

INTISARI

Penelitian ini bertujuan untuk memahami tema dan fakta cerita yang membangun novel, bentuk-bentuk perundangan yang direpresentasikan, serta representasi trauma Boku akibat perundungan dalam novel *Hevun*. Novel *Hevun* karya Mieko Kawakami menceritakan pengalaman perundungan yang dialami oleh tokoh Boku, seorang siswa sekolah menengah pertama yang menjadi sasaran kekerasan karena kondisi matanya yang juling. Perundungan yang dialaminya tidak hanya berupa ejekan dan kekerasan fisik, tetapi juga penghinaan terhadap tubuh dan martabatnya. Kekerasan yang berlangsung secara berulang tersebut menimbulkan trauma psikologis yang memengaruhi cara Boku memahami dirinya, orang lain, dan dunia di sekitarnya. Metode dalam penelitian ini adalah deskriptif kualitatif dengan teknik pengumpulan data berupa studi pustaka. Analisis dilakukan dengan pendekatan psikologi sastra dan teori trauma Cathy Caruth.

Hasil penelitian menunjukkan bahwa representasi trauma tokoh Boku akibat perundungan berupa empat hal, yaitu *unclaimed experience*, *belatedness*, *repetition*, dan krisis narasi, di mana representasi ini sesuai dengan konsep dalam teori trauma Cathy Caruth. *Unclaimed experience* tampak ketika Boku tidak dapat langsung memahami pengalaman kekerasan yang dialaminya secara utuh. *Belatedness* tampak ketika pengalaman traumatis kembali secara tertunda melalui berbagai pemicu yang menghidupkan kembali rasa takut dan ancaman. *Repetition* tampak ketika Boku tetap bergerak di dalam lingkup ancaman meskipun telah menyadari potensi bahaya. Sementara itu, krisis narasi tampak ketika Boku mengetahui bahwa dirinya dirundung, tetapi tidak mampu menamai, menjelaskan, dan menstabilkan pengalaman tersebut ke dalam bahasa. Dengan demikian, novel *Hevun* merepresentasikan trauma akibat perundungan sebagai pengalaman psikologis yang kompleks, berlapis, dan berkelanjutan. Trauma tidak hanya memengaruhi cara seseorang memandang dirinya sendiri, tetapi juga memengaruhi cara ia memahami orang lain dan dunia di sekitarnya.

Kata Kunci: Trauma, Perundungan, Novel *Hevun*, Kajian Trauma Cathy Caruth

ABSTRACT

This study aims to understand the theme and narrative elements that construct the novel, the forms of bullying represented in the story, and the representation of Boku's trauma caused by bullying in the novel *Hevun*. *Hevun*, a novel by Mieko Kawakami, tells the story of bullying experienced by Boku, a junior high school student who becomes the target of violence because of his strabismus. The bullying he experiences includes not only verbal ridicule and physical violence, but also humiliation directed toward his body and dignity. The repeated acts of violence create psychological trauma that affects the way Boku understands himself, other people, and the world around him. This study employs a qualitative descriptive method with library research as the data collection technique. The analysis is conducted using a literary psychology approach and Cathy Caruth's trauma theory.

The results of this study show that the representation of Boku's trauma caused by bullying consists of four aspects: unclaimed experience, belatedness, repetition, and narrative crisis, all of which correspond to the concepts in Cathy Caruth's trauma theory. Unclaimed experience appears when Boku is unable to fully comprehend the violence he experiences directly. Belatedness appears when traumatic experiences return in delayed forms through various triggers that revive feelings of fear and threat. Repetition appears when Boku continues to remain within the cycle of threat despite realizing the potential danger. Meanwhile, narrative crisis appears when Boku realizes that he is being bullied, yet is unable to name, explain, and stabilize the experience into language. Thus, *Hevun* represents trauma caused by bullying as a complex, layered, and ongoing psychological experience. Trauma not only affects the way a person perceives oneself, but also influences the way one understands others and the surrounding world.

Keywords: Trauma, Bullying, *Heaven Novel*, Cathy Caruth Trauma Studies