



Changes in the Main Characters in the Serial Film *Aku Tak Membenci Hujan*: A Review of Skinner's Behaviorism Psychology

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ABSTRACT

This study examines the behavior of the character Karang in the serial film *Aku Tak Memenang Hujan* using B.F. Skinner's behaviorist literary psychology approach. This study aims to describe the forms of stimulus, response, and behavioral effects of the character Karang that emerge as a result of interaction with the surrounding environment. The research method used is a descriptive qualitative method with data sources in the form of the serial film *Aku Tak Memenang Hujan*. The data collection technique is carried out through documentation in the form of screenshots of scene clips containing elements of stimulus, response, and the effects of the character's behavior. The collected data are then analyzed through the stages of data reduction, data presentation, and conclusion drawing. Based on the results and discussion of the research on the serial film *Aku Tak Memenang Hujan* using Skinner's behaviorist psychology theory, three things can be concluded. First, this study has found various forms of stimulus originating from the surrounding environment Karang undergoes a learning process. These stimuli come from the family environment, school, and social environment that influence changes in the behavior of the character Karang. Second, the response shown by the character Karang appears as a direct reaction to the stimulus he receives, whether in the form of an emotional response, a verbal response, or a physical response. Third, the effects of this response impact the behavior and psychological state of Karang's characters, characterized by the emergence of childhood trauma, internal conflict, and personality disorders.

Keywords: main characters, serial film, behaviorism psychology

Perubahan Tokoh Utama dalam Film Serial *Aku Tak Membenci Hujan*: Tinjauan Psikologi Behaviorisme Skinner

ABSTRAK

Penelitian ini mengkaji perilaku tokoh Karang dalam film serial *Aku Tak Membenci Hujan* menggunakan pendekatan psikologi sastra behaviorisme B.F. Skinner. Penelitian ini bertujuan untuk mendeskripsikan bentuk stimulus, respon, dan efek perilaku tokoh Karang yang muncul sebagai hasil interaksi dengan lingkungan sekitarnya. Metode penelitian yang digunakan adalah metode kualitatif deskriptif dengan sumber data berupa film serial *Aku Tak Membenci Hujan*. Teknik pengumpulan data dilakukan melalui dokumentasi berupa tangkapan layar (screenshot) dari cuplikan adegan yang mengandung unsur stimulus, respon, dan efek perilaku tokoh. Data yang telah dikumpulkan kemudian dianalisis melalui tahapan reduksi data, penyajian data, dan penarikan simpulan. Berdasarkan hasil dan pembahasan penelitian terhadap film serial *Aku Tak Membenci Hujan* dengan menggunakan teori psikologi behaviorisme Skinner terdapat tiga hal yang dapat disimpulkan. Pertama, dalam penelitian ini telah ditemukan berbagai bentuk stimulus yang berasal dari lingkungan sekitarnya Karang mengalami proses pembelajaran. Stimulus tersebut berasal dari lingkungan keluarga, sekolah, dan lingkungan sosial yang memengaruhi perubahan perilaku tokoh Karang. Kedua, respon yang ditunjukkan oleh tokoh Karang muncul sebagai reaksi langsung dari stimulus yang diterimanya, baik berupa respon emosional, respon verbal, maupun respon fisik. Ketiga, efek yang ditimbulkan dari respon tersebut berdampak pada perubahan perilaku dan kondisi psikologis tokoh Karang yang ditandai dengan munculnya trauma masa kecil, konflik batin, serta gangguan kepribadian.

Kata kunci: tokoh utama, film serial, psikologi behaviorisme

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INTRODUCTION

Literary works serve not only as a medium for entertainment but also as a means of representing the realities of human life, including the psychological aspects of their characters. Characters in literary works are often depicted experiencing inner conflict, environmental pressures, and behavioral changes influenced by life experiences. Through these depictions, readers can gain a deeper understanding of the dynamics of the human psyche (Bennett & Royle, 2023).

Character behavior in literary works does not emerge spontaneously but is shaped by stimuli from their surroundings. Family, school, and social environments play a crucial role in shaping an individual's personality. In a psychological context, human behavior is understood as the result of interactions between individuals and their environments, which then elicit certain responses and impact behavioral changes (Skinner, 1953).

Serial films, as a form of popular literature, also present complex representations of character behavior. The serial film *Aku Tak Membenci Hujan* features the main character, Karang, who experiences various emotional pressures due to his family and social environment. This pressure is evident in Karang's attitudes, actions, and personality changes throughout the story. Karang's behavior demonstrates a causal relationship between the stimuli received and the resulting responses and effects.

Based on this description, the behavior of the character Karang in the serial film "Aku Tak Membenci Hujan" is interesting to study using a behaviorist literary psychology approach. This approach emphasizes that behavior is the result of a learning process through the relationship between stimulus, response, and effect. Therefore, this study aims to understand how environmental stimuli influence the responses and effects of Karang's behavior.

Based on this background, the research questions are formulated as follows:

- 1) How is the stimulus of the main character

in the serial film *Aku Tak Membenci Hujan* based on Skinner's behaviorist psychology perspective?

- 2) How is the response of the main character in the serial film *Aku Tak Membenci Hujan* based on Skinner's behaviorist psychology perspective?
- 3) How is the effect of the main character in the serial film *Aku Tak Membenci Hujan* based on Skinner's behaviorist psychology perspective?

Based on the research questions formulated above, this study aims to:

- 1) Analyze the main character in the serial film *Aku Tak Membenci Hujan* based on Skinner's behaviorist psychology perspective.
- 2) Analyze the response of the main character in the serial film *Aku Tak Membenci Hujan* based on Skinner's behaviorist psychology perspective.
- 3) Analyze the effects of the main character in the serial film *Aku Tak Membenci Hujan* based on Skinner's behavioral psychology perspective.

Theoretically, this research is expected to enrich the study of literary psychology, particularly the study of behaviorism in character analysis in serial literary works. Practically, this research is expected to serve as a reference for students, researchers, and general readers in understanding character behavior in literary works and the application of behaviorist psychological theory in literary studies.

Literary psychology is a study that focuses on the psychological aspects contained in literary works. According to Wellek & Warren (2014:102), literary psychology studies literary works as psychological activities reflected through their characters. Literary psychology views characters as representations of human behavior influenced by internal and external factors.

The behaviorist theory was proposed by Skinner (1953:65), who stated that human behavior can



be explained through the relationship between stimulus, response, and effect. A stimulus is a stimulus originating from the environment, a response is an individual's reaction to that stimulus, and an effect is the impact of the response that influences subsequent behavior. In literary studies, behaviorist theory is used to analyze character behavior as a result of interactions with the surrounding environment.

Several previous studies relevant to this study demonstrate a link between changes in character behavior and environmental influences using a literary psychology approach. Research conducted by Meyliawati (2020) using B.F. Skinner's behaviorist theory shows that environmental stimuli play a dominant role in shaping the main character's behavior. This study emphasized the relationship between stimulus, response, and reinforcement in character behavioral change.

Subsequent research was conducted by Sukowati et al. (2024) who analyzed changes in character behavior in the novel *Burung Kayu* using B.F. Skinner's behaviorist theory. The results of the research above are (1) The form of behavioral changes experienced by the characters in the novel *Burung Kayu* by Niduparas Erlang. At this stage, the author describes the behavioral changes experienced by the characters due to environmental influences with several quotes to find out the changes in the characters' behavior caused by environmental influences, (2) The initial causes of the behavioral changes experienced by the characters in the novel *Burung Kayu* by Niduparas Erlang. At this stage, the author describes the initial causes of the behavioral changes experienced by the characters caused by environmental influences by paying attention to the existence of several quotes to find out the initial causes of the behavioral changes experienced by the characters due to environmental influences.

Another relevant study was conducted by Haznawati et al. (2018), who examined the changes in character behavior due to delusions in the novel "Assalamualaikum Beijing" using a literary psychology approach. The object of this research is

the novel "Assalamualaikum Beijing" by Asma Nadia. Data collection techniques used included literature review, listening and note-taking, and analysis and note-taking. The data analysis concluded that: 1) Behavioral changes that occurred in the characters due to delusions included fear, daydreaming, coercive behavior, isolation, breaking commitments, indifference, anger, pessimism, sadness, suicidal thoughts, and guilt. 2) The impact of these behavioral changes on the characters was significant for several characters, such as Dewa, who experienced changes in fear, daydreaming, coercive behavior, breaking commitments, indifference, and anger. Asma, who experienced changes in indifference and pessimism. Anita, who experienced changes in anger, sadness, and suicidal thoughts, experienced changes in behavior. Zhongwen, who experienced changes in daydreaming behavior, and Sekar, who experienced changes in coercive behavior, had no significant impact. The results showed that the character's psychological state influences behavioral changes. Although not explicitly using Skinner's behaviorism theory, these studies share similarities in examining changes in character behavior.

Artikel relevan lainnya ditulis oleh Ramadhani et al. (2024) entitled Contribution of Narcissistic Tendencies and Social Rejection to Aggressive Behavior of Male Students. This study aims to analyze the contribution of narcissistic tendencies and social rejection experiences to aggressive behavior of male students at State Vocational School 5 Padang. The phenomenon of aggressive behavior is often influenced by psychological and social factors, including narcissistic tendencies and social rejection, which can worsen interactions between students. The sample of this study consisted of 182 male students selected by purposive sampling. The method used was quantitative with a correlational approach, using a questionnaire instrument that measured narcissistic tendencies (NT), experiences of social rejection (ESR), and aggressive behavior (AB). Data analysis showed that narcissistic tendencies have a significant contribution to aggressive behavior, with a fairly high

correlation coefficient. Meanwhile, social rejection also showed a significant contribution to aggressive behavior. A significant contribution between narcissistic tendencies and social rejection. These findings indicate that students with high narcissistic tendencies and experiences of social rejection tend to be more prone to exhibit aggressive behavior. The importance of psychological and social interventions in the school environment to minimize aggressive behavior and improve students' social relationships. Holistic approach strategies and social support are expected to reduce the negative impact of narcissistic tendencies and experiences of social rejection, thus creating a more conducive learning environment.

METHOD

This study uses a descriptive qualitative approach because the object of study is a representation of behavioral change in a literary work in the form of a serial film, which requires an interpretive and in-depth understanding. This approach allows researchers to explore the subjective experiences of the characters, particularly in understanding the dynamic processes of behavior that emerge in response to the environment. This method was chosen because it aligns with the research objective, which is to describe and analyze the social and psychological phenomena contained in the serial film *Aku Tak Membenci Hujan* through a literary psychology approach utilizing B.F. This aligns with Ratna's (2022:12) opinion, which states that a qualitative approach in literary studies allows researchers to uncover the psychological dimensions of characters through interpretations of the meanings and symbols implied in the text.

The data source for this study was the serial film *Aku Tak Memenang Hujan*. The research data consisted of dialogue, scenes, and the behavior of the character Karang, which demonstrates stimulus, response, and behavioral effects in accordance with B.F. Skinner's behaviorist theory (Bustamam, 2024).

The data collection techniques used in this study were documentation and library research. The data collection involved several stages, as follows: First, watching the entire research source, namely the serial film *Aku Tak Membenci Hujan* to understand the content and meaning contained within the serial. Second, studying and understanding the theory used in the research. Third, classifying the data based on behavioral changes in the main characters by recording the data obtained in the form of quotes, descriptions, dialogue, and monologues from the serial film *Aku Tak Membenci Hujan*. Fourth, documentation was taken in the form of screenshots of excerpts from the serial film "Aku Tak Memenang Hujan." Fifth, organizing the collected data according to the research problem formulation in the form of a data table.

The data analysis technique in this study was carried out based on the procedures established in the research design proposed by Sugiyono (2014:247–253), which include data reduction, data presentation, and drawing conclusions. This discussion was conducted systematically to analyze the serial film "Aku Tak Memenang Hujan" to gain insight into its content and meaning.

RESULTS

1. Stimulus of the Main Character in the Film Series *Aku Tak Membenci Hujan*

1.1 Stimulus in the Form of Karang's Reprimand to Ganta After a Basketball Match

The first stimulus occurred within a group of friends during a basketball match involving Karang and his team. Ganta displayed selfish behavior by trying to score points on his own without involving the team, leading to a near-loss. This situation prompted Karang to reprimand Ganta after the match.

"Hey, apologize to the team! Because of your selfishness, our team almost lost," Karang reprimanded him seriously.

The data above shows that the reprimand served as a new stimulus for Ganta, prompting a



response of self-awareness and regret. This stimulus demonstrates Karang's character as assertive, responsible, and committed to the team's success.

1.2 Stimulus in the Form of Rain's Instruction to Douse Launa in the School Hallway

The second stimulus occurred within a group of friends in the school hallway after class. Rain saw Launa and deliberately planned a prank by having his friends douse her with water from the mop. "When you get close, you guys pour it, okay?" Rain said.

"One, two, three!" he exclaimed.

The data above shows that Rain's commands to his friends became a stimulus due to the presence of stimuli from other individuals in the social environment. This stimulus was intentional because Rain consciously created a situation that encouraged others to act in accordance with his goals.

1.3 Stimulus: Mama Karang's Arrival at a Party

The third stimulus came from the family environment when Karang attended a party hosted by Orion's parents. While Karang was enjoying the party atmosphere with his friends, Karang's mother suddenly arrived.

While Karang was happily hanging out with his friends at the party hosted by Orion's parents, his mother suddenly arrived.

The data above shows that Mama Karang's unexpected presence at Orion's parents' party was a stimulus that triggered the emergence of emotional disturbance in Karang.

2. The Main Character's Responses in the Series *Aku Tak Membenci Hujan*

2.1 Ganta's Rejection When Faced with Demands for an Apology

The first response came when Karang's reprimand demanded Ganta admit his mistake and take responsibility for the team, which was a new stimulus for Ganta. However, this stimulus was perceived negatively by Ganta.

"So you think you're a hero, is that it?" Ganta retorted sarcastically.

"I just asked you to apologize to the team. Is that so difficult?" Karang asserted.

"What, I'm not wrong!" Ganta replied harshly.

The data above shows Ganta's responses, in the form of rejection and anger, based on Karang's stimulus. Ganta not only rejected Karang's request but also vented his feelings by verbally attacking Karang and bringing Karang's personal issues into the conflict.

2.2 Karang's Spontaneous Response in Protecting Launa from the Water Spray

The second response arose from Rain's deliberate actions to embarrass Launa. Rain told his friends to splash Launa with water when Launa passed in front of them. Karang reflexively shielded Launa from the water splashed by Rain and his friends.

However, Karang suddenly stepped forward to protect Launa, resulting in his own body being splashed.

The data above shows a clear response when Karang happened to be at the scene, reflexively shielding Launa from the splash of water aimed at her. Without thinking, Karang immediately stood in front of Launa, causing the water that should have hit her to fall on her.

2.3 Karang's Fear Response Upon Realizing Her Mother's Presence

The third response occurred when Karang's mother unexpectedly arrived at a party hosted by Orion's parents, and Karang realized her mother was there.

"This is the first time I've seen your mother, Rang," said Lukka.

"I'm going to the restroom," Karang said nervously and fearfully.

The data above shows Karang's reaction when her mother suddenly appeared at the party. She was shocked and seemed unprepared for the situation. Karang, initially relaxed and enjoying the atmosphere, quickly becomes tense and awkward.

3. Effects of the Main Character in the Series *Aku Tak Membenci Hujan*

3.1 Effects of Resurfacing Trauma When Karang Is in Venus Park

The first effect appears after Karang experiences the effects of a response triggered by a stimulus from her environment. Ganta's response to the stimulus, which is Karang's reprimand, manifests in rejection and uncontrolled anger. Karang is hit by Ganta, then leaves school and stops at Venus Park.

As a result of Ganta's hit, Karang experiences a personality change. She leaves school and stops at Venus Park. Shortly thereafter, heavy rain falls, and the silent atmosphere reawakens childhood trauma.

The data above shows that this response has an effect on Karang and her environment. The incident causes Karang to suffer both physical injuries and emotional distress. She becomes withdrawn, leaves school, and seeks solace in Venus Park, where the calm atmosphere and heavy rain bring back past trauma she's trying to forget.

3.2 Effects of Triggering Trauma in Karang After Being Splashed by Rain

The second effect emerged from Karang's response, evident in the change in her mood and thoughts after the incident where she protected Launa from being splashed with water by Rain and his friends.

"Karang, I'm sorry. I didn't mean to splash you, but..." Rain said.

"I told you, don't mess around!" Karang asserted angrily.

The data above shows that this response resulted in Karang experiencing an uncontrolled emotional outburst. She gripped Rain's hand tightly while scolding him. This action indicates that a minor incident triggered old, unresolved trauma.

3.3 The Effect of Childhood Trauma Resurfacing When Karang Was in the Toilet

The third effect was Karang experiencing a response caused by environmental stimuli, namely

her mother, who was at the party. Karang felt unprepared and tended to reject the situation by avoiding it.

After arriving at the toilet, Karang stood in front of the mirror and stared at herself. Slowly, she began to recall an incident from her childhood when her mother had locked her in the toilet. The data above shows that this response had an effect when Karang began to recall her childhood experience in the toilet. Standing in front of the mirror, painful memories from the past resurfaced, namely when her mother had locked her in the same place. These memories reawakened the fear, sadness, and emotional stress she had tried to bury.

DISCUSSION

Environmental Stimuli as a Factor Shaping Karang's Behavior

The results of this study indicate that the stimuli Karang received came from two main environments: her friendships and her family. In Skinner's behaviorism theory, stimuli are viewed as external stimuli that trigger certain behaviors in an individual (Skinner, 1953). Ganta's reprimand, Rain's action in splashing water on Launa, and Karang's mother's presence at the party were all stimuli that influenced Karang's psychological state.

From a behaviorist perspective, stimuli from her friendships are situational and emerge through everyday social interactions. This aligns with research by Meyliawati (2020), Lestari et al., (2023), Apriana et al.(2023), which states that social stimuli within the friendship environment play a significant role in shaping the behavior of characters in audiovisual works. In the context of this research, the basketball conflict and bullying at school served as stimuli that triggered Karang's emotional tension.

However, from another perspective, stimuli originating from the family environment, particularly the presence of Karang's mother, had a more profound and long-lasting impact. These stimuli did not stand alone but were related to Karang's traumatic childhood experiences. This finding sup-



ports research by Prasetio (2021), which states that stimuli related to family relationships tend to elicit more complex emotional reactions because they are connected to an individual's memories and past experiences.

Karang's Responses as a Reaction to Stimuli

The responses in this study demonstrate the variety of behaviors displayed by Karang and other characters as a result of the stimuli they receive. Ganta's aggressive response, Karang's protective response toward Launa, and Karang's avoidance response when meeting her mother illustrate the basic principle of behaviorism, which states that behavior is a result of the stimuli an individual receives.

From Skinner's theoretical perspective, responses are a direct consequence of environmental stimuli. Ganta's rejection and violence demonstrate the individual's failure to accept stimuli in the form of social reprimands. This finding aligns with research by Sukowati et al. (2024), which states that negative responses often arise when individuals feel their self-esteem is threatened by external stimuli.

On the other hand, Karang's response to protecting Launa demonstrates a spontaneous, prosocial response. This response can be understood as the result of behavioral learning and empathy formed from Karang's life experiences. This is in line with Haznawati et al. (2018), who emphasized that behavioral responses are influenced not only by current stimuli but also by an individual's psychological state and past experiences. Thus, Karang's response reflects a character sensitive to injustice and the suffering of others.

Behavioral Effects as a Sustained Psychological Impact

The effects found in this study indicate that the interaction between stimulus and response resulted in significant psychological impacts, particularly in the form of resurfacing trauma in Karang. The physical violence from Ganta, the splashing of water, and the presence of Karang's

mother triggered the resurfacing of previously suppressed childhood trauma.

From a behaviorist perspective, these effects can be understood as a form of negative reinforcement, where unpleasant experiences strengthen Karang's tendency to avoid certain situations. This finding aligns with Meyliawati (2020), who stated that repeated traumatic stimuli can reinforce avoidance behavior patterns and emotional disturbances in individuals. Furthermore, research by Rahmawati & Hidayat (2022), Yasmin & Yulianto (2025), and Bunda et al. (2025). revealed that traumatic experiences retriggered by environmental stimuli have the potential to elicit repeated emotional responses and impact the long-term stability of an individual's behavior, particularly when the stimuli relate to family relationships and unresolved past experiences.

From another perspective, the effects Karang experiences not only impact her personally but also her social relationships with those around her, such as Launa and her friends. This demonstrates that behavioral changes are not solely individual but also have social implications. Thus, the film "Aku Tak Memenang Hujan" depicts behavioral effects as a multi-layered and ongoing psychological process.

Aggressive behavior in adolescents, especially in male students, is often influenced by two significant factors: narcissistic and social rejection (Ramadhani & Sukma (2024). This study aims to analyze the contribution of narcissistic tendencies and social rejection experiences to aggressive behavior of male students at State Vocational School 5 Padang. The phenomenon of aggressive behavior is often influenced by psychological and social factors, including narcissistic tendencies and social rejection, which can worsen interactions between students. The sample of this study consisted of 182 male students selected by purposive sampling. The method used was quantitative with a correlational approach, using a questionnaire instrument that measured narcissistic tendencies (NT), experiences of social rejection (ESR), and aggressive behavior (AB). Data analysis showed

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Fahmaywati & Khoiri (2025) also used behaviorists. The research results show that Imelda depicts twelve psychopathic traits according to Robert Hare's theory, such as charming speaking ability, egocentric and arrogant, lack of remorse, absence of empathy, manipulative nature, impulsive, need for stimulation, poor emotional control, irresponsibility, early behavioral disorders, and antisocial attitude. In addition, four factors causing the formation of psychopathic behavior were found based on Freud's theory, namely dominance of the id, weakness of the superego, ego dysfunction, and childhood trauma. The research conclusion affirms that Imelda's psychopathic behavior is the result of interaction between internal psychological factors and traumatic experiences. Research suggestions are directed to future researchers to use more varied objects, theories, or approaches to enrich literary psychology research.

CONCLUSION

Based on the analysis and discussion of the film series *Aku Tak Membenci Hujan* using B.F. Skinner's behaviorist perspective, it can be concluded that the behavioral changes of the main character, Karang, are formed through a series of interrelated stimuli, responses, and effects.

First, the stimuli influencing Karang's behavior originate from her friendships and family environment. These stimuli within her friendships include social conflict, bullying, and interpersonal tension, while the stimuli within her family environment relate to the presence and treatment of Karang's mother, which is linked to a traumatic childhood experience. These stimuli serve as external triggers that trigger the changes in the main character's behavior.

Second, Karang's responses to these stimuli vary, ranging from protective responses to avoidance responses to emotional responses. These responses emerge as direct reactions to the environmental stimuli received, in accordance with Skinner's behaviorist principles, which emphasize that behavior is the result of an individual's interaction with their environment.

Third, the effects of Karang's responses demonstrate significant psychological impact, primarily in the form of a recurrence of childhood trauma. These effects not only affect Karang's emotional state but also impact her social relationships with those around her. This demonstrates that the stimuli and responses experienced by individuals can produce lasting effects that shape the character's behavioral patterns and personality.

Thus, this study confirms that the behavioral changes of the main character in the serial film *Aku Tak Membenci Hujan* occur as a result of environmental stimuli that trigger certain responses and produce lasting psychological effects, in accordance with the basic concepts of B.F. Skinner's behaviorist psychology.

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