

ABSTRACT

Lingga, Yulia Yosevin (2026). *Emotional Resilience: Analysis of Noah Calhoun's Character in The Notebook*. Yogyakarta: English Language Education Study Program, Department of Language and Arts Education, Teachers Training and Education Faculty, Sanata Dharma University.

Emotional resilience is the psychological ability to endure emotional hardship, adapt to difficult situations, and recover from stress while maintaining emotional stability. To date, studies of Nicholas Sparks' *The Notebook* in literary criticism have mainly concentrated on the topics of romantic attachment and love-obsession. However, limited research has been carried out on the different psychological resilience processes of the characters. The purpose of the study is to investigate emotional resilience in protagonist Noah Calhoun by identifying types of resilient behaviors and factors that support his psychological endurance.

To conduct this study, the researcher employed a qualitative descriptive method using psychological criticism and character analysis. The primary data source was the novel *The Notebook* (1996) and the data were analyzed using thematic analysis as proposed by Braun and Clarke (2006). The findings reveal that Noah Calhoun demonstrates four primary forms of emotional resilience: staying positive and working hard, controlling emotions through constructive activity, maintaining social relationships for validation, and showing unconditional love during caregiving. Furthermore, the development of this resilience is driven by four key factors: emotional regulation, optimism, social support, and meaning-making processes.

This study indicates that Noah is a resilient individual whose strength comes from both his own personal fortitude and the support he receives from others. The results are indicative of the ELT, specifically character-based literacy, to promote critical thinking and emotional intelligence amongst learners. A related teaching unit for the Approaches to Literary Criticism course is included to show how these principles can be put into practice in the classroom.

Keywords: Character Analysis, Emotional Resilience, Noah Calhoun, Psychological Criticism, *The Notebook*.

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Ketahanan emosional adalah kemampuan psikologis untuk menahan kesulitan emosional, beradaptasi dengan keadaan sulit, dan memulihkan stres sambil mempertahankan stabilitas emosional. Hingga saat ini, studi kritik sastra terhadap novel *The Notebook* karya Nicholas Sparks sebagian besar berfokus pada topik kelekatan romantis dan obsesi cinta, namun hanya sedikit penelitian yang dilakukan mengenai berbagai proses ketahanan psikologis para tokohnya. Tujuan dari penelitian ini adalah untuk menginvestigasi ketahanan emosional pada protagonis, Noah Calhoun, dengan mengidentifikasi jenis-jenis perilaku ketahanan dan faktor-faktor yang mendukung ketahanan psikologisnya.

Untuk melakukan penelitian ini, peneliti menggunakan metode deskriptif kualitatif dengan pendekatan kritik psikologis dan analisis karakter. Sumber data utama adalah novel *The Notebook* (1996) dan data dianalisis menggunakan analisis tematik sebagaimana dikemukakan oleh Braun dan Clarke (2006). Temuan penelitian menunjukkan bahwa Noah Calhoun mendemonstrasikan empat bentuk utama ketahanan emosional: tetap positif dan bekerja keras, mengendalikan emosi melalui aktivitas konstruktif, mempertahankan hubungan sosial untuk validasi, dan menunjukkan kasih sayang tanpa syarat selama masa perawatan. Selain itu, perkembangan ketahanan ini didorong oleh empat faktor kunci: regulasi emosi, optimisme, dukungan sosial, dan proses pemaknaan.

Penelitian ini mengindikasikan bahwa Noah merupakan individu yang resilien, yang kekuatannya bersumber dari ketahanan pribadi maupun dukungan dari orang lain. Hasil penelitian ini memberikan implikasi bagi Pengajaran Bahasa Inggris (English Language Teaching), khususnya literasi berbasis karakter, guna mendorong pemikiran kritis dan kecerdasan emosional di kalangan pembelajar. Satuan pembelajaran terkait untuk mata kuliah *Approaches to Literary Criticism* turut disertakan untuk menunjukkan bagaimana prinsip-prinsip ini dapat diterapkan dalam praktik di dalam kelas.

Kata Kunci: Character Analysis, Emotional Resilience, Noah Calhoun, Psychological Criticism, The Notebook.