experience is no longer pure as a real experience, but is mixed with imagination. Novelists call it a story of endless struggle (Sitorus, 2014:xvii). The results of the interpretation and analysis of the main characters in the novel *Breastless* by Betty Sitorus, found that a number of characters are very dominant. These characters such as shock and anxiety, fear of something, affection, patience, optimism, alertness, belief in traditional medicine, and confidence, and positive thinking.

This story takes place when Betty Sitorus, the main character of the novel, is sentenced to a doctor for cancer. The sad story happens when the main character of the novel struggles with the disease he has. The author tells about it in a novel so that it can be an inspiration and motivation for all readers to be vigilant and also prepared for how to behave when cancer comes to ravage our lives (Sitorus, 2014: xxix). Characterization refers to the characters who live the story, while character, character, and character refer to the character and attitude of the characters that will be interpreted by the reader. Interpretation is more a quality of a

character who lives the story in question. The character of the story is a character created by the author. Characters in a story are people who appear in a narrative work which the reader interprets as having moral qualities that are expressed through words and actions.

Based on the results of interpretation and analysis of the various main character characters of the novel, a number of main character characters can be identified in the novel *Brastless* k arya Betty Sitorus. The main characters of the novel are shocked and worried, afraid of something, affection, patient, optimistic, alert, believe in traditional medicine, have faith, and think positively.

Shocked and Anxious

Surprise is the shock or shock (because of surprise or because of something surprising (KBI, 2008:657) about a momentary emotional state of the main character caused by an incident that had never been imagined before. Surprise is manifested by facial expressions such as raising eyebrows, frowning, opening the eyelids wide, or opening the jaw so that the lips and teeth are visible. Meanwhile, anxiety is a feeling that arises in a person excessively compared to feelings in normal circumstances. Feelings of shock and anxiety are illustrated in data (1) and (2) below.

Data 1

“Saya terhenyak sesaat dan meraba sekitar payudara bagian kiri. Benar, terasa benjolan yang cukup keras saat saya tekan. Bulatannya tidak terlihat, tapi lumayan besar dalam rabaan saya. Saya diam dan berpikir, kira-kira itu apa” (Sitorus, 2014:1)

Data 2

“Hati saya mulai dilanda kecemasan. Keteguhan saya mulai goyah. Dokter berkata bahwa dia mencurigai sesuatu karena benjolan tumor itu bentuknya tidak bulat dan ketika ditekan pun tidak menggelingang ke kiri atau kanan” (Sitorus, 2014:3).

The main character of the novel was shocked and surprised when she groped the left side of her breast. He was surprised there was a hard lump. Even though the lump is not clearly visible to the naked eye, it is suspicious perhaps this lump is the seed of cancer. As a human being, this anxiety begins to spread throughout the body. What used to be firm, is now faltering. His suspicions and anxiety began to escalate when the lump that was not round was pressed, it didn't even sway left and right, but was in a petrified-like state.

Fear of Something

Fear literally means feeling afraid (horrified), piety; reluctant and respectful, not daring, restless; worried (KBI, 2008:1598). Fear of something is indeed an unpleasant feeling that is triggered by the perception of something imagined. This feeling of fear of something is almost certainly experienced or felt by everyone when faced with a situation like that of the main character. The main character is afraid of something that could harm him. Data (3) and (4) show that he is afraid of something.

Data 3

“Dalam situasi seperti ini saya tidak memiliki tempat mengadu. Ibu telah tiada. Ayah bahkan sudah lebih dulu berpulang. Saya menangis seorang diri. Seandainya mereka masih hidup mungkin saya tidak akan merasa tertekan seperti ini. Paling tidak ada tempat untuk mengadu dan ada yang memeluk saat aku menangis” (Sitorus, 2014:11).

Data 4

Suami dan anak-anak saya terkejut. Suami saya berteriak, "Apa ini?" Ia berdiri dan membanting buku ke meja dan pergi ke halaman" (Sitorus, 2014:12).

Data (3) describes when the main character becomes afraid. He was afraid ever since the doctor diagnosed that he had cancer. The fear was even more horrified when he felt alone. He felt that he had lost the people closest to him as a place for him to complain or take refuge. His father had died long ago, even his mother had just been called by God. This makes the main character always afraid and keep crying.

Data (4) describes the feelings of fear the main character of the novel has when the doctor's diagnosis is told to her husband and children. They are all shocked. Her husband was shocked and did not accept the results while screaming and slamming the book on the table and going out into the yard. Her husband's reaction had brought on a feeling of dread in her. However, he faced it patiently.

Affection

Love is a feeling of affection, love, liking (KBI:698) or commendable attitude that exists in every human being. An attitude of affection and fun is always there in everyone. This positive attitude needs to be nurtured continuously in everyday life. This is because compassion can encourage humans to help alleviate the suffering experienced by other humans. With compassion, care, peace, and empathy for others are created. The following data (5) and (6) show that he experienced this feeling of affection.

Data 5

"Jauh dari anak-anak dan sanak keluarga membuat saya bisa lebih berkonsentrasi pada penyembuhan walaupun merindukan mereka" (Sitorus, 2014:29).

Data (5) indicates that when away from family, away from husband and children, the main character feels affection for all of them. There is a longing for a speedy recovery and a speedy return home to join those they care about. That is the feeling of affection. However, at least for a while while he was undergoing the healing process, family members could not disturb him. If the healing process has been completed, affection and longing will occur automatically when we are together again.

Data 6

"Sebulan setelah operasi saya harus menjalani kemoterapi, sebab hanya itu pengobatan bagi penderita kanker yang dapat dilakukan dalam pengobatan kedokteran modern. Dengan kemoterapi, sel-sel kanker yang sudah disebarkan dapat dihancurkan" (Sitorus, 2014:33). mengomel yang sehat pun ikut mati" (Sitorus, 2014:75).

Be patient

The character states that they are resistant to trials (not easily angry, not easily discouraged, not easily broken hearted); steadfast, calm (KBI:1334). Patience is an attitude of holding back emotions and surviving in any difficult situation by not complaining. Patience is the ability to control oneself which is seen as an attitude that has high value and reflects the robustness of one's soul. However, often humans are impatient with an incident or event. Moreover, these incidents or events are very detrimental to himself. Data (7) below shows that the main character of the novel experiences this feeling of patience.

Data 7

“Proses pengobatan dengan kunir putih membutuhkan waktu yang panjang. Pasien harus sabar dan belajar mengendalikan diri, fokus, dan tidak terpengaruh oleh segala hal yang dapat mengganggu mental”(Sitorus, 2014:39).

To recover from an illness takes time and patient patience. According to the view of the main character of the novel, patient attitude and learning to control oneself, focus, and not be affected by all things that can interfere mentally, are needed by a patient. If all of this can be patiently faced, then healing will surely be felt by anyone.

Optimistic

An attitude of optimism indicates a person who always has hope (views) well in facing everything (KBI:1091). Optimism is a strong character of the main character of this novel. Optimism is a belief in everything in terms of good and fun and the attitude of always having good hopes in everything. Therefore, optimism must continue to be a spirit for anyone. The following data (8) shows that he experiences these optimistic feelings.

Data 8

“Begitulah, saya harus sehat terlebih dahulu supaya bisa membantu anak-anak mencapai cita-cita mereka. Bagaimana mungkin saya bisa mendampingi mereka, jika saya sendiri tidak kuat karena sakit”(Sitorus, 2014:47).

Data (8) shows that the main character of the novel has a strong sense of optimism. In addition to his recovery, he also has a strong optimistic attitude so that his children can achieve their goals. The optimism of the main character of the novel is the main capital for his recovery from cancer.

Alert

Alert describes a cautious attitude; watch out and watch (KBI:1811). Alert character is an attitude that exists in every human being. To be vigilant is to be careful, to be on guard, to be ready. This alert character guides us not to make hasty decisions, attitudes, or shortcuts. Decisions or actions taken must be careful and full of consideration, especially if those decisions and actions have an impact on the sustainability of one's own life and that of others. The following data (9) shows that the main character of the novel has an alert character.

Data 9

“Mulut adalah pintu gerbang segala makanan ke dalam tubuh manusia. Sedangkan kini dunia tidak seperti Taman Firdaus. Udaranya tidak bersih, udaranya tercemar, apalagi makanan. Dunia tidak seindah dan sebersih saat diciptakan. Penuh dengan paparan zat kimia”(Sitorus, 2014:65).

Data (9) reflects the careful attitude of the main character of the novel towards himself. He seemed to remind his mouth to be more careful. He thinks that the mouth is the gateway for food into the human body. Humans must be more careful, on guard, prepared before choosing and swallowing food by mouth. Because according to him, any food that enters the stomach through the mouth, if not properly selected, will damage the body, even cause disease.

Trust Traditional Medicine

Believing states acknowledging or believing that something is true or real, exists, presuming or believing that someone is honest (not evil), sure is true or ensures ability or someone or something (can fulfill their expectations, etc.) (KBI:1158). Character i is admitting or believing that something is true or real. The belief in traditional medicine for the main character in the novel is to admit or believe in the efficacy of traditional medicines which are considered capable of curing the cancer they are suffering from. The traditional medicine that he believes in is white turmeric. In our society today, it is very difficult for many people to believe in traditional medicines, but some patients also really believe and believe in these traditional medicines. Data (10) and (11) show the main character's belief in the white turmeric.

Data 10

“Kunir putih adalah sejenis tumbuhan umbi-umbian yang segolongan dengan kunyit dan jahe. Umbinya itulah yang dipakai sebagai obat” (Sitorus, 2014:68).

Data 11

“Kunir putih bekerja dalam tubuh kita dengan sempurna, tidak merusak sel di tubuh kita. Kunir putih tidak menimbulkan rasa pusing, mual, kantuk, dan lain-lain” (Sitorus, 2014:4).

Data (10) shows the efficacy of white turmeric intended by the author of the novel. White turmeric is a type of tuber plant that belongs to the same class as turmeric and ginger. The tubers are used as medicine. Meanwhile, the working method or process of traditional white turmeric medicine is described in data (11), namely white turmeric works in our body perfectly, not damaging healthy cells in our body. White turmeric does not cause dizziness, nausea, drowsiness, and others.

Certain

Confident is a character that shows the meaning of truly believing (knowing, understanding) (feeling certain that there is no mistake); really (KBI:1819). Confident in the sense of knowing and believing truly and feeling certain, there is no mistake anymore. To be able to recover from his illness, the main character of the novel has this belief. Without faith in all the doctors' hands, the intake of traditional medicines, and medical assistance through chemotherapy, surely he will not recover. However, with the character's earnest belief in all that, the main character of the novel recovers. Data (12) below shows the attitude of confidence or true belief in the main character of the novel.

Data 12

Kesembuhan juga didorong oleh keyakinan yang penuh akan pengobatan yang telah dipilih. Manakala dia yakin, maka keyakinan itu akan mencerminkan dari perilakunya dengan mengikuti semua aturan yang wajib dijalankan”(Sitorus, 2014:77).

Data (12) shows that in addition to medical drugs and traditional medicines that are consumed to help heal, the main character of the novel has a character of his beliefs. He realized, without a strong belief all of that would be in vain.

Think positively

Positive thinking is a mental activity that aims to build and evoke positive aspects of oneself, whether in the form of potential, enthusiasm, determination or self-confidence so as to bring up good and right thoughts, feelings and actions. To get healing, a patient must think positively, not think negatively. Even though the main character of the novel is suffering from illness, he still thinks positively. Positive thinking is a power from within the body that affects physical health. One of the ways that the main character of the novel does is to always think positively. Data (13) and (14) show the positive thinking attitude of the main character of the novel.

Data 13

“Kanker tidak hanya mengganggu tubuh pasien, tetapi juga aspek emosionalnya, sehingga seringkali pasien kanker cenderung diam, berlidung dari orang banyak dan tidak suka dikunjungi atau dinasihati mengenai hal-hal yang merasakan masalah penyakitnya”(Sitorus, 2014:110).

Data 14

“Pasien kanker lebih suka berbagi, bertukar pikiran dan peduli dengan sesamanya atau orang-orang yang mereka anggap memahami penyakitnya, juga mereka yang sudah lolos dari penyakit ini”(Sitorus, 2014:110).

Betty Sitorus always thinks positively that cancer, which is being suffered by the main character of the novel, not only disturbs the patient's body, but also disturbs his emotions, so he tends to be silent, hides from the crowd and does not like to be visited or advised on matters pertaining to his illness. Data (14) shows that cancer patients prefer to share, exchange ideas and care with others or people who they think understand their disease, as well as those who have survived this disease. The data (14) shows a kind of way out so that cancer patients must continue to think positively, not think negatively. Positive thoughts include not only coming from within the patient himself, but from other patients who have recovered and gone through this ordeal.

CONCLUSION

Referring to the analysis of the data that has been presented, it can be concluded that the main character of Betty Sitorus' novel *Breastless* has a number of characters in her struggle against cancer. These characters make the main character of the novel able to go through the long suffering caused by his cancer. A number of the main characters of Betty Sitorus's novel *Breastless* are (1) shocked and surprised, namely shock and shock at a momentary emotional condition caused by the news that she has cancer, (2) afraid of something, namely the unpleasant feeling that is triggered the shadow of danger that is in front of the eyes, (3) affection, namely a friendly and loving attitude to please oneself and others, (4) patience, namely the attitude of holding back emotions and trying to survive in any difficult situation and not complaining, (5) an attitude of optimism, namely a positive attitude that believes that the disease suffered sooner or later will recover too, (6) alert, namely an attitude of being careful, on guard, and ready at all times, (7) believe, namely the attitude of acknowledging or believing in something that is believed to be good and right, (8) confident, namely an attitude that really understands something that is believed, (9) positive thinking, namely positive thinking activities positive with the aim of evoking positive aspects of oneself, be it in the form of potential, enthusiasm, determination or self-confidence that the disease being suffered will be cured.

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