

INTISARI

Penelitian ini bertujuan mengidentifikasi upaya kontrol memori terhadap komunitas serta upaya rekonsiliasi melalui pembentukan komunitas. Untuk memahami sifat trauma maka digunakan teori dasar trauma kemudian konsep proses dalam trauma yaitu acting out dan working through yang dikenalkan oleh Dominick LaCapra. Kedua proses tersebut saling berhubungan dengan acting out sebagai proses awal terjebaknya individu dalam trauma dengan melakukan tindakan tidak disadari atau cenderung agresif sementara working through merupakan proses penerimaan serta terbentuknya kembali batasan baik antara masa lalu dan sekarang juga kembalinya kemampuan untuk menstrukturkan narasi. Selama prosesnya individu memunculkan reaksi kehilangan sebagai pemicu terjebaknya dalam ingatan traumatis, reaksi dapat dipahami melalui konsep Sigmund Freud yaitu mourning dan melankoli. Mourning dipahami sebagai reaksi kehilangan sementara yang lebih jelas penyebabnya sedangkan melankoli dipahami sebagai depresi berat serta kehilangan semangat hidup yang alasan penyebabnya lebih kompleks bahkan tidak jelas.

Berdasarkan hasil penelitian ditemukan beberapa tindakan kontrol memori berupa 1) penghapusan memori masa lalu, 2) pembatasan upaya pengembalian ingatan masa lalu, 3) perubahan identitas sebagai dampak kontrol memori dan 4) perampasan kebebasan dan identitas oleh rezim. Beberapa temuan di atas merupakan gambaran tindakan kontrol memori serta alasan terpicunya trauma pada komunitas penyintas. Dalam mengatasi traumanya ada beberapa temuan secara garis besar melalui pembentukan komunitas dengan membangun narasi sebagai upaya mengumpulkan massa serta memberikan kesadaran terhadap kelompok terpinggirkan. Melalui pembentukan Komunitas, identitas dan kebebasan dapat dibentuk oleh anggota komunitas melalui memori sendiri tanpa harus dikonstruksi oleh rezim. Kebebasan dan identitas diperjuangkan oleh kelompok terpinggirkan dengan menggoyahkan narasi dominan serta mengubah cara pandang masyarakat yang terpengaruh oleh narasi tersebut.

Kata Kunci: Acting out, Komunitas, Kontrol Memori, LaCapra, Trauma, Working through

ABSTRACT

This research aims to identify efforts to control the memory of the community as well as reconciliation efforts through the establishment of a community. To understand the nature of trauma, the basic theory of trauma is used, then the concept of the process in trauma, acting out and working through, introduced by Dominick LaCapra. The two processes are interconnected with acting out as the initial process of trapping individuals in trauma by taking unconscious or aggressive actions while working through is the process of acceptance and re-establishment of good boundaries between past and present as well as the return of the ability to structure the narrative. During the process, individuals develop reactions to loss as a trigger for traumatic memories, reactions can be understood through Sigmund Freud's concepts of mourning and melancholy. Mourning is understood as a reaction to temporary loss that has a more obvious cause, while melancholy is understood as severe depression and loss of enthusiasm for life whose causes are more complex and even unclear.

Based on the results of the research, several memory control measures were found in the form of 1) erasure of past memories, 2) restrictions on efforts to restore past memories, 3) changes in identity as a result of memory control and 4) deprivation of freedom and identity by the regime. Some of the findings above are descriptions of memory control actions and the reasons for triggering trauma in the survivor community. In overcoming the trauma, there are several findings in outline through community establishment by building narratives as an effort to gather the masses and provide awareness to marginalized groups. Through community establishment, identity and freedom can be formed by community members through their own memory without having to be constructed by the regime. Freedom and identity are fought for by marginalized groups by shaking the dominant narrative and changing the perspective of people who are affected by the narrative.

Keywords: Acting out, Community, Memory Control, LaCapra, Trauma, Working through