

ABSTRACT

HARJANTO, BERNADUS DENI (2021) **Cheryl Strayed's Management of Grief as Seen in her memoir *Wild: From Lost to Found in Pacific Crest Trail***. Yogyakarta: Department of English Letters, Faculty of Letters, Sanata Dharma University.

Management of grief is a phase that a person has to deal with after losing someone. Through this phase, a person has to cope with the grief before finally can accept the death of the loved one. However, it is very difficult for some people to manage their grief that even led them to prolonged grief disorder. The book *Wild: From Lost to Found in Pacific Crest Trail* by Cheryl Strayed tells the impact of hiking 1,100 miles towards the management of grief.

This research focuses on revealing the process of the main character's management of grief through a psychological approach. In this research, there are two questions related to the topic. The first question is how the characteristics of Cheryl Strayed and the second question is how she manages her grief.

This study uses the theory of character and characterization by M.H Abram and M. J Murphy, the theory of relation between literature and psychology by Wellek and Warren, Reichert, Stanton, Crow and Crow, Rohrberger dan Woods and the last is the theory of stages of grief by Elisabeth Kübler-Ross and David Kessler. This study uses the library research method as the primary source. Besides, it also collects data from the internet and some theoretical books to support the study. The approach used in this study is the psychological approach. This approach is used as this study highlights how Cheryl Strayed manages her grief after the death of her mother.

The analysis shows five main positive characteristics of Cheryl Strayed. Which is brave, caring, optimistic, strong, and intelligent. After analyzing the characterization, this study then continues the analysis of her management of grief. The two answers show how the five characteristics of Cheryl Strayed help manage her grief. Her spiritual journey also gives her motivation to accept her mother died and move on with her new life.

Keywords: character, memoir, management of grief

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HARJANTO, BERNADUS DENI (2021) **The Main Character's Management of Grief as Seen in Cheryl Strayed's *Wild: From Lost to Found in Pacific Crest Trail***. Yogyakarta: Program Studi Sastra Inggris, Fakultas Sastra, Universitas Sanata Dharma.

Pengendalian duka merupakan sebuah fase yang harus dialami setelah kehilangan seseorang. Melalui fase ini, seseorang harus menghadapi duka sebelum akhirnya dapat menerima kematian seseorang yang dicintai. Namun, beberapa orang menghadapi kesulitan dalam mengendalikan duka yang bahkan membuat mereka mengalami gangguan duka berkepanjangan. Buku *Wild: From Lost to Found in Pacific Crest Trail* karya Cheryl Strayed menceritakan tentang bagaimana pengaruh mendaki 1,100 mil terhadap pengendalian duka.

Penelitian ini berfokus untuk mengungkapkan proses bagaimana tokoh utama mengendalikan duka dengan pendekatan psikologi. Penelitian ini terdiri dari dua pertanyaan yang berkaitan dengan topik. Pertama, bagaimana karakterisasi dari tokoh utama dan pertanyaan kedua yaitu bagaimana dia mengendalikan duka.

Penelitian ini menggunakan teori karakter dan karakterisasi oleh M.H Abram dan M.J Murphy, teori hubungan *literature* dan psikologi oleh Wellek dan Waren, Reichert, Stanton, Crow dan Crow serta Rohrberger dan Woods dan terakhir adalah teori tingkat kedukaan oleh Elisabeth Kübler-Ross dan David Kessler. Dalam penelitian ini, penulis menggunakan metode studi pustaka sebagai bahan utama. Selain itu, penulis juga mengumpulkan data data dari internet dan beberapa buku teori untuk mendukung penelitian. Pendekatan yang digunakan adalah pendekatan psikologi. Pendekatan psikologi digunakan karena penelitian ini membahas bagaimana Cheryl Strayed mengendalikan duka setelah kematian ibunya.

Hasil analisis menunjukkan lima karakteristik positif dari Cheryl Strayed. Diantaranya adalah berani, peduli, optimis, kuat, dan cerdas. Setelah melakukan analisis karakter, penelitian ini dilanjutkan dengan meneliti pengendalian duka oleh tokoh utama yang menunjukkan bagaimana dia akhirnya mencapai titik menerima kematian sang ibu dan melanjutkan hidupnya.

Kata kunci: character, memoir, management of grief