

TESIS

KECEMASAN NEUROTİK DALAM NOVEL *TAFSIL TSANAWI* KARYA ADANIA SHIBLI: TINJAUAN PSIKOANALISIS SIGMUND FREUD



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Abstrak

Penelitian ini mengkaji kecemasan neurotik dalam novel *Tafsil Tsanawi* karya Adania Shibli yang terbit pada tahun 2017. Penelitian ini dilatarbelakangi adanya kecemasan neurotik yang dialami oleh tokoh perempuan Palestina dalam novel tersebut. Tokoh tersebut mengalami tekanan psikis dan obsesi yang mengganggu kestabilan emosinya akibat ketidakmampuan mengendalikan respons emosional dalam menghadapi realitas. Penelitian ini bertujuan untuk membongkar bagaimana unsur-unsur intrinsik novel membangun representasi kecemasan neurotik serta menjelaskan dinamika kecemasan neurotik tokoh perempuan Palestina berdasarkan teori psikoanalisis Sigmund Freud. Penelitian menggunakan metode deskriptif kualitatif dengan pendekatan psikologi sastra melalui studi pustaka. Data diperoleh melalui pembacaan intensif terhadap novel dan dianalisis menggunakan teknik analisis isi (*content analysis*) dengan teori struktur fiksi Robert Stanton dan teori psikoanalisis Sigmund Freud.

Hasil penelitian menunjukkan bahwa unsur-unsur intrinsik berupa karakter, alur, latar, tema, dan sarana-sarana sastra membangun representasi kondisi pendudukan sebagai realitas eksternal yang terus menekan kehidupan tokoh perempuan Palestina. Kondisi tersebut kemudian berkembang menjadi sumber konflik antara id, ego, dan superego tokoh sehingga memunculkan kecemasan neurotik. Kecemasan itu termanifestasi melalui reaksi emosional yang berlebihan, gejala psikosomatis, perhatian obsesif terhadap detail-detail kecil, serta penggunaan berbagai mekanisme pertahanan ego. Penelitian ini menyimpulkan bahwa Adania Shibli merepresentasikan kecemasan neurotik sebagai dampak psikologis dari kondisi pendudukan yang berlangsung secara terus-menerus dan membentuk kehidupan batin tokoh perempuan Palestina.

Kata Kunci: Kecemasan Neurotik, Psikoanalisis Sigmund Freud, *Tafsil Tsanawi*, Elemen Sastra, Dampak Psikologis Pasca-Nakba.

NEUROTIC ANXIETY IN THE NOVEL TAFSIL TSANAWI BY ADANIA SHIBLI: A PSYCHOANALYTICAL REVIEW BY SIGMUND FREUD

Abstract

This study examines neurotic anxiety in the novel Tafsil Tsanawi by Adania Shibli, published in 2017. The research is motivated by the neurotic anxiety experienced by the Palestinian female protagonist in the novel. She suffers from psychological distress and obsessions that destabilize her emotions, stemming from an inability to control her emotional responses when confronting reality. This study aims to uncover how the novel's intrinsic elements construct a representation of neurotic anxiety and to explain the dynamics of the protagonist's anxiety through the lens of Sigmund Freud's psychoanalytic theory. A qualitative descriptive method is employed, utilizing a literary psychology approach and a literature review. Data were gathered through an intensive reading of the novel and analyzed using content analysis techniques, drawing upon Robert Stanton's theory of fictional structure and Sigmund Freud's psychoanalytic theory.

The findings indicate that intrinsic elements such as character, plot, setting, theme, and literary devices construct a representation of the occupation as an external reality that constantly exerts pressure on the Palestinian female protagonist's life. This situation evolves into a source of conflict among the protagonist's id, ego, and superego, thereby giving rise to neurotic anxiety. This anxiety manifests through excessive emotional reactions, psychosomatic symptoms, an obsessive focus on minute details, and the use of various ego defense mechanisms. The study concludes that Adania Shibli represents neurotic anxiety as a psychological consequence of the ongoing occupation, a condition that shapes the inner life of the Palestinian female protagonist.

Keywords: *Neurotic Anxiety, Sigmund Freud's Psychoanalysis, Tafsil Tsanawi, Literary Elements, Post-Nakba Psychological Impact.*