

## Dinamika Psikologis Abimana dalam Novel Papah Bumi & Bumi Karya Hellnyla

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### ABSTRAK

Penelitian ini bertujuan untuk menganalisis dinamika psikologis Abimana, tokoh utama dalam novel \*Papah Bumi & Bumi\* karya Hellnyla, melalui pendekatan psikologi sastra. Penelitian ini berfokus pada penggambaran dinamika psikologis Abimana, faktor-faktor yang memengaruhi perubahan kondisi psikologisnya, serta proses transformasi emosional dan pemulihan diri berdasarkan lima tahapan duka cita menurut Kübler-Ross. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif-interpretatif. Data primer terdiri atas kutipan teks dari novel yang merepresentasikan konflik internal, perubahan emosional, dan perkembangan karakter. Data dikumpulkan melalui studi pustaka dan teknik pembacaan saksama (\*close reading\*). Analisis dilakukan melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan, dengan interpretasi menggunakan teori trauma, kelekatan (\*attachment\*), duka cita, serta model Kübler-Ross (penyangkalan, kemarahan, tawar-menawar, depresi, dan penerimaan). Temuan penelitian menunjukkan bahwa dinamika psikologis Abimana dibentuk oleh trauma berlapis: kehilangan ayah pada masa kanak-kanak dan kehilangan pasangan pada masa dewasa. Pengalaman-pengalaman tersebut saling berinteraksi dan memengaruhi respons emosional serta struktur identitasnya. Transformasi psikologisnya ditentukan oleh faktor risiko (riwayat kehilangan dan intensitas kelekatan) serta faktor pelindung (dukungan sosial, transisi peran sebagai ayah tunggal, dan rekonstruksi makna). Tahapan duka cita muncul secara dinamis dan tidak linear, di mana setiap tahapan menjalankan fungsi adaptif dalam proses pemulihannya. Pada akhirnya, Abimana merepresentasikan sosok yang bertransformasi dari kondisi disorganisasi emosional menuju integrasi diri dan ketangguhan (\*resilience\*).

### 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 the depiction of Abimana's psychological dynamics, the factors influencing changes in his psychological condition, and 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

literasi\_1  
psikologi\_2  
sastra\_3  
trauma\_4  
novel\_5

### KEYWORDS

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## 1. Pendahuluan

Literature is a form of cultural expression that deeply represents human life experiences through language. Literary works serve not only as entertainment but also as a medium for reflection on social, psychological, and human realities (Eagleton, 2010; Ratna, 2015). Through literature, authors convey life views, moral values, and inner struggles that are often not directly expressed in everyday life (Damon, 2018; Teeuw, 2015). Therefore, literature can be understood as a space for dialogue between text, author, and reader in constructing meaning (Wellek and Warren, 2016). In the context of contemporary Indonesian literature, the theme of family is a frequently raised issue due to its close connection to social life (Faruk, 2017; Luxemburg et al., 2016). Family relationships often become a space for conflict, trauma, affection, and the formation of character identities (Barker, 2012; Santosa, 2020).

Family conflicts in literary works are often not only external but also present complex internal struggles within the characters (Endraswara, 2018). Therefore, examining the psychological aspects of characters is crucial for understanding the psychological dynamics underlying their actions and attitudes. Hellnyla's novel "Papah Bumi & Bumi" presents a literary work that depicts the psychological dynamics of the main character, Abimana, in an emotional and reflective manner. Abimana is depicted as experiencing an internal struggle due to loss, emotional conflict, and a complex process of acceptance. The shifts in emotions, inner pressure, and changes in attitude experienced by Abimana demonstrate a complex psychological dynamic that develops throughout the story. This aligns with Nurgiyantoro's (2019) view that good literature is capable of representing the complexity of human life symbolically and interpretively.

The psychological dynamics of characters in literary works cannot be separated from traumatic experiences, interpersonal relationships, and internal conflicts that shape the character's personality structure. In this novel, Abimana is not simply portrayed as a father or husband, but as an individual experiencing stages of loss, emotional devastation, and a process of self-healing. This process reflects psychological symptoms that can be analyzed through a literary psychology approach, which views characters as representations of the human psyche (Ratna, 2015; Endraswara, 2018). Literary psychology positions literary works as reflections of human psychological states, both consciously and unconsciously. Characters in the novel function not only as actors in events but also as psychological subjects experiencing inner conflict and emotional changes (Wellek and Warren, 2016).

Therefore, examining the psychological dynamics of Abimana is relevant for understanding how the experience of loss and familial responsibilities shape his personality development. Family relationships in the novel are also crucial factors in shaping Abimana's psychological state. The father figure not only acts as a biological parent but also as an individual who must re-establish his identity after experiencing a traumatic event (Connell, 2014; Kurniawan, 2020). When family relationships change due to loss, the character faces an inner struggle that affects his emotional stability and outlook on life. This demonstrates that the psychological dynamics of the characters in the novel are relevant to the reality of human life in general.

Furthermore, the novel "Papah Bumi & Bumi" is a relatively new work of literature and has not received much academic research. This situation opens up opportunities for researchers to make new contributions to Indonesian literary studies, particularly in applying a literary psychology approach to contemporary literary works (Suyitno, 2019; Arifin, 2021). This research serves not only as an effort to understand the psychological structure of characters in literary texts but also as academic documentation of the development of contemporary Indonesian literary studies. Previous research on family relations in Indonesian literature has generally focused on general family conflict or the relationship between mother and child (Nadia, 2021; Prasetyo, 2020).

Meanwhile, studies that specifically place the psychological dynamics of the father as the center of analysis are still relatively limited. Therefore, this research is expected to fill this gap by placing the psychological dynamics of the character Abimana as the main focus of analysis. Based on this description, it can be concluded that Hellnyla's novel "Papah Bumi & Bumi" has strong potential for study through a literary psychology approach. This novel not only presents a family story but also presents.

## 2. Metode

This study employed a qualitative approach with a descriptive-interpretive approach. The qualitative approach was chosen because the primary objective of this study was not to statistically test hypotheses or generate numerical data, but rather to deeply understand and describe the psychological dynamics of characters in literary texts. Creswell (2021) states that qualitative research focuses on exploring and understanding the meanings individuals construct around a phenomenon, thus positioning the researcher as the primary instrument in the data analysis process. In the context of literary research, a descriptive qualitative approach is used to describe psychological phenomena represented in literary works through characters and characterization. Moleong (2019) emphasized that qualitative research allows researchers to understand the object of study holistically through data in the form of words, sentences, dialogue, and narrative. Therefore, this approach is considered relevant to examining the psychological dynamics of the character Abimana in Hellnyla's novel *Papah Bumi & Bumi*. The approach used in this research is literary psychology. This approach was chosen because literary works are seen as representations of human inner life, manifested through characters, conflicts, and plot.

Ratna (2015) explains that literary psychology aims to uncover the personality structure and emotional dynamics of characters in literary works. Endraswara (2018) also emphasized that literary psychology serves to understand the inner conflicts and changes in a character's mental state as part of the narrative structure. In this study, literary psychology focuses on the psychological dynamics of the main character, Abimana, who experiences the loss of his life partner. This loss triggers changes in his emotional state that develop gradually. To systematically analyze these changes, this study uses the grief stage theory proposed by Kübler-Ross (1969). This theory explains that individuals experiencing loss will go through five emotional stages: denial, anger, bargaining, depression, and acceptance. Kübler-Ross (1969) emphasized that these stages do not always occur linearly but can overlap depending on the individual's psychological state. Corr, Nabe, and Corr (2019) state that this theory is widely used in modern psychological studies to understand emotional responses to loss. In a literary context, this theory is relevant for analyzing the emotional changes of characters experiencing traumatic events. The data for this research consists of a literary text, namely the novel *Papah Bumi & Bumi* by Hellnyla. Literary texts are viewed as representations of human psychological experiences constructed through symbolic and imaginative language (Wellek & Warren, 2016).

Therefore, the analysis was conducted by identifying text excerpts that demonstrate the psychological dynamics of the character Abimana and then interpreting them based on Kübler-Ross's stages of grief theory. In Indonesian literary studies, a literary psychology approach has been widely used to uncover inner conflict and character development in novels. Minderop (2013) states that a literary psychology approach is effective for exploring a character's emotional transformation through the inner dialogue and actions depicted in the text. Similarly, Nurgiyantoro (2019) emphasizes that character development in a novel is closely related to changes in psychological states influenced by the events experienced by the character. Based on this description, a qualitative approach using descriptive-interpretive methods and a literary psychology approach is deemed most appropriate for this study.

As a literary work, the novel functions not only as a medium for conveying stories but also as a space for representing human inner experiences, which are fraught with emotional conflict and mental changes. Nurgiyantoro (2019) states that authors often use novels to represent the problems of human life through characters and their character development, thus enabling readers to understand social reality.

## 3. Hasil dan Pembahasan

### 3.1. Psychological Dynamics of Abimana in Hellnyla's Novel "Papah Bumi & Bumi"

The psychological dynamics of Abimana in the novel "Papah Bumi & Bumi" not only represent an individual's emotional journey due to the experience of loss, but also represent the result of a narrative construction constructed through storytelling strategies, symbolization, and the relationships between characters in the text. Thus, the analysis of psychological dynamics does not stop at describing emotional changes but rather focuses on how the literary text produces meaning through its internal structure. Structurally, the author constructs Abimana's psychological dynamics through a layered narrative pattern that connects past and present experiences. The loss of his father figure during childhood serves not only as a backdrop but as a latent emotional memory that remains active in the character's consciousness.

This technique demonstrates that trauma in the text is not presented as a finished event, but rather as a recurring structure of experience that shapes identity. Asya's subsequent presence in Abimana's life can

be read as a symbol of emotional reconstruction, a character's attempt to fill the emotional void left by past trauma. However, narratively, this relationship is also constructed as a form of vulnerable emotional dependence. When Asya dies, not only interpersonal relationships collapse, but also the structures of meaning the characters have constructed. Thus, the loss in this novel is cumulative and demonstrates the interplay between old trauma and new loss. Furthermore, Abimana's psychological dynamics are inseparable from his relationships with other characters. The characters of Asya, her mother, and her child serve not only as a backdrop for conflict but also as agents shaping the main character's psychological state.

This demonstrates that the inner experience in the text is relational, where psychological states are formed through interactions between characters, not solely individual experiences. In terms of narrative strategy, the author uses inner monologue, memory repetition, and slow-down plotting to represent the characters' psychological states. These techniques demonstrate that the experience of loss is not only conveyed thematically but also manifested through a narrative structure that reflects the characters' emotional states. Thus, Abimana's psychological dynamics in this novel cannot be understood as a stand-alone process, but rather as the result of a complex textual construction.

This dynamic is built through the repetition of the theme of loss as a narrative strategy that reinforces the continuity of the character's inner experiences, the symbolization of relationships that function as spaces for healing and emotional vulnerability, and the interactions between characters that significantly shape Abimana's psychological state. Furthermore, the use of various storytelling techniques, such as inner monologue and narrative reflection, contribute to the in-depth representation of the character's internal experiences, thus presenting psychological dynamics that are not only emotional but also structural in the literary text.

The psychological dynamics of Abimana in Hellnyla's novel *Papah Bumi & Bumi* can be understood through several interrelated key aspects: trauma, grief, and resilience. Abimana's trauma is rooted in the experience of losing a father figure in the past and is amplified by the loss of his partner (Asya), which creates emotional vulnerability and influences how the character interprets relationships and life. The grief aspect is evident through intense emotional responses, such as deep sadness, emptiness, and emotional disorganization, indicating that the character's grieving process is complex and non-linear. Meanwhile, the resilience aspect is evident in Abimana's ability to adapt and recover from adversity, particularly through self-reflection, reconstruction of the meaning of life, and strengthening his social role as a father. These three aspects do not exist in isolation, but rather form a dynamic psychological process, where the experience of loss not only produces suffering but also drives the character's self-transformation toward recovery and the formation of a more mature identity.

### **3.2. Trauma Aspect of Abimana**

One form of trauma in Abimana's character is evident in the experience of loss, which profoundly shapes his psychological state. This is illustrated in the following quote: "being alone in the room with grief enveloping him is a form of torture that is so painful for Abimana at this moment." (p. 47). Furthermore, trauma is also evident in the character's response to shock and disbelief at the reality of the loss he has experienced Abimana froze. His body and mouth suddenly became immobile... this time, that defense collapsed" (p. 46). The trauma is further amplified by the repeated experiences of loss, which impact not only his emotions but also the meaning of his life: "Loss truly became a companion in his life" (p. 46).

These quotes demonstrate that the trauma experienced by Abimana is profound and recurring. The phrases "quiet in the room" and "sorrow that enveloped" narratively depict a state of emotional isolation, where the character is trapped in an inner space filled with suffering. The author uses the silent atmosphere and metaphor of loneliness to reinforce the representation of trauma as an internal experience that is invisible but intensely felt. Furthermore, the character's "stuck" state and inability to move indicate a psychological response of shock or emotional shock that often occurs in individuals who experience profound loss. This indicates that trauma manifests not only in the form of sadness but also in the form of temporary psychological dysfunctions, such as confusion and an inability to respond to reality.

Furthermore, the statement that loss has become a "companion in his life" indicates that the trauma has been internalized within the character. This means that the experience of loss is no longer viewed as a momentary event but has become part of the psychological structure that shapes how the character interprets life. Thus, Abimana's trauma is chronic and contributes to the formation of his identity and patterns of emotional relationships. From a psychological perspective, this condition can be explained

through the concept of emotional trauma, a psychological response that arises from the experience of loss or a painful event that leaves a profound impact on an individual's life.

Trauma is not only related to the event itself, but also how the individual internalizes the experience within their personality structure. Furthermore, trauma is often characterized by symptoms such as emotional isolation, shock, and a sense of loss of meaning in life. This aligns with the character of Abimana, who demonstrates that the experience of loss not only brings sadness but also disrupts his overall psychological stability. Thus, trauma in this novel serves not only as a setting for the events but also as a primary foundation for building the characters' psychological dynamics.

### 3.3. Grief Aspect of Abimana's Character

The grief aspect of Abimana's character is evident through his intense emotional response to the loss he experiences. This is illustrated in the following quote: "He burst into tears in front of Asya's father. He didn't know what to think now..." (p. 46). Furthermore, grief is also evident in the profound sense of loss that affects the character's mental state: "Being alone in the room with grief enveloping him was a form of torture..." (p. 47). Furthermore, the experience of loss presents an emotional reflection that demonstrates the weight of the process of accepting reality: "Loss is the hardest phase to face. Because letting go is not as easy as accepting." (p. 27).

These quotes demonstrate that Abimana's grief is intense and complex. The phrase "he burst into tears" narratively signifies an uncontrollable emotional outburst, depicting the peak of psychological stress caused by the loss. The author presents this scene as an emotional climax, directly demonstrating the character's inner collapse. Furthermore, the "quiet in the room" atmosphere reinforces the depiction of grief as an internal and solitary experience. The character not only feels sadness but also experiences emotional isolation that deepens his suffering. This demonstrates that grief is not solely related to emotional expression but also to broader psychological conditions, such as inner emptiness and disorganization.

Furthermore, the reflection that "letting go is not as easy as accepting" indicates an inner conflict in the grieving process. The character is torn between accepting the reality of loss and being unable to fully let go of the emotional attachment to the lost person. This condition indicates the presence of denial and depression in the grieving process, demonstrating that the grief experienced by the character does not progress linearly, but rather dynamically. Thus, Abimana's grief is presented not simply as sadness, but as a complex psychological process, involving various emotional responses and deep inner conflict.

Strengthening the theory In psychology, grief is an emotional response to loss that encompasses a range of reactions, such as sadness, confusion, denial, and even depression. This process is dynamic and does not always occur gradually or linearly. In addition to the Kübler-Ross stage model of grief, the dynamics of grief can also be understood through contemporary approaches, such as the dual-process model of coping with bereavement, which explains that individuals fluctuate between two states: a focus on the loss (loss-oriented) and an effort to adapt to a new life (restoration-oriented). In this context, Abimana's condition, experiencing profound grief while simultaneously trying to understand the reality of the loss, demonstrates that his grief process is complex and adaptive. Thus, grief in this novel functions not only as an emotional reaction to loss but also as a psychological process that shapes the character's overall inner development.

### 3.4. Resilience Aspects of Abimana's Character

Abimana's resilience is evident through his efforts to survive and adapt after experiencing loss. This is illustrated in the following quote: "Abimana hugged the small body tightly, trying to strengthen himself" (p. 53). Furthermore, the character's ability to continue fulfilling his role in life demonstrates a process of psychological adaptation: "With the Earth in his arms, Abimana tried to stand and move forward" (p. 58). Furthermore, resilience is also evident in the character's efforts to re-interpret his life after the loss: "Slowly, Abimana learned to accept and live his life again" (p. 73).

These quotes demonstrate that Abimana is not simply trapped in grief but is also beginning to demonstrate the ability to recover and adapt. The act of "embracing the small body" symbolically not only depicts a father's love but also serves as a form of self-healing, as the character strives to strengthen himself through his relationship with his child. The author uses the symbolism of family relationships as a space for emotional recovery for the character. Furthermore, the act of "standing still and moving

forward" indicates a shift from a passive to an active state. Narratively, this marks a shift from a phase of depression to a phase of adaptation.

The character is no longer simply wallowing in grief, but is beginning to take action to move on with life, even in a fragile state. Furthermore, the process of "learning to accept and live life again" indicates a reconstruction of the meaning of life. The character begins to reorganize his life in a more adaptive manner, so that the experience of loss is no longer merely a source of suffering but also becomes part of the process of psychological maturity. Thus, Abimana's resilience is seen not only as the ability to survive, but also as a process of psychological transformation involving acceptance, adaptation, and the development of a new meaning in life. From a psychological perspective, resilience is an individual's ability to survive, adapt, and bounce back after experiencing stress or a traumatic event.

Resilience relates not only to the ability to recover but also to the ability to grow through the experience. Furthermore, within coping mechanism theory, the character's behavior in continuing to fulfill his role as a father can be understood as a form of problem-focused coping, a strategy for dealing with stress by taking concrete action to manage the situation at hand. Resilience can also be understood as a process of reconstructing meaning, in which individuals attempt to rediscover their purpose in life after experiencing loss. This aligns with the character Abimana, who is gradually able to accept reality and rebuild his life. Thus, resilience in this novel demonstrates that the experience of loss not only results in suffering but also opens up opportunities for individuals to grow and achieve psychological maturity.

The psychological dynamics of the character Abimana in Hellnyla's novel *Papah Bumi & Bumi* are formed through the interconnectedness of trauma, grief, and resilience. Each identified indicator not only indicates the character's emotional state but also represents a psychological process that develops gradually within the narrative structure. Trauma forms the initial foundation that shapes the character's emotional vulnerability, which then develops into grief, with various emotional responses, such as intense sadness, emptiness, and inner conflict. However, this dynamic does not stop at this state of despair, but continues to the emergence of resilience, demonstrated through the support of relationships and the character's ability to reconstruct the meaning of life.

Thus, the table serves not only as a summary of the data but also as a representation of the complex and non-linear patterns of the character's psychological dynamics. This demonstrates that the experience of loss in the novel not only results in suffering but also becomes a process of identity formation and the character's overall psychological maturation. Furthermore, the novelty of this research lies in its attempt to integrate character psychology analysis with the structure of the literary text, so that psychological dynamics are understood not only as emotional stages but also as the result of narrative construction involving symbolization of relationships, repetition of the theme of loss, and interactions between characters. Thus, this research contributes to the development of literary psychology studies that are not only descriptive, but also interpretive and contextual.

### **3.5. Factors Influencing Changes in Abimana's Psychological State**

The changes in Abimana's psychological state in the novel *Papah Bumi & Bumi* cannot be understood simply as a spontaneous response to Asya's death. These changes are the result of a complex interaction between internal factors (history of emotional experiences and personality structure) and external factors (interpersonal relationships, changes in social roles, and environmental support). Based on the results of the text analysis using a literary psychology approach, five main factors influence changes in Abimana's psychological state (1) past experiences of loss, (2) emotional closeness to others, (3) changes in life roles, (4) social support from the surrounding environment, and (5) the meaning and acceptance of life experiences. These five factors are then described in more detail to clarify their respective roles in influencing the changes in Abimana's psychological state. This description demonstrates that the changes experienced by the character do not occur suddenly, but rather through a process influenced by various experiences and interconnected relationships.

### **3.6. Past Experiences of Loss**

The experience of loss in Abimana's life forms the basis of psychological vulnerability that influences his emotional state. This loss not only occurs as an event but also leaves an inner imprint that continues to influence his life. This is illustrated in the following quote: "Loss truly became a companion in his life" (p. 46). Furthermore, the experience of loss is also evident in the character's inner state, which is constantly filled with deep sadness: "Being alone in the room with grief enveloping him is a form of torture that is so painful for Abimana at this time" (p. 47). This experience is further reinforced by the character's

psychological response when faced with another loss: "Abimana froze. His body and mouth suddenly couldn't move... this time, his defenses collapsed" (p. 46).

These quotes demonstrate that Abimana has experienced repeated loss, which forms a psychological vulnerability (historical vulnerability). The statement that loss becomes a "companion in his life" narratively indicates that the experience of loss is no longer incidental but has become an inherent pattern in the character's life. Psychologically, this condition indicates that past experiences of loss, particularly the loss of a father figure, have not been fully resolved and continue to influence the character's emotional responses in the present. When the character experiences another loss, the response becomes more intense due to the accumulation of previous experiences. Furthermore, the use of diction such as "sepi" and "dump yang tersembunyi" reinforces the impression that the experience of loss is still active in the character's consciousness.

This suggests that the loss is not only remembered but also continues to be experienced in the character's inner state. Thus, past experiences of loss serve as a foundation that increases emotional vulnerability and influences how the character responds to subsequent losses. From a psychological perspective, historical vulnerability refers to a condition in which past traumatic experiences increase an individual's vulnerability to subsequent emotional distress. Individuals who have experienced previous loss tend to exhibit more intense emotional responses when faced with similar events.

This aligns with Abimana's condition, where past experiences of loss are not merely past events but also part of the psychological structure that influences how the character interprets and responds to present-day losses. Thus, the experience of loss in this novel serves not only as a backdrop for the story but also as a major factor in continuously shaping the character's psychological dynamics.

### 3.7. Emotional Closeness to Others

The emotional closeness that Abimana has with others, especially Asya, is a crucial factor influencing his psychological state. This relationship is not only interpersonal but also holds profound emotional significance in the character's life. This is illustrated in the following quote: "He burst into tears in front of Asya's father. I don't know what to think now..." (p. 46). Furthermore, this emotional closeness is also evident in the character's expressions of emotional dependence: "My love is gone with you. Where should I go now?" (p. 47). This situation demonstrates that the character's relationships are crucial in his life: "Loss is the hardest phase to face. Because letting go is not as easy as accepting." (p. 27).

These quotes demonstrate Abimana's strong emotional closeness to Asya, which plays a significant role in shaping his psychological state. The phrase "his tears broke out" depicts the intensity of his uncontrollable emotions, indicating that the loss has had a profound impact on the character. Narratively, the author presents the relationship between Abimana and Asya as the emotional center of the story. This relationship serves not only as a setting but also as a central element driving the conflict and the characters' psychological development. When this relationship is severed due to loss, the characters' emotional balance is disrupted.

Psychologically, the statement "My love is gone in you" indicates a deep emotional attachment, where the character views Asya as the primary source of meaning in life. Losing Asya means not only the loss of a partner, but also the loss of direction and purpose in life. This suggests that the stronger the emotional closeness, the greater the psychological impact of the loss. Furthermore, this situation also demonstrates that the characters' psychological dynamics are relational, where the characters' inner states are shaped through relationships with others. Thus, emotional closeness is not only part of interpersonal relationships but also a significant factor influencing changes in the characters' psychological states. From a psychological perspective, emotional closeness can be explained through attachment theory, which emphasizes the importance of emotional connections between individuals and others in shaping psychological states.

Individuals with strong emotional attachments tend to experience more intense grief responses when they lose the object of their attachment. This aligns with the character Abimana, whose deep connection with Asya causes the loss to have a significant impact on his psychological state. This strong emotional attachment amplifies the character's response to grief, confusion, and loss of meaning in life. Thus, emotional closeness in this novel serves not only as a relational element but also as a key factor strengthening the character's psychological dynamics in coping with the experience of loss.

### **3.8. Changes in Life Roles**

The changing roles in Abimana's life, particularly as a single father, are one of the factors influencing his psychological state. These changes are not only related to social responsibility but also to the emotional adaptation process after loss. This is illustrated in the following quote: "Abimana hugged the small body tightly, trying to strengthen himself" (p. 53). Furthermore, this role change is also evident in the character's efforts to continue living his life despite his grief: "With the Earth in his arms, Abimana tried to stand and walk" (p. 58). This situation indicates that the character is beginning to adjust to his new role in life: "Slowly, Abimana learned to accept and live his life again" (p. 73).

These quotes demonstrate that the role changes experienced by Abimana are a crucial point in the process of changing his psychological state. The act of "embracing the small body" not only depicts a father's affection but also symbolizes the character's efforts to find emotional strength through his new role. Narratively, the author presents this role change as part of the story's development, where the character is no longer simply in a state of despair but begins to move toward adaptation.

The role change from partner to single father presents new demands that push the character to emerge from a passive state and begin taking action. Psychologically, this role change serves as an adaptation mechanism that helps the character cope with loss. The responsibility of being a father provides a new direction in the character's life, helping to reduce the focus on grief and redirect emotional energy into more constructive actions. This demonstrates that role change not only impacts social aspects but also plays a role in the psychological recovery process. Furthermore, this role change also reflects an identity transformation, as the character begins to rebuild himself within a new life context. Thus, role change in life becomes a crucial factor in fostering resilience in Abimana.

From a psychological perspective, social role change can be understood as part of an individual's adaptation process to life changes. Individuals experiencing a role change, such as becoming a single parent, are required to adjust to the new responsibilities and circumstances they face. Furthermore, in coping mechanism theory, this condition can be categorized as a form of problem-focused coping, which is an individual's attempt to deal with stress by taking concrete action to manage the situation. In this case, Abimana is not only trapped in grief but also strives to fulfill his role as a father. Thus, the role change in this novel serves not only as a change in social status but also as a contributing factor to the character's overall adaptation and psychological recovery.

### **3.9. Social Support from the Surrounding Environment**

Social support from the surrounding environment is one factor influencing changes in Abimana's psychological state. The presence of those around him influences the emotional process the character experiences, especially when facing loss. This is illustrated in the following quote: "He burst into tears in front of Asya's father. He didn't know what to think now..." (p. 46). Furthermore, support is also evident through the presence of those closest to him who are part of the character's life: "Abimana is not alone; there are still those who accompany him in facing all this" (p. 58). This situation demonstrates that the surrounding environment plays a role in helping the character cope with difficult situations: "In his grief, Abimana remains surrounded by people who care about him" (p. 60).

These quotes demonstrate that Abimana does not deal with loss entirely individually, but rather within a social context that also influences his psychological state. The presence of Asya's father during this moment of grief demonstrates that the character has the space to express his emotions, so that his grief is not completely suppressed. Narratively, the author presents the social environment as a supporting element that helps maintain the character's emotional balance. The presence of other characters in the story serves to demonstrate that the experience of loss not only impacts the individual but also involves broader social relationships. Psychologically, social support acts as a protective factor that can reduce emotional distress. The presence of caring people provides a sense of security and helps the character navigate difficult situations. This demonstrates that social support functions not only as a physical presence but also as a source of emotional strength for the character. Thus, social support from the surrounding environment is a crucial factor in assisting Abimana in his adjustment and psychological recovery.

From a psychological perspective, social support is a crucial factor in helping individuals cope with pressure and stress. Social support can take the form of emotional support, such as empathy and attention, or instrumental support, such as tangible assistance in daily life. Furthermore, in coping theory, social support is considered a form of emotion-focused coping, a strategy that helps individuals manage the emotions that arise from the stress they experience. Individuals who receive social support tend to be

better able to cope with difficulties and recover psychologically. This aligns with Abimana's condition, where the presence of those around him helps lessen his emotional burden. Thus, social support in this novel acts as a factor that strengthens the character's gradual psychological recovery.

### 3.10. The Meaning and Acceptance of Life Experiences

Abimana's ability to understand and accept life experiences is a crucial factor in the transformation of his psychological state. This process demonstrates how the character gradually reinterprets his loss. This is illustrated in the following quote: "Loss is the most difficult phase to face. Because letting go is not as easy as accepting" (p. 27). Furthermore, the process of acceptance is also evident in the character's changing attitude as he begins to try to live his life again: "Slowly, Abimana learned to accept and live his life again" (p. 73). This condition indicates a process of reflection within the character regarding his experiences: "Life must go on, even though it's not the same as before" (p. 75).

These quotes demonstrate that Abimana undergoes a challenging process of making sense of life experiences, especially in the face of loss. The statement that "letting go is not as easy as accepting" demonstrates the difference between cognitive acceptance and emotional letting go. This indicates that the healing process does not occur instantly, but rather through a gradual inner struggle. Narratively, the author presents this process as part of character development, where the character moves from a state of despair to acceptance. This change is demonstrated through the character's reflection on his life, indicating a new awareness in viewing the experiences he has gone through. Psychologically, the ability to understand and accept life experiences indicates a process of reconstructing meaning. The character no longer focuses solely on the loss, but begins to rebuild his purpose and direction in life. This demonstrates that the experience of loss not only produces suffering but also opens up space for psychological growth. Thus, the process of making sense of life becomes a crucial factor marking the transition from grief to recovery in Abimana.

From a psychological perspective, the process of understanding and accepting life experiences can be explained through the concept of meaning-making, namely the individual's ability to construct meaning from experiences, especially traumatic or painful ones. Furthermore, in resilience theory, the ability to find new meaning after experiencing loss is an important indicator of psychological recovery. Individuals who are able to interpret their life experiences positively tend to have a better ability to adapt and move on. This aligns with the character Abimana, who gradually comes to terms with reality and rebuilds his life. Thus, the meaning of life in this novel is not only a process of reflection, but also a key factor in shaping the character's resilience and psychological maturity.

### 3.11. Emotional Changes of the Character Abimana in Facing Loss and Self-Recovery: A Literary Psychology Perspective

Based on the results of text analysis using a literary psychology approach, the emotional transformation of Abimana in Hellnyla's novel *Papah Bumi & Bumi* demonstrates a gradual, non-linear dynamic. This process represents the development of the character's inner state in the face of loss until he reaches the stage of self-healing. In the initial stage, Abimana displays an emotional response of shock and an inability to accept the reality of loss. This condition is evident through a reaction of confusion and loss of self-control, as depicted in the quote: "Abimana froze. His body and mouth suddenly couldn't move..." (p. 46). This response indicates a shaken psychological state, even accompanied by a denial of the reality of what has occurred. "It's impossible, Dad. Asya must be healthy too. She must be waiting for me" (p. 46). Furthermore, the repeated experience of loss also reinforces this state of denial: "Loss truly became a companion in his life" (p. 46).

From a literary psychology perspective, this condition can be linked to the initial stage of grief, namely denial, and also indicates the emotional trauma caused by the loss. Next, the character enters a phase of grief characterized by deep sadness, emptiness, and inner conflict. This is evident in the following quote: "The sound of sobbing broke out in Asya's father's embrace." (p. 46) This sadness is further amplified by the character's inner state, which is filled with loneliness: "Being alone in the room

with grief enveloping him is a form of torture that is so painful for Abimana right now." (p. 47) Furthermore, emotional suffering is also evident in the intensity of the character's grief: "The pain pierced his heart deeply... the loss of the most important figure in his life." (p. 51).

This condition indicates the onset of depression, in which the individual experiences deep emotional distress due to loss. Over time, the character begins to demonstrate a process of adjustment. This is evident in the character's efforts to continue living, particularly through his role as a father: "With the Earth in his arms, Abimana tried to stand and walk." (p. 53). Furthermore, the character begins to shift his focus to his responsibilities: "Abimana tried to calm Bumi... even though he himself was still filled with sadness." (p. 52). This condition indicates that the character is beginning to move towards the process of adaptation, despite still being under emotional stress. In the next stage, the character demonstrates the ability to survive and recover from adversity.

This is evident in the character's efforts to rebuild his life and build emotional stability: "Slowly, Abimana learned to live his life again without Asya." (p. 73). At this stage, the character begins to move towards acceptance, where the individual is no longer completely trapped in sadness. The final stage of the emotional transformation process is marked by the character's ability to understand and accept the experience of loss as part of his life. This is reflected in the character's reflection on the meaning of loss: "Loss is the hardest phase to go through. Because letting go is not as easy as accepting." (p. 53). This quote demonstrates that the character has achieved a more mature emotional awareness, where loss is no longer understood solely as suffering, but also as part of the life process.

However, Abimana's emotional transformation is not entirely rigid or linear. The character's emotional journey in the text exhibits a dynamic pattern, with states of grief, adjustment, and acceptance appearing alternately. This demonstrates that the experience of loss in literary works not only represents suffering but also forms part of the character's psychological recovery and development. Thus, Abimana's emotional transformation encompasses the dynamic stages of shock, grief, adjustment, recovery, and acceptance. This process demonstrates that the experience of loss not only results in suffering but also fosters the character's overall psychological development and maturity.

### **3.12. Pembahasan**

The psychological dynamics of Abimana's character in Hellnyla's novel *Papah Bumi & Bumi* cannot be understood solely as a representation of an individual's emotional journey, but rather as the result of a complex textual construction. From a literary psychology perspective, a character's inner state not only reflects psychological experiences but is also shaped through narrative strategies, symbolization, and the relationships between characters structured within the text. Structurally, the author presents Abimana's traumatic experience through a layered narrative pattern. The trauma of losing a father figure in the past is not presented as a static backdrop, but rather as a continuously active emotional memory that influences the character's response to subsequent losses.

This demonstrates that trauma in the text functions as a recurrent experiential structure, not simply a single event. In psychological studies, this condition can be understood as a form of historical vulnerability, where past traumatic experiences increase an individual's vulnerability to emotional distress in the present. Furthermore, Abimana's relationship with Asya can be interpreted as a form of emotional reconstruction, an attempt by the character to fill the affective void caused by past trauma. However, within the narrative structure, this relationship functions not only as a space for healing but also as a form of vulnerable emotional attachment. When Asya dies, not only interpersonal relationships collapse, but also the systems of meaning the characters have constructed.

Thus, the loss in this novel is cumulative, where past trauma and present loss interact and amplify the psychological impact experienced by the characters. In this context, the dynamics of grief experienced by Abimana cannot be explained linearly. Although the Kübler-Ross Model provides an initial framework for understanding the stages of grief, the text demonstrates that the characters' emotional experiences fluctuate. This is more in line with the dual-process model of coping with

bereavement, which explains that individuals move dynamically between states focused on loss (loss-oriented) and efforts to adapt (restoration-oriented).

In the novel, this state is evident when the character is in deep grief, yet simultaneously continues to strive to fulfill his role as a father. Furthermore, Abimana's psychological dynamics are also relational. Other characters, such as Asya, the mother, and the children, function not only as complements to the story but as agents who actively shape the main character's psychological state. This demonstrates that the inner experiences in the text are not individualistic, but rather formed through social interactions. From a psychological perspective, this condition can be linked to the importance of attachment and social support in fostering an individual's emotional stability. In terms of narrative techniques, the author uses inner monologue, memory repetition, and slow pacing to represent the character's psychological state.

This inner monologue technique allows the reader to directly access the character's internal experiences, allowing grief and inner conflict to be understood not only as themes but also as textual experiences. Meanwhile, memory repetition serves to emphasize that trauma never fully disappears but remains present in the character's consciousness. The slow pacing also enhances emotional intensity, making the experience of loss feel more profound and reflective. In the context of recovery, Abimana's psychological dynamics demonstrate the process of resilience, namely the individual's ability to survive and adapt after experiencing emotional stress. Resilience in the text does not emerge instantly but develops through reflection, relationships, and changes in social roles. His role as a father is a crucial factor in encouraging the character to emerge from adversity and rebuild his life. In coping theory, this condition can be understood as a form of problem-focused coping, where individuals face stress by taking concrete action in their lives.

Furthermore, the character's recovery process also involves meaning-making, namely the individual's ability to construct new meaning from the experience of loss. The character Abimana does not simply accept the loss passively but actively reconstructs the meaning of his life. This demonstrates that the experience of loss in the novel not only results in suffering but also becomes a space for psychological transformation. Thus, this discussion demonstrates that the psychological dynamics of Abimana's character are the result of the interaction between narrative structure and psychological processes. Trauma, grief, and resilience are present not only as emotional states but also as part of the text's construction that shapes its overall meaning.

In line with the results of Yulita's research (2022) which examined the personality analysis of the main characters in Tere Liye's novel *Pulang* through a literature psychology approach. This research uses a literary psychology approach with a qualitative descriptive method. The focus of the research lies in the analysis of the personality structure of the main character based on Sigmund Freud's theory, namely the id, ego, and superego. The results show that the conflict experienced by the main character is the result of a tug-of-war between instinctive drives (id), rational considerations (ego), and moral values (superego). The psychological dynamics of the character are seen from changes in attitudes and decision-making in facing life conflicts. However, this study emphasizes the character's personality structure and has not specifically discussed the emotional stages due to the loss of a partner.

The results of this study support this research on the psychological aspect. The changes in the psychological state of the character Abimana in the novel *Papah Bumi & Bumi* by Hellnyla cannot be understood as a single response to the event of loss, but rather as the result of a complex interaction between various interrelated factors. From the perspective of literary psychology, changes in the character's mental state are the result of construction influenced by past experiences, emotional relationships, social roles, environmental support, and the process of meaning of life that develops within the narrative structure.

#### **4. Kesimpulan**

Based on the results of research and discussion on the psychological dynamics of the character Abimana in Hellnyla's novel *Papah Bumi & Bumi*, using a literary psychology approach, the following conclusions can be drawn. First, Abimana's psychological dynamics are formed through the interconnected interaction of trauma, grief, and resilience. Trauma stems from the past experience of losing a father figure and is amplified by the loss of a partner (Asya), which shapes the character's emotional vulnerability. Grief manifests as deep sadness, emptiness, and inner conflict, demonstrating that the grieving process is complex and non-linear. Meanwhile, resilience is evident in the character's ability to adapt, recover, and rebuild meaning in life through social roles and self-reflection. These three aspects form a psychological dynamic that demonstrates not only suffering but also a process of transformation toward psychological maturity. Second, changes in Abimana's psychological state are influenced by five main factors: past experiences of loss, emotional closeness with others, changes in life roles, social support from the surrounding environment, and the interpretation and acceptance of life experiences. These factors do not operate in isolation but interact to shape the character's psychological state. Past experiences of loss form the basis of emotional vulnerability, while emotional closeness amplifies the impact of loss. On the other hand, role changes and social support serve as adaptive factors that aid the recovery process, while the meaning of life becomes an integrative stage that enables the character to achieve acceptance. Third, Abimana's emotional transformation in the face of loss occurs gradually and dynamically, encompassing stages of shock, grief, adjustment, recovery, and acceptance. This process is not linear, but rather exhibits a fluctuating pattern influenced by past experiences, social relationships, and the narrative construction within the text. From a literary psychology perspective, this process not only represents the character's emotional state but also demonstrates how the author constructs inner experiences through storytelling techniques. Thus, the experience of loss in the novel not only results in suffering but also forms part of the character's overall psychological development and maturation.

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