



Representation of Trauma of Loss and the Main Character's Self-Defense Mechanism in Brian Khrisna's Novel 23:59

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ABSTRACT

This study aims to describe the representation of trauma, loss, and self-defense mechanisms of the main character in the novel 23:59 by Brian Khrisna. The research was carried out from May to June 2026 through a document study using the novel 23:59 by Brian Khrisna as the main data source. The research data is in the form of words, phrases, sentences, dialogues, and narratives that represent the trauma of loss as well as the main character's self-defense mechanism. The research instrument is the researcher himself with the help of a data card as a supporting instrument. Data analysis was carried out using qualitative descriptive methods through the stages of data reduction, data presentation, and conclusion drawn. The validity of the data was tested using theoretical triangulation with reference to literary psychology theory, trauma loss theory, and self-defense mechanism theory. The results of the study show that the representation of the trauma of losing the main character includes six forms, namely physical and psychological disorders, self-blame, trust issues, self-harm, personality changes, and reactivation of trauma due to triggers. In addition, six forms of self-defense mechanisms were found, namely repression, displacement, formation reaction, regression, aggression, and fantasy. The findings of the study show that the trauma of loss is closely related to the emergence of self-defense mechanisms in response to psychological distress until the main character finally reaches the stage of acceptance of the traumatic experience he has experienced.

Keywords: trauma of loss, main character, self-defense mechanisms, novel

Representasi Trauma Kehilangan dan Mekanisme Pertahanan Diri Tokoh Utama dalam Novel 23:59 Karya Brian Khrisna

ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan representasi trauma kehilangan dan mekanisme pertahanan diri tokoh utama dalam novel 23:59 karya Brian Khrisna. Penelitian dilaksanakan pada bulan Mei hingga Juni 2026 melalui studi dokumen dengan menggunakan novel 23:59 karya Brian Khrisna sebagai sumber data utama. Data penelitian berupa kata, frasa, kalimat, dialog, dan narasi yang merepresentasikan trauma kehilangan serta mekanisme pertahanan diri tokoh utama. Instrumen penelitian adalah peneliti sendiri dengan bantuan kartu data sebagai instrumen pendukung. Analisis data dilakukan menggunakan metode deskriptif kualitatif melalui tahapan reduksi data, penyajian data, dan penarikan simpulan. Keabsahan data diuji menggunakan triangulasi teori dengan mengacu pada teori psikologi sastra, teori trauma kehilangan, dan teori mekanisme pertahanan diri. Hasil penelitian menunjukkan bahwa representasi trauma kehilangan tokoh utama meliputi enam bentuk, yaitu gangguan kondisi fisik dan psikologis, menyalahkan diri sendiri, masalah kepercayaan, menyakiti diri sendiri, perubahan kepribadian, serta reaktivasi trauma akibat pemicu (*trigger*). Selain itu, ditemukan enam bentuk mekanisme pertahanan diri, yaitu represi, pengalihan, reaksi formasi, regresi, agresi, dan fantasi. Temuan penelitian menunjukkan bahwa trauma kehilangan berkaitan erat dengan munculnya mekanisme pertahanan diri sebagai respons terhadap tekanan psikologis hingga tokoh utama akhirnya mencapai tahap penerimaan terhadap pengalaman traumatis yang dialaminya.

Kata kunci: trauma kehilangan, mekanisme pertahanan diri, tokoh utama, novel

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INTRODUCTION

According to Endraswara (2021:20-21), literature is a medium of human expression that has a close relationship with psychological life because through literary works, various mental experiences of characters can be presented aesthetically and humanistically. The various psychological conditions of the characters are represented through events, conflicts, and responses that appear throughout the story. Therefore, literary works not only function as a medium of entertainment, but also as a means to understand the dynamics of the human psyche through the life experiences of characters.

One of the psychological experiences that is widely represented in literary works is loss. These experiences are not only part of the storyline, but can also develop into trauma that affects the way characters think, feel, and act. Rismayanti et al., (2024:109) suggest that trauma due to loss affects the character's response in dealing with various situations they experience. This response is often seen through self-defense mechanisms as an effort by the character to reduce emotional distress due to traumatic experiences. Thus, the trauma of loss and self-defense mechanisms are two important psychological aspects to be studied in literary works.

This phenomenon is depicted in the novel *23:59* by Brian Khrisna. This novel tells the story of the main character who experiences loss and faces various emotional upheavals as a result of the experience. Changes in emotions, ways of thinking, and responses of characters in dealing with conflict show representations of loss trauma and various forms of self-defense mechanisms. Therefore, the novel *23:59* was chosen as the object of research because it presents the psychological dynamics of relevant characters to be studied through the approach of literary psychology.

Based on this background, the formulation of the problem in this study is: (a) what is the representation of the trauma of loss experienced by the main character in the novel *23:59* by Brian

Khrisna? (b) what is the form of the main character's self-defense mechanism in dealing with the trauma of loss in the novel *23:59* by Brian Khrisna?

In line with the formulation of the problem, the objectives of this study are: (a) to describe the representation of the trauma of loss experienced by the main character in the novel *23:59* by Brian Khrisna. (b) describe the form of the main character's self-defense mechanism in dealing with the trauma of loss in the novel *23:59* by Brian Khrisna.

This research is expected to provide both theoretical and practical benefits. Theoretically, this research contributes to the development of the study of literary psychology, especially regarding the representation of loss trauma and the self-defense mechanisms of characters in literary works. Practically, this research is useful for: (a) other researchers as a reference and consideration in similar research, (b) students as a source of reference in studying the application of literary psychology approaches, (c) readers to broaden their understanding of the representation of loss trauma and self-defense mechanisms in literary works, and (d) the community to improve mental health literacy, especially in understanding the impact of loss experiences and their importance respond to psychological conditions wisely.

The research uses a literary psychology approach. Literary psychology is an interdisciplinary study that utilizes psychological concepts to understand literary works. Through this approach, literary works can be analyzed from various aspects, such as the author's personality, creative process, the application of psychological theory in the work, and its influence on the reader (Wiyatmi, 2011:28). In its application, the approach to literary psychology follows the steps of scientific research in general, starting from determining the focus of the study, formulating problems, collecting data, to analyzing and drawing conclusions. The difference lies in the emphasis on analysis oriented to the psychological aspect in literary works (Wiyatmi, 2011:105).

Trauma is a psychological condition that arises due to experiences or events that leave a deep impression on a person so that it is difficult to forget. Such experiences can affect the individual's psychic state and cause the appearance of responses or behaviors that are different from the usual conditions. Trauma can also have an impact on mental health and interfere with daily activities if it cannot be handled properly (Hendrayadi et al., 2024:272). Furthermore, Ramadhan (2023:14) explained that trauma is also related to experiences that cause inner wounds that last for a long time. Events such as accidents, violence, loss of loved ones, or natural disasters can trigger the appearance of these conditions. In addition, according to Santoso (in Syawalya & Kusuma, 2023:995) trauma can be seen as an individual response to strong stress, both sudden and gradual, which gives rise to reactions such as fear, shock, and psychological stress that are difficult to remove from memory. Iman et al., (2024:42) explained that trauma can be influenced by factors from within the individual as well as from the outside environment. In general, these factors are divided into two, namely internal (psychological) and external (physical) factors.

According to Sigmund Freud (in Ningrum, 2025:644), defense *mechanisms* are one of the main concepts in psychoanalytic theory which refers to the psychological ways in which the ego works unconsciously to protect the ego. This mechanism is used by individuals to maintain mental balance and avoid stress or inner conflicts that have the potential to interfere with their psychological state. Azizah et al., (2024:86) also explain that self-defense mechanisms arise as an individual's response to feelings of discomfort, such as anxiety or fear. In such conditions, individuals tend to look for ways to divert or replace threatening feelings with other more acceptable forms, so that the perceived pressure becomes reduced. In other words, this mechanism acts as a way of self-adjustment when individuals are faced with situations that have the potential to harm or interfere with their emotional state.

Santrock (in Minderop, 2018:32) explained that self-defense mechanisms are psychological strategies that individuals use unconsciously to relieve anxiety due to conflicts or pressures experienced by Santrock. This mechanism functions to protect the ego from experiences that cause emotional discomfort so that individuals can adjust to the situation at hand. Minderop (2018:32-39) describes self-defense mechanisms including repression, sublimation, projection, *displacement*, *rationalization*, *reaction formation*, regression, aggression and apathy, as well as fantasies and stereotypes. The nine forms of self-defense mechanisms are the basis for identifying the psychological response of the main character to the trauma of loss in this study.

There are three relevant studies that need to be presented. First, Prameswari et al., (2025) discuss the psychological aspects of literary works, especially those related to trauma in the novel *Rumah Untuk Alie* by Len Liu. Second, Wulandari & Israhayu (2023) examines the novel *Repression* by Fakhrisina Amalia which examines various forms of self-defense mechanisms used by the main characters in dealing with psychological pressure that arise in the story. In contrast to the two studies, this study examines the representation of loss trauma and the form of the main character's self-defense mechanism simultaneously in the novel *23:59* by Brian Khrisna so that the relationship between traumatic experiences and the character's psychological response can be analyzed more comprehensively. Third, Khamdiyah & Nugraha (2026) examined the self-defense mechanisms of the marginalized in the novel *The Darkest Side of Heaven* by Brian Khrisna. Although they both use Brian Khrisna's work, this research uses different subjects and research objects.

METHODS

The research procedure is carried out in stages, starting with determining the subject and object of research according to the focus of the study. Furthermore, the researcher collected references

related to literary psychology, trauma, and self-defense mechanisms as the theoretical foundation of the research. After that, the researcher read the novel *23:59* by Brian Khrisna repeatedly and carefully to gain a complete understanding of the content of the story. The next stage was data collection using the see-and-record technique by identifying and recording quotes that represented the trauma of loss and the self-defense mechanism of the main character. The data that has been collected is then classified based on the focus of the research to be further analyzed and concluded according to the research objectives.

This study uses a type of qualitative descriptive research because it is in accordance with the characteristics of data in the form of words, sentences, and quotes in literary works that require careful interpretation. Qualitative research emphasizes the observation of phenomena and the meanings contained in them, so that the analysis is carried out to understand the meaning implied through the use of language. Thus, the accuracy of the research results depends on the researcher's ability to interpret the data in depth to reveal the psychological phenomena of the characters in the novel (Safrudin et al., 2023:3).

The data collection technique in this study uses the see-and-record method. Harun et al., (2022:469) explained that the watch-and-record technique is a data collection technique that places researchers as the main instrument in research. Through this technique, the researcher conducts a careful, systematic, and thorough observation and analysis of data sources guided by the focus and analysis indicators that have been determined in advance. The monitoring technique is carried out by reading and observing the data source carefully to obtain information that is in accordance with the focus of the research. In this study, the researcher listened to the content of the novel *23:59* by Brian Khrisna repeatedly to find data related to the trauma of loss and the main character's self-defense mechanism. Pintubatu et al., (2022:11) also explained that the recording technique is carried out by recording data

systematically in accordance with the focus of the research. This technique was chosen because the research data is in the form of text so that it facilitates the process of organizing and analyzing data.

The data analysis technique in this study uses qualitative data analysis which is carried out systematically through three stages. (1) Data reduction, which is the process of selecting, encoding, and grouping data that is relevant to the focus of the research so that unrelated data can be set aside. (2) Data presentation, which is compiling data that has been reduced into the form of a descriptive description so that the relationship between data is easier to understand and analyze. (3) Drawing conclusions and verification, namely formulating research findings based on the results of the analysis and reviewing the relationship between data to ensure that the conclusions that are collected in this study are carried out through document studies using the novel *23:59* by Brian Khrisna as the main data source. Therefore, this study does not require a specific research location because all data is obtained from novel texts. The data collection process was carried out from May to June 2026 through repeated, meticulous, and thorough reading of the novel to gain a complete understanding of the storyline, characterization, conflict, and events related to the focus of the research. The readings were carried out intensively so that the researcher was able to identify each part that represented the trauma of loss and the self-defense mechanism of the main character. Furthermore, the sections that correspond to the focus of the research are marked, recorded, and documented into a data card based on predefined categories. Each data collected is then grouped according to research indicators to facilitate the analysis process and interpretation of research findings obtained in accordance with the data and research objectives (Ratnaningtyas et al., 2021:72-76).

The validity of the data in this study was carried out through theoretical triangulation. Triangulation is used to check the validity of data



by comparing the results of the analysis against various relevant theoretical perspectives so as to reduce the possibility of bias in the interpretation of the data (Nurfajriani et al., 2024). In this study, data in the form of words, phrases, sentences, and quotes were analyzed with reference to literary psychological theories, trauma, and self-defense mechanisms. The application of theoretical triangulation aims to strengthen the results of the analysis while increasing the credibility of the findings so that the data obtained can be scientifically accounted for.

RESULT

Based on the results of data analysis, this study found a representation of the trauma of loss and the forms of self-defense mechanisms of the main character in the novel *23:59* by Brian Khrisna. The findings are the result of an analysis of the data obtained from the novel in accordance with the research focus that has been set. The results of this study answer the formulation of the problem regarding the representation of trauma loss and the forms of self-defense mechanisms of the main character. In general, the findings of the study show a relationship between the experience of loss experienced by the characters and the various psychological responses displayed through the thoughts, feelings, and behaviors of the characters in the story.

1. Representation of the Trauma of Losing the Main Character

The representation of the trauma of losing the main character in the novel *23:59* by Brian Khrisna in this study is described through various conditions experienced by the characters after experiencing loss. The findings on the representation of the trauma of loss include the following forms:

- a. Physical and psychological disorders: described through this narrative on page 9 “I don’t know how many times he cries every day. He swallowed several sleeping

pills at once just so that he could fall asleep peacefully after not sleeping for two days in a row.”

- b. Self-blame: illustrated through this dialogue on page 20 “I’m a bad person, aren’t I, Sar... I’m a bad person...” whispered Ami.
- c. Trust issues: illustrated through this dialogue on page 47 “I shouldn’t believe that you’re different from all that have come in my life before. *I wish I’d never met you!*”
- d. Self-harm: illustrated through this narrative on page 53 “Instantly Ami gasped. His tears flowed heavily. His chest hurts. His little hands clenched so tightly that his fingernails pierced themselves and left a scar.”
- e. Personality changes: described through this dialogue on page 73 “Since that breakup, I’ve had trouble sleeping. I really don’t have a life anymore. I rarely laugh. I am no longer a gentle me. In fact, when I see a kitten being hit, I don’t feel sad at all. Your departure really made me different. In fact, I almost collapsed because of sleeping pills. I was really like a living corpse,” explained Ami.
- f. Reactivation due to triggers: described through this narrative on page 73 “Seeing the medicine in Raga’s hand, Ami immediately screamed and brushed it aside. The cap of the bottle bounces, making the capsules inside scatter on the floor. Raga quickly took the bottle and immediately hid it. He hugged Ami’s body again, which was still screaming because of the trauma that was still attached to his head.”

2. Forms of Self-Defense Mechanization of the Main Character

The self-defense mechanism of the main character in the novel *23:59* by Brian Khrisna is

shown through various forms of ego defense in dealing with psychological pressure due to loss. The findings on the self-defense mechanism include the following forms:

- a. Repression, depicted through the narrative: “Apparently, no matter how strong she tries to hide, Ami is not a woman who is able to continuously look strong. Along with the release of the hug, Ami suddenly cried. His lips closed tightly holding the suck.” (Page 20).
- b. Displacement, illustrated through dialogue and narrative: 1) “ ‘You don’t have to interfere! You are a stranger!’ shouted Ami to Aransyah who at that time had become his lover.” (Page 23); 2) “Someone who has just arrived should not be burdened with the responsibility to bear all the injuries suffered by Ami from the previous story. The one who left was Raga, the one in pain was Ami, but the one who struggled to sacrifice his heart many times was Aransyah.” (Page 25).
- c. Formation Reaction, depicted through the narration: 1) “Occasionally, Ami’s friends praise Aransyah’s tireless struggle when it comes to Ami. Ami smiled even though sometimes it was obvious that the smile was forced.” (Page 27).
- d. Regression, illustrated through the dialogue: 1) “When I saw my ex again, she started crying. Many times he called the name of your friend, the slacker, while continuing to say that he missed. I, who loved Ami so much, was really hurt to see her so beautiful as a madman, and kept beating her chest because she still couldn’t accept the parting. In fact, when he finally fell asleep because he was tired of crying, he thought about things that made me even sadder.” (Page 11).
- e. Aggression, depicted through the narrative and dialogue: 1) “Meanwhile, with his breath still choking and his voice sobbing,

Ami vented her anger to Raga over the phone.” (Page 46); 2) ‘Nope! You’re the bad guy who once left my life!’ Ami rebelled again, Raga again brushing aside her hand. ‘It’s a dream! It’s a dream! This is a dream!’ “ (Page 68).

- f. Fantasy, depicted through the narration: 1) “In her heart, Ami always wanted to do it all with the people she loved” (Page 169); 2) “Ami bit her lip. If he had known the reason from the beginning, maybe everything would have gone wrong. Wanting to feel like he ran away from everything, then returned to Raga’s arms and said that Raga would never be alone again. However, Ami can’t. The two of them are nobody’s anymore.” (Page 195).

DISCUSSION

The description of the representation of the trauma of the loss of the main character in the novel 23:59 by Brian Khrisna is based on research findings that show that the trauma of loss is represented through various psychological conditions and behaviors of the main character. These representations include physical and psychological disorders, self-blame, trust problems, self-harm, personality changes, and the emergence of a trauma response due to triggers. These six forms show that the experience of loss not only affects the emotional state of the character, but also affects the way they think, behave, and respond to the environment around them.

Representation of the Trauma of Losing the Main Character

Quote: “I don’t know how many times he cries every day. He swallowed several sleeping pills at once just so that he could sleep peacefully after not sleeping for two days in a row” indicating that the trauma of loss experienced by Ami had affected her physical and psychological condition simultaneously. The frequency of crying that occurs almost every day illustrates that Ami is still



in a state of deep grief so that she is not able to accept the loss she has experienced. The sadness not only affects emotional states, but also has an impact on the biological functions of the body which is manifested through sleep disturbances for up to two days in a row. This condition suggests that the experience of loss has developed into prolonged psychological distress and interferes with the character's basic activity, namely resting. Ami's inability to sleep drives her to take several sleeping pills at once in an effort to gain calm. This action shows that the trauma he experienced has reached a level that affects the character's ability to control his physical and emotional condition.

The condition experienced by Ami is in line with the opinion of Kolk (2014) who states that trauma not only leaves wounds in the emotional aspect, but is also stored in the body (*the body keeps the score*), so trauma survivors often experience sleep disturbances, fatigue, and various physiological changes in response to traumatic experiences. In other words, the sleep disorders experienced by Ami are not just the result of fatigue, but are a manifestation of unresolved loss trauma. This is also strengthened by Herman, (2015) who explains that individuals who experience trauma often show *hyperarousal conditions*, which are states when the body continues to be in a state of alertness so that it is difficult to feel calm and rest. As a result, individuals have difficulty sleeping and are prone to experiencing physical fatigue and increasingly severe psychological stress.

The findings of this study have similarities with the research of Jayanti et al., (2024) which found that the trauma of loss is represented through changes in the psychological condition of the character, such as prolonged grief and disruption of daily life. However, this study shows a more specific form of representation, namely the trauma of loss not only gives rise to emotional suffering, but also has an impact on physical conditions characterized by insomnia and the use of sleeping pills as a way for characters to

overcome sleep difficulties. Thus, the trauma of loss is realistically represented through the relationship between the psychological state and the physical condition of the main character. This representation shows that the experience of loss can affect the overall well-being of individuals, so that trauma is not only understood as an inner wound, but also as a condition that has a real impact on the functioning of the body and the quality of life of a person.

Dialogue "I'm a bad person, aren't I, Sar... I'm a bad person..." shows that Ami has a tendency to blame herself as a form of representation of the trauma of loss. The remark shows that Ami sees herself as the cause of the events she experienced, so that a deep sense of guilt arises. Negative self-assessment shows that the trauma of loss not only causes sadness, but also affects the way the character interprets himself. This feeling of guilt makes Ami continue to be haunted by the thought that she has made a mistake, so that the process of accepting loss becomes even more difficult.

These findings are in line with the research of Prameswari et al., (2025) which shows that psychological trauma due to loss can give rise to guilt as part of the inner conflict of the character. This guilt develops into a psychological burden that affects the way the character views himself and hinders the recovery process from a traumatic experience. Thus, the trauma of loss is portrayed through the appearance of a negative assessment of the self that is shown directly through Ami's dialogue, so that the reader can understand that the loss not only hurts emotions, but also affects the self-concept of the main character.

Dialogue: "I shouldn't believe that you're different from everyone else who has come in my life before. I wish I'd never met you!" pointing out that the trauma of loss experienced by Ami has affected her trust in others. The speech described deep disappointment due to expectations that did not match reality. Ami feels that she has given trust to Raga with the belief that she is different from the people who have been present in her life, but in the end that trust ends in loss.

This experience made Ami view that trust would only bring pain, so she regretted having known Raga. This condition suggests that the trauma of loss not only leaves emotional wounds, but also affects the way the character builds and maintains interpersonal relationships.

These findings are in line with research by Susanti & Ahmadi (2024) which states that traumatic experiences can affect an individual's psychological condition to change the way they view themselves and others. Unresolved trauma makes individuals more likely to have difficulty building trust because past experiences continue to overshadow the relationship they are living. Thus, the trauma of loss is represented through the emergence of trust issues in the main character, which is shown through Ami's regret for having given trust to the person who ended up abandoning her.

Narrative "Instantly Ami gasped. His tears flowed heavily. His chest hurts. His little hand clenched so tightly that his fingernails pierced themselves and left a scar." indicating that the trauma of loss experienced by Ami had developed to affect her response to emotional distress. The outpouring of uncontrollable grief made Ami unconsciously clench her fists so hard that her nails hurt her own skin. This action shows that the emotional pain experienced has turned into physical pain as a form of venting for the emotional suffering felt. Although the act is not done with the intention of intentionally harming oneself, the scars inflicted show that the trauma of loss has affected the emotional control and behavior of the main character.

These findings are in line with the research of Susanti & Ahmadi (2024) who explain that psychological trauma can be represented through behavioral changes and emotional responses that arise as a result of traumatic experiences. Unresolved psychological pressure can encourage individuals to take actions that endanger themselves as a form of outlet for the suffering experienced. Thus, the trauma of loss is described through acts of self-harm that arise as a

spontaneous response to emotional distress, thus showing that the impact of trauma is not only felt psychologically, but also reflected in the behavior of the main character.

Dialogue "Since that breakup, I've had trouble sleeping. I really don't have a life anymore. I rarely laugh. I am no longer a gentle me. In fact, if I see a kitten being hit, I don't feel sad at all. Your departure really made me different. In fact, I almost collapsed because of sleeping pills. I was really like a living corpse." indicating that the trauma of loss has caused a personality change in Ami. This change can be seen from Ami's admission that she is no longer a gentle person, rarely laughs, loses concern for the surrounding environment, and feels that her life no longer has meaning. The phrases "I'm no longer the soft me" and "your departure really made me different" show that the loss not only affected her emotional state, but also changed her character and the way she looks at life. In addition, the phrase "I really look like an undead" indicates that Ami has a decline in zest due to prolonged trauma. This condition shows that the experience of loss has affected affective aspects, behaviors, and the way the characters live their daily lives.

These findings are in line with the research of Prameswari et al., (2025) who explain that psychological trauma can affect an individual's personality through changes in emotions, behaviors, and social relationships after experiencing a traumatic event. Individuals who experience trauma tend to lose interest in previously preferred activities, experience decreased concern for the environment, and show changes in attitudes as a result of unresolved psychological distress. Thus, the trauma of loss is described through the gradual change in the personality of the main character, thus showing that the experience of loss not only causes momentary sadness, but is also able to change a person's identity and character in living his life.

f. Reactivation due to triggers

Narration "Seeing the medicine in Raga's hand, Ami immediately screamed and brushed it



aside. The cap of the bottle bounces, making the capsules inside scatter on the floor. Raga quickly took the bottle and immediately hid it. He hugged Ami's body again, which was still screaming because of the trauma that was still attached to his head." showed that Ami was experiencing trauma reactivation due to a trigger. In the quote, sleeping pills serve as a stimulus that reawakens a traumatic experience that Ami has experienced. Previously, sleeping pills were part of the times when Ami experienced psychological distress due to the loss of her body until she had trouble sleeping and almost collapsed. Therefore, when she saw the medicine in Raga's hands again, Ami was unable to respond calmly, but immediately showed a spontaneous reaction in the form of screaming, dismissing the medicine bottle, and continuing to cry. The response shows that the traumatic experience he experienced is still firmly stored in the memory so that it can reappear when faced with objects related to the experience.

Ami's reaction also shows that the trauma of loss has not been fully resolved. This can be seen from the emotional response that appears suddenly without going through rational consideration. The act of dismissing a medicine bottle is not just a form of rejection of the object, but an overflow of emotions triggered by a traumatic memory that is re-present. In addition, the narrative of "the sense of trauma that is still attached to the head" further confirms that the experience of loss experienced by Ami is still imprinted in her mind. The trauma does not disappear over time, but it remains stored and can reappear when there is a stimulus that reminds him of painful events in the past. Thus, trauma is not only described as an experience that has occurred, but also suggests that trauma can continue to affect the character's emotional response even after the event has passed.

The findings are in line with Pratama et al., (2024) who explained that individuals who have experienced trauma can again show symptoms of trauma when faced with stimuli related to traumatic experiences they have experienced. The stimulus is able to reawaken traumatic memories so that

strong emotional responses, such as anxiety, panic, and fear. This can be seen in Ami who spontaneously shows a reaction of rejection to sleeping pills because it reminds her of the hardest phase of her life. Thus, the sleeping pill in the novel 23:59 not only serves as an ordinary object, but also becomes a symbol that represents the traumatic experiences of the main character.

Based on this discussion, it can be understood that the reactivation of trauma due to triggers is a form of representation of trauma loss that is realistically depicted. The trauma experienced by Ami does not stop at the loss itself, but continues to affect the way the characters respond to the environment around them. The presence of stimuli related to traumatic experiences is able to revive memories and emotions that have been felt, showing that the impact of trauma can last for a long time and reappear when individuals are faced with certain triggers.

Forms of Self-Defense Mechanization of the Main Character

Narrative "Apparently, no matter how strong she tries to hide, Ami is not a woman who is able to continuously look strong. Along with the release of the hug, Ami suddenly cried. His lips closed tightly holding his breath." showing the ego's defense mechanism in the form of repression. In the quote, Ami tries to hide the sadness she feels by still looking strong in front of others. This effort is a form of emphasis on feelings of sadness and loss so that they are not seen openly. However, the defense built by Ami was unable to last long. When the hug that gave her a sense of security was released, the emotions that had been suppressed resurfaced in the form of crying that could no longer be controlled. This shows that the feeling of loss that has been trying to be hidden is actually still stored in him and has not been completely resolved.

Repression is an ego defense mechanism that works by suppressing thoughts, feelings, or experiences that cause anxiety into the subconscious so that individuals can reduce the

emotional distress they feel. For Ami, the repression seems to be through her efforts to continue to look tough even though she still harbors deep sadness inside her. However, these repressed emotions do not completely disappear, but reappear when there is a situation that weakens their defenses. The cry that suddenly appears is proof that the feeling of loss is still there and cannot be constantly suppressed.

This finding is in line with the research of Wulandari & Israhayu (2023) who explained that the ego defense mechanism in the form of repression is carried out by characters by suppressing feelings or experiences that cause anxiety so that they are not directly noticed. Nonetheless, repressed feelings do not completely disappear, but can reappear when individuals are in a particular situation that arouses those emotions. Thus, repression is carried out as the main character's attempt to maintain his psychological balance by hiding the sadness of loss. However, the mechanism is only temporary because the repressed emotions eventually come to the surface when Ami is no longer able to bear the emotional burden she is experiencing.

According to Minderop (2018), displacement is an ego defense mechanism when individuals divert impulses, emotions, or feelings that cannot be expressed to the source of their cause to another object that is considered safer. This concept appears in Ami who is unable to vent his anger at Raga as the cause of his inner wounds so that these emotions are transferred to Aransyah. Thus, diversion is represented as the main character's self-defense mechanism to relieve the emotional distress caused by the trauma of loss, even though the venting actually hurts others who have no connection to the actual cause of the trauma.

According to Minderop (2018), reaction formation is an ego defense mechanism that is carried out by displaying attitudes, feelings, or behaviors that are contrary to the actual impulses or emotions that are felt. This mechanism emerges as a way for the ego to reduce anxiety by hiding feelings that are considered unacceptable or

potentially conflicting. This concept is seen in Ami who chooses to show a smile in front of her friends even though her mind is still filled with sadness due to the trauma of loss. Forced smiles are a form of ego defense so that others do not know their true emotional state, as well as an effort to keep themselves looking good in the social environment. Thus, Ami's behavior shows the ego's defense mechanism in the form of a formation reaction because she displays expressions that are the opposite of her true feelings as a way to relieve the psychological pressure she is still experiencing.

According to Minderop (2018), regression is an ego defense mechanism characterized by an individual's return to a simpler pattern of behavior when facing anxiety or severe psychological stress. This concept is in accordance with Ami's condition who is no longer able to face reality rationally so she prefers to express her suffering through crying, lamenting, and other emotional behaviors. Therefore, the behavior that Ami exhibits can be understood as a form of regression because the trauma of loss makes her reuse simpler ways to obtain emotional outlet and reduce the inner pressure she is experiencing.

According to Minderop (2018), aggression is an ego defense mechanism that is shown through attacking behavior, both verbally and physically, as a form of venting feelings of frustration, disappointment, or emotional distress experienced by individuals. This concept is seen in Ami who expresses her anger through slapping, accusations, and the act of dismissing Raga's hand. This behavior is not solely aimed at hurting the body, but is a way for Ami to express emotions that have been unable to be expressed in a healthy way. Therefore, Ami's actions show the ego defense mechanism in the form of aggression because the anger that arises is a means to reduce the psychological burden due to the trauma of loss that is still imprinted on her.

According to Minderop (2018), fantasy is an ego defense mechanism carried out by individuals by imagining the desired situation or circumstance as a way to reduce anxiety and emotional distress



when reality cannot meet their expectations. This concept seems to Ami who prefers to imagine the possibility of being back with Raga rather than fully facing the fact that their relationship has ended. This delusion became a form of temporary escape from the sense of loss that still weighed on him. Thus, Ami's behavior shows the ego's defense mechanism in the form of fantasy because she tries to gain inner peace through wishful thinking that is contrary to the reality she is facing.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that the trauma of loss experienced by the main character in the novel 23:59 by Brian Khrisna is represented through six forms, namely physical and psychological disorders, self-blame, trust issues, self-harm, personality changes, and reactivation of trauma due to triggers. These various forms show that loss not only causes grief, but also affects the psychological state, behavior, mindset, and social life of the main character. The trauma experienced develops gradually and has a lasting impact on the way the character views himself and others.

This study also found six forms of ego defense mechanisms used by the main characters in dealing with psychological distress due to loss, namely repression, displacement, formation reactions, regression, aggression, and fantasy. The emergence of these various ego defense mechanisms shows that the representation of loss trauma is closely related to self-defense mechanisms. The greater the psychological stress experienced by the main character, the more diverse the ego defense mechanisms used in an effort to relieve anxiety and maintain emotional balance. Thus, the ego defense mechanism in this novel is a psychological response that arises as a result of the trauma of loss that has not been fully resolved.

However, at the end of the story, the main character shows a process of acceptance of the traumatic experience he has experienced. After going through various inner conflicts and healing

processes that last for a long time, the main character is finally able to understand the reason behind the loss he experienced and let go of the emotional attachment to the past before continuing his life with others. The findings suggest that the trauma of loss does not always end in prolonged suffering, but can lead to acceptance if the individual is able to go through a gradual recovery process. Thus, the novel 23:59 not only represents the psychological impact of loss, but also describes the healing process until acceptance is achieved as the final stage in dealing with trauma.

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