

# Inner Conflict of the Main Character of the Novel Saturday with Father by Adhitya Mulya: Literary Psychology and its Relevance to Literature Learning in High School

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## Abstract

*Purpose:* This research aims to discuss the inner conflict of the main character of the novel Saturday Together with Father by Adhitya Mulya. Inner conflict that is relevant to literary learning.

*Methodology:* This research is a note-taking technique carried out by recording documents or archives by reading intensively the novel Saturday with Father and taking active notes. The data analysis technique in this research is a semiotic technique, the way readers interpret literary texts referentially through linguistic signs.

*Results:* The results of this research include: Id, Ego and Superego.

*Applications/Originality/Value:* The relevance of the novel Saturday Together with Mr. Adhitya Mulya's work when used in high school learning, especially class.

## Introduction Section

Literary works are art, where many human elements are included in them, especially feelings, so they are difficult to apply to scientific methods. Feelings, enthusiasm, trust, and confidence as elements of literary works are difficult to define. Literary works are expressions of human personality in the form of experiences, thoughts, feelings, ideas, enthusiasm, beliefs in the form of images of life, which can arouse fascination with language tools and are depicted in written form. Jakop Sumardjo in his book entitled "Literary Appreciation" says that literary work is an attempt to record the contents of the writer's soul.

The development of literary works cannot be separated from the influence of the birth of new writers with various kinds of works. One of the works of writers who have enlivened the world of literature is the novel. A novel generally tells about human life with all kinds of problems in its interactions with the surrounding environment and each other. An author tries his best to direct the reader to pictures of the reality of life through the stories contained in the novel. Authors have different concepts in creating their works. These differences in concepts can be caused by different socio-cultural backgrounds or a sense of individualism and mental turmoil. This is very influential and results in the characters being shown.

According to Nurgiyantoro (2012: 4), a novel is a work of fiction that offers a world, a world that contains an idealized model of life, an imaginative world, which is built through various intrinsic elements such as events, plot, characters (and characterization), setting, point of view, and others that are also imaginative. Characters are fictional individuals who experience events or behave in various events in the story (Sudjiman, in Siswasih, et al, 2007: 20). Characters in literary works are given in terms of their character so that they can be distinguished from other characters. An author creates characters with various creative characteristics which are called characterization.

The science of psychology is clearly closely involved if the object of study to be studied is related to the human psyche. Human character and behavior cannot be separated from the aspects of life that color their thoughts. Literary psychology research has an important role to study in more depth the character or mental aspects of characters in a literary work. This research uses a literary psychology approach to examine in more depth the inner conflict experienced by the main character in the novel Saturday Together with Father by Adhitya Mulya. Based on the description above, the author is interested in studying the novel Saturday Together with Father by Adhitya Mulya as a study of literary psychology and educational values.

Literary psychology is an approach that considers psychological aspects and concerns the human inner self. Through a psychological review it will appear that the function and role of literature is to present a human image that is as fair and lively as possible, or at least to radiate it. Therefore, this research will explain the characters and their times which can provide learning for the general public. The novel Saturday with Father tells the life of two male characters who have

grown up, even though they were not taught by a father. These two boys received dozens of cassettes left by their father containing life advice. A man said many things in the cassette. The goal is that the father does not want his child to lose the role of head of the family and then make his children take the wrong steps in their lives. Of course, these tapes were made before my father died.

Inner conflict is a problem that arises due to inner conflict that occurs within a character. A situation that makes him feel confused because he has to choose one of two or several options will certainly make a character experience doubt and confusion. In the novel *Saturday with Father*, an inner conflict is found in the form of the younger brother never getting married because he has difficulty finding a partner even though he has obtained a stable job.

Literature learning can be used as a means of education. Ismawati (2013:1) explains that literary learning is learning that concerns all aspects of literature, namely, literary theory, literary history, literary criticism, comparative literature and literary appreciation. The selection of literary teaching materials can be formulated as criteria for good literary teaching materials in two aspects, namely the validity aspect and the suitability aspect. Validity is related to the criteria for literary aspects in the novel. The literary aspect consists of intrinsic elements in the novel, the novel contains pedagogical value and aesthetic value. Suitability is related to the student's subject. The suitability criteria are in the form of conformity with the teaching materials.

In the Merdeka class XII curriculum, literature learning in high school is in Indonesian as a subject. In class XII, literature learning materials that are related to novel analysis are found in literature learning materials. Based on the Merdeka Curriculum, learning literature in the form of novels consists in understanding the structure and rules of historical story texts, news, advertisements, editorials/opinions, and novels both orally and in writing. Novels are used as a means of developing the soul, forming superior character, and becoming a concrete means of educating the nation's life. Based on the description above, the author is interested in studying the psychology of literature, its educational value, and its relevance to high school learning. Therefore, this research is entitled "INNER CONFLICT OF THE MAIN CHARACTER OF THE SATURDAY NOVEL WITH FATHER BY ADHITYA MULYA: LITERARY PSYCHOLOGY AND ITS RELEVANCE TO LITERATURE LEARNING IN HIGH SCHOOL".

Several previous studies have been carried out examining literature, psychology of literature, and literature learning in high school. Ali Imron's (2006) research results show that studying literature in secondary, tertiary or professional schools seems less than brilliant. The biggest reason is because of the competence of literature teachers apart from education regarding lesson lists and identity assessment. The question is, do literary paths encompass each other? What is the right approach to sentimental medicine? The repeated-to-many assessment model in literature with an admissions approach can be used as an alternative to realize more rational ideals in increasing student capacity. To create concrete that strengthens such capacities, Implementation teachers can improve research outcomes. Efforts have been made to improve the quality of libraries within the educational and linguistic framework. In short, to focus on CBC in the process of cultivating literature, we need to change to a new paradigm, literary teaching.

Diana (2016) in the *Pesona* journal Volume 2 No. 1 with the research title *Analysis of the Main Character's Inner Conflict in the Novel Wanita di Lautan Sinyi by Nurul Asmayani*. Diana's (2016) research aims to describe the inner conflict experienced by the main character in the novel *Wanita Di Lautan Sunyi* by Nurul Asmayani and the causes of this inner conflict. Diana's research (2016) contains several research stages, namely the planning stage, implementation stage and reporting stage. The research method used is qualitative research with descriptive research type.

The next research is by Ayu Dimy (2021) on the film *Saturday with Father*. This research describes the personalities of the four main characters in the film "Saturday with Father". The research method used is the documentation method where the author is a full participant and observer. To check the validity of the data, namely diligent/constant observation, peer checking, and discussion with more competent personnel. From the data analysis process, the following research results were obtained: the character Gunawan's personality is of the type introversion-feeling, introversion-sensing, and extraversion-thinking; Itje's personality is of the introversion-feeling and introversion-sensing types; Satya's personality is of the type introversion-sensing, extraversion-thinking, and extraversion-feeling; the personality of the Cakra character is extraversion-feeling, introversion-sensing, and extraversion-intuition; Gunawan's character's personality is influenced by environmental factors, learning, upbringing, and awareness; Itje's character's personality is influenced by learning and awareness factors; Satya's personality is influenced by learning, upbringing, awareness and unconscious factors; The personality of a Cakra character is influenced by environmental factors, upbringing, consciousness and unconsciousness.

The next research was by Nella Putri (2017) on the monologue script of the *sumarah* ballad by Tentrem Lestari. This research describes the characterization and personality of the main character in the monologue script *Balada Sumarah* by Tentrem Lestari. The *Balada Sumarah* monologue manuscript was chosen because this manuscript has a main character with a complex nature so the writer was interested in researching it. The type of research used in this research is qualitative research with descriptive methods.

This research uses a literary psychology approach using Sigmund Freud's psychoanalytic theory and personality typology. The data source in this research is the monologue manuscript of *Balada Sumarah* by Tentrem Lestari. The data collection technique used is library research or what is called content analysis, namely directly making observations and looking for identities and descriptions of characters and characterization. The data analysis technique uses flowing analysis, which consists of three activity flows that occur simultaneously, namely data reduction, data presentation, and drawing conclusions.

Based on the background above, there are two research problems that will be discussed; (1) What is the inner conflict of the main character in the novel *Saturday with Father*. (2) What is the relevance of psychological aspects to literature learning in high school? The objectives to be achieved are as follows; (1) To describe the inner conflict of the main character in the novel *Saturday with Father*. (2) To describe the relevance of psychological aspects to literature learning in high school.

## Research Methods

Subsequently, the data were organized into a frequency table that displays the types and reasons for code-mixing in each video, facilitating a more straightforward comparison and analysis of the results. The researcher then composes a discussion of the findings and concludes with a summary. This research uses a descriptive method with a qualitative approach. This research uses a literary psychology approach with Sigmund Freud's theory and psychiatric typology. This research was conducted at SMAN 3 Sragen. The object studied is the inner conflict of the main character and the relevance of psychology to learning in high school. The data used is the result of analysis in the novel *Saturday Together with Father* by Adhitya Mulya. The data source used in this research is the novel document *Saturday Together with Father* by Adhitya Mulya published by Gagas Media, Jakarta, 2014, 278 pages. Books, articles/journals and research that are relevant to the data. This research uses informant data sources, namely Indonesian language teachers and high school students.

The data collection technique in this research is a note-taking technique carried out by recording documents or archives by reading intensively the novel *Saturday with Father* and taking active notes. After recording, data coding is then carried out. This data is in the form of words, sentences and paragraphs. Data that is appropriate to the research is collected into one. The data analysis technique in this research is a semiotic technique, the way readers interpret literary texts referentially through linguistic signs.

## Research Results and Discussion

### *Inner Conflict of the Main Character in the Novel Saturdays with Father*

Sigmund Freud revealed that personality consists of three elements, namely: 1. Id; 2. Ego; 3. Superego, which according to him, these three elements work together to produce complex human behavior.

(1) Id is the source of all psychic energy so that Id is the main component of personality. The id is the only component of personality that is present from birth, the personality aspect is conscious and includes instinctive and primitive behavior. The id is driven by the pleasure principle which tries to fulfill all desires and needs, if they are not fulfilled then anxiety and tension will arise.

(2) Ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a way that is acceptable in the real world. The ego functions in both the conscious, preconscious and unconscious minds. Ego is a psychological aspect of personality and arises because of the organism's need to relate well to the world of reality or realities (Freud in Suryabrata 2010: 126).

(3) Superego is a picture of awareness of society's values and morals which are instilled by customs, religion, parents and the environment. Basically the Superego is the conscience, so the Superego provides guidelines for making judgments, whether right or wrong. Superego is present in the conscious, preconscious and unconscious. Id, Ego and Superego influence each other, the ego together with the superego regulates and directs the fulfillment of the id based on the correct rules in society, religion and good or bad behavior. Apologizing when you are wrong is a manifestation of many things.

a) The Id is the source of all psychic energy so that the Id is the main component of personality. The id is the only component of personality that is present from birth, the personality aspect is conscious and includes instinctive and primitive behavior. The id is driven by the pleasure principle which tries to fulfill all desires and needs, if they are not fulfilled then anxiety and tension will arise. It's not yet time for a 14 year old to hear messages for a 17 year old. But that rule has moved out to sea. Cakra always watches the recordings his older brother plays. There is a positive side. Cakra grows more mature than children his age.

b) Ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a way that is acceptable in the real world. The ego functions in both the conscious, preconscious and unconscious minds. The ego operates according to secondary processes. Ego is a psychological aspect of personality and arises because of the organism's need to relate well to the world of reality or realities (Freud in Suryabrata 2010: 126). Cakra seems to be the type of person who is ambitious and hardworking.

c) Superego is a picture of awareness of society's values and morals which are instilled by customs, religion, parents and the environment. Basically the Superego is the conscience, so the Superego provides guidelines for making judgments, whether right or wrong. Superego is present in the conscious, preconscious and unconscious. Id, Ego and Superego influence each other, the ego together with the superego regulates and directs the fulfillment of the id based on the correct

rules in society, religion and good or bad behavior. apologizing when you are wrong is a manifestation of many things. The manifestation of realizing that someone is introspective enough that he is wrong. A manifestation of his victory against arrogance. A manifestation of his appreciation for the person he apologized to. Not apologizing makes a person look stupid and arrogant.

#### d) Id Cakra

Id is the source of all psychic energy so Id is a component major in personality. The id is the only component of personality present from birth, aspects of personality are conscious and included in behavior instinctive and primitive. The id is driven by the pleasure principle which strives to fulfill all desires and needs, if they are not met then it will be anxiety and tension arise.

"Saka proves to himself first. That Saka is physically and mentally ready to be a husband. That's why pursue a career first. Study religion first. Save first. If Saka is confident with himself, Saka will be confident with women." (Page :17)  
Based on the quote above, Id Cakra can be seen showing a personality that has been visible since childhood, namely a very mature attitude that makes the mother amazed by the thinking that the youngest has. This is what makes the mother really like the youngest's attitude, who is so mature in his thinking.

Cakra is also a very hardworking person. This can be seen in the following quote: Cakra Granida, just 30 years old, is in her own yard. He looked at the house that had just been built. Two-story minimalist house. The yard is wider than the ground floor area of the house itself. His first home. He got up and paid in installments from his own sweat. With the planning he designed, this house will be completed in installments within five years. (Page :9)

Based on the quote above, it is clear that Cakra is a person who is very hardworking and thinks about what things he will do in the future for the sake of his future and Cakra is a person who makes plans well and carefully.

Cakra is also a hard worker. This can be seen in the following quote: In the last four months, there have been exciting changes in the bank's micro finance division. This change occurred when a young banker stepped up and succeeded in occupying the position of Deputy Director. A (fairly, somewhat, somewhat) handsome young banker named Cakra Garnida. Cakra stepped up his career to become Deputy of Director (DD) thanks to consistent work achievements for eight years in the micro finance division. His performance was impressive enough that when the last deputy died from eating poisoned petai from clients, the Director of this division and even the Managing Director of this bank saw no other suitable candidate besides Cakra. He is one of two POD Bank bankers who succeeded in occupying this position before the age of 30. (Page : 41-42)

#### e) Ego Cakra

The ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a way that is acceptable in the real world. The ego functions in both the conscious, preconscious and unconscious minds.

Cakra seems to be the type of person who is ambitious and hardworking. Cakra's ambition can be seen in the following quote: For Cakra, this is an opportunity to prove to everyone that he is not only worthy of being Deputy Director, but has enough capacity to occupy the position of director one day. (Pages :42-43)

Based on the quote above, it is clear how ambitious and consistent Cakra's work is in carrying out a job and how clever Cakra is in carrying out his work so that he is able to become a Deputy of Director and will become a director.

Cakra is someone who likes planning everything for his future class. This can be seen in the following quote: He looked at the house that had just been built. Two-story minimalist house. The yard is wider than the ground floor area of the house itself. His first home. He got up and paid in installments from his own sweat with the planning he designed, this house will be completed in installments within five years. (Page :9)

Based on the quote above, it can be seen that Cakra is a Plan Ahead person who plans everything first before acting and in the process of activity is balanced with enthusiasm so that all future plans can be realized or achieved.

#### f) Super Ego Cakra

The superego is a picture of awareness of society's values and morals which are instilled by customs, religion, parents and the environment. Basically the Superego is the conscience, so the Superego provides guidelines for making judgments, whether right or wrong. The superego is present in the conscious, preconscious and unconscious.

Chakra is very attentive to everyone, none other than Chakra is very attentive to his mother:

"Mom's going home tomorrow, OK, to Bandung."

The youngest turned. "Very fast, Mom."

"Yes. Manage the shop."

"Isn't it on auto-pilot, everyone?"

"There is a bit of a problem."

**"Can I help?"**

"No...no need."

The mother lied. Not a problem with restaurants.

**"Eh, Mama's a little pale, huh?"**

**A quick glance at Cakra found the mother's face looking thinner than usual.**

**"No, ah. Just your feelings."**

Then, Mrs. Itje confirmed this statement by smiling at her child. Everything seems fine. (Page :12)

Based on the quote above, it can be seen that Cakra, the youngest child, looks very attentive to his mother, even paying attention to his mother's facial expressions in such detail, because Cakra really loves his mother.

Cakra is also someone who likes to joke or be humorous. He likes to joke around during the activities he is doing, he even likes to joke with his own mother. Chakra's love of joking and humor can be seen in the following conversation excerpt:

"Yes, actually. Saka sometimes needs help.

'Mr Dadang, please bury this corpse, OK?

'Ready, bro. Do you want to cut it into small pieces or just shroud it normally?" The mother stared silently without expression.

**"Kang Saka, I've put the virgin's pocong rope on the table. If... not enough, I can take more."**

**"Bro, it's already a full moon, here. His virginity will be sacrificed tonight Or tomorrow?"** Cakra pouted.

"Duh, Mamah's son. A crazy person." "Hehehe..." (Page :11)

Based on the conversation excerpt above, it is clear how Cakra is a person who likes to joke and is also a humorous person, likes to joke with anyone and is not awkward at all.

g) Id Satya

Id is the source of all psychic energy so that Id is the main component of personality. The id is the only component of personality that is present from birth, the personality aspect is conscious and includes instinctive and primitive behavior. The id is driven by the pleasure principle which tries to fulfill all desires and needs, if they are not fulfilled then anxiety and tension will arise. Satya never wanted to be seen by people when he was crying. It can be seen in the following quote: Satya came out of the living room and entered the bathroom. Itje's mother caught a glimpse of the tears she was holding back. (Page :6)

Based on the quote above, Satya is a strong figure and doesn't want to show everyone that he is sad.

It turns out that the rocky nature that Satya had as a child was still carried over when he had a family. So Satya educated his children harshly and often shouted at his children so that Satya's three children were afraid of him. It can be seen in the following quote:

He often shouted at his three children. Sometimes they are not smart enough. Sometimes they don't understand quickly enough. He often scolds them whenever there are imperfections, such as wrong homework, bad test scores, messy rooms. He knows it's all wrong and it's all the child's responsibility. However, good parents will help educate their children to overcome all of this, by not getting angry. (Page :60)

Based on the quote above, Satya is really a very harsh person towards his three children and that is one of the inappropriate actions in educating children.

Satya Granida is now 33 years old and a geophysicist for NOG. Tall, straight, handsome, but a little potty. It was clear that he hadn't worked out for a long time. He was sitting and talking to Ryan, his oldest son on the phone. His emotions were running high. Seen in the following conversation excerpt:

He heard Rissa take a deep breath.

"Don't be angry, bro."

**"HOW AREN'T YOU ANGRY!??** When I was his size I could already do it do what I ask!

**HOW DO YOU EDUCATE OUR CHILDREN?"**

**"HE'S NOT YOU!"** Rissa exploded **"AND NOR DO I YOU!"** (Pages :24-25)

Based on the quote above, it can be seen that Satya is a very temperamental person and gets angry easily. Satya hopes that his three sons will develop and be smart like Satya, who was still the same age as his three sons.

#### h) Ego Satya

The ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a way that is acceptable in the real world. The ego functions in both the conscious, preconscious and unconscious minds.

When he was young, Satya was a Playboy who often changed partners. It's natural that Satya has a handsome face and a well-built body and ideal height so that he is desired by many women. It can be seen that when Satya was young, he often changed partners in the following conversation excerpt:

"Weekly evening or so. Like a friend's child  
Another mother."

"With Dewi this afternoon."

"Goddess? Who else could it be? Wasn't it Mira yesterday?" Mom asked confused.

**This child seems to be changing girlfriends more often  
instead of changing clothes.**

"Now Goddess, Mah." (Page :7)

Based on the quote above, when he was young, Satya was a Playboy guy who liked to change partners easily because Satya had a handsome appearance and a body that was very popular with girls.

Satya is too insistent that his child be like him when he was little, who was independent and intelligent. It can be seen in the following quote:

**"HOW AREN'T YOU ANGRY!??** When I was his size I could already do it  
do what I ask!

HOW DO YOU EDUCATE OUR CHILDREN?"

**"HE'S NOT YOU!"** Rissa exploded **"AND NOR DO I  
YOU!"** (Page :25)

Based on the quote above, Satya is too pushy and compares himself too much with his children who cannot yet be independent and Satya is also very demanding of his wife to educate his children to be like him when they were small. Satya should not have to compare himself, who was trained to be independent when he was small, with his child now who cannot yet be independent, let the child be himself, he doesn't need to be someone else.

#### i) Superego Satya

The superego is a picture of awareness of society's values and morals which are instilled by customs, religion, parents and the environment. Basically the Superego is the conscience, so the Superego provides guidelines for making judgments, whether right or wrong. The superego is present in the conscious, preconscious and unconscious.

Like the following quote:

There was a long silence between them.

"I'm sorry," Satya started.

"No more need for emails, especially ones like that." He embraced Rissa  
and kissed her forehead.

"I promise you."

The husband looked at his wife deeply.

"They deserve better.

You, deserve better." (Page :80)

Based on the quote above, Satya apologized for the attitude that had troubled his wife and made the children afraid and less open to Satya and Satya promised to change the behavior that he had always thought was right and would change everything.

Based on the results of the research above, it can be concluded that the main character's psychology in this novel that stands out is that Cakra is a person who is very hardworking and thinks about what things he will do in the future for the sake of his future and Cakra is a person who makes plans well and carefully.

Based on the results of the research above, it can be concluded that the psychological aspect of the main character in this novel that stands out is that Satya is a very temperamental person and gets angry easily. Satya hopes that his three sons will develop and be smart like Satya, who was still the same age as his three sons.

### ***Its Relevance To Literature Learning***

The novel Saturdays with Father can be used as teaching material for class XII. Apart from that, in this novel there are also motivations that can motivate students, one of which is that when the character Satya is an intelligent character, after graduating from high school, Satya is accepted into college and when he graduates, Satya is among the best graduating students. As stated in the following quote:

“In the past, Satya studied Geology at UNPAD. The Chancellor of UNPAD invited all prospective graduates with grades the best graduation to get congratulations and advice including Satya at that time.” (Page: 53)

Based on the quote above, it can be said that Satya is one of the students with the best graduates and that way we can take the psychological side of the main character, namely Id Satya, in the quote above.

## Conclusion

Based on the results of research that has been carried out by taking data in the form of interviews and analysis of the novel Saturday Together with Father by Adhitya Mulya, the researcher presents the conclusions of this research which have implications for education, especially in the study of literature. The curriculum currently used is the Independent Curriculum. In this curriculum there are activities that students must do, namely understanding the rules of the novel.

Literature learning in class XII high school includes novels as teaching material. The novel Saturday Together with Father by Adhitya Mulya is analyzed structurally and using literary psychology. This literary psychology approach is to determine aspects of the inner conflict of the main character in the novel Saturday Together with Father by Adhitya Mulya. The main character studied shows behavior that is in accordance with educational values. In this way, the novel Saturday Together with Father by Adhitya Mulya can be used as literary learning material.

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