ABSTRAK

Nugroho, Arlingga Hari. 2020. Kecerdasan Emosional Tokoh Anoman dalam Novel *Anak Bajang Menggiring Angin* karya Sindhunata: Analisis Psikologi Sastra. Skripsi Strata Satu (S-1). Program Studi Sastra Indonesia. Fakultas Sastra. Universitas Sanata Dharma.

Penciptaan tokoh tidak dibatasi hanya dalam wujud manusia, tetapi dapat berwujud binatang dan benda yang diinsankan. Pikiran dan tingkah laku setiap tokoh didasari oleh beragam emosi. Penelitian ini berisi analisis kecerdasan emosional pada tokoh utama dalam novel *Anak Bajang Menggiring Angin* karya Sindhunata. Tujuan dari penelitian ini adalah memberikan gambaran tentang (1) alur, tokoh, penokohan, dan (2) kecerdasan emosional tokoh utama meliputi kemampuan mengenali emosi diri, mengelola emosi, memotivasi diri sendiri, mengenali emosi orang lain, dan membina hubungan.

Karena penelitian ini berpusat pada emosional tokoh, maka peneliti menggunakan pendekatan psikologis. Peneliti menggunakan teori psikologi sastra yang merujuk pada kerangka kerja kecerdasan emosional gagasan Daniel Goleman. Terlebih dahulu peneliti menganalisis alur, tokoh, dan penokohan tokoh utama. Dalam analisis data peneliti menggunakan metode kualitatif, sedangkan dalam penyajian hasil penelitian menggunakan metode deskriptif analisis.

Hasil dari penelitian ini yaitu, pertama terdapat lima puluh satu peristiwa penting dalam novel ini. Dari peristiwa penting tersebut, peneliti menentukan keterlibatan tokoh Anoman dalam dua puluh satu peristiwa penting. Dalam novel ini, keterlibatan tokoh Anoman dalam peristiwa penting lebih dominan dibandingkan dengan tokoh lainnya. Oleh karena itu tokoh Anoman merupakan tokoh utama dalam novel *Anak Bajang Menggiring Angin*. Kedua, tokoh Anoman ditampilkan dalam wujud seekor kera suci berbulu putih yang memiliki rasa ingin tahu yang tinggi, memiliki sifat rendah hati, bijaksana, penyayang, dan sifat penyabar. Sisi lain sifat Anoman adalah krisis percaya diri pada peristiwa tertentu. Ketiga, gambaran kecerdasan emosional tokoh Anoman yaitu (1) mengenali emosi diri: bahagia, haru, heran, lega putus asa, sedih, sesal, terkejut, dan terpesona (2) mengelola emosi diri: ekspresi bahagia, ekspresi berani, ekspresi berat hati, ekspresi cinta, ekspresi heran, ekspresi kasih sayang, ekspresi sedih, dan kesabaran (3) memotivasi diri sendiri: berpikir kritis, keteguhan hati, menepati janji, dan tekad (4) mengenali emosi orang lain: amarah dan kesedihan orang lain (5) membina hubungan: berjanji, keramahan, kerja sama, keterbukaan, menawarkan diri, menyampaikan pendapat, meyakinkan, sopan santun, dan berterima kasih.

Kata kunci: Anoman, psikologi sastra, kecerdasan emosional.

ABSTRACT

Nugroho, Arlingga Hari. 2020. Emotional Intelligence of the Character Anoman in the Novel *Anak Bajang Menggiring Angin* by Sindhunata: Analysis on Psychology of Literature. Undergraduate (S1) Thesis. Indonesian Literature Study Program. Faculty of Letters. Sanata Dharma University.

Character creation is not limited to human form only, but also in other forms like animals or personified beings. Thoughts and actions of a character are based on various emotive traits. This research contains the analysis on emotional intelligence of the main character of *Anak Bajang Menggiring Angin* novel by Sindhunata. The goals of this research are to offer a view on the (1) plot, character, and characterization, and (2) the emotional intelligence of the novel's main character, comprising of the self-awareness and self-regulation of emotional states, and also the ability to self-motivate, recognize other characters' emotion and maintain relationship.

Because of this research's focus on the emotional aspect of the character, the researcher applied psychological approach. The approach was based on the psychology of literature theory proposed by Daniel Goleman. To begin with, the researcher analyzed the plot, character, and characterization of and which involved the main character. In the analytical process, the researcher used qualitative method while for the presentation of the results, the researcher used descriptive analysis method.

The results of this research were, first, the identification of fifty-one important events in the novel. The researcher argued that the main character, Anoman, was much more involved in the mentioned events, hence his being the most dominant among the characters. It was suffice to say that Anoman was the most prominent character in the *Anak Bajang Menggiring Angin* novel. Second, the character Anoman was portrayed as a white-hided holy ape whose curiosity knew no bound, and who was humble, wise, caring, and patient. On the other hand, the character Anoman was also burdened by lack of self-confidence in certain events. Third, the emotional intelligence of the character comprised of (1) self-awareness of emotional states of being happy, touched, curious, relieved, desperate, sad, regretful, surprised, and amazed; (2) self-regulation of emotional states of being expressively happy, brave, heavy-hearted, amorous, curious, affectionate, melancholy, and patient; (3) self-motivation, as seen in his act of thinking critically, making up his heart, keeping his promise, and being persistent; (4) recognizing other characters' emotion: the anger and anguish of others and (5) maintaining relationship by making promises, showing hospitality, acting open-mindedly, offering assistance, arguing, ensuring, being polite, and being grateful.

Keywords: Anoman, psychology of literature, emotional intelligence.