Self-Actualization of the Main Characters in the Perempuan Berkalung Sorban by Abidah El Khalieqy: Psychological Study of the Abraham Maslow Perspective Maslow Literature

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Abstract—Many people who do not yet have the awareness to recognize themselves, do not understand their potential, and there is no desire to change living conditions for the better, so they do not feel satisfied in everything. Perempuan Berkalung Sorban by Abidah El Khalieqy was chosen with the aim of being an example of learning in self-actualization, describing the characteristics and forms of self-actualization of the main character. The theory used in this study is the literary psychological theory of self-actualization according to Abraham Maslow. The subject of this study was the Perempuan Berkalung Sorban by Abidah El Khalieqy. The instrument used in this study is a data card obtained through the reading note method and library method. The data that has been collapsed is then analyzed and described using qualitative descriptive methods. Based on the results of the analysis, the following conclusions are obtained. 1) The characteristics of self-actualization in the main character in the Perempuan Berkalung Sorban by Abidah El Khalieqy consist of fifteen characteristics of actualization. The most dominant nature of self-actualization is the nature of spontaneity, simplicity, natural, honest, not made up and open. 2) Achieving the self-actualization needs of the main character in the Perempuan Berkalung Sorban by Abidah El Khalieqy, that is, when the main character can face pressure when her relationship with many Khudori opposes and spread rumors that are not true about them both.

Keywords---self-actualization, perempuan berkalahung sorban, abraham maslow

I. INTRODUCTION

Self-actualization is very important to be understood by every human being. To achieve self-actualization, a person must have the awareness to recognize himself, explore the potential he has, and the desire to change living conditions for the better. It is hoped that with self-actualization a person can reach the peak of success as he expected.

This study uses Perempuan Berkalung Sorban by Abidah El Khalieqy. The reason for choosing Perempuan Berkalung Sorban by Abidah El Khalieqy because the story contained in Perempuan Berkalung Sorban by Abidah El Khalieqy has the same problems in life today so that it can serve as an example to understand self-actualization, in Perempuan Berkhalung Sorban by Abidah El Khalieqy there is a form of self-actualization of the main character that we can make lessons and we take as an understanding of the importance of someone in believing in him. The discussion in this case uses literary psychology theory. Psychological theory is often used to analyze discussions focused on human psychology. Perempuan Berkalung Sorban by Abidah El Khalieqy can also be used as a teen reading material. Besides the interesting story, the novel is motivated, enthusiasm in studying, and never gives up in reaching its goals.

Understanding of one's own needs is very important, many people do not yet have the awareness to recognize themselves, and there is no desire to change living conditions for the better. Now there are many people who prioritize the economic needs and forget what they really need. Many people who have high salaries but are not happy are all because what they do is only limited to meeting their basic needs, unlike those who work according to their abilities and desires, they enjoy their work more.

Self-actualization is an instinctive need for humans to do their best, but everyone has a different mindset. Therefore, it does not rule out the possibility that human self-actualization can have an impact that is not good or even deviant so that it becomes a social problem that exists in our present environment. Self-actualizing will be more likely to think of itself (selfish). Because it is normal for a human being to have a character that tends to still think of him, in other words think of him to change himself to be better, without thinking about the interests of others.

To achieve self-actualization is not easy, even though basic needs have been met but there are still many people who have not been able to achieve self-actualization. Therefore, this discussion examines the self-actualization of the main character in Perempuan Berkalung Sorban in order to add insight into self-actualization and be able to understand the importance of understanding one's own ability to achieve self-actualization.

This paper embarks the following objectives: 1) to describe the characteristics of self-actualization of the main character in Perempuan Berkalung Sorban by Abidah El
Khalieqy, 2) to describe the achievement of the self-actualization needs of the main character in *Perempuan Berkalung Sorban* by Abidah El Khalieqy.

The rest of this paper is organized as follow: Section II presents data analysis technique. Section III presents the obtained results and following by discussion. Finally, Section IV concludes this work.

II. DATA ANALYSIS TECHNIQUE

The theory used in this study is the literary psychological theory of self-actualization according to Abraham Maslow. The subject of this study was the *Perempuan Berkalung Sorban* by Abidah El Khalieqy. The instrument used in this study is a data card obtained through the reading note method and library method. The data that has been collapsed is then analyzed and described using qualitative descriptive methods.

III. RESULT AND DISCUSSION

Literary works according to Tteeuw [1] in Indonesian derived from Sanskrit namely *as-*, in derivative verbs means directing, teaching, giving instructions or instructions, and -*tra* showing tools for teaching, instruction books, instruction or teaching books. Literary work is one type of absorption from people's lives which is conveyed in language both orally and in writing, which contains the benefits of value and beauty. Literary works is literary expressions, as an outpouring of feelings or overflowing feelings and thoughts of writers who work with their perceptions, thoughts, or feelings [2]. The novel is a literary form that has its own characteristics compared to other literary works. The novel can also be interpreted as imaginative narrative prose, but it makes sense and contains truth that dramatizes the relationship between humans [3].

A novel cannot be read in one sitting. Because of its length, a novel specifically has enough opportunities to dispute the character of the character in the course of time and chronology. One effect of time travel in a novel is the development of character characters. The novel allows us to capture this development, for example, which is often the difficulty of the author of the growth of characters from children to adulthood, often even in traditional novels, until the end of his life [4]. The type of figure is viewed in terms of involvement in the whole story, fictional characters are divided into two, namely the central figure or the main character in a story can be determined in three ways, namely; (1) the character is most involved in the meaning or theme, (2) the character is most connected with other characters, and (3) the characters who need the most time to tell. Based on the differences above, figures can also be distinguished on their character or character. This distinction is based on aspects that refer to renewal between interests, desires, emotions, and morals that form individual figures [3].

Literary psychology is text analysis considering the relevance and role of psychological studies. By focusing on the characters, inner conflicts can be analyzed, which may conflict with psychological theories. In this relationship researchers must find hidden or deliberately hidden symptoms by the author, namely by utilizing psychological theories that are considered relevant. With the close connection between psychiatric aspects and elements of character and characterization, the relevant literary works to be analyzed psychologically are works that provide intensity in the psychological aspects [5].

The level of needs according to Maslow consists of physiological needs, sense of security, love, appreciation, self-actualization, desire to know and understand, and aesthetic needs [6]. All humans have the same needs, but every human being is different in responding to every need he really wants. Self-actualization needs arise in someone if other needs have been met. The need for self-actualization is a very important aspect in human behavior. According to Buddhario in [7], people who have met even basic needs, the movement towards self-actualization is not easy.

Basically, the need for self-actualization is different for each person; that is, self-actualization between one person and another. Although lower-level needs are satisfied - we feel physically and emotionally secure, have a sense of belonging and love and feel that we are valuable individuals, but we will feel disappointed, uneasy and dissatisfied if we cannot try to satisfy the need for self-actualization. If this happens then we will not be in peace with ourselves and cannot be said to be psychologically healthy [6].

Maslow described this actualization need as a desire to be fully self-sufficient in his own abilities, to be anything according to his ability [6]. According to Maslow in [6] the properties of self-actualizing, self-include, Observing Reality Efficiently, General Acceptance of Nature, Others and Self, Spontaneity, Simplicity, Natural, Honest, Not Made Up and Open, Focusing on Their Outside Problems, Privacy Needs and Independencies, Autonomous Functioning, Always Fresh Appreciation, Mystical Experiences or "Peak", Having Social Interest; Altruism, Sympathy, Empathy, Personal Attar Relationships, Democratic Character Structure, Differences in Means and Objectives, Good and Bad, Feelings of Humor that Don't Cause Hostility, Creativity, Resistance to inculturation.

The results of the understanding that has been made can be seen that there are 15 characteristics of self-actualization of the main character in *Perempuan Berkalung Sorban* by Abidah El Khalieqy. The most dominant nature of self-actualization is the nature of spontaneity, simplicity, natural, honest, not made-up and open, and the feasibility of *Perempuan Berkalung Sorban* by Abidah El Khalieqy as literature material. The characteristics of self-actualization in the main character in the form of:

1) Observing reality efficiently, can be seen when the main character views *Lek Sumi* as is and is very careful about *Lek Sumi* and describes his work and the effects of his work which causes his body to smell and chew, the main character observes objects carefully and expresses them as they are.

2) If the author, namely by utilizing psychological theories that are considered relevant. With the close connection between psychiatric aspects and elements of character and characterization, the relevant literary works to be analyzed psychologically are works that provide intensity in the psychological aspects [5].
bajunya kedodoran. Jika aku kekantor, semua orang melihatku dengan hormat, tidak menutup hidung jika aku lewat seperti mereka menutup hidung dekat lek Sumi, karena bau bawang dan terasi. Dan di akhir bulan aku menerima gaji…” [8].

(2) General acceptance of nature, other people and yourself, can be seen when the main character is late because he has to do the dishes and help his mother first, washing dishes in the community is still considered as a woman’s work at home so it can be concluded that the main character accepts his nature as a woman who must carry out her duties at home.

“… Maaf, Mbak, Nisa terlambat, ya? Soalnya harus cuci piring dulu, Bantu Ibu.”

“Tidak apa, Nisa, Bawa mushaf, nggak? Atau juzz ama?”

“Kan di sini sudah ada. Itu… di atas mejamu…” [8].

(3) Spontaneity, simplicity, natural, honest, not made up and open, can be seen when the main character says "you want" when Rizal blames him, then Rizal is silent. From this honesty he behaves openly and directly without pretending.

“… Maaf, Mbak, Nisa terlambat, ya? Soalnya harus cuci piring dulu, Bantu Ibu.”

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(4) Focus on problems outside themselves, can be seen when the main character is getting into trouble, but he does not give up and try to deal with it. The main character explained to his mother that he and Mas Khudori had done nothing as alleged by the villagers. Until finally his mother trusted him.


(5) The need for privacy and independence can be seen when the main character wants to learn to ride a horse and qiroah without being known by his father. The main character wants to be alone; with his solitude he can find new things. The fulfillment of his personal needs makes him able to be more diligent in reading and studying our books. Therefore, he gained new knowledge and insight.

“Belajar naik kuda? Yang benar, Nisa.”

“Memang iya. Lah kenapa, Mbak?”

“Memangnya diperbolehkan sama Bapak?”

“… Siti! Tetap ini rahasia.”

“Eh…, kecil-kecil sudah pintar main rahasia, ya?”

“Awas! Jangan bilang-bilang lho, Mbak May…” [8].

(6) Functioning autonomously, can be seen when the main character dies. Although he was hit by her husband’s departure, he remained steadfast and tried to live his life in the future. The main character can stand alone and his high level of autonomy makes him unable to deal with the problems that arise, when he falls, he will rise again.


(7) Appreciation that is always fresh can be seen when the main character really appreciates the time and all the knowledge that he has gained, and he is trying his best to apply the knowledge. With the knowledge he got he could share his insights with his friends both through writing and directly.

“… Dengan kulaah, aku menaiki jenjang pendidikan setiap demi setiap bersama ibu yang merasuki otak, membentuk pola piker dan keperibadian. Dengan organisasi, aku mempelajari cara berdebat, berpidato dan manajemen kata untuk menguasai massa, juga lobby dengan banyak orang yang lebih lama kuliahnya. Dengan menulis, aku belajar menata seluruh gagasan yang kudapat baik dari kalia maupun dari organisasi, ditambah pengalaman dan perenungan sehari-hari dalam kehidupan nyata. Karena pada dasarnya mobilitas kita begitu tinggi, semua aktivitas itu masih terasa kurang. Aku pun mengikuti kursus bahasa di salah satu college yang memiliki reputasi internasional…” [8].

(8) Mystical or "peak" experiences can be seen when the main character experiences a humiliation that he has never experienced before. He prayed to God earnestly until his tears dripped.

“… Sekalipun malam telah larut, kami bangun untuk mandi junub laju qiyamul-lail dengan kekusukan yang benar-benar belum pernah kualami sebelumnya. Dadaku bergetar dan aku menangis terseru laju membuka seluruh cakrawala hatiku untuk ku serahkan pada Yang Maha Adil dan Mengetahui Rahasia Hidup. Sekilas kulihih mas Khudori juga demikian sungat dalam dtkir dan saat ngantuk menyengangkan, kutinggalkan ia masih dalam kondisi seperti itu. Aku tak bermaksud mengganggunya…” [8].

(9) have a social interest; altruism, sympathy, empathy, can be seen when the main character forbids Rizal who wants to catch frogs, the main character feels sorry for seeing the frog that Rizal will catch.

“… Kita jaring betinanya!”, teriak Rizal, kakakku.

“Dia mau bertelur, jangan diganggu!”, sergahku.

“Justru di saat bertelur dia tak berdaya. Kesempatan kita menangkapnya.”
“Apa benar dia mau bertelur? .. Ibuca menarik prasangka ka untuk membujuk Rizal dari niat buruknya...”[8].

(10) Personal relationship, it can be seen that the main character has a close friend named Aisha. He is a girl in the village who often comes home to the main character. The main character never hesitates to visit Aisyah. The main character and Ayesha are very familiar so they often go together to the city.


(11) Democratic character structure can be seen when the main character considers the times to continue to change and the main character can accept all changes happily and be ready to deal with it.


(12) Differences in facilities and goals, good and bad, can be seen when the main character of the school for the main character is not merely gaining knowledge, but to get pleasure and satisfaction.

“... Maka, sekarang sudah hampir dua minggu aku absen dari panggilan guru, japakaskan diri ini untuk kembali ke sekolah Tsanawiyah. Dengan penuh keyakinan bahwa segalanya akan berubah ketika lautan ilmu itu berkumpul di sini, dalam otakku. Atas nama kecintaanku pada lek Khudori, atas nama ilmu ke dalam kelas. Kulahup semua yang diajarkan guru dengan sepenuh hatidennya kemampuan berpikir. Tiga tahun berlalu dan kini aku telah lulus dengan menduduki ranking kedua setingkat kabupaten...”[8].

(13) A sense of humor that does not causes hostility can be seen when the main character jokes with Lek Khudori, the main character is interfering with Lek Khudori who is counting Nisa's age, so Lek Khudori laughs.

“... Satu, dua, tiga, empat.... empat kali dua, ditambah dua... ditambah lagi berapa, ya,...”


(14) Creativity, the main character has a bold and clever character when he asks, because before he had asked and made the cleric somewhat annoyed so he told Ma'am May and Mbak Ulfa to ask but they were not brave, until finally he returned asked because he was curious.


(15) Resistance to inculturation, the main character has a strong stand, and he can maintain his inner autonomy when he is abused by his own husband.

“... Kau pikir, karena kau suamiku, kau bisa seenaknya memperlakukan aku?...”

“... Apa yang kau katakan, Nisa? Aku hanya ingin main-main dan gannya...”

“Main-main? Permainanmu sangat menyebalkan...”[8].

From the fifteen actualization traits, the most dominant nature of self-actualization is the nature of spontaneity, simplicity, nature, being honest, not made up and opens (see Table 1).

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The second result of the study was the achievement of the self-actualization that shown in Table I needs of the main character in *Perempuan Berkalung Sorban* by Abidah El Khalieqy, namely the main character regained her rights as a woman who wanted to continue her education and marry the person she loved. The main character also gets his happiness as a wife who is always loved by her husband and also the main character gets a child.


IV. CONCLUSION

Based on the discussion above, it can be concluded that in *Perempuan Berkalung Sorban* by Khalieqy, there are traits of the main character’s self-actualization and the achievement of the main character’s actualization needs. Based on the results of the discussion, the following conclusions are obtained. 1) The characteristics of self-actualization in the main character in *Perempuan Berkalung Sorban* by Abidah El Khalieqy consist of fifteen characteristics of actualization. The most dominant nature of self-actualization is the nature of spontaneity, simplicity, natural, honest, not made up and open. 2) Achieving the self-actualization needs of the main character in *Perempuan Berkalung Sorban* by Abidah El Khalieqy, that is, when the main character can face pressure when her relationship with many Khudori opposes and spread rumors that are not true about them both.

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