



## The Psychic Activities of the Main Characters in the Novel *Tempat Paling Sunyi* by Arafat Nur

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### **ABSTRACT**

*This study aims to describe the psychic activity of the main character in Arafat Nur's novel *Tempat Paling Sunyi* which includes cognitive symptoms, affective symptoms, and conative symptoms. This research method was a descriptive method with a qualitative research form. This study used a literary psychology approach. The source of the data for this research was the novel *Tempat Paling Sunyi* by Arafat Nur (2015). The data in this study were in the form of quotations (words, phrases, and sentences). Data collection techniques used direct techniques, namely documentary techniques with data collection tools, namely the researchers themselves as key instruments and data recording cards. The data analysis technique used descriptive text analysis techniques. Checking the validity of the data was done by peer checking techniques through discussion and triangulation. Based on the analysis of Arafat Nur's novel of *Tempat Paling Sunyi*, it can be concluded that the cognitive symptoms in the novel of *Tempat Paling Sunyi* are attention, observation, response, fantasy, thought, memory, intuition; affective symptoms in the novel of *Tempat Paling Sunyi* are feelings, affect and stemming, moods; conative symptoms in the novel of *Tempat Paling Sunyi* are automatism, reflex, instinct, lust, desire, desire.*

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## **INTRODUCTION**

Literary work is a human personal expression in the form of experiences, thoughts, feelings, ideas, and beliefs by using language as a medium. Literary works question humans in all aspects of their lives. Literary works written by the author basically show events or events. Events or events contained in literary works are brought to life by characters who play an important role in the story (Wandira, 2019: 414). Through literary works, the author expresses the problems that occur in society, the soul that is always restless, looks at various life problems and differences with the views of the surrounding community. Reading a literary work means being able to feel what is in a literary work both from the characters and characterizations. One form of literary work is a novel. Waruwu (2020: 142), literary works can provide awareness to readers about the truths of life, even though they are depicted in the

form of fiction. Literary works can also be used as an experience to work because anyone can pour their hearts and thoughts into writing that has artistic value (Moerdijat, 2019). Novels are included in literary works that do not escape to provide stories full of dramatic, romantic or tragic events depending on the life-giver of the novel they produce (Melati et al., 2019: 232). As imaginative works, literary works are divided into three genres, namely prose, poetry, and drama (Pradnyana et al., 2019: 340).

A novel is a literary work that is fictitious in the form of writing or words. Novels can present various life problems, novels tell about characters and their behaviour in everyday life. This is following his opinion Kosasih (2012: 60), a novel is the result of an imaginative work that tells the whole or problematic side of the life of a person or several characters. Whereas Yasin (Zulfahnur, 2009: 6.9) revealed that a novel is an extraordinary event from an ordinary life because from this incident a conflict is born, a dispute that diverts one's destiny. A novel is also a work of fiction that expresses something more freely, presents something more, more detailed, more detailed, and involves more complex problems (Nurgiyantoro, 2015: 13). Events in fiction are always carried out by certain characters or actors. Actors who carry out events in fictional stories so that these events can weave a story are called characters. A character is a person or actor in a fictional essay. According to Harjito (2005:7), characters are fictional actors who experience events or behave in various events in a story. In general, characters are in the form of humans, but can also be in the form of animals or human objects. Characters are used by the author to convey a message or something to the reader. Jones (Rachmawati, 2013: 13) argued that characterization is painting a clear picture of someone who is shown in a story.

This study uses a literary psychology approach. Literary psychology is a literary study that views work as a psychological activity (Endraswara, 2013: 96). Departing from this, the psychology of literature has its charm, where human problems are depicted in the portrait of the soul which is a story that is ready to be presented by the author. Three ways can be done to understand the relationship between psychology and literature, namely (1) understanding the psychological elements of the author as a writer, (2) understanding the psychological elements of fictional characters in literary works, (3) understanding the psychological elements readers (Ratna, 2004: 343).

As for what the researchers will do is look for symptoms of psychic activity such as cognitive symptoms, affective symptoms, and conative symptoms. Cognitive symptoms are all symptoms contained in the psyche as a result of recognition. For example, humans can hear sounds, see light, observe movement around them, store a good memory and find out the truth. Basically, recognition has several underlying parts, namely attention, observation, imagination response, memory, thought, and intuition (Emzir and Rohman, 2016: 164). Attention can be distinguished into spontaneous attention and non-spontaneous attention (Fitriyah and Jauhar, 2014: 133). Kartono (Emzir and Rohman, 2016), in each figure, has its character. According to Jones (Sugihastuti, 2015: 50), character or characterization is a character in the story.

Psychology views humans as beings who have souls, of course, they can provide an overview of the human soul, various behaviours and activities in everyday life. Because the soul itself is invisible, what is seen is behaviour or activity that is a reflection of the life of the soul (psychic) itself. This psychic activity is related to three things, namely cognitive, affective, and conative symptoms. Cognitive symptoms are symptoms contained in the soul as a result of recognition, affective symptoms are symptoms related to human feelings and emotions, and conative symptoms are one of the functions of human psychological life that contain active efforts and are related to the implementation of a goal which is the endpoint of the movement. in one direction.

Zulfa (2014) showed the results of this study consist of three aspects, namely cognitive aspects, affective aspects, and conative aspects. It can be concluded that there are similarities, namely using a literary psychology approach. While the difference lies in the object of research, namely the novel

Negeri 5 Menara by Ahmad Fuadi. This study aims to describe the psychic activity of the main character in the novel *Tempat Paling Sunyi*. Arafat Nur's work includes cognitive symptoms, affective symptoms, and conative symptoms.

## METHOD

The method is a way to achieve something or the way the research is carried out. In this research, the method used is the descriptive method. A descriptive method is a research method that provides a description or description of a situation as clearly as possible without any treatment of the object under study (Kuntoro in Jauhari, 2007: 35). The form of research used is qualitative. Qualitative research is research that intends to understand what phenomena are experienced by research subjects such as behaviour, perceptions, motivations, actions, etc., holistically and using descriptions in the form of words and language, in a special natural context. and by utilizing various natural ways (Moleong, 2014: 6). The approach used is literary psychology, which is an approach that departs from the assumption that literary works always discuss events in human life (Semi, 2012: 96). The main data sources in qualitative research are words and actions, the rest are additional data such as documents and others (Lofland and Lofland in Moleong, 2014: 157). The data in this study are in the form of words, sentences, and expressions contained in Arafat Nur's novel *Tempat Paling Sunyi* which leads to the psychic activity experienced by the main character regarding cognitive, affective, and conative symptoms. Data collection techniques are a step in research that aims to obtain data (Sugiyono, 2015: 308). This research uses a documentary study technique. Documentary study techniques are carried out by examining the text that is the source of data in the study. Data collection techniques used in this research are documentary study techniques and note-taking techniques. In this study, the researcher acts as a key instrument. The data validity checking techniques used in this study include observation persistence, data triangulation, and reference adequacy.

## RESULTS AND DISCUSSION

The data that has been obtained is then analyzed in depth based on the formulation of the problem that has been determined previously. This discussion refers to three things, namely the symptoms of cognitive, affective, conative, and the implementation of research results in the Learning Implementation Plan (RPP) in schools. Cognitive symptoms are symptoms that occur in the soul as a result of recognition, for example, humans can hear, see light, and observe movements around them. Some of the underlying parts are attention, observation, response, imagination, memory, thinking, and intuition. Affective symptoms are related to human feelings and emotions. Aspects that complement this symptom are feelings, affect and stemming, and mood. Conative symptoms are one of the functions of human psychological life which can be interpreted as psychological activities that contain active efforts and are related to the implementation of a goal which is the end point of a movement towards a direction. Conative symptoms are grouped into drives, desires, tendencies, passions, and wills. Based on the results of data analysis, it can be concluded that there are cognitive symptoms, affective symptoms, and conative symptoms experienced by Mustafa's character with Salma and his mother-in-law.

### 1. Cognitive Symptoms

The underlying cognitive symptoms are attention, observation, response, fantasy, memory, thought, and intuition. This is evidenced by the following quote.

#### Attention

The events experienced by Mustafa are selectivity which encourages behaviour to concentrate on a set of stimuli and not react to other stimuli.

*For a while the body did not move, as well as the pen stuck between the fingers of his right hand, his attention still focused on the limp sheet of paper in front of him. While his mind was*

*wandering somewhere and it was difficult to guess whether at that time he was thinking, or daydreaming (Nur, 2015:7).*

Mustafa's body doesn't move for a while, holding a pen in his fingers. His attention was only focused on the piece of paper in front of him without paying attention to anything else, while his mind wandered somewhere. This can be seen by the presence of Mustafa who focuses his attention more on the book in front of him and directs his psychic activity to only one object. Mustafa also doesn't care about his surroundings. It can be concluded that Mustafa's stimulation focused his attention on the piece of paper in front of him with his mind wandering somewhere.

### **Observation**

Efforts to recognize objects are called observing while doing viewing activities. This can be seen in Mustafa who saw the clothes his mother-in-law gave to Salma.

*"Oh? Very good!" Mustafa feigns interest.*

*"Try to see it first!"*

*Actually Mustafa was lazy to pay attention. there is no benefit to himself or to anyone else that the wife has got new clothes. Just pushed not to want to cause the same thing, then for and he spread a smile, again pretended to observe carefully, then nodded his head. "Very good! Fit!" him (Nur, 2015: 41).*

Mustafa pretends to be interested in seeing Salma's clothes that his mother-in-law gave him. Even Mustafa is lazy to look at it because for Mustafa there is absolutely no benefit to himself or anyone else that Salma already has a new dress. Mustafa sees it only out of necessity so as not to cause a ruckus. So for a moment spread a smile, while pretending to observe carefully. It can be concluded that Mustafa's stimulus is to see and observe the clothes with Mustafa's response smiling and nodding his head then saying that the clothes are very good.

### **Response**

The image or impression that remains of a person after the person observes an object. This can be seen in Mustafa who revealed to his wife that writing novels is everything in Mustafa's life and usually nothing makes him happy.

*"Let me for a while I have entered my own world because in this world there is nothing else that I can be happy about. Writing novels is everything in the impossible, there is nothing else means that I can do, that people can view as something valuable when I die. I want to donate something useful even if people don't think about it later" (Nur, 2015: 96).*

Mustafa asks his wife not to bother him. He asked to be alone for a moment to enter his world. Because according to him there is nothing else in this world that makes him happy, writing novels is everything in Mustafa's life, there is nothing meaningful that he can do that valuable person in the future will see if he dies. Mustafa wants to donate something useful if later people don't consider it. It can be concluded that his motivation to write novels is everything in Mustafa's life with the response that he wants to contribute something useful even if people don't think about it later.

### **Fantasy**

The soul's ability to use existing responses to create new ones. This can be seen in Mustafa who dreams that the girl in white is Riana.

*Sometimes he was sure he had met the girl in a city crowd, but she was not wearing her white dress. It could be that it was just a student whom he had met at one time in the library and came to work for typing college assignments. **This is only realized later when he was recited from***

*past dreams whose vibrations persist to this day, and the girl who shadows him is none other than Riana* (Nur, 2015: 95).

Mustafa believes that he has met the girl in the city crowd, but that she is not wearing her white dress. Because it could be that the girl was just a student who he had met at one time in the library and came to his workplace for typing college assignments. This is realized later when he contemplates a past dream whose vibrations are still felt today, and the girl who haunts him is Riana. So it can be concluded that Mustafa's stimulus is to meet a girl in the city crowd with the response that he realizes that Riana is the girl who always shadows him.

### **Storage**

This can be seen in Mustafa who reminds the girl who often appears in his teenage dreams.

*Actually he didn't want to smile, but without realizing it, both sides were happy because the girl smiled first. It was undeniable that the girl was very graceful and beautiful, at first glance reminded him of a girl who often appeared in his teenage dreams. The dream has recently reappeared frequently, evoking excitement in an arid heart, fertilizing the plants in a small hidden room, but he built and realized it, all the plants lay drooping again”* (Nur, 2015: 47).

Mustafa smiled at the girl because the girl smiled at him first. It was undeniable that the girl was very graceful and beautiful which at first glance reminded him of the girl who often appeared in his teenage dreams. These dreams have also recently resurfaced which evokes joy in his arid heart and nourishes the plants in the hidden little space. It can be concluded that Mustafa's stimulation reminds the girl who often appears in her dreams with an excited and uplifting response.

### **Thought**

Mustafa thinks writing is not an ordinary job that can be forced.

*“What do the idiots in this country really want?” Mustafa Mumbles Annoyed.*  
*He often rambled like that when his mind was stuck, confused, and unable to continue the notes he had not finished working on after going through several uncertain years* (Nur, 2015: 7).

Mustafa is thinking about what this country really wants. Mustafa is upset and his mind is stuck, and confused and sometimes he is unable to continue the unfinished notes he has been working on after several years. It can be concluded that the stimulus is that according to him writing is not a job that can be forced, with the response shown by Mustafa that he must immediately work on the book because if it is not done, the book will never be finished.

### **Intuition**

Mustafa suddenly blurted out the sentence that crossed his mind. And imagined a wide chasm starting to spread out before him.

*“Maybe the day after tomorrow,” he said. Then uninterruptedly and without a plan, a question popped up in my mind. “Can you go too?” But then he felt he had said it. Imagined a wide chasm began to unfold in front of him. At home, the wife has dug a halo quite wide, she does not want any further expansion. He tried to hold back the turbulence of a bubbling heart, then his legs made it easy and surrendered* (Nur, 2015: 64).

Mustafa suddenly uttered the word that crossed his mind. But then he felt he kept saying it. Imagined the wide chasm that began to unfold in front of him. The hell that his wife dug was quite extensive. Mustafa tried to hold back the turmoil of his humble and resigned heart. It can be concluded that the stimulus. Mustafa hoped that Riana would also go to the library with the response he had given.

## 2. Affective Symptoms

The underlying affective symptoms are feelings, affect and stemming, and mood. This is evidenced by the following quote.

### Feel

Mustafa feels sad because he can't fulfil his wife's wish.

*"Sometimes I feel sad too our life. I never asked if you were happy with me who couldn't fulfil many of your wishes," said Mustafa with feelings (Nur, 2015: 56).*

Mustafa feels sad, at the thought of living with Salma. It is Mustafa who asks Salma if she is happy living with him and cannot fulfil many of his wife's needs and desires. Mustafa asks with feeling. It can be concluded that Mustafa's stimulus was unable to fulfil his wife's wishes with Mustafa's response being sad.

### Influencing and Stemming

This can be seen in Mustafa who was surprised when the girl said that Jamal had been shot last night, and his body was buried this afternoon.

*"I'm his friend."*

*"Friend?" he asked. It was some time before he recognized Mustafa.*

*"Don't you know that he was shot last night?"*

*Mustafa is shocked. Shot?"*

*" Yes. His body was buried this afternoon" replied the girl who looked at him somewhat surprised. (Nur, 2015).*

It was Mustafa who inquired about Jamal's whereabouts to the girl who usually brought Jamal food. Mustafa introduces himself to the girl that he is Jamal's friend. After a while, the girl recognizes Mustafa. The girl said that Jamal had been shot last night and that his body had been buried this afternoon. The girl looks at Mustafa in surprise and Mustafa is surprised. It can be concluded that the stimulus was the girl saying that Jamal had been shot last night and his body had been buried during the day to Mustafa's surprising response to learning that Jamal was dead.

### Mood

The human mood is sometimes also filled with human emotions. This can be seen in Mustafa's patience which is slowly running low because Salma keeps interrupting him with strange questions.

*"Oops sorry. I didn't want to be bothered." Finally, Mustafa's patience slowly crumbled, but he kept his anger in check so as not to say aphorisms with an irritated tone. "Better get me a glass of water!" (Nur, 2015).*

It was Salma who bothered Mustafa with his unimportant questions. Mustafa tells Salma not to bother him, but Salma still asks. Finally, Mustafa's patience slowly crumbles, and he holds back his anger so as not to utter annoyance. To avoid it all, Mustafa asked Salma to bring him a glass of water. It can be concluded that Salma's stimulation that always bothered Mustafa with unimportant questions with Mustafa's patient response gradually collapsed, but he held his anger so as not to utter annoying words.

## 3. Conative Symptoms

In conative symptoms, the parts that underlie these symptoms are automatism, reflexes, instincts, lust, desire, and desire. This is evidenced by the following quote.

### **Automatism**

It can be seen from Mustafa who smiled at Salma, although the smile was forced according to his wife the smile was quite sincere.

*"Yes" he said, looking at Salma with a forced smile, which his wife thought was quite sincere.* (Nur, 2015).

It was Mustafa who answered Salma's question with a forced smile, which his wife thought was quite sincere. Because Salma keeps asking what kind of drink Mustafa wants to drink. It can be concluded that the stimulus is Salma asking what kind of drink Mustafa wants to drink with Mustafa's response being a forced smile.

### **Reflex**

Mustafa was about to vent his anger by strangling his wife's neck which made her scream.

*Not knowing how else to vent, he finally strangled Salma's neck and made her scream. However, the sound of his screams was submerged by the grip of the hand which immediately turned very loud, silencing his mouth* (Nur, 2015: 115).

Mustafa and his wife had a big fight. Until he doesn't know how Mustafa takes his anger out on his wife. Finally, Mustafa strangled his wife by the neck and made her scream. But the sound of his screams was not heard because it was submerged by the grip of the hand that twisted so hard that it revealed his wife's mouth. It can be concluded that Salma's stimulus was to ask Mustafa to divorce her, with Mustafa's response to vent his anger by strangling Salma's neck and making the woman scream.

### **Instinct**

A natural urge to do something for a specific purpose. This can be seen in Mustafa's intention to burn the clothes worn by his wife.

*"Very good! Fit!" him. Then the intention was to make the dress. His ears are still ringing and he is observed to be in pain remembering Salma's conversation with his wife* (Nur, 2015: 41).

Mustafa was asked by his wife about the clothes his mother-in-law had bought for his wife. Mustafa compellingly said the dress was very nice and fit his wife. Mustafa intended to burn the clothes he was wearing. Mustafa's ears still ring and his heart aches when he remembers the conversation between mother and daughter. It can be concluded that the stimulus was that he was forced to look at the clothes his wife was wearing, to set them on fire.

### **Lust**

Lust is an impulse that exists in every human being and provides the power to act to fulfil certain life needs. This can be seen when the food basket is opened, Mustafa feels hungry and they eat with rice with fish sauce and spinach.

*Jamal got up when someone came knocking on the door, delivering dinner baskets. They also eat rice with chilli fish and spinach. Mustafa feels guilty for reducing the food ration that is only meant for one person. He felt hungry when the basket was opened, and just remembered he didn't have time to eat lunch because it broke which caused him to beat himself in anger, so as not to hit his wife in the face* (Nur, 2015: 76).

Mustafa is at Jamal's house. Just then a girl knocked on his door delivering dinner. They also eat it with rice chilli fish and spinach. Mustafa feels guilty for reducing Jamal's food rations, he feels hungry when the basket is opened and he only realizes that he hasn't eaten lunch because of the fight that

caused him to beat himself in anger. It can be concluded that the stimulus is when the food basket is opened, Mustafa feels hungry with their response and they eat with rice with chilli fish and spinach.

*At that moment, Mustafa wanted his wife to run away, but he soon realized that it would bring back what had happened to him so many times before* (Nur, 2015: 97).

Mustafa's wish was to slap his wife's pointy mouth, but Mustafa realized that it would bring back a great disaster for him as it had happened many times before. It can be concluded that Salma, who always troubled Mustafa's life with his pointed mouth, replied that he wanted to slap his wife's pointed mouth.

### **Want**

This can be seen in Mustafa who wants to vent his anger on his wife, which for a moment can make him happy and then ends in greater torment.

*He deliberately tied himself to this job, in an attempt to vent the desire I want to be able to bring in the space of pseudo happiness and then end up in greater torment* (Nur, 2015:13).

An attempt to vent Mustafa's anger. Because there is no more desire in this life other than to finish the novel. Every night Mustafa devotes his full attention to a notebook. Mustafa deliberately devotes himself to this work, none other than to vent his anger on his wife who always makes his life difficult. Writing for a moment can take him to a space of pseudo happiness and then ends with greater torment. It can be concluded that the stimulus is Mustafa who wants his novel to be finished immediately, with Mustafa's response that he wants to vent his anger, which for a moment can make him happy and then ends in greater torment.

## **CONCLUSIONS**

This section contains conclusions from the results of the analysis that have been presented in chapter IV while the conclusions from this study are as follows: (a) Cognitive symptoms are all symptoms contained in the soul as a result of recognition. Several parts underlie it, namely attention, observation, response, fantasy, memory, thinking and intuition. (b) Affective symptoms are part of psychic activity related to human feelings and emotions. Some of the parts that underlie these symptoms are feelings, affect and stemming, and mood. (c) Conative symptoms are one of the functions of human psychological life which can be interpreted as psychological activities that contain active efforts and are related to the implementation of a goal which is the end point of a movement towards a direction.

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