

ABSTRACT

Kusumastuti, Fransisca. **THE GRIEVING PROCESS OF JESSE AARONS AS SEEN IN KATHERINE PATERSON'S BRIDGE TO TERABITHIA.** Yogyakarta: Department of English Letters, Faculty of Letters, Sanata Dharma University, 2018.

This study aims at examining the five stages of grief through Jesse Aarons' characteristics in a novel titled *Bridge to Terabithia*. *Bridge to Terabithia*, a young-adult novel by Katherine Paterson, has a dark theme, such as death and grieving. One main character, Jesse Aarons, undergoes grief after his best friend Leslie Burke passes away. Leslie Burke is the person who brings changes into Jesse Aarons' life through the friendship, and the imagination kingdom called Terabithia. When she passes away, Jesse Aarons goes through several processes of grief. This is his psychological experience when the loss is healed through the grieving process and when his characteristics are affected.

This study has two problems. The first one focuses on the characteristics of Jesse Aarons before and after Leslie's presence. The second problem focuses on how he deals with his grief.

The method of this study is library research. The primary source of this study is the novel *Bridge to Terabithia*. The secondary sources are books of theory, e-books of theories, online articles and journals. Since the study analyzes human behavior based on how they live, particularly how they deal with grieving, this study applied psychological approach, especially theory of five stages of grief by Kubler Ross and David Kessler.

The result of this study as follows: three characteristics of Jesse Aarons before Leslie comes to his life, are ambitious, introvert, and fearful. After Leslie comes to his life, five characteristics of Jesse Aarons appear: kind and generous, confident, stubborn, temperament, and insecure. However, there is one characteristic that Jesse Aarons has before Leslie's presence which is creative. Creative characteristic remains with Leslie's presence and continues to grow even after his grief. After Leslie's death, Jesse Aarons faces five stages of grief. In the first stage of grief which is denial, Jesse Aarons tends to deny the reality, where his stubborn characteristic appears. In the second stage which is called bargaining when he wishes something different that can prevent him from losing Leslie, he shows his ambitious characteristic. The third stage is anger where he shows his temperament characteristic because he cannot control his emotion. The fourth stage, depression, is when he feels like there is nowhere to go. The uncertain situation here shows his insecure characteristic. The last stage, acceptance where he realizes the situation and accepts the reality. Along with the acceptance stage there are two new characteristics that grow within Jesse Aarons: new-found of courage and maturity which can be seen when Jesse builds the bridge to Terabithia.

Keywords: Five stages of grief, grieving process, psychological, characteristics.

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Studi ini bertujuan untuk mengusut lima tahapan berduka, dialami oleh Jesse Aarons, yang dapat dilihat melalui karakteristiknya di sebuah novel berjudul *Bridge to Terabithia*. Novel karya Katherine Paterson ini memiliki sisi gelap dengan tema kematian dan kedukaan. Karakter utama bernama Jesse Aarons melalui proses kedukaan setelah sahabat satu-satunya bernama Leslie Burke meninggal dunia. Leslie Burke, seseorang yang mengubah hidup Jesse Aarons melalui pertemanan dan kerajaan imajinasi bernama Terabithia. Ketika Leslie Burke meninggal, Jesse mengalami yaitu lima tahap kedukaan. Merupakan pengalaman psikologis dimana rasa kehilangan disembuhkan dengan proses kedukaan yang dipengaruhi oleh karakteristiknya.

Studi ini menjawab dua rumusan masalah, yang pertama berfokus pada karakteristik Jesse sebelum dan sesudah kehadiran Leslie. Yang kedua berfokus pada cara Jesse Aarons melalui proses kedukaan.

Metode yang diterapkan pada penelitian ini adalah penilitian kepustakaan. Sumber utama pada penelitian ini adalah novel *Bridge to Terabithia*. Sumber pendukung diambil dari buku teori, buku teori elektronik, artikel, dan jurnal internet. Studi ini mengenai perilaku manusia sehari-hari terutama saat mengalami dukacita, dan menggunakan pendekatan psikologis dari teori lima tahap kedukaan oleh Kubler Ross dan David Kessler.

Hasil studi: Jesse memiliki tiga karakteristik sebelum kehadiran Leslie Burke: ambisius, *introvert* dan penakut. Lalu lima karakteristik muncul setelah kehadiran Leslie: baik dan murah hati, percaya diri, keras kepala, pemarah dan *insecure*. Namun satu karakteristik, kreatif, sudah ada pada diri Jesse Aarons sebelum dan sesudah bertemu Leslie, bahkan setelah kematiannya. Setelah kematian Leslie, Jesse menghadapi kelima tahapan, yang pertama adalah penangkalan. Karakter keras kepalanya muncul saat Jesse menolak untuk mempercayai realita. Kedua, Karakter ambisiusnya membuktikan tahapan tawar-menawar. Jesse berharap dapat melakukan sesuatu yang berbeda sebelumnya, sehingga kejadian menyediakan itu tidak terjadi. Ketiga kemarahan, saat ia menunjukan sifat temperamennya. Keempat, depresi terjadi saat Jesse merasa tidak memiliki tujuan, disinilah karakter *insecure* muncul. Tahap kelima adalah penerimaan. Jesse menyadari dan menerima kenyataan. Bersamaan dengan tahap penerimaan, dua temuan karakteristik baru yang tumbuh pada diri Jesse: keberanian yang baru dan kedewasaan, di lihat saat Jesse Aarons membangun jembatan ke Terabithia.

Kata kunci: Lima tahapan berduka, proses kedukaan, psikologi, karakteristik.