

## ABSTRAK

Penelitian ini bertujuan untuk menganalisis dinamika psikologis tokoh Abimana, tokoh utama dalam novel *Papah Bumi & Bumi* karya Hellnyla, melalui pendekatan psikologi sastra. Penelitian ini berfokus pada: (1) gambaran dinamika psikologis Abimana, (2) faktor-faktor yang memengaruhi perubahan kondisi psikologisnya, serta (3) proses transformasi emosional dan pemulihan diri berdasarkan lima tahap berduka Kübler-Ross.

Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif-interpretatif. Data utama berupa kutipan-kutipan teks dari novel yang merepresentasikan konflik batin, pergeseran emosi, dan perkembangan karakter tokoh. Data dikumpulkan melalui studi pustaka dan teknik pembacaan mendalam (close reading). Analisis dilakukan melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan, yang kemudian diinterpretasikan menggunakan teori trauma, attachment (kelekatan), grief (kedukaan), serta model Kübler-Ross (denial, anger, bargaining, depression, dan acceptance).

Hasil penelitian menunjukkan bahwa dinamika psikologis Abimana dibentuk oleh trauma berlapis, yaitu kehilangan ayah pada masa kanak-kanak dan kehilangan pasangan pada masa dewasa. Kedua pengalaman tersebut saling berinteraksi dan memengaruhi respons emosional serta struktur identitas tokoh. Transformasi psikologisnya ditentukan oleh faktor risiko (riwayat kehilangan dan intensitas keterikatan) serta faktor protektif (dukungan sosial, perubahan peran sebagai ayah tunggal, dan rekonstruksi makna). Tahap-tahap berduka muncul secara dinamis dan tidak linear, masing-masing memiliki fungsi adaptif dalam proses pemulihan diri. Pada akhirnya, Abimana merepresentasikan tokoh yang bertransformasi dari disorganisasi emosional menuju integrasi diri dan resiliensi.

**Kata kunci:** dinamika psikologis, psikologi sastra, trauma, kedukaan, Kübler-Ross, novel Indonesia.

## ABSTRACT

*This study aims to analyze the psychological dynamics of Abimana, the main character in the novel *Papah Bumi & Bumi* by Hellnyla, through a literary psychology approach. The research focuses on: (1) the depiction of Abimana's psychological dynamics, (2) the factors influencing changes in his psychological condition, and (3) the process of emotional transformation and self-recovery based on Kübler-Ross's five stages of grief. This research employs a qualitative method with a descriptive-interpretative approach. The primary data consist of textual excerpts from the novel representing internal conflicts, emotional shifts, and character development. Data were collected through library research and close reading techniques. The analysis follows the stages of data reduction, data display, and conclusion drawing, interpreted using theories of trauma, attachment, grief, and Kübler-Ross's model (denial, anger, bargaining, depression, and acceptance). The findings reveal that Abimana's psychological dynamics are shaped by layered trauma: childhood loss of his father and adult loss of his spouse. These experiences interact and influence his emotional responses and identity structure. His psychological transformation is determined by risk factors (historical loss and attachment intensity) and protective factors (social support, role transition as a single father, and meaning reconstruction). The stages of grief appear dynamically and non-linearly, each serving adaptive functions in his recovery process. Ultimately, Abimana represents a character who transforms from emotional disorganization toward self-integration and resilience.*

**Keywords:** *psychological dynamics, literary psychology, trauma, grief, Kübler-Ross, Indonesian novel.*