



## The Psychological Condition of the Main Character in Devia Ananda's Novel *Hey, Bodyguard! (A Secret)*: Carl Rogers' Humanistic Perspective

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### ABSTRACT

The purpose of this study is to describe the psychological condition and fulfillment of Rogers' humanistic concept of Rayyan in the novel *Hey, Bodyguard! (A Secret)* by Devia Ananda. This study raises the important issue of mental health in the process of individual development. This study uses a qualitative method with a literary psychology approach to process the data. The descriptive technique with data analysis procedures uses five aspects of Carl Rogers' humanistic psychology, namely self-concept, ideal self, unconditionally positive regard, fully functioning person, and empathy. The source of research data is the novel *Hey, Bodyguard! (A Secret)* by Devia Ananda, published in 2023 by Sunset Road, with data in the form of relevant narrative and dialogue excerpts related to the research focus. The data collection technique involved reading, identifying the main character's research focus, marking dialogues or narratives, collecting data, and categorizing data. The data validity technique used triangulation to validate the objectivity of the research. The results of the study show two psychological disorders, namely post-traumatic stress disorder and psychosis. Rayyan's self-concept shows that he is vulnerable due to psychological symptoms such as dull affect, excessive feelings of uselessness, emotional instability, and distortion of reality. His ideal self is centered on family values, apologies, and psychological healing. The unconditionally positive regard Rayyan receives takes the form of acceptance, attention, support, and motivation. Rayyan is not a fully functioning person, but his empathy has been reactivated.

*Keywords:* psychology condition, main character, novel, humanistic

## Kondisi Psikologis Tokoh Utama Novel *Hey, Bodyguard! (A Secret)* Karya Devia Ananda: Perspektif Humanistik Carl Rogers

### ABSTRAK

Tujuan penelitian ini untuk memaparkan kondisi psikologis dan pemenuhan kebutuhan konsep humanistik Rogers tokoh Rayyan pada novel *Hey, Bodyguard! (A Secret)* karya Devia Ananda. Penelitian ini mengangkat isu pentingnya kesehatan mental dalam proses perkembangan individu. Penelitian menggunakan metode kualitatif dengan pendekatan psikologi sastra untuk mengolah data. Teknik deskriptif dengan prosedur teknik analisis data menggunakan lima aspek dalam psikologi humanistik Carl Rogers, yaitu *self concept*, *ideal self*, *unconditionally positive regard*, *fully functioning person*, dan empati. Sumber data penelitian yakni novel *Hey, Bodyguard! (A Secret)* karya Devia Ananda yang diterbitkan tahun 2023 oleh penerbit Sunset Road dengan data berupa penggalan kutipan narasi maupun dialog yang relevan dengan fokus penelitian. Teknik pengumpulan data melalui tahap membaca, mengidentifikasi fokus penelitian tokoh utama, menandai dialog atau narasi, mengumpulkan data, dan mengategorisasi data. Teknik keabsahan data menggunakan triangulasi untuk memvalidasi objektivitas penelitian. Hasil penelitian menunjukkan dua gangguan kondisi psikologis, yaitu *post traumatic stress disorder* dan psikotik. *Self concept* Rayyan menunjukkan pribadi rentan akibat gejala gangguan psikologis berupa afek tumpul, merasa tidak berguna berlebihan, ketidakstabilan emosi, dan distorsi realitas. *Ideal self* berpusat pada nilai keluarga, permohonan maaf, dan kesembuhan psikologis. *Unconditionally positive regard* yang diterima Rayyan berupa penerimaan, perhatian, dukungan, penerimaan, dan motivasi. *Fully functioning person* Rayyan tidak berfungsi penuh dan empati yang kembali aktif.

*Kata kunci:* aktualisasi, eksistensi, kejiwaan, kepribadian

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## INTRODUCTION

One of the factors underlying individual development is the environment. Each individual discovers their identity through the developmental process. During this developmental process, each individual develops a paradigm regarding aspects of their surroundings, including interaction, communication, family, friendship, norms, laws, culture, and social life. All of these aspects are acquired through experiences based on what is captured and perceived by the human senses. (Samsara, 2020) states that the environment plays a role as a factor encompassing everything that occurs during a person's lifetime.

The personality or psyche of each individual differs based on the events and experiences they experience. Each individual's personality is created through stages of development, including social interaction within society (Hasanah & Septiana, 2023; Wulandari & Elmustian, 2025). Psychology is a science that studies the psyche by understanding human thought processes and behavior (Ahmadi, 2020:7). Psychology also discusses processes within the human self as the foundation of human thought and behavior (Samsara, 2020). (Hidayat & Santosa, 2024) For Rogers, empathy is a crucial component of the learning process. Life's problems or conflicts can lead individuals to a process of adjustment (Wahyuni & Ambarwati, 2023). This adjustment will affect an individual's self-awareness and self-control, leading to action.

Violations of rules, morals, norms, and ethics are clear evidence of mental instability. These violations demonstrate a deviation from the moral values that should be inherent in an individual, ignoring empathy and sympathy to commit heinous acts. In today's era of technological advancement and sophistication, mental health is often neglected. In fact, numerous cases of crime are found to be caused by mental instability. In general, all behaviors exhibited originate from thought patterns born from past experiences (Sahara et al., 2021). The role of the family in educating children can be seen in their parenting styles. Good parenting

stems from caring, so children learn to be caring, respectful, and helpful individuals, and vice versa. (Ramadhani et al., 2024) Essentially, humans survive through self-awareness to achieve self-actualization.

Based on this thinking, this study will address the formulated problem: a) How is the psychological condition of the main character in the novel *Hey, Bodyguard! (A Secret)*? b) How is the fulfillment of Rogers' humanistic concept needs of the main character in *Hey, Bodyguard! (A Secret)*? Based on the formulation of the problem, the research aims to a) describe the psychological condition of the main character in the novel *Hey, Bodyguard! (A Secret)* and b) fulfill the needs of Rogers' humanistic concept of the main character, namely Rayyan in the process of self-actualization in the novel entitled *Hey, Bodyguard! (A Secret)* by Devia Ananda with the pen name Diviyayaya. The theoretical benefits of this research contribute to the development of humanistic psychology in analyzing figures and characters in novels or literary works. Research is a form of implementation of literary psychology which is used as an analytical tool for literary characters. Research also provides new insights and as a reference for future research.

In addition to these benefits, this research also provides practical benefits in raising public awareness of the importance of mental health, enhancing understanding of mental health and its impact on survival, and serving as a learning resource for literary studies, particularly in relation to the psychology of figures for academics, writers, and Indonesian language teachers.

Humanistic psychology views experience as a driver of an individual's quality of life. The humanistic school focuses on human experiences and needs (Jarvis, 2021:5). In the 20th century, the humanistic school emerged as a response to psychoanalytic and behaviorist approaches (Laksono et al., 2024:11). The humanistic school focuses on human experiences and needs (Jarvis, 2021:5). Based on this description, humanism is a third school of thought initiated by Maslow, respond-



ing to his dissatisfaction with Freud's theory, which focused on psychosis (Ahmadi, 2019:82). Humanistic psychology then developed to understand humans more deeply by focusing on the concept of humanity, namely the unique potential possessed by each human being. Two popular figures in humanistic psychology are Abraham Maslow, known for his hierarchy of needs, and Carl Rogers, who emphasized the concept of self.

Humanistic psychology focuses on individual motivation, behavior, feelings, and needs (Saputri, 2022). Humanists believe that humans have the right to freedom to develop and are responsible for their own behavior and actions (Mayani et al., 2024). In line with this view, (Qorib et al., 2022), humanism emphasizes the awareness that humans need each other. Based on the aforementioned opinions, it can be concluded that humanism nurtures humans as social beings in the process of self-actualization, which requires several aspects to fulfill. These aspects are further explored in Carl Rogers' humanism. Consistent with (Maurer & Daukantaite, 2020), self-actualization tends to lead to an individual's active drive to improve themselves through better organization, growth, and the fulfillment of potential.

For Rogers, diverse personalities are a privilege, based on the strength of the experiences humans have gone through to achieve self-actualization. (Nabawiyati, 2025) Rogers believed that every individual possesses a defense mechanism that functions to control themselves. (Rogers, 1980) viewed from a psychotherapeutic perspective when dealing with his clients that positive feelings or treatment indicate an advantage to be received or given. Rogers sought to understand the expressions, meanings, and feelings experienced by clients. Rogers focused his therapy on linking empathy, sincerity, and unconditional positive regard (Swan et al., 2020). (Rogers, 1961) found that acceptance and appreciation also influence the dynamics of human relationships. (Clara et al., 2023) if self-image and self-esteem are well-organized, it will allow individuals to evaluate themselves so that they find a view of themselves based on their

experiences. Bogachenko (2024) giving unconditional appreciation and empathy will create a safe environment and a feeling of acceptance for individuals. (Mejía, 2018) in Rogers' person-centered therapy is supported by family therapy because in family relationships there is an existential approach.

Unconditional positive regard plays a role in embracing people and maintaining their steadfastness because respecting someone is not measured by adherence to rules (Stoetzel et al., 2025). Thus, Rogers's theoretical concept values humans as beings full of unique potential who have the right to optimize themselves. Based on this, Rogers introduced the concepts of personality in the process of self-actualization: self-concept, ideal self, unconditionally positive regard, fully functioning person, and empathy. Self-concept refers to an individual's significant ability to understand, change, and determine their own attitudes and behaviors, thereby shaping their self-concept. Self-concept is formed from experiences that enable individuals to identify circumstances, feelings, and pressures they experience. Therefore, an individual's self-concept stems from experiences that shape their personality, emotions, and persona. The ideal self stems from self-concept, which refers to an individual's idealized self-concept. Perception of the ideal self then drives individuals to find ways to achieve this ideal concept in self-actualization.

The next concept is unconditionally positive regard, which refers to an attitude of respecting individuals without coercion, without judgment, and without conditions, thus demonstrating positive attention. The next concept is a fully functioning person, when an individual is who they are with self-awareness and fully participates in the process of becoming themselves. A fully functioning individual is one who experiences all feelings, is open to experience, and has the ability to live at an optimal psychological level, is creative, flexible, and socially healthy and realistic. The final concept is empathy, which refers to the ability to experience another person's world as if experiencing one's own.

The novel "Hey, Bodyguard! (A Secret)" tells the complex journey of Rayyan seeking forgiveness from his father. Since accidentally pushing Reyhan, his older brother, down the stairs to his death, Rayyan has been viewed differently by his father, Geo, as a murderer. For this reason, Rayyan endured physical and verbal abuse at a young age. Furthermore, Rayyan's role as a bodyguard for a girl named Keyla has led to questions about his personality, given that he grew up with an abusive parenting style that affected his psychological stability. As a result of this parenting style, Rayyan has suffered psychological trauma, with diagnoses of PTSD (Post-Traumatic Stress Disorder) and psychosis. Rayyan's psychological condition will be analyzed using Carl Rogers' humanistic aspects, namely self-concept, ideal self, unconditionally positive regard, fully functioning person, and empathy. This research is part of the implementation of literary psychology studies, specifically humanistic psychology. The research also contributes to raising awareness of the importance of maintaining mental health for the general public. Rogers' humanistic psychology was chosen because it is relevant to the issues in the novel, allowing for an accurate analysis of the research focus.

Previous research has not yet examined the novel *Hey, Bodyguard! (A Secret)* by Devia Ananda, focusing on the character Rayyan, who struggles with himself as a PTSD and psychotic survivor in the process of self-actualization through Rogers' humanistic perspective. Previous relevant research was conducted by Wahyuningtyas & Soqid (2025), which aimed to describe the self-actualization process of the main character in the film "Bolehkah Sekali Saja Kumenangis" (May I Cry Once), using Abraham Maslow's humanistic perspective. The results showed 12 stages the main character goes through in the self-actualization process, each with both positive and negative impacts. Further relevant research (Rizqiyah & Ahmadi (2021) aimed to describe the full functioning and self-concept of Kara. The results showed a dysfunctional full functioning and a paranoid self-concept of Kara.

Further relevant research (Wahyuni ??& Ambarwati (2023) aimed to describe the conflict of Ping using Rogers' humanistic perspective. The results showed a fully functioning Ping, who is open to experience and creative, and a self-concept manifested by anxiety about the future. The next relevant study by Chodiyah, Ahmadi, & Rengganis (2025) aimed to present a psychological literary critique of the character's self-actualization tendencies and adult development. The results showed self-esteem, ideal self, unconditional positive regard, and a fully functioning person in Hanun. This study compares these studies with studies that focused on several of Rogers' concepts. Therefore, this study offers novelty by comprehensively examining Rogers' concepts.

## METHOD

Research requires a method or method for presenting and presenting data. This aims to ensure data management is carried out empirically and scientifically. This study used a qualitative method with a literary psychology approach to data processing. Qualitative methods tend to utilize social theories related to social or human behavior (Alaslan et al., 2023; Razak, 2017). The research approach, a literary psychology approach, focuses on the personalities of characters in literary works. According to Sahara et al. (2021) literary psychology emphasizes the elements that animate literary works. In line with (Raharjo & Nugraha, 2022), the perspective of the literary psychology approach focuses on the conflict depicted by the author through characterization. This means that literary psychology highlights the elements that construct a literary work, such as characters, characterization, themes, and conflict.

Based on this description, literary psychology is the approach in this research, which will focus on the psychological condition and fulfillment of the needs of Rogers' humanistic concept, namely Rayyan, the main character in Devia Ananda's novel "Hey, Bodyguard! (A Secret)". The data source for this research is Devia Ananda's novel "Hey, Bodyguard! (A Secret)", published in 2023



by Sunset Road. Data are collected in the form of dialogue and narrative excerpts relevant to the approach and theory used. Data collection techniques were conducted through recording using a categorization research instrument. Data collection criteria were used to sort the data, in the form of narrative excerpts and dialogue, to ensure relevance to the research focus. Criteria were determined for each of Rogers' aspects: self-concept, ideal self, unconditionally positive regard, fully functioning person, and empathy. Self-concept reflects Rayyan's abilities, identity, values, and emotional intensity. Ideal self reflects Rayyan's hopes, aspirations, life goals, desires, and ideal self-standards. Unconditionally positive regard demonstrates support, acceptance, motivation, and appreciation without judgment. Fully functioning person demonstrates Rayyan's decision-making, adaptation, awareness of freedom, and problem-solving abilities. Empathy demonstrates Rayyan's understanding and feelings in dealing with the emotional states of others.

The stages of data collection were: (1) reading the novel "Hey, Bodyguard! (A Secret)" by Diviyayaya (Devia Ananda) in depth, (2) identifying the main character's conflicts, (3) marking dialogue or narrative in the novel relevant to the research focus, (4) collecting data in the form of dialogue and narrative from the previous stage, and (5) categorizing the data. The technique was descriptive using Carl Rogers' humanistic psychology data analysis procedures. This theory has five aspects to analyze: self-concept, ideal self, unconditionally positive regard, fully functioning person, and empathy. These aspects will be analyzed using data collected and classified from Devia Ananda's novel "Hey, Bodyguard! (A Secret)" through the stages of identification, classification, reduction, description, and conclusion. Triangulation was used to validate the data and research.

## RESULTS

### 1. Rayyan's Psychological Condition

One component of studying literary psychology is presenting the psychological condition or

state of a particular character. This study analyzed Rayyan's psychological condition in the novel "Hey, Bodyguard! (A Secret)," and found two psychological disorders. The first is post-traumatic stress disorder (PTSD), an anxiety disorder that develops after experiencing a traumatic event. This disorder arose from Rayyan's accidental death, which resulted in the death of his older brother, Reyhan, after falling down the stairs. This incident triggered trauma, causing certain symptoms as a response to trauma, typically experienced by similar experiences. At that time, Rayyan was still a young child and witnessed the event, which had serious consequences for his psychological condition. The implication is that Rayyan was diagnosed with post-traumatic stress disorder. Rayyan's second psychological condition is psychosis, a mental disorder that affects an individual's thoughts. This disorder is considered severe because it causes sufferers to have difficulty distinguishing between reality and fantasy. This disorder arose from the parenting style of Geo, Rayyan's father, following a tragic incident that took Reyhan's life unintentionally. Geo's parenting style involved physical and verbal abuse, which led Rayyan to grow up mentally unstable. Geo did not hesitate to inflict physical harm and persistently utter negative remarks for decades, affecting Rayyan's perception of his identity. In addition to physical violence, the verbal abuse he suffered pushed Rayyan's unstable mind toward negative thought patterns and behaviors that deviated from morality. Based on this explanation, two findings emerged regarding Rayyan's psychological condition: PTSD and psychosis.

### B. Fulfillment of Rogers' Humanistic Concept Needs in Rayyan

#### 1. Self-Concept

The first concept in Rogers' humanistic perspective refers to the experiences an individual gains to develop a perspective about themselves, also known as self-concept. Rayyan's self-concept reflects a personality developed through abusive parenting, a harsh and intimidating upbringing that left him feeling depressed. Rayyan's psychologi-

cal state is related to the impact of abusive parenting. The impact of abusive parenting and psychological disorders impact Rayyan's personality, resulting in feelings of excessive worthlessness, emotional numbness, emotional instability, distortion of reality, and a determination to uphold women's dignity.

## 2. Ideal Self

The second concept is the idealized self-concept, which refers to his dream self-image. Rayyan's idealized self-concept is intertwined with his psychological state and self-concept, based on the value of a harmonious family. Geo's abusive parenting, driven by hatred, who viewed him as the perpetrator of Reyhan's death, fostered Rayyan's hopes for himself. These hopes shaped Rayyan's idealized self-image, encompassing acceptance of Geo's forgiveness, healing from his psychological distress, a fatherly embrace, and psychological defenses that emphasized the impact of Geo's verbal abuse. Rayyan's ideal self-image was able to lead him to family unity and harmony that had been missing since Reyhan's death.

## 3. Unconditionally Positive Regard

The third concept is unconditional positive regard, which Rogers viewed as crucial for providing positive encouragement to individuals in the process of self-actualization. This concept refers to the caring of those around them, which individuals need to develop. The care Rayyan receives includes acceptance, attention, motivation, non-judgmental appreciation, and support for Geo's harsh behavior toward him. Despite the pressure he experiences from Geo and his psychological instability, Rayyan receives unconditional positive regard from those closest to him who strive to offer sympathy and guide him toward positive things, allowing him to regain his humanity, as per the humanistic focus.

## 4. Fully Functioning Person

The fourth concept is a fully functioning individual, characterized by openness and authenticity. This concept also highlights a healthy psy-

chological state in the development of an individual's potential. Rayyan, due to his psychological disorder, does not yet demonstrate a fully functioning individual. However, several characteristics of a fully functioning individual are found in Rayyan, including adaptability, a sense of independence, problem-solving skills, and critical decision-making when not under the influence of symptoms of his psychological disorder.

## 5. Empathy

The fifth concept is empathy, which demonstrates the ability to understand and feel the feelings of others. Rayyan temporarily abandoned his empathy when he lost control and killed Keyla's rapists, a symptom of his psychosis. However, Rayyan's empathetic abilities were demonstrated in certain moments, such as his sister's sadness in hoping for a harmonious family, his sincerity in loving and caring for Keyla, and his emotional release, which indicated his conscience was capable of experiencing her humanity. Thus, Rayyan's empathy, which had been extinguished, was revived and returned to humanity.

## DISCUSSION

### Rayyan's Psychological Condition

Rayyan is depicted as having a complex psychological background. The distortion of reality Rayyan experienced did not arise spontaneously but was caused by factors that contributed to his psychological instability. This stems from Geo's strict upbringing of his two sons, the future heirs of Valerian, a family that owns a security service business that produces top-tier bodyguards. Reyhan, with his intelligence and noble demeanor, was used as an example by Geo to Rayyan, whose abilities were inferior to his older brother's. Therefore, Rayyan was often compared to Reyhan and expected to emulate his older brother's footsteps, facing greater pressure. Thus, Rayyan's already stressful life was further pushed into a corner by his fatal carelessness, which resulted in him pushing his older brother down the stairs to his death. Rayyan had to bear the consequences of Geo's actions, which he blamed on him. Rayyan grew up



with a parenting style that fueled his emotional instability due to the physical punishment and negative language he received.

"Rayyan repeatedly fell and got back up, stumbled and knelt, struggling against his two mental disorders simultaneously. To avoid defeat. To avoid going astray. His post-traumatic stress disorder and psychotic disorder had created a paralyzing hole" (Diviyayaya, 2023:194).

Based on the quote, it explains Rayyan's psychological condition due to two mental disorders, namely PTSD and psychosis, which have significant implications on life activities. PTSD is a condition resulting from a traumatic experience that affects cognitive, emotional, behavioral, and physiological aspects. In line with this description, PTSD sufferers can feel anxious, angry, excessive fear of something that reminds them of the traumatic event, exhibit impulsive behavior, heart palpitations, and difficulty sleeping. In addition to PTSD, Rayyan was also diagnosed as a psychotic survivor, a disorder that causes sufferers to lose the ability to distinguish between reality and fantasy, characterized by hallucinations and delusions. In Rayyan's case, psychosis arose from the experience of physical and verbal violence he received from Geo. As Rogers' theory shows, experience is a point where individuals gain insight into themselves. Individuals with positive experiences will lead to positive views, and vice versa. Rayyan's experience of Geo's harsh parenting led him to disorders that had major implications for himself in living his life. These two disorders caused Rayyan to have difficulty finding insight into himself. Furthermore, relationships as a personality builder emphasize the importance of the family's role as a learning environment and a child's experience. Thus, experiences, parenting styles, and relationship dynamics are crucial aspects in developing a focused, positive, and meaningful psychological state.

## **Fulfilling Rogers' Humanistic Concept Needs in Rayyan**

### **1. Self-Concept**

Referring to Rayyan's previous psychological condition, it influences the fulfillment of Rogers'

humanistic concept needs, one of which is self-concept. Self-concept stems from experiences that have the power to enable individuals to grow and develop abilities, self-image, and personality. In line with Rayyan's two psychological conditions, namely PTSD and psychosis, Rayyan's self-concept is created as a vulnerable individual due to the regression of symptoms from his disorders. This demonstrates that psychological conditions can have implications for an individual's self-concept.

#### **a) Abusive parenting**

"Geo never realized that all children have different capacities. His parenting style was clearly flawed. Rayyan was relatively smart for his age. However, Geo's standards were too high. Reyhan's achievements had to be consistently modeled after Rayyan. If he failed, Geo would reward him with physical punishment—although not too severe at first." (Diviyayaya, 2023:45)

This quote highlights Geo's lack of awareness of the uniqueness of each individual. For Geo, Reyhan embodies the ideal that should be applied to his son. Geo's parenting style demonstrates reciprocity in the form of physical punishment for failing to meet targets or standards he believes will make him proud. This parenting style is applied to Rayyan when the child fails to meet the expected targets, leaving Rayyan feeling burdened and afraid. These feelings affect Rayyan's physical and psychological state, forcing him to work even harder to accept his father's every treatment and demand. Geo's approach to raising his two sons neglects each son's ability to accept each other. Reyhan, born with above-average abilities and a charismatic demeanor without causing harm to those around him, is viewed by Geo as the primary heir who will create a positive image for the family and company. With these abilities, Reyhan is undoubtedly superior, receiving praise rather than pressure. In contrast, Rayyan, whose abilities are lower than Reyhan's, is subject to greater demands and pressure. With these abilities, Rayyan may not be able to keep up with Reyhan, as Geo demands of him through the use of physical punishment.

#### b. Excessive feelings of uselessness

"So it's true. So what Dad said was true. Arka... a useless child? A bad luck charm?" Rayyan was monologuing. "Keyla was there too long. She must have been cold. Her body was damaged and broken. She was raped... by many people... because of Arka?" (Diviyayaya, 2023:258)

This quote illustrates one aspect of Rayyan's helplessness regarding his own situation. The tragic incident that befell Keyla resurfaced Geo's insulting remarks, doubting his abilities as her body-guard. Geo's abusive parenting style, through verbal abuse, successfully instilled Rayyan's mindset as a worthless, despicable, and a bringer of misfortune to those around him. This condition is inseparable from the impact of traumatic experiences that reduced Rayyan's psychological stability. This contradicts Rogers' theory, which states that in the process of becoming a self, every individual needs acceptance and appreciation as encouragement to discover themselves, shape their personality, and manage their emotions so that they can develop a self-concept. Thus, Rayyan's self-concept grew with the view that he was a useless person and blamed himself excessively.

#### c. Blunted Affect

"Her life was crippled. Again, Rayyan threw himself into it, offering his arms to Keyla when he himself was beyond saving. But, to be honest, Rayyan wasn't particularly concerned about Keyla's condition. I don't know, he didn't feel the slightest bit of pity." (Diviyayaya, 2023:273)

This quote highlights Rayyan's weak emotional response to Keyla's condition as a rape victim. An unstable psychological state causes both physical and emotional responses to decrease. The data above demonstrates Rayyan's psychotic symptoms, which cause extreme mood swings, slowed behavioral responses, and even loss of interest. These symptoms reflect the abusive parenting Rayyan endured for years, which successfully fostered a misconception about certain views. In line with the previous data, which showed excessive feelings of guilt and worthlessness on display in

Rayyan's eyes, it provides strong evidence of the extent to which his mindset was poisoned by verbal abuse. Instead of the appreciation Rogers emphasized, Rayyan found Geo's verbal abuse deeply embedded within him. Thus, Rayyan's emotional management skills are impaired due to psychotic disorders, leaving him emotionally numb. This illustrates that relationship dynamics and family roles are crucial aspects of individual development.

#### d. Emotional Instability

"Two people Rayyan recognized were standing in front of him, displaying two different reactions to finding a good child sitting with a lifeless body."

"They're dead, Mom," Rayyan said, smiling at Anita. (Diviyayaya, 2023:289)

This quote highlights Rayyan's emotional state after the murder, which appeared calm and even smiled at his mother. This demonstrates Rayyan's emotional instability due to the symptoms of his psychological disorder, which lacked proper supervision and treatment. Rayyan calmly explained that another person's life had been taken. Rayyan didn't experience the normal reactions of panic, fear, and even regret after committing a crime. This is relevant to Rogers' theory, which places empathy at the center of therapy. However, the stimuli and abusive parenting Rayyan experienced over the years have pushed him toward a negative side, where individuals ignore empathy in favor of venting and enacting oppressive verbal abuse. Thus, psychological stability plays a crucial role in making actions and decisions based on empathy and humanity.

#### f. Distortion of Reality

"Rayyan doesn't feel guilty. He believes what he did was right. Anita once taught him that women are dignified individuals who should be respected. Rayyan places women's honor above all else. And eliminating the four parasites is not something Rayyan should regret." So, why do Anita and Fahri look so tortured?" (Diviyayaya, 2023:290)



This quote highlights Rayyan's inner perspective, or delusion, as a symptom of psychosis. Rayyan's misconception of values led to his lack of guilt after taking the lives of four perpetrators of Keyla's rape. This is part of a distortion of reality that causes individuals to misunderstand values that contradict reality. As shown above, Rayyan believes in the honor and dignity of women but responds with inappropriate actions. This distorted reality is a combination of good values, but lacks moral or humanitarian involvement. This demonstrates that Rogers' emphasis on empathy in individual development significantly impacts both the environment and others. Thus, Rayyan's experience of abusive parenting and two psychological disorders contribute to his deviant perceptions and actions.

#### h. Upholding the dignity of women

"I was blind to manners and rules, especially when my mother was insulted."

Everyone remained silent, allowing Rayyan to express his thoughts. (Diviyayaya, 2023:132)

This quote demonstrates Rayyan's steadfast commitment to the value of respecting women's dignity. Referring to the perspective or values of self-concept, the data above represents Rayyan's personality as someone who values equality between men and women. This aligns with Rogers' humanistic theory, which views sincerity, empathy, and unconditional positive regard as elements for understanding the dynamics of human relationships. Rayyan's statement above represents a son's sincere defense of his mother, a form of devotion that will never tolerate insults against her. Triggered by insults against his mother, Rayyan transcends the boundaries of etiquette and rules to protect women's honor. This is part of Rayyan's experience as a man raised to be a firm man who upholds women's dignity, thus shaping his personality as one that consistently places women in a noble position.

## 2. Ideal Self

Based on Rayyan's previous self-concept, he still has a dream he wants to achieve. He relies on

his strengths and weaknesses to pursue and strive to achieve his dream. Rayyan, who cannot be said to be perfectly healthy, Trying to achieve his dreams despite his dire circumstances. Rayyan's ideal self is demonstrated through images of accepting Geo's forgiveness, healing from psychological wounds, Geo's embrace, and psychological defense against Geo's views. Here's the ideal concept Rayyan aspires to achieve, regardless of his strengths and weaknesses:

#### a. Accepting Geo's forgiveness

"Rayyan just needs Dad's forgiveness just once, Mom. After that, we'll definitely be a happy family like before." (Diviyayaya, 2023:47)

This quote illustrates the ideal concept of Rayyan asking for forgiveness from his father, Geo, to return to being his son, and to be happy as a whole family. The hatred Geo faced for years, which worsened his psychological condition, didn't stop Rayyan from trying to earn his forgiveness. This is also why Rayyan never fought back, no matter how badly Geo abused him physically and verbally. For Rayyan, Geo remains his father, who once loved him wholeheartedly before hating him so deeply. If the violence he endured was a form of atonement, then Rayyan wouldn't shy away. Based on this description, it can be concluded that amidst his dire psychological condition, Rayyan only needs his father's forgiveness and acceptance, just as his son once was. This implies a need for acceptance from those closest to him, a concept he dreams of.

#### b. Healing Psychological Wounds

"I want to be healed. I want to be healed." he whispered softly. "We'll get better, right?" (Diviyayaya, 2023:89)

This quote demonstrates the concept of dreams, which is Rayyan's hope for his own recovery. Rayyan is aware that he is not perfect, physically and mentally not as strong as he once was. This fuels his hope for recovery, even though his condition may never return to its former state. Rayyan doesn't want to stray because he still has responsibilities and big dreams. Despite these limitations,

even though the psychology of his psychosis can distort his thinking at any time, Rayyan doesn't want to disappoint those around him who still support him. Based on this description, it can be concluded that Rayyan is determined to recover from his psychological condition and continues to strive to stay on a positive path, despite the difficulties.

#### c. A Father's Embrace

"Rayyan froze. He should have known from the start that he would be rejected. His small wish to feel a father's warm embrace had been dashed." (Diviyayaya, 2023:50)

This quote demonstrates the concept of a dream, a request for a father's embrace that he hadn't felt for a long time. Especially since Reyhan's death, which led to Geo's intense hatred for him. This aligns with the previous quote about the hope for Geo's forgiveness. In essence, Rayyan is also a child who needs love, support, and acceptance from his parents, including his father. Rayyan continues to need validation of his existence as a child from Geo. Based on this description, it can be concluded that the relationship between a child and a parent is a strong foundation for supporting a child's psychological growth and well-being.

#### d. Psychological Defense

"Criminal..." Rayyan muttered hoarsely. "Rayyan doesn't want to be a criminal! No, Rayyan isn't a criminal!" (Diviyayaya, 2023:77)

The quote shows Rayyan's instability, which led to his heightened sensitivity to emotional distress. This quote reflects Rayyan's idealized self-concept, stating that he was not a criminal. Experiencing verbal abuse also impacted Rayyan's self-perception. Geo consistently viewed him as a criminal, a thug, a predator, and even a murderer, which Rayyan's brain recorded as his own judgment. Years of indoctrination fueled his psychotic tendencies, leading to his realization of these labels. Despite this, Rayyan tried to maintain a positive outlook to avoid being affected. His defenses were so fragile that they required appropriate treat-

ment to prevent further distorted thinking. Based on this description, it can be concluded that amidst his psychological conditions of PTSD and psychosis, Rayyan continued to maintain control of his rationality and empathy.

### 3. Unconditionally Positive Regard

Referring to Rayyan's psychological condition in the previous aspect, support is needed to help Rayyan restore his positive outlook. Support for positive things will encourage positive thinking and attitudes. The need for support is crucial for individual development, helping him to recognize himself, improve himself, and enhance his qualities. The concept of unconditional positive regard is demonstrated through images of acceptance, attention, motivation, non-judgmental appreciation, and support. Consequently, unconditional positive regard is essential to fulfilling the needs of self-actualization.

#### a. Acceptance

"When the door to his house was tightly closed, only Kaivan's door was willing to accept him. Arslan always treated Rayyan like a second son, very different from Geo." (Diviyayaya, 2023:32)

This quote demonstrates Kaivan and Arslan's acceptance of Rayyan, as well as the differences in treatment between Geo and Arslan. This also demonstrates the flaws in Geo's parenting style, which tended to be violent. At Kaivan's house, Rayyan always felt accepted and supported. This contrasts with his own home, where he was seen as a polluter of family happiness, even though his mother Anita and sister Alura still accepted him. This emphasizes the crucial role of acceptance in a child's environment in development. It refers to an environment that fosters interpersonal relationships in the learning process. Based on this description, it can be concluded that acceptance and environment influence each individual's mindset and attitude throughout their development, both physically and emotionally.



#### b. Attention

"Before leaving for therapy, please change his head bandage first, okay, Mom." (Diviyayaya, 2023:104)

This quote demonstrates Anita's attention, as Rayyan's mother, as a form of support for her son's recovery. Geo's physical abuse often infuriated Anita, as she felt it had crossed the line. Carrying out the role of mother was certainly not easy, witnessing and embracing her son's body, which was never free from wounds. Despite this, Rayyan always reassured Anita of his condition and strengthened his resolve to receive Geo's apology. Based on this description, it can be concluded that psychological conditions require supervision and support from those closest to him, especially parents, as the child's first source of knowledge.

#### c. Motivation

"Listen to this. No human being is born without a reason. Including you, son. You are special. A great human chosen by God," said Fahri. (Diviyayaya, 2023:195)

The quote shows support in the form of motivation from Fahri, whom Rayyan considers a second father. Fahri offers reassuring words to strengthen Rayyan's resolve in his challenging life. It's important to emphasize this support through hugs and positive words to foster encouragement. This aspect is what Rogers refers to as the invisible but nonetheless impactful aspect. Based on this description, it can be concluded that motivation is needed to foster belief in positive things and strengthen the determination to recover.

#### d. Appreciation Without Judgment

"Dad, Rayyan lost."

"No, Rayyan won. Rayyan won." Geo quickly reached for his pale face and gave him many kisses on the forehead and temples. "A strong man under God's protection." (Diviyayaya, 2023:307)

This quote illustrates Geo's open-mindedness to forgive and accept Rayyan back as his son. In essence, the bond between a child and a parent is an invisible force that ensures a connection and

mutual love. As Geo did for Rayyan, the essence of human relationships, bonded by blood, fosters affection and care, despite feelings of hatred. Geo re-opened himself, accepting, and supporting Rayyan, as a parent should when caring for their child. The "loss" Rayyan refers to in the quote above relates to his psychosis, which has successfully influenced his thinking negatively. Rayyan has strayed from the right path and complained to Geo about it, fearing that Geo will still be reluctant to accept him. Nevertheless, Geo has realized and fully opened up that the cause of his son's psychological condition is rooted in his upbringing and treatment. Based on this description, it can be concluded that relationships teach humans empathy and the importance of mutual respect. Through empathy, one takes a small step towards becoming a moral individual.

#### e. Support

"Get well, okay? For Mom, Lura, and Kai. Ray, please. Don't go anywhere. You want to get well, right?" (Diviyayaya, 2023:309)

This quote demonstrates Keyla's support for Rayyan's recovery while reminding him that there are still many people around him who care about him. Positively meaningful sentences reassure a person that they are not alone. Motivation provides space for individuals to let go of negative assumptions and shift their focus to the positive. Based on this, individuals will feel safe, accepted, and strive to accept themselves. Based on this description, it can be concluded that the process of self-actualization requires support, acceptance, unconditional respect, and motivation as a way to explore positive aspects within themselves.

#### 4. Fully Functioning Person

The fully functioning person aspect refers to an individual's ability to achieve optimal psychological well-being, openness to experience, creativity, flexibility, awareness of freedom, and openness to experience. Rayyan, with the psychological conditions described in the previous aspects, may not be optimal, but there are aspects that dem-

onstrate part of this aspect. Rayyan is described as possessing abilities that align with this aspect. A fully functioning person is demonstrated through adaptability, awareness of freedom, and creativity. The following is an analysis of Rayyan's personality through the fully functioning person aspect.

#### a. Adaptation

"Keyla's eyes widened. "S—school?! I go to Pelita Harapan. Where do you go to school?! Why are we going together?!"

Rayyan shrugged. "From now on, I'm moving to Pelita Harapan. We go to the same school," he explained." (Diviyayaya, 2023:13)

This quote demonstrates Rayyan's ability to adapt to new environments. This is illustrated in the quote above, which recounts Rayyan's school transfer while he became Keyla's bodyguard, ensuring her safety while at school. Rayyan felt that changing schools wasn't a big deal in adapting to new surroundings and new people. This depiction is one of the characteristics of a fully functioning individual, one that is open to experience. An individual possesses the self-awareness to fully participate in their development process. Based on this description, it can be concluded that Rayyan is flexible, adaptive, and open to experiences in life.

#### b. Awareness of Freedom

"Rayyan won't ask Dad's permission every time he wants to approach Lura. I, Rayyan Arka Valerian, am her biological older brother. I have the right to see Lura anytime. Whether you agree or not is none of my business." (Diviyayaya, 2023:106)

This quote illustrates Rayyan's awareness of his right to interact with Alura—his younger sister, even though Geo strictly forbids it. Geo's reason for forbidding Rayyan from being close to Alura is because he is worried that Rayyan will harm Alura, just as Reyhan did, even if it's unintentional. Regardless of Geo's views on him, Rayyan demands his freedom as a blood relative,

who deserves to be in a close relationship. This implies a realistic approach to his development. Based on this description, it can be concluded that Rayyan is a person who has the awareness to be free from constraints or prohibitions that he feels are illogical enough to obey.

#### c. Problem-solving

"Listen." Rayyan took Keyla's hand and placed it on her wrist. "Don't take it off, no matter what. I've installed a GPS tracker on this watch. If we're far away, just press this one," Rayyan explained, pointing to the small button on the left side of the watch. "That's the voice recorder; it will automatically connect to my earpiece."

"Why don't you just use your phone?"

"In critical situations, the human brain tends to be slower to think clearly or take action. If you use your phone, never mind dialing my number. Just opening the lock screen will probably bug you." (Diviyayaya, 2023:118)

This quote demonstrates Rayyan's creative side and forward-thinking problem-solving abilities. Before making a decision, Rayyan considers possibilities that might be less effective in real-life situations. This is due to Rayyan's family business background, which focuses on providing security services, which require alertness and critical thinking skills in carrying out tasks. Consequently, Rayyan is trained to think critically and thoughtfully in decision-making. In line with Rogers, who views problem-solving skills as part of gaining experience to develop one's potential, especially if supported by a stable psychological condition.

Based on this description, it can be concluded that Rayyan is a person with critical thinking and a forward-thinking approach to problem-solving.

#### d. Decision-making

"Regi might have died if Rayyan hadn't been quick to take him to the hospital, notify Regi's parents, and even pay the down payment during the administrative process so that Regi could be res-



cued immediately by the medical team." (Diviyayaya, 2023:186)

This quote demonstrates Rayyan's decision-making pattern to save others. Rayyan's decision-making ability demonstrates a fully functioning individual with self-awareness and the ability to process. This aligns with Rogers' view that fully functioning individuals experience all feelings and are realistic. Rayyan decided to help Regi, the victim of an assault, considering the realistic possibilities of his friend not receiving immediate help. Thus, Rayyan's decision-making ability qualifies as a fully functioning individual, based on humanity, as the humanistic role emphasizes the concept of humanity.

### 5. Empathy

A key aspect of Rayyan's psychological state is empathy, which is the ability to feel another person's feelings as if they were his own, as a form of concern and humanity. This condition contrasts with Rayyan's psychological state during psychotic disorders. Psychosis can paralyze the sufferer's thinking, leading to a deviation in moral values. Consistent with this description, psychosis may lead Rayyan to neglect empathy if symptoms reactivate. Unless he's under stress and triggering his traumatic symptoms, Rayyan still possesses empathy.

"Rayyan said Alura wants a complete family like her friends! Rayyan said Alura needs a complete and happy family. I'm holding on because of that child's wishes! DID YOU HEAR THAT?!" (Diviyayaya, 2023:83).

This quote demonstrates Rayyan's genuine concern and care for his sister, who desires an intact family. It also describes how Anita has endured Geo's violent behavior toward Rayyan, constantly asking him to understand and trust her. This demonstrates Rayyan's affection for his sister, who strives for a happy, intact family. This affection manifests in Rayyan's treatment of his sister, which is far from Geo's fear and negative views of her. Based on this description, it can be concluded that Rayyan possesses the ability to empathize with his

sister's desire to see her friends' intact families as happiness.

"Even if Arka were given a sword, his hand would never be able to reach Keylana. His logic is indeed chaotic, but his heart can still be saved." Fahri took a deep breath. "Come on, Madam." (Diviyayaya, 2023:87)

This quote illustrates Rayyan's psychological state, which can still be supported from his heart, recognizing Keyla as a beloved girl. In line with Rogers' theory, an approach that emphasizes empathy can help build close relationships. Rayyan may be mentally affected by Geo's verbal abuse, but his heart is still capable of feeling love and is reluctant to stray if held and guided gradually. Fahri reassures Anita that Rayyan would not be able to hurt Keyla, even though he is unstable due to his psychotic symptoms. This indicates that Rayyan has not yet been completely consumed by the distorted thinking caused by Geo's verbal abuse. Based on this description, it can be concluded that Rayyan still possesses the capacity for genuine compassion for others, especially those he loves and desires to care for.

"Arslan watched Rayyan with his eyes growing dim. Seeing Rayyan sobbing like that didn't make Arslan happy. In fact, he lost for the third time. Rayyan apparently still has a conscience, unlike him." (Diviyayaya, 2023:302)

This quote indicates that Rayyan still possesses the conscience to empathize with others' feelings. Crying indicates that an individual's heart still possesses the capacity for emotional sensitivity, not a numbness like a psychopath's, who is unable to empathize with others' feelings. The manipulative Arslan nearly succeeded in turning Rayyan into his successor, a cold-blooded killer, by exploiting the stimulus of Geo's violence. Instead, Rayyan apparently still had the support and love of those around him to help him survive and recover. This, then, was both a defeat and a failure for Arslan. Based on this description, even though Rayyan was initially tempted to deviate from his psychotic impulses, he was still able to feel his heart and reactivate his empathy.

## CONCLUSION

Literary works represent real life, thus containing a message the author wishes to convey. The novel "Hey, Bodyguard! (A Secret)" by Devia Ananda reminds us of the importance of mental or psychological health awareness, which influences survival. In addition to the importance of physical health, psychological well-being also requires attention because it impacts an individual's thoughts and emotions in their thinking, decision-making, and actions. Rogers' humanistic concept identifies five aspects that serve as individual needs in the process of self-actualization: self-concept, ideal self, unconditionally positive regard, fully functioning person, and empathy.

The findings of this study implement Rayyan's psychological condition within Rogers' five humanistic aspects. Two disorders were identified in Rayyan's psychological condition: PTSD and psychosis, which imply the fulfillment of his conceptual needs. Rayyan's self-concept demonstrates a person who grew up under abusive parenting, which can lead to distortions of reality, blunted affect, emotional instability, and excessive feelings of worthlessness, yet upholds the noble values of women's dignity. Rayyan's ideal self demonstrates the center of his dreams on family values, particularly acceptance of Geo and her psychological healing. Rayyan's unconditional positive regard comes from those around him, including Anita, Kaivan, Fahri, and Keyla, in the form of attention, support, acceptance, and motivation. Rayyan's fully functioning person is not fully functional due to Rayyan's suboptimal psychology, although he demonstrates abilities included in that aspect, including adaptation, awareness of freedom, problem-solving abilities, and forward-looking decision-making. Rayyan's empathy is again active in showing his emotional side. Based on these findings, it can be concluded that Rayyan's self-actualization process is delayed due to trauma or his psychological state has not yet fully recovered. This shows the essentiality of psychological stability and environmental influences in the individual development process, so it needs to be con-

sidered because it has significant implications for the individual's survival.

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