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ANALISIS GEJALA DAN DAMPAK ALEXITHYMIA PADA KARAKTER UTAMA NOVEL "ALMOND" (???) KARYA SOHN WON PYUNG
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Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

INTISARI

Penelitian ini menganalisis kepribadian karakter utama dalam novel berjudul Almond (아몬드) yang ditulis oleh penulis asal Korea Selatan, Sohn Won Pyung tahun 2017. Karakter utama dalam novel tersebut bernama Yunjae, seorang anak Sekolah Menengah Atas yang memiliki keterbatasan dalam merasakan emosi karena mengidap penyakit alexithymia. Menggunakan teori alexithymia TAS-20 (Graeme, 1994) yang mengemukakan gejala dan dampak penyakit alexithymia terhadap penderitanya tersebut, penelitian ini bertujuan untuk mengemukakan gejala dan dampak yang timbul dalam diri karakter utama atas penyakit alexithymia yang diderita.

Penelitian ini memiliki pendekatan kualitatif serta menggunakan metode simak dan catat dalam pengumpulan data. Hasilnya ditemukan bahwa dalam diri Yunjae sebagai karakter utama yang menderita penyakit alexithymia terdapat gejala-gejala berdasarkan indikator DIF (Difficulty Identifying Feelings), DDF (Difficulty Describing Feelings), dan EOT (Externally Oriented Thinking). Selain itu, gejala yang dialaminya didominasi oleh masalah sosial dan interpersonal. Gejala-gejala dan dampak yang dialami tersebut selaras dengan teori alexithymia TAS-20.

Kata kunci: Novel Almond, Psikologi Sastra, Alexithymia, Teori Alexithymia TAS-20

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ABSTRACT

This study analyzes the personality psychology of the main character in the Almond (아몬드) novel by Korean Writer Sohn Won Pyung in 2017. The main character is highschool student named Yunjae who has illness called alexithymia that makes him unable to feel or express any of emotional expressions. Drawing on the TAS-20 alexithymia theory (Graeme, 1994) which outlines the symptoms and effects of the condition, this study aims to examine the symptoms and impacts experienced by the main character as a result of their alexithymia.

This study uses a qualitative method. Data were collected through reading and note-taking methods for data collection. The findings reveal that Yunjae, as the protagonist suffering from alexithymia, which exhibits symptoms corresponding to the indicators of DIF (Difficulty Identifying Feelings), DDF (Difficulty Describing Feelings), and EOT (Externally Oriented Thinking). Furthermore, the symptoms he experiences are predominantly characterized by social and interpersonal issues. These symptoms and their associated impacts align with the TAS-20 theory of alexithymia.

Keywords: Almond Novel, Literary Psychology, Alexithymia, TAS-20 Alexithymia Theory