

## **HUMANISTIC PSYCHOLOGY OF THE CHARACTER ABAB IN THE NOVEL KELUARGA CEMARA BY ARSWENDO ATMOWILOTO**

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### **Abstract**

Humanistic psychology is a psychological approach that views humans as individuals who have their own rights, have the potential and ability to actualize themselves. The goal is to help each individual recognize themselves as unique human beings and help in realizing the potentials that exist within them. Using qualitative descriptive methods and types of literature studies. The data collection technique in this study used reading and note-taking techniques. The results obtained from this study are in the form of psychological aspects, the hierarchy of needs of the Abah character in the Cemara family novel, forms of self-actualization.

**Keywords:** Humanistic Psychology, Novel Keluarga Cemara.

### **Abstrak**

Psikologi humanistik adalah pendekatan psikologis yang memandang manusia sebagai individu yang memiliki hak-haknya sendiri, memiliki potensi dan kemampuan untuk mewujudkan diri. Tujuannya adalah untuk membantu setiap individu mengenali diri mereka sebagai manusia yang unik dan membantu mewujudkan potensi yang ada dalam diri mereka. Penelitian ini menggunakan metode deskriptif kualitatif dan jenis studi literatur. Teknik pengumpulan data dalam penelitian ini menggunakan teknik membaca dan mencatat. Hasil yang diperoleh dari penelitian ini berupa aspek psikologis, hierarki kebutuhan karakter Abah dalam novel keluarga Cemara, dan bentuk-bentuk aktualisasi diri.

**Kata kunci:** Psikologi Humanistik, Novel Keluarga Cemara.

## **I. INTRODUCTION**

Literary works are a representation of the reality that occurs in society. Likewise, readers appreciate literary works. Readers who enjoy literary works are also members of society, with a number of socio-cultural, political, and psychological aspects and contexts that influence them in choosing the literary works they will read. Literary works can also be a means of conveying certain values or ideas to society or its readers. Novels are works in the form of literature, works that are liked by many people, both young and old. Novels are widely loved by readers because the stories in them are very similar to real life, for example characters, characters, plots, settings, and so on. In addition, novels are also literary works that are accompanied by meaning, containing messages that can be used as examples for their readers, because a good novel is a novel that can be used as a lesson or self-development for its readers. The novel entitled "Keluarga Cemara" is the work of Arswendo Atmowiloto, a light genre novel entitled "Keluarga Cemara" tells the story of a family who chooses to live only with honesty. The novel was released in 2013 and is very popular with many people. The novel Keluarga Cemara by Arswendo Atmowiloto teaches that family is the smallest foundation of a society, where good values are instilled and the most valuable treasure. This novel also shows how important it is to have patience when facing problems that arise every day. Although this novel is a light genre, Arswendo Atmowiloto can still describe the character of Abah as humanistic. The character of Abah as the main character in the novel Keluarga Cemara has a great influence on its popularity among the public, and has resulted in film and novel

adaptations. The character of Abah in the novel *Keluarga Cemara* is described as a patient character, a responsible father figure, works tirelessly, never gives up in supporting his small family. The presence of psychological elements in literary works such as novels shows that literature is close to psychology. Azren (2021) in his view literature is closely related to psychological symptoms because in literary works there are always conditions or states of the character's soul to reflections of the author's soul. Psychology seeks to understand humans from their actions and find the most appropriate solutions to overcome problems in a person's psyche and personality. Meanwhile, literature is a work that is born from real human life. Although psychology and literature are different, both have the same point of contact, namely, about human life.

Humanistic psychology is a psychological approach that views humans as individuals who have their own rights, have the potential and ability to actualize themselves. Humanistic psychology believes that every individual or person has the desire and motivation to improve themselves. This principle starts from positive values and emphasizes the human values that each individual has. This need drives self-actualization, which involves psychological development, satisfaction, and life satisfaction as basic human drives. The condition of an individual's inability to actualize themselves sometimes becomes an obstacle to the individual's life satisfaction. Humanism is more concerned with the development of human personality. This approach focuses on events, especially how humans develop to do positive things. This capacity to act positively is called human potential, and educators who adhere to humanism often focus their teaching on developing this positive capacity. The humanistic school emphasizes that educators must consider higher needs and plan education and programs to meet those needs. According to Fauzul Adziima (2021), education and teaching are one of the efforts to achieve targets or goals that consistently lead to improving behavior towards student maturity. Education is a place for humans to develop in honing skills. In a learning situation, students face a goal that they want to achieve, but always encounter obstacles, namely studying teaching materials, then a motive arises to overcome these obstacles by studying the teaching materials. If educators want their students to develop a strong motive to overcome obstacles well, then the learning materials must be challenging. The challenges faced by students can make them more enthusiastic about overcoming them. Teaching materials that require problem solving and analysis can challenge students to learn them. Based on this description, this study is entitled "Humanistic Psychology of the Abah Character in the *Cemara* Family Novel by Arswendo Atmowiloto

## II. RESEARCH METHODS

The research method used in this study is a qualitative descriptive research method. This study uses a qualitative descriptive research type. Creswell in Murdiyanto (2020) defines qualitative research as the process of investigating a social phenomenon and human problems. Qualitative research is also defined as a strategy for finding meaning, understanding, concepts, characteristics, symptoms, symbols or descriptions of a phenomenon, focused and multi-method, natural and holistic, prioritizing quality, using several methods, and presented narratively in scientific research. Marinu Waruwu (2023) interprets qualitative methods as emphasizing researchers as instruments, meaning and interpretation, in-depth data collection on social phenomena or events.

The research design used in this study is a qualitative descriptive research method. This study uses a qualitative descriptive research type. Fadli (2021) describes qualitative research as a study that examines the quality of relationships, activities, situations, or various materials, qualitative research emphasizes more on holistic descriptions, which can explain in detail what

activities or situations are taking place rather than comparing the effects of certain treatments, or explaining people's attitudes or behavior.

The main data source in this study is the Novel Keluarga Cemara which is the informant/subject of the study. Therefore, the type of data in this study is primary data. According to Wulandari (2023) Qualitative research data collection generally uses observation, documentation, and interview methods. However, the possibility of using non-human sources of information, such as available documents and records, is not ignored. The data collection technique used in this study is the reading and note-taking technique. According to Sugiyono (2020: 131) data analysis is the process of systematically searching for and compiling data obtained from interviews, notes, fields, and documentation by organizing data into categories, describing them into units, synthesizing, compiling into patterns, choosing which ones are important and which ones will be studied, and making conclusions so that they are easily understood by oneself and others. The data analysis technique used in this study is a qualitative descriptive technique, used because the research data is in the form of paragraphs, sentences, and words.

### III. RESULT AND DISCUSSION

#### 1. Hierarchy of needs of the character Abah in the novel Keluarga Cemara by Arswendo Atmowiloto

##### 1) Physiological needs

*Euis looked at Abah longer. "Shall we eat now?"*

*"Euis is not hungry."*

*"Abah just bring the food here?"*

*Abah took two plates of rice and poured vegetables and tempeh. Brought to the room.*

*"Abah has more rice" said Abah..*

Based on the data above, it can be explained that the fulfillment of the physiological needs of the Abah character in the form of heavy food, Abah is interested in eating vegetarian in the form of vegetables and accompanied by tempeh as an additional side dish. Besides that, it is also used as persuasion for Euis who is feeling upset. The feeling of happiness comes when Abah is full from consuming food. The need for a sense of security

*There was always something for Abah to do.*

*Fixing sagging roof tiles, fixing water channels, clogged gutters, and tidying up the never-ending warehouse.*

*Abah did everything, with all his abilities. He never denied it. In fact, the last few days he didn't mention anything about fixing the toilet. Even though deep down, Abah felt bad. Especially because it made Ara very stressed. Fortunately, Ara herself was not burdened for long. Her childish cheerful face made the joy return.*

*Based on the data above, it can be explained that Abah felt safe working at Aunt Persier's house. He did all the work without thinking about not being happy, Abah's goal in working was to maintain the stability of the family's finances, Abah thought that if he didn't do the work, he would feel lacking and not having enough to support his family. With the family's very concerning economic situation, Abah was willing to do any job.*

#### 2. The need for love, belonging and affection

*After Abah washed his feet, Euis and her siblings sat around.*

*"Abah, this is a gift for you," said Euis, whose voice suddenly faltered.*

*"A gift?"*

*"Yes. We didn't know your birthday was. So we're giving it now." Euis handed it over. Then looked away. Her face was red and strange. Ara was calmer. She shook Abah's hand.*

*“Happy birthday, Abah.” Agil also came forward.*

*“Happy birthday, Abah. Did you eat a lot?” Abah burst out laughing in surprise. Mother entered the room. “Open it, Bah”*

*Abah opened the package. Before Agil had finished, he explained, “It contains a peci”*

*Abah was trembling slightly. His lips were bitten. The corners of his eyes were filled with emotion.*

*“Abah is so happy,” said Abah suddenly, then looked at Euis. “Thank you, Euis.” Euis turned her face away while smiling. “Thank you, Ara and Agil. You are Abah’s best children.”*

*He embraced his two children. He sat them on his lap.*

*Based on the data above, it can be explained that Euis and her siblings wanted to give a gift to Abah. With full hope, Euis and her siblings hoped that Abah would accept the gift he gave even though they did not know his actual birthday. Although according to Euis and her siblings, the gift he gave was very simple, Abah was happy with the children’s affection for him.*

### **3. Need for self-esteem**

*“Euis, I am always proud of myself. But I am more proud of all of you. It feels like I am not walking alone. It feels like I have received additional strength that is multiplied”*

Based on the data above, it can be explained that I am very proud of myself, with the support of his family, I strongly believe that I am strong enough to go through all the trials of life that I experience. Form of self-actualization

Every human being has the spirit to fulfill needs and desires, both physical and spiritual. The character Abah in the novel *Keluarga Cemara* by Arswendo Atmowiloto makes efforts to fulfill all needs and desires. Efforts to fulfill needs and desires cannot be separated from supporting factors. Supporting factors make it easier to fulfill needs and desires. If all the sequences of needs have been fulfilled and satisfied, then the last and most important need is the need to actualize oneself. The form of actualization of the character Abah, namely the desire to obtain assets back for the happiness of the family and the desire to prioritize his family as a form of self-actualization.

#### **a. The desire to obtain assets back for the happiness of the family**

Family happiness that continues to be in Abah's imagination every night. Abah always imagines all the company assets that he previously owned returning to him. Although it is impossible to take them back, Abah always tries to find another way.

*“This is not just because of gratitude,” said Farlan, Fajar's father.*

*“We do need it. We have been looking for a long time”*

*“If you trust me, I will accept it”*

*“Do you have any reviews, sir?”*

*Dad shook his head “it has to be renewed again” “Understand the engine?”*

*“If the damage is minor, it can be done. If your car’s gears were fixed, what happened to Ms. Fajar wouldn’t have happened.” “Okay. So it’s like this. As soon as you finish taking care of the repairs, come straight home. Start working that day.” “Thank you for this trust.”*

Based on the data above, it can be explained that Abah was happy to get a job offered by the father of the girl he had helped. For the first time, there was extraordinary activity in that very simple house. Abah started taking care of the necessary requirements. Abah went to the village office, RT, RW, the Lurah's house, the District office, Koramil, the police. To get the necessary documents. Abah went back and forth spending money. As Euis's son, he helped, because the one who had the money was from savings from selling opak. Going back and forth taking care of the documents made him feel tired, but with this effort, Abah could lighten his efforts to get his assets back.

**b. The desire to prioritize his family as a form of self-actualization**

"Agil is very happy, Bah" "Why?"

"This morning everyone is at home. Euis, Ara and Abah are there. Usually in the morning Agil is alone. Agil is happy, Bah. Very happy." Abah hugged him tighter.

"Agil, there will be a time someday, on Sunday. We will be able to gather together. Agil, Abah also misses an atmosphere like this. Agil knows, right?"

Based on the data above, it can be explained that in between work holidays, Abah is always at home with his family, Abah while in the village has too many part-time jobs. Days of working always moving from morning to night, so that the time he has to be with his family is very little. Abah always accepts requests from neighbors or people around him when someone gives him a job, the work that Abah does in the village is the same as the work in the city before, but Abah feels very happy when in the village he still has time to gather all day with his family at home.

#### IV. CONCLUSION

The fulfillment of Abah's hierarchical needs consists of 4 aspects, namely physiological needs, the need for security, the need for love, belonging and affection, and hierarchical needs. The form of Abah's self-actualization consists of two goals, namely the desire to obtain assets again for the happiness of the family with supporting factors for the form of self-actualization, namely motivation within the character, intelligence possessed by Abah, and support from others; the desire to prioritize his family as a form of his self-actualization with supporting factors, namely awareness of belonging.

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