

ABSTRACT

Suci, Aisya Nirmala (2026). *Grief and Coping Strategy of the three sisters in Coco Mellors' Blue Sisters*. Yogyakarta: English Language Education Study Program, Sanata Dharma University.

Grief is a complex emotional response experienced after loss of a loved one. In literary works, grief is often portrayed through characters' thoughts, behaviours, and interactions, reflecting psychological processes that are not always linear. In *Blue Sisters*, Coco Mellors presents three sisters—Avery, Bonnie, and Lucky—who respond differently to the death of their sister, Nicky. Their experiences illustrate how grief can shape identity, perception, and emotional regulation in distinct ways.

This research focuses on analyzing the emotional responses and coping strategies of the three sisters. The study aims to identify the stages of grief experienced by the characters and examine how they cope with the loss. The main data are taken from the narrative description, dialogues, and character actions in the novel *Blue Sisters*.

To conduct this research, the researcher applies Kübler-Ross and Kessler's Five Stages of Grief theory to analyze the emotional responses of the three sisters, and Stroebe and Schut's Dual Process Model to examine coping strategies. This study uses a qualitative descriptive method with textual analysis to interpret the data.

The findings show that grief in *Blue Sisters* is nonlinear and varies across characters. Avery and Bonnie predominantly experience the depression stage, while Lucky initially exhibits denial which later develops into depression. In terms of coping strategies, all the sisters mainly engage in loss-oriented coping expressed through memory, symbolic attachment, rumination, and continuing bonds with the deceased. This study concludes that grief as portrayed in the novel is not a process of resolution, but an ongoing and internalized experience in which loss is continuously integrated into the characters' identities and emotional lives.

Keywords: *Blue Sisters*, denial, depression, dual process model, grief, kübler-ross, loss-oriented coping.

ABSTRAK

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Duka merupakan respon emotional yang kompleks akibat kehilangan orang terkasih.; Dalam karya sastra, duka sering direpresentasikan melalui pikiran, perilaku, dan interaksi tokoh, yang mencerminkan proses psikologis yang tidak selalu bersifat linear. Dalam novel *Blue Sisters*, Coco Mellors menggambarkan tiga saudari—Avery, Bonnie, dan Lucky—yang merespon kematian saudari mereka, Nicky., dengan cara yang berbeda. Pengalaman mereka menunjukkan bagaimana duka dapat membentuk identitas, persepsi, dan regulasi emosi secara beragam.

Penelitian ini berfokus pada analisis respon emosional dan strategi coping ketiga tokoh tersebut. Penelitian ini bertujuan untuk mengidentifikasi tahapan duka yang dialami tokoh serta menganalisis cara mereka menghadapi kehilangan. Data penelitian diambil dari narasi, dialog, dan tindakan tokoh dalam novel *Blue Sisters*.

Dalam penelitian ini, peneliti menggunakan teori *Five Stages of Grief* oleh Kübler-Ross dan Kossler untuk menganalisis respons emotional, serta *Dual Process Model* oleh Strobe dan Schut untuk mengkaji strategi coping. Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan analisis tekstual.

Hasil penelitian menunjukkan bahwa proses berduka dalam *Blue Sisters* bersifat non linear dan berbeda pada setiap tokoh. Avery dan Bonnie Secara dominan mengalami tahap depresi, sedangkan Lucky menunjukkan penyangkalan yang kemudian berkembang menjadi depresi. Dalam hal strategi coping, ketiga tokoh cenderung menggunakan *loss-oriented coping* yang diekspresikan melalui ingatan, keterkaitan simbol, perenungan berulang, dan hubungan berkelanjutan dengan yang telah meninggal. Peneliti ini menyimpulkan bahwa duka yang digambarkan dalam novel bukanlah suatu proses yang berkelanjutan dan terinternalisasi, di mana kehilangan terus diintegrasikan ke dalam identitas serta kehidupan emosional para tokohnya.

Kata Kunci: *Blue Sisters*, depresi, duka, dual process model, kübler-ross, loss-oriented coping, penyangkalan