



The Main Character's Inner Conflict in the Novel *Ayah, Berjuang Sendiri Itu Capek* by Adellia PD: A Psychoanalytic Perspective

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ABSTRACT

This study aims to analyze the inner conflict of the main character, Brichia, in the novel *Ayah, Berjuang Sendiri Itu Capek!* by Adellia P.D. (2025). This inner conflict arises due to the conflict between financial and moral responsibilities towards the family and the character's desire to achieve her dream of becoming a doctor. This study uses a qualitative descriptive method with a literary psychology approach, specifically Sigmund Freud's psychoanalytic theory which includes the personality structure of the id, ego, and superego as well as self-defense mechanisms. The main data source of this study is the novel *Ayah, Berjuang Sendiri Itu Capek!* published in 2025. Supporting data is obtained from reference books, scientific articles, and relevant research related to literary psychology. Data collection techniques are carried out through intensive reading and recording data in the form of narrative excerpts and dialogues that represent the character's inner conflict. Data analysis is carried out by classifying data based on aspects of the id, ego, superego, and forms of self-defense mechanisms. The results of the study indicate that Brichia's inner conflict is caused by the dominance of the id that drives the fulfillment of personal ambition, the superego that instills moral values and a sense of responsibility towards the family, and the role of the ego that tries to mediate these two drives through rational actions, such as seeking realistic educational alternatives. To reduce psychological stress, Brichia uses self-defense mechanisms, including repression, projection, and sublimation. This inner conflict contributes to the formation of Brichia's character as an independent, tough, and principled woman. Keywords: inner conflict, Sigmund Freud's psychoanalysis, id, ego, superego, Father, Fighting Alone Is Tiring!

Keywords: main character, inner conflict, novel, psychoanalytic

Konflik Batin Tokoh Utama dalam Novel *Ayah, Berjuang Sendiri Itu Capek!* Karya Adellia PD: Perspektif Psikoanalisis

ABSTRAK

Penelitian ini bertujuan untuk menganalisis konflik batin tokoh utama, Brichia, dalam novel *Ayah, Berjuang Sendiri Itu Capek!* karya Adellia P.D. (2025). Konflik batin tersebut muncul akibat pertentangan antara tanggung jawab finansial dan moral terhadap keluarga dengan keinginan tokoh untuk meraih cita-cita menjadi seorang dokter. Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan psikologi sastra, khususnya teori psikoanalisis Sigmund Freud yang mencakup struktur kepribadian id, ego, dan superego serta mekanisme pertahanan diri. Sumber data utama penelitian ini adalah novel *Ayah, Berjuang Sendiri Itu Capek!* terbitan tahun 2025. Data pendukung diperoleh dari buku referensi, artikel ilmiah, dan penelitian relevan yang berkaitan dengan psikologi sastra. Teknik pengumpulan data dilakukan melalui pembacaan intensif dan pencatatan data berupa kutipan naratif dan dialog yang merepresentasikan konflik batin tokoh. Analisis data dilakukan dengan mengklasifikasikan data berdasarkan aspek id, ego, superego, serta bentuk mekanisme pertahanan diri. Hasil penelitian menunjukkan bahwa konflik batin Brichia disebabkan oleh dominasi id yang mendorong pemenuhan ambisi pribadi, superego yang menanamkan nilai moral dan rasa tanggung jawab terhadap keluarga, serta peran ego yang berusaha menengahi kedua dorongan tersebut melalui tindakan rasional, seperti mencari alternatif pendidikan yang realistis. Untuk mereduksi tekanan psikologis, tokoh Brichia menggunakan mekanisme pertahanan diri, antara lain represi, proyeksi, dan sublimasi. Konflik batin ini berkontribusi dalam pembentukan karakter Brichia sebagai perempuan mandiri, tangguh, dan berprinsip.

Kata kunci: konflik batin, psikoanalisis Sigmund Freud, id, ego, superego, *Ayah, Berjuang Sendiri Itu Capek!*.

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INTRODUCTION

Literature is a form of human creation that serves not only as entertainment but also as a means of conveying feelings, thoughts, and life experiences. Literature often includes various life issues related to the emotions and inner states of characters. One issue that frequently arises in literary works is inner conflict, the turmoil within a character when faced with a situation that forces them to make a choice or face difficult pressures. This type of conflict can enrich a story by making the character seem more real and relatable to the reader. According to Diana (2016), inner conflict is emotional pressure that originates within an individual, especially when someone must face a choice that causes anxiety or a dilemma. The presence of inner conflict in a story not only strengthens the plot but also provides a deeper insight into the character's personality. Pramesti et al. (2024) state that inner conflict is a struggle that focuses more on the internal problems experienced by a person. Characters experiencing internal pressure are usually portrayed as complex individuals, allowing readers to understand their thoughts, feelings, and changes in attitude throughout the story.

Thus, literature functions not only as a storytelling medium but also as a reflection of human psychology. According to Ahmadi (2015), literature is a reflection of human struggles to fulfill desires, hopes, and values, a process often involving internal conflict. Literature is a window to the soul, reflecting human life in various aspects (Melati et al., 2019). In this regard, literary works are the result of human creativity or expression, then expressed orally or in writing. Literary works are depictions of life, resulting from a writer's observations of the world around them. Therefore, reflection is necessary in creating literary works to create engaging works. Literary works can also be seen as social phenomena, told in various ways according to the author's imagination. This aligns with the opinion of Afriliana et al. (2024), who state that literary works are the manifestation of the author's thoughts and feelings in experiencing existing events.

One work that powerfully depicts internal conflict is the novel "Father, Struggling Alone Is Tired!" by Adellia P.D. (2025). The main character, Brichia, is depicted as a young girl facing pressure from her family while simultaneously having personal dreams she wants to realize. This situation creates conflict within her, especially when she feels trapped between her responsibilities to her family and her dream of becoming a doctor. Brichia's inner turmoil is a crucial part of the story and the main focus of this study. To better understand Brichia's conflict, Sigmund Freud's psychoanalytic approach is used, specifically regarding the three aspects of personality: the id, ego, and superego. These three elements represent the instinctive, rational, and moral sides of a person. An imbalance between these three can create psychological stress, as reflected in the main character's decisions and attitudes when facing the dilemma between responsibility and personal desires (Nadia, 2023).

Based on the research background, the research problem formulation in this study includes how is the main character's inner conflict influenced by the personality structures of the id, ego, and superego? And what are the main character's self-defense mechanisms in dealing with this inner conflict in the novel *Ayah, Berjuang Sendiri Itu Ceek!* by Adellia P.D.? This study aims to analyze the main character's inner conflict based on the personality structures of the id, ego, and superego and analyze the self-defense mechanisms used by the main character in dealing with this conflict. This research is expected to provide theoretical and practical benefits, namely contributing to the development of literary psychology studies through the application of Sigmund Freud's psychoanalytic theory to understand the psychological dynamics of fictional characters, as well as providing readers, Indonesian language educators, and future researchers with an understanding of the inner conflict and psychological dynamics of characters in literary works.

This research is important because it can provide a broader understanding of how the inner



conflict of characters in literary stories can reflect psychological situations in real life. By using Freud's theory, this research is expected to contribute to literary studies, particularly from a psychological perspective, and help readers understand how a character's inner state can influence the overall attitude and plot of the story. This aligns with research conducted by Prikusuma & Pamungkas (2024), who conducted an in-depth study of the inner conflict experienced by the mother character in the novel they studied, referring to the basic principles of psychoanalysis. They found that inner conflict arises from a mismatch between personal expectations and the social reality experienced by the character. This indicates that the character not only struggles with her own feelings and desires, but is also pressured by the demands and expectations of her surroundings. Therefore, this research is expected to serve as a valuable reference for further studies in literature and psychology, as well as make a positive contribution to the development of science in Indonesia.

METHOD

This research is a qualitative study using a literary psychology approach. The goal is to obtain and explain events comprehensively through written and spoken words, as well as observable behavior (Permata Raharjo et al., 2023). This approach allows researchers to analyze various aspects of the novel in detail through qualitative data in the form of narratives and dialogues that reflect the main character's inner conflict. This qualitative research involves important efforts, such as collecting specific data, analyzing the data, and interpreting its meaning.

This study aims to examine the inner conflict of the main character in the novel *Ayah, Berjuang Sendiri Itu Capek!* by Adellia P.D. using the psychoanalytic study of Sigmund Freud. The main focus of this study is to identify and analyze the personality traits of the id, ego, and superego as reflected in the main character's actions and emotions. To achieve this goal, the novel is used as the

primary data source, with the researcher responsible for collecting, analyzing, and interpreting the data.

The data source for this study is the novel *Ayah, Berjuang Sendiri Itu Capek!* by Adellia P.D. The researcher served as the primary instrument, assisted by a data recording sheet. Data collection was conducted through reading and note-taking techniques, namely intensively reading the novel, marking, and recording narrative excerpts and dialogue related to the main character's inner conflict. The reviewer conducted a text review and literature review to strengthen the theoretical foundation and interpretation of the data, which became the primary object of analysis. According to Alfianika (2016:122), a data source is the source from which the data is obtained. This work, published in 2025, was chosen as the object of study because it contains various psychological dynamics of the main character that are relevant for analysis using a literary psychology approach, specifically Sigmund Freud's psychoanalytic theory.

Furthermore, the researcher will utilize secondary sources in the form of books, articles, and journals relevant to the research theme, particularly those related to psychoanalysis and inner conflict. These sources will assist the researcher in providing context and a strong theoretical foundation. The use of diverse data sources is expected to enrich the analysis and provide a broader perspective. Thus, this research focuses not only on the novel text but also on broader studies in the fields of literature and psychology.

The data collection techniques used in this study are literature study and text analysis. The literature study was conducted by collecting various references related to psychoanalysis and inner conflict in literature. Next, text analysis was conducted by reading and analyzing the novel in depth, identifying elements that indicate the main character's inner conflict. This is in line with the opinion of Ariyanti & Shofiyuddin (2024), who stated that the primary data source is the novel *Ayah, Berjuang Sendiri Itu Capek!* (Father, Struggling Alone Is Tired!), and the data collected con-

sists of words, sentences, or text excerpts relevant to the research objectives. The researcher will note important relevant quotations to support the analysis. This technique allows the researcher to gain a better understanding of the character and conflicts faced by the main characters in the novel.

The data analysis technique used in this study is content analysis, which aims to interpret the text's content by identifying, classifying, and analyzing its psychological meanings. According to (Sugiono, 2018:482), data analysis is the process of systematically searching for and organizing data from observations, interviews, and literary analysis. The descriptive analytical technique is carried out by describing the data and then analyzing it. Etymologically, "description" and "analysis" mean to describe. Descriptive analysis is conducted to illustrate the characteristics of the main characters and the inner conflicts they experience. The data analysis techniques to achieve the research objectives as desired by the researcher in this study are:

1. Reread the entire novel "Ayah, Berjuang Sendiri Itu Capek!" by Adellia P.D. and understand the data used to answer the research problem formulation.
2. Given the large amount of data obtained from the data collection process, the researcher conducted a data reduction process. Data reduction was carried out by sorting, grouping, and simplifying the raw data into data that was truly relevant to the research problem formulation and objectives. The data presented in the discussion were the most representative, had strong meaning, and were able to strengthen the researcher's interpretation of the theme or issue being analyzed.
3. Analyze the form of internal conflict experienced by the main character by analyzing the conflict between the id, ego, and superego. Internal conflict will be analyzed based on the conflict between subconscious drives and the social and moral norms adopted by the character.
4. Analyze the defense mechanisms that emerge in response to internal conflict. The researcher

will interpret whether the character uses forms of self-defense such as repression, regression, projection, or other mechanisms.

5. Summarize the results of the analysis conducted on the inner conflict and self-defense mechanisms of the main character in the novel *Ayah, Berjuang Sendiri Itu Capek!* by Adellia P.D.

The data validity techniques for this research were conducted using validity and reliability. Validity and reliability are necessary to maintain the validity or validity of the data so that the research results can be accepted and accounted for. Research conducted by Putri & Raharjo (2023) revealed that validity in this research is carried out using internal validity, namely the researcher's active involvement in the process of interpreting the text and interpreting the psychological symbols of the characters. This research validity uses internal validity, namely the researcher's involvement in the research process and continuous observation, as well as the use of reference materials to increase confidence in the accuracy of the data and research results obtained.

RESULTS

Personality Structure of Brichia

The results of this study indicate that the inner conflict of Brichia in the novel *Ayah, Berjuang Sendiri Itu Capek!* by Adellia P.D. is influenced by the interaction of three personality structures according to Sigmund Freud: the id, ego, and superego. Brichia's id-driven drive appears to be dominant in her desire to become a doctor. This desire is not only a personal ambition, but also related to fulfilling a promise to her mother and the hope of improving her family's situation. This drive becomes a major source of inner conflict because it often clashes with the realities of life she faces.

Brichia's ego structure acts as a mediator between id impulses and reality. The ego is reflected through realistic endeavors such as seeking scholarships, working hard, and balancing time between education and family responsibilities. Through the ego, Brichia strives to survive and adapt to eco-



conomic pressures and academic demands. Meanwhile, Brichia's superego emerges through moral awareness, a sense of responsibility, and affection for her father. The superego encourages Brichia to prioritize family interests and adhere to social norms, even though this often suppresses her own desires.

Table 1
 Brichia's Personality Structure Analysis

No.	Data	Personality Structure		
		ID	EG	SE
1	Her father wouldn't bother with the hassle of complicated matters that would add to his workload. So, as the youngest daughter, Brichia decided to help out every day. She would let her father work on his passion, while she would become a great doctor and elevate the family's standing (Adellia, 2025:23).	✓		
2	Because of your achievements and your recent qualifications for the national Olympiad, the ministry gave you an additional prize. They also know your dream of becoming a doctor, but your financial situation has held you back (Adellia, 2025:33).	✓		
3	Brichia had also made a promise to her mother long ago. She promised to become a doctor who would help everyone without discrimination so that there would be no more victims like her mother (Adellia, 2025: 34).	✓		
4	Brichia remained silent until Dr. Kafi continued. "Oh, I know, you're tired of this school and thinking of giving up? Okay, good." Brichia's eyes widened. She immediately shook her head firmly. "Not yet. I still want to fight here, Doc." (Adellia, 2025:88).		✓	
5	Brichia yawned widely every now and then. Tears welled up in her eyes, but she quickly wiped them away. Her body felt crushed. Despite her busy schedule, she only managed three hours of sleep last night. All because of one thing: Brichia was taking over her father's broiler chicken business (Adellia, 2025:96).		✓	
6	"He's been gently hitting his waist as he walks. It seems his bad sitting position while doing his work in between selling needs to be changed. Otherwise, he could develop a serious illness." (Adellia, 2025:101).		✓	
7	"I'm sorry Dad, Neng," said Dad who was sitting on the living room sofa next to Brichia. "Dad can't help much, because Dad is sick, our situation is like this." "What the hell, Dad. Don't think about it, Brichia, I was just tired, really, later Brichia will come back as usual. Just calm down, Dad, no need to apologize, okay?" Brichia looked into her father's eyes (Adellia, 2025:114).			✓
8	"I understand that being a doctor isn't easy, Brichia. The problem is, you're not just a medical student, but also a scholarship recipient. You have other responsibilities to shoulder, including good and improving grades. This all seems like a burden, but it's for your own good, Brichia." (Adellia, 2025:103).			✓

Brichia's Self-Defense Mechanisms

In addition to structural personality conflicts, research also revealed that Brichia frequently em-

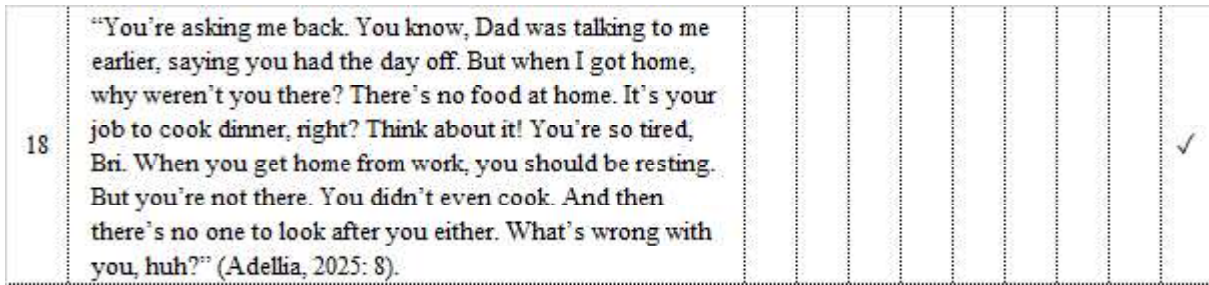
ployed various defense mechanisms as psychological strategies to cope with the emotional stress arising from her internal conflicts. These defense

mechanisms included repression, which involves suppressing anxiety-provoking memories or feelings so they are not consciously recognized; projection, which involves displacing unacceptable feelings or impulses onto others; and sublimation, where stressful emotional energy is redirected into constructive activities, such as studying or achieving. Furthermore, Brichia also employed diversion, which involves shifting attention away from the source of stress to other activities; rationalization, which involves providing logical reasons to justify behaviors or feelings actually triggered by anxiety; and reaction formation, where she exhibits behavior that contradicts the unacceptable inner impulses.

Table 2
 Analysis of Brichia's Self-Defense Mechanisms

No.	Data	Mekanisme Pertahanan Diri									
		RP	PR	SB	PG	RS	RF	RG	AA	FS	
1	Brichia's thoughts now drifted to the many things that had happened in her life. Shadows of the past continued to flash through her mind, despite her efforts to let them go (Adellia, 2025:6).	✓									
2	Sometimes in the midst of tiredness and despair, Brichia always replays beautiful memories of the past, especially when she was with Hartini, her mother (Adellia, 2025:10).	✓									
3	If Brichia continued moving forward without looking back, she wouldn't be able to. Because the beautiful memories she had with her mother would remain etched in her memory. They couldn't be re-examined (Adellia, 2025:15).	✓									
4	Brichia was sought not because they loved her, but because she was subjected to endless forced labor. They wanted to extract energy and the contents of her mind (Adellia, 2025:10).		✓								
5	"Damn. I forgot to turn off notifications. They're so annoying," she cursed softly. Just as Brichia was about to turn off her phone, a second call rang. A name, Nafaesa, appeared on the screen. Brichia decided against it. If she didn't answer immediately, she would definitely get in trouble" (Adellia, 2025:7).		✓								
6	He will let his father work according to what he has been doing all this time, while he will become a great doctor and raise the family's status in the future (Adellia, 2025:23).		✓								
7	Brichia had also made a promise to her mother long ago: she would become a doctor who would help everyone without discrimination so that there would be no more victims like her mother (Adellia, 2025:34).			✓							
8	Brichia's chest heaved at Nafaesa's barrage of harsh words. Guilt, anger, and even the urge to scream filled her. She immediately closed her eyes, took a deep breath, and exhaled slowly. She tried to control her emotions so they wouldn't explode (Adellia, 2025: 8).				✓						

Maysaroh, Januari 2026, 675-690



DISCUSSION

The inner conflict of the main character, Brichia, is analyzed through Freud’s three personality structures: the id, ego, and superego, as well as the defense mechanisms that emerge in her behavior. Brichia is depicted as intelligent, ambitious, and determined to become a doctor, yet she faces family pressure that demands that she prioritize the interests of others. Her id is reflected in her various desires, particularly the pursuit of her dreams. This is explained below:

The Form of the Id in the Novel “Father, Struggling Alone Is Tired!”

The id is a biological aspect of personality that operates based on the pleasure principle and drives the instinctive fulfillment of desires without considering reality or moral values. In the novel “Father, Struggling Alone Is Tired!”, Brichia’s id is reflected through her strong drive to achieve her dream of becoming a doctor. The main character’s desire to achieve her dream is explained below:

The Desire to Become a Doctor

According to Freud, the id is a strong drive or desire that needs to be fulfilled. This is reflected in Brichia, whose determination to become a doctor is a promise to her mother. She pursued medical education on a merit scholarship, demonstrating that her desire is not only for personal satisfaction, but also for the sake of her family and the well-being of others. As described in the following quote:

Her father wouldn’t bother with complicated matters that would add to his workload. So, as the youngest daughter, Brichia decided to help out every day. She would let her father work as he had always done, while she would become a great doctor and elevate the family’s status. (Adellia, 2025:23).

The data shows that Brichia’s desire to become a doctor stems from the id, an instinctive drive to achieve success and recognition, while also aligning with responsibility and love for her family. As illustrated in the following quote:

Because of your achievements and your passing the national Olympiad yesterday, the ministry gave you an additional prize. They also know your dream of becoming a doctor, but it was held back due to financial constraints. (Adellia, 2025:33).

Brichia’s desire to become a doctor is driven by the id, motivating her enthusiasm, guided by the ego to find realistic solutions, and by the superego to make her dreams meaningful as a moral responsibility to her family. This is reinforced by her personal promise to her mother in the following quote:

Brichia had also made a promise to her mother long ago. She promised to become a doctor who helped everyone without discrimination so that there would be no more victims like her mother. (Adellia, 2025: 34).

Brichia’s promise to her mother triggered a strong id drive, channeling her grief into motivation to become a doctor, facing life’s pressures, and keeping her promise while elevating her family’s status.

The Form of the Ego in the Novel “Father, Fighting Alone Is Tired!”

According to Freud, the ego mediates id drives and reality with rational considerations. In Brichia’s case, the ego is reflected in her struggle to realize her ideals realistically while facing fatigue and despair. This struggle is described below:



The Struggle to Realize Ideals

Brichia's ego is reflected in her awareness of reality; despite expensive education and difficult family circumstances, she continues to strive to study and realize her dream of becoming a doctor. As in the following excerpt:

Brichia remained silent until Dr. Kafi continued. "Oh, I know, you're tired of this school and thinking of giving up? Okay, good." Brichia's eyes widened. She immediately shook her head firmly. "Not yet. I still want to fight here, Doc." (Adellia, 2025: 88).

Data shows that Brichia's ego mediates between id impulses and reality, allowing her to remain rational, control her emotions, and commit to pursuing her dream of becoming a doctor despite her fatigue.

Struggling Against Fatigue and Despair

Brichia faced a tough struggle against fatigue and despair due to emotional pressure and the burden of family responsibilities amidst economic constraints, yet she persevered in her efforts to achieve her dreams, as illustrated in the following quote.

Brichia yawned widely every now and then. Tears welled up in her eyes, but she quickly wiped them away. Her body felt shattered. Amidst her busy schedule, she only managed three hours of sleep last night. All because of one thing: Brichia was taking over her father's broiler chicken business. (Adellia, 2025: 96).

The data shows Brichia enduring fatigue and continuing to work, reflecting an ego that balances id impulses with reality and maintains its commitments and responsibilities, as illustrated in the following quote:

Since earlier, she had been gently tapping her waist as she walked. It seemed her bad sitting position while working on tasks between selling needed to be changed. Otherwise, she could develop a serious illness. (Adellia, 2025: 101)

The data shows that Brichia's ego mediates the id's urge to rest with the demands of reality, allowing her to maintain rational thinking and adapt despite fatigue, balancing personal desires and obligations.

The Superego in the Novel "Father, Fighting Alone Is Tired!"

Brichia's superego is reflected in her responsibility and success-oriented moral values, which act as the central control point for behavior based on social norms.

Brichia's Affection for Her Father

Brichia's superego dominance is evident through her strong affection and empathy for her father. The superego directs Brichia to prioritize the family's interests, protect her father's feelings, and demonstrate emotional maturity and moral responsibility. This is evidenced by the following data:

"I'm sorry, Dad," said her father, sitting on the living room sofa next to Brichia. "I can't help much. Because of your illness, we're in this situation." "What's wrong, Dad? Don't worry about Brichia. I was just tired, and she'll be back to normal soon. Don't worry, Dad. No need to apologize." Brichia looked into her father's eyes. (Adellia, 2025:114)

The data shows Brichia's strong superego, reflected in her empathy and affection for her father. She suppressed fatigue to protect her father's feelings, demonstrating emotional maturity and prioritizing the family's interests.

Brichia's Form of Responsibility for Her Education

The superego functions as a moral controller that determines the right and wrong of actions.

Inconsistency with moral values leads to guilt, while behavior that aligns with those values brings inner satisfaction. In Brichia's case, the superego is reflected in the following quote:

"I understand that being a doctor isn't easy, Brichia. The problem is that you're not just a medical student, but also a scholarship recipient. You have additional responsibilities to shoulder, achieving good and improving grades. This all seems like a burden, but it's for your own good, Brichia." (Adellia, 2025:103)

The data shows that Brichia's superego is evident in her discipline and responsibility as a scholarship recipient, suppressing her id despite being tired. The interaction of the id, ego, and

superego reflects her emotional and moral maturity.

Forms of Self-Defense Mechanisms in Brichia

A self-defense mechanism is an unconscious psychological strategy to protect an individual from anxiety caused by inner conflict. In this novel, Brichia uses nine forms of self-defense mechanisms, which will be described below.

Repression

Repression is a defense mechanism that suppresses painful feelings or thoughts into the subconscious. Brichia uses repression by escaping into past memories, even though this creates anxiety. This is evidenced by the following data:

Brichia's thoughts now drift to many things that have happened in her life. Images of the past continue to flash through her mind despite attempts to let them go. (Adellia, 2025:6)

The data shows that Brichia uses the repression mechanism by suppressing painful past memories into the subconscious. Despite attempts to forget them, these memories continue to emerge and disturb her thoughts, indicating an inner conflict she cannot fully control. This phenomenon is reinforced by the following data:

Sometimes, in the midst of fatigue and despair, Brichia always recalls fond memories of the past, especially those with Hartini, her mother. (Adellia, 2025: 10).

Data shows Brichia uses repression by escaping into happy memories with her mother as an escape from exhaustion and despair, creating a mental 'safe haven' to avoid painful realities. Brichia further explains the culmination of this repression defense mechanism in the following quote:

If Brichia kept moving forward without looking back, she couldn't. Because the beautiful memories with her mother would remain imprinted in her memory. They couldn't be re-examined.

(Adellia, 2025: 15).

Repression is Brichia's primary mechanism for

protecting her ego from anxiety by suppressing painful experiences into the subconscious, even though it keeps her tied to the past.

Projection

In Freud's theory, projection is a defense mechanism in which individuals attribute feelings or mistakes they find difficult to accept to others to protect the ego and relieve anxiety. This is evidenced by the following paragraph:
"Damn. I forgot to turn off notifications. They're so annoying," she muttered softly. Just as Brichia was about to turn off her phone, a second call rang. A name, Nafaesa, appeared on the screen. Brichia then abandoned her plan. If she didn't answer immediately, she would surely get into trouble. (Adellia, 2025: 7).

This data demonstrates the role of Brichia's ego, mediating the id's urge to ignore the phone with the demands of reality. She chose to be rational and responsible by answering her sister's call to avoid trouble. Further data can be supported by the following:

Brichia was sought out not because they loved her, but because she felt like she was being forced to work endlessly. They wanted to exploit her energy and her mental capacity. (Adellia, 2025: 10).

The data shows Brichia using projection, blaming others, to protect her ego from the anxiety caused by the conflict between free will (id) and family responsibilities (superego).

Sublimation

Sublimation is a positive defense mechanism that redirects socially unacceptable impulses into productive and beneficial actions. This is evidenced by the following quote:

She will let her father work as he has always done, while she will become a great doctor and elevate the family's standing.

(Adellia, 2025: 23).

The data demonstrates a sublimation mechanism in Brichia, where emotional stress and family responsibilities are diverted into positive motivation to achieve and achieve her dream of becoming a doctor. This behavior reflects healthy self-defense, as her psychic energy is channeled into productive and socially beneficial



actions. As evidenced by the following quote:
Brichia also made a promise to her mother long ago. She promised to become a doctor who helps everyone without discrimination so that there would be no more victims like her mother. (Adellia, 2025: 34).

The data shows Brichia using sublimation by transforming grief over her mother's death into motivation to become a doctor and help others, channeling trauma into a spirit of achievement, altruism, and a manifestation of maturity and psychological independence.

Displacement

Diversion is a defense mechanism according to Freud that transfers negative emotions to a safe object to protect the ego, providing temporary relief without resolving the problem. It usually occurs when an individual feels helpless. This is evidenced by the following data:

Brichia's chest immediately rose and fell upon hearing Nafaesa's barrage of harsh words. Feelings of guilt, anger, and even the urge to scream immediately filled her. She suddenly closed her eyes, then took a deep breath and exhaled slowly. She tried to control her emotions so they wouldn't explode. (Adellia, 2025: 8).

The data shows Brichia using a diversionary mechanism by suppressing her anger at Nafaesa's words. She redirected her aggressive id impulses into self-control through her ego, maintaining emotional stability and avoiding conflict. Brichia diverted her emotions with something quite natural: going to the beach and trying to scream into the open sea. This is evidenced by the quote below:

"AHHHHH!" The scream she had been wanting to let out finally escaped unhindered. Her feet began to stomp on the sand beneath her. "Oh my God, what's wrong?" she asked in frustration. (Adellia, 2025: 10).

The data shows Brichia using a diversion mechanism by channeling frustration and emotional stress into safe actions, such as taking a deep breath or screaming in a quiet place, rather than venting directly to the source of the problem. This diversion allows the ego to

control id impulses, relieve tension, and maintain emotional balance and psychological stability.

Rationalization

Rationalization is a defense mechanism that justifies behavior or failure with logical reasons, thus protecting the ego from uncomfortable emotions even though it can hinder responsibility. This is explained in the following quote:

Brichia had promised herself that she would be an obedient student during her studies and internship. Her father said, "Just be obedient, whatever they say, just follow and avoid conflict, then your life will be safe and peaceful." That's why Brichia didn't protest the demands of her assignments and shift schedule, which were sometimes beyond common sense. (Adellia, 2025: 41).

The data shows Brichia using a rationalization mechanism by justifying her compliance with excessive demands in order to maintain a "safe and peaceful" life. This rationalization protects the ego from inner conflict and anxiety, helping Brichia calm down and accept difficult situations without defying social norms.

Reaction Formation

Reaction formation is a defense mechanism in which a person displays behavior contrary to their true feelings to avoid anxiety or feelings of embarrassment, usually occurring unconsciously. This is illustrated by the following quote:

Honestly, Brichia was very tired. She knew that becoming a doctor was her dream and a promise to her mother. She herself chose to be obedient to save herself in this major. In the end, her kindness was taken advantage of, but she couldn't protest much. (Adellia, 2025: 44).

This data shows Brichia using the reaction formation mechanism by displaying a compliant and kind attitude despite feeling tired and stressed. The ego suppresses negative feelings and replaces them with positive behaviors to maintain emotional stability and self-image amidst pressure.

Aggression and Apathy Regression

Regression is a defense mechanism in which individuals revert to childhood behaviors, such as crying or seeking shelter, when faced with severe stress. This serves as a temporary escape for security and emotional support. This is evidenced by the following quote:

With a little force, Brichia lay down on the sand. One arm began to cover her eyes and part of her face. Loud sobs could be heard. "Mom, Brichia misses you," Brichia whispered through her tears. "Can... Brichia just go with you?" (Adellia, 2025: 10).

The data shows Brichia using regression mechanisms by returning to childhood behaviors, such as crying and wanting to "go with her mother," to seek security and protect herself from anxiety caused by emotional distress. This is evidenced by the following quote:

Brichia's memories stopped there. The happiness of that time seemed to squeeze her heart painfully. Brichia longed for the times when she could sleep in her mother's lap. But now all she could do was sleep alone in her cold bed every night with endless longing.

(Adellia, 2025: 15).

The data shows Brichia using regression by returning to childhood memories to seek security, as a temporary escape for the ego to calm herself and reduce anxiety.

a. Aggression

Aggression is anger that can lead to destruction, while apathy is withdrawal due to the inability to face a problem; both are related to tension and anxiety. The data is described as follows:

"AHHHHH!" The scream that had been wanting to be released finally came out unhindered.

(Adellia, 2025: 10).

The data shows Brichia venting pent-up emotions as a release from unbearable pressure, anger, and fatigue.

b. Apathy

Apathy is withdrawal and loss of interest due to the inability to face a problem. Aggression and

apathy are feelings of anger closely related to tension and anxiety that can lead to destruction and aggression. It is described below:

She no longer wanted to hear those hurtful words. Her heart was already fragile, and her physical condition was exhausted from lack of sleep, so she shouldn't ruin her mood by listening to negative words about herself.

(Adellia, 2025: 43).

The data shows Brichia using defense mechanisms in the form of repression and avoidance. He suppressed his sadness and hid to soothe himself from the inner pain he felt.

Fantasy and Stereotypes

a. Fantasy

Fantasy is an imagination that reflects unfulfilled desires or needs, used consciously or unconsciously to escape reality or emotional distress. This is evidenced by the following data:

Sometimes, amidst fatigue and despair, Brichia always replays beautiful memories of the past, especially moments with Hartini, her mother. Her only happiness is "I really want to be hugged by my mother" (Adellia, 2025: 10).

The data shows that Brichia uses fantasy as an emotional escape to fulfill her longing for her mother's love. This is further supported by the following data:

Brichia's memories stopped there. The happiness of that time seemed to squeeze her heart painfully. Brichia longed for the days when she could sleep in her mother's lap. However, now all she could do was sleep alone in her cold bed every night, filled with endless longing.

(Adellia, 2025: 15).

The data illustrates Brichia's internal conflict over the loss of her mother, where warm childhood memories evoke longing and loneliness, emphasizing the emotional burden and vulnerability she feels every night.

b. Stereotype

Stereotypes are repetitive behaviors caused by frustration, where a person blames others or repeats negative beliefs as an escape from internal conflict. This is evidenced by the following quote:

"And then you ask me again. Hey, Dad



was talking to you earlier, saying you had the day off. But when you got home, why weren't you there? There's no food at home. It's your job to cook dinner. Think about it, Bri! You're so tired, Bri. When you get home from work, you should be resting. But you're not there. You didn't even cook. And then there's no one to look after you, either. What are you doing, huh?" (Adellia, 2025: 8).

The data shows Brichia using fantasy as an emotional escape from the loss of her mother and stereotypes to express tension, helping maintain her emotional stability.

CONCLUSION

This data illustrates Brichia's emotional state, as she is holding back feelings of tension or anxiety. Her held breath indicates inner pressure or fear of something that is happening or will happen. Her movement of hugging the report tightly until it becomes crumpled demonstrates an attempt to calm herself and demonstrates how precious the object is to her.

Based on the description above, Brichia exhibits defense mechanisms in the form of fantasy and stereotypes as a response to the emotional stress she experiences. Through fantasy, Brichia channels her longing for maternal affection and uses it as an emotional escape from painful reality. Meanwhile, through stereotyped behavior, she displays suppressed tension and anxiety, manifested in physical actions such as tightly hugging the report as a symbol of self-soothing. These two mechanisms indicate Brichia's attempt to maintain emotional stability amidst inner conflict and the heavy burden of responsibility.

Based on the results of research and discussion of the novel *Ayah Berjuang Sendiri Itu Capek!* by Adellia P.D., using Sigmund Freud's psychoanalytic theory, and examining her personality structure, the following conclusions can be drawn:

1). Based on the analysis of the personality structure of Brichia in the novel *Ayah, Berjuang Sendiri Itu Capek!* Based on Adellia P.D.'s work, it can be concluded that the three aspects of

personality, according to Sigmund Freud's psychoanalytic theory—the id, ego, and superego—interact to form the main character's inner dynamics as a whole. The character's id is evident through her strong drive to realize her dream of becoming a doctor and fulfilling her promise to her mother. The ego plays a role when the character attempts to balance desires and the realities of life through rational means, such as striving to obtain a scholarship and surviving economic pressures. Meanwhile, the superego is evident through the character's sense of responsibility, affection, and moral awareness toward her father and her obligations as a scholarship recipient. These three elements create inner conflict, but also shape the character into an independent, resilient, and morally upright woman capable of facing life with emotional maturity and social responsibility.

2). The character's defense mechanisms can be concluded as Brichia demonstrates various forms of defense mechanisms in response to the psychological pressure and inner conflict she experiences. These mechanisms align with Sigmund Freud's psychoanalytic theory, which explains that individuals use unconscious means to protect the ego from anxiety and suffering. Brichia uses repression to suppress painful emotions and memories, projection by blaming others for the pressure she feels, and sublimation by transforming sadness into a passion for learning and hard work to achieve her dream of becoming a doctor. She also diverts her emotions by venting in safe ways, such as screaming or isolating herself, and rationalizes to justify her decisions and submissive attitude to circumstances. The formation reaction is evident when Brichia remains gentle and obedient despite her hurt feelings, while regression manifests in her longing for her mother's love. Aggression and apathy mechanisms are evident in her anger or silence when faced with pressure, while fantasy and stereotypes serve as a form of inner escape from a tiring reality. Overall, these various defense mechanisms demonstrate Brichia as a strong and resilient woman. She strives

to maintain emotional balance and maintain her zest for life amidst heavy family and social pressures. Through her struggles, Brichia is portrayed as a representation of an independent woman who struggles to face reality with moral awareness, family love, and determination.

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