



INTISARI

Berbagai peristiwa yang memicu trauma kerap memengaruhi dinamika sosial dan kualitas hidup individu. Penelitian ini bertujuan mengungkap konstruksi memori dan trauma, serta menggambarkan upaya tokoh berekonsiliasi dengan trauma dalam novel *Namaku Alam* karya Leila S. Chudori. Dengan menggunakan pendekatan deskriptif kualitatif, penelitian ini mengkaji ingatan traumatis yang menjadi sebab trauma yang dihadapi subjek trauma akibat Peristiwa 1965 sebagaimana direpresentasikan dalam novel tersebut. Oleh karena itu, penelitian akan (1) menelusuri konstruksi memori, gejala, dan bentuk trauma, serta (2) menguraikan reaksi dan upaya rekonsiliasi dalam novel *Namaku Alam*. Teori dan konsep trauma oleh Maurice Halbwachsh dan Cathy Caruth digunakan untuk menguraikan konstruksi memori serta trauma yang dialami tokoh, teori reaksi trauma oleh Sigmund Freud, dan konsep *acting out* dan *working through* oleh Dominick LaCapra digunakan untuk mengkaji upaya rekonsiliasi trauma. Teori tersebut digunakan untuk mendeskripsikan data yang terdiri dari unsur naratif berupa dialog antartokoh dan perilaku yang digambarkan di dalam novel *Namaku Alam*. Hasil dari penelitian tersebut menyimpulkan bahwa pecahnya Peristiwa 1965 menjadi memori traumatis secara personal Segara Alam. Ingatan traumatis digambarkan oleh peristiwa penangkapan, penculikan, dan pengeksekusian bapaknya di usia yang sangat dini. Rangkaian peristiwa tersebut dikenang sebagai memori traumatis dan menyebabkan terjadinya trauma, seperti kilas balik, halusinasi, dan mimpi buruk. Dalam upaya rekonsiliasi, tokoh Segara Alam melakukan testimoni dengan berbagai bentuk, serta melakukan penerimaan kenyataan.

Kata kunci: memori, trauma, rekonsiliasi, *working through*.



ABSTRACT

*Various events that trigger trauma often affect social dynamics and the quality of life of individuals. This study aims to reveal the construction of memory and trauma, and describe the character's efforts to reconcile with trauma in the novel *My Name is Alam* by Leila S. Chudori. Using a qualitative descriptive approach, this study examines the traumatic memories that are the cause of the trauma faced by traumatized subjects due to the 1965 Incident as represented in the novel. Therefore, the study will (1) explore the construction of memory, symptoms, and forms of trauma, and (2) describe the reactions and efforts of reconciliation in the novel *My Name is Alam*. The theory and concept of trauma by Maurice Halbwacsh and Cathy Caruth are used to describe the construction of memory and trauma experienced by the characters, the theory of trauma reaction by Sigmund Freud, and the concept of acting out and working through by Dominick LaCapra are used to examine the efforts of trauma reconciliation. These theories are used to describe data consisting of narrative elements in the form of dialogue between characters and behavior depicted in the novel *My Name is Alam*. The results of this study conclude that the outbreak of the 1965 Incident became a traumatic memory personally for Segara Alam. Traumatic memories are depicted by the arrest, kidnapping, and execution of his father at a very early age. These events are remembered as traumatic memories and cause trauma, such as flashbacks, hallucinations, and nightmares. In an effort to reconcile, the characters of Segara Alam provide testimony in various forms and accept reality.*

Keywords: *memory, trauma, reconciliation, working through.*