

INTISARI

Penelitian ini menganalisis tokoh utama dalam novel 아몬드 (Almond) karya Sohn Won-pyung (2017) yang memiliki kondisi psikologis Alexithymia yang menyebabkan dirinya memiliki keterbatasan dalam hal emosi. Data dalam penelitian ini berupa dialog yang dikutip dari novel. Penelitian ini dilakukan berdasarkan dua teori, yaitu teori Alexithymia (Sifneos, 1973) dan teori Behaviorisme (B.F. Skinner, 1953). Teori yang memuat kondisi psikologis Alexithymia digunakan dalam mengidentifikasi ciri-ciri yang dimiliki tokoh utama dalam novel. Kemudian, teori Behaviorisme digunakan untuk mengetahui bagaimana stimulus yang diberikan oleh tokoh lain yang menjadi pemicu perubahan karakter pada tokoh utama. Metodologi yang digunakan pada penelitian ini adalah metode kualitatif deskriptif.

Hasil penelitian ini menunjukkan bahwa tokoh utama (Yunjae) yang mengalami Alexithymia memiliki ciri-ciri tidak bisa mengidentifikasi dan mendeskripsikan perasaan yang dirasakannya dan tidak bisa membedakan perasaan dan sensasi tubuh. Kemudian, Yunjae mengalami perubahan pada dirinya setelah mendapat stimulus dari lingkungannya. Tokoh Ibu memberi stimulus berupa pembelajaran tentang perasaan, tokoh Gon memberi stimulus berupa perlakuan, tokoh Prof. Shim memberi stimulus berupa pelatihan dan dorongan, dan tokoh Dora memberi stimulus berupa dorongan. Yunjae mengalami perubahan berupa dirinya dapat merasakan dan mengungkapkan perasaan, mampu berinteraksi, dan menunjukkan ekspresi.

Kata kunci: Novel “Almond”, Psikologi Sastra, Alexithymia, Behaviorisme Skinner, Stimulus.

ABSTRACT

This study analyzed the main character of a novel by Sohn Won-pyung (2017) titled 아몬드 (Almond) who had psychological condition named ‘Alexithymia’ which caused limitation in expressing his feelings and emotions. The data were dialogues consisted in the novel. This study applied two theories, Sifneos’ Alexithymia theory (1973) and B.F. Skinner’s Behaviorism theory (1953). The Alexithymia theory was used to identify the main character’s Alexithymia traits. Meanwhile, the Behaviorism theory was applied to analyze how the personality changed and what kind of stimulus that trigger the changes. This study used qualitative-descriptive method for the analysis.

From this research, it could be concluded that this novel told about the novel’s main character (Yunjae) who has Alexithymia shows limitation to identify his feelings. Yunjae, the main character of the novel Almond experienced personality changes caused by stimulus that he received from his surroundings. The changes were caused by the stimulus he received such as practices from Mom, behavioral stimulus by Gon, practices and encouragement by Professor Shim, and encouragement by Dora. Yunjae experienced a transformation by his ability to perceive and express emotions and show his emotional expressions.

Keywords: Novel “Almond”, Psychological Literature, Alexithymia, Skinner’s Behaviorism, Stimulus.

초록

본 연구는 손원평(2017)의 소설 『아몬드』의 주인공인 감정표현불능증이 감정표현에 제한을 받는 심리적 상태를 분석하였다. 데이터는 소설 속에 있는 대화로 구성되었다. 본 연구는 시프네오스의 감정표현불능증 이론(1973)과 B.F. 스키너의 행동주의 이론(1953) 두 가지 이론을 적용하였다. 감정표현불능증 이론은 주인공의 감정표현불능증 특성을 파악하는데 사용되었으며, 행동주의 이론은 성격이 어떻게 변화하고 어떤 자극이 그러한 변화를 촉발하는지 분석하는 데 적용되었다. 본 연구는 질적-기술적 방법을 사용하여 분석하였다.

본 연구를 통해, 이 소설은 감정표현불능증을 앓고 있는 주인공 윤재가 자신의 감정을 인식하는 데 한계를 보이는 상황을 다루고 있다는 결론을 도출할 수 있었다. 소설 『아몬드』의 주인공 윤재는 주변에서 받는 자극에 의해 성격 변화를 경험하였다. 이러한 변화는 엄마의 연습, 곤의 행동 자극, 심 교수의 연습과 격려, 도라의 격려 등 그가 받은 자극에 의해 발생하였다. 윤재는 감정을 인식하고 표현하며 감정 표현을 드러낼 수 있는 능력을 통해 변화하게 되었다.

키워드: 소설 아몬드, 심리학적 문학, 감정표현불능증, 스키너의 행동주의, 자극.