

2 ARTIKEL UNTUK AA CaLLs[1].docx

by - -

Submission date: 30-Apr-2025 06:32PM (UTC+0530)

Submission ID: 2661984500

File name: 2_ARTIKEL_UNTUK_AA_CaLLs_1_.docx (50.77K)

Word count: 5494

Character count: 28727

Portrait Resilience of Victims of Violence Sexual in the Novel

Perempuan yang Menangis Kepada Bulan Hitam

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ABSTRAK

Sepanjang tahun 2021-2024, kasus kekerasan seksual terhadap perempuan kian bertambah. Dampak kekerasan terhadap korban cenderung menimbulkan traumatis. Trauma dapat menghambat pengembangan diri, sehingga perlu diatasi baik dengan upaya individu itu sendiri ataupun bantuan profesional untuk memiliki kemampuan untuk pulih (resiliensi). Usaha pencegahan tindak kekerasan seksual dan penanganan terhadap korban pascatindakan dapat menggunakan alternatif edukasi karya sastra. Karya sastra dapat memberikan efek kejiwaan batin manusia. Hal inilah akan mendorong manusia sebagai penikmat karya sastra termotivasi untuk meniru sesuatu yang terkandung di dalamnya. Novel *Perempuan yang Menangis Kepada Bulan Hitam* merupakan salah satu karya sastra yang mengangkat kisah nyata seorang perempuan korban kekerasan seksual yang mampu beresiliensi. Kajian terhadap novel ini menggunakan metode hermeneutika untuk menganalisis data. Penelitian ini diharapkan mampu memberikan wacana resiliensi korban kekerasan seksual. Hasil yang di dapatkan dari penelitian ini adalah novel *Perempuan yang Menangis pada Bulan Hitam* menggambarkan dengan apik perihal proses menuju resiliensi tersebut, yang direpresentasikan oleh tokoh Magi Diela yang mencakup dua faktor yaitu I have dan I am. Magi Diela merasakan hubungan yang dilandasi kepercayaan penuh dari teman dan saudaranya. Selain itu, ia perasaan, keyakinan, dan sikap dalam diri untuk sembuh dan bangkit.

Kata kunci: resiliensi, kekerasan seksual, psikologi sastra, pendidikan karakter, novel Indonesia.

ABSTRACT

Throughout 2021-2024, cases of sexual violence against women have increased. The impact of violence on victims tends to be traumatic. Trauma can hinder self-development, so it needs to be overcome either by the individual's own efforts or professional assistance to have the ability to recover (resilience). Efforts to prevent

sexual violence and handle post-violence victims can use literary education alternatives. Literary works can affect the inner psychology of humans. This will encourage humans as connoisseurs of literary works to be motivated to initiate something contained in them. The novel *The Crying Woman To Bulan Hitam* is one of the literary works that tells the true story of a woman victim of sexual violence who can find resilience. The study of this novel uses the hermeneutic method to analyze the data. This research is expected to provide a discourse on the resilience of victims of sexual violence. The results obtained from this study are that the novel *Perempuan who Cried on the Black Moon* neatly describes the process towards resilience, which is represented by the character Magi Diela, which includes two factors, namely I have and I am. Magi Diela feels a relationship based on complete trust from her friends and siblings. In addition, she has feelings, beliefs, and attitudes within herself to heal and rise.

Keywords: resilience, sexual violence, literary psychology, character education, Indonesian novels.

A. ¹² INTRODUCTION

Indonesia is a country that upholds the rights of basic human beings. These rights are natural (Triwahyuningsih, 2018). In essence, human rights basic man used as effort For each other respect, protect, and uphold tall right between each other. However, in reality, there are Lots case abuse right basic humans in Indonesia, especially case violence to women. Violence has various forms, including physical violence, psychological violence, economic violence, and sexual violence (Hernimawati et al., 2023).

Throughout 2021-2024, cases violence sexual to Woman increasingly increased. It has been recorded throughout 2021 that there were 10,247 cases of violence against women, 15.2% of them is sexual violence. Number the same w²⁰ 6,547 cases of sexual violence (Mantalean, 2022). As for the whole 2024 year, the number of cases of Violence against registered women was as many as 445,502 cases. The number case. This experience increased by 43,527 cases or around 9.77% compared to 2023 (401,975) (National Commission on Violence Against Women, 2025). Violence sexual happens due to several factors, including factors such as the environment, factors such as low education, economy, social environment, hard drinks, factor technology, and the role of victims, as well as factor parental negligence (Hidayat, 2021; Krishnan et al., 2010; Jewkes, 2002; Sulastri, 2019). In addition, there are internal factors in the form of emotions that are there in selfactors supported by factors free association, and increasingly low control society that makes act violence sexual can happened (Subrahmaniam, 2019).

Impact violence towards victims tends to cause traumatic, good to child and adults (Prabosiwi & Bahransyaf, 2015). The impact of sexual violence in the community on teenager will cause feelings of confusion because they feel they have lost their identity. Teenagers who are victims of sexual violence will experience a tremendous inner conflict (Mardiyanti, 2015). violence towards victims tends to cause traumatic, good to child and also adults (Noviana, 2015). The impact of sexual

violence in the community on teenagers will cause feelings of confusion because they feel they have lost their identity (Amalia & Darajat, 2022).

So, from that, it is necessary to have proper handling. The Purpose of handling is to make the victim face difficult situations (Fu'Ady, 2011). In addition, from the personal perspective of the victim, it is necessary existence ability resilience, namely ability somebody for rise and rise above difficult circumstances (Wahidah, 2019). This is also related to ability to recover from setbacks, adapt, face challenges with optimism, and believe self (Suliswarno, Sari, and Mariska 2022). Resilience is viewed as a strength, the basis of a foundation, and a positive characteristic in oneself. According to Luther (in Hendriani, 2018), resilience is generally marked with several characteristics, including ability face difficulty, toughness face stress, or rise from deep trauma.

The effort prevention act violence sexual and handling towards post-action victims can use alternative with implementation science in the field certain. One field that can be applied is through literary works (Rinaldi & Lumbaa, 2024). Literary works have a close connection with society and culture. Literary works that reflect the habits of the public can take the role as a medium to increase empathy and sympathy (Slamet, 2018). In addition, literary works will give effect mental health, so that in a way aware or no aware inner man will bound to in the literary work (Naserly, 2018). This will push man as connoisseur motivated literary works to copy something contained within literary works. This is a literary work that can become means education character and description somebody resilient is a novel entitled *Perempuan yang Menangis Kepada Bulan Hitam*.

The novel, entitled *Perempuan yang Menangis Kepada Bulan Hitam*, is a literary work that tells the story of a female victim of sexual violence and is based on a real story. Under the guise of tradition in Sumba, the abuse of the tradition of marriage and the misuse of the tradition of marriage leads to immoral behavior against women. Although women are educated, they still have an impact.

A review of this novel is expected to become a mirror portrait of resilience for people who want to rise from the consequences of violence and sexual violence. So from that, the researcher was motivated to study a topic titled "Portrait Resilience of Victims of Sexual Violence in Indonesian Novels." **Research:** This method uses qualitative and quantitative data analysis using hermeneutics. Research objectives: This study examines the actions of a figure who portrays resilience in the novel *Perempuan yang Menangis Kepada Bulan Hitam*, using the study of psychology in literature.

B. 5 THEORETICAL BASIS

1. Definition

Resilience is the process of adapting well in the face of diversity, trauma, tragedy, threats, or even things that cause high stress levels, such as family and interpersonal problems, health problems, or stressors from the workplace and finances. It can be said that resilience is a state of "bouncing back" from difficult experiences. (APA Health Center, 2004).

Siabert (2005) explains that resilient individuals can handle their feelings healthily when experiencing disruptions or everyday problems. They allow feelings

of anger, sadness, hurt, loss, and confusion when hurt, but do not allow them to become permanent feelings. The unexpected result is that they can heal and bounce back after experiencing difficulties.

2. Resilience Factors

According to Grotberg (2000), there are three resilience factors: I have, am, and can. However, this study will only provide a study related to what I have and who I am.

1. I have

Before an individual realizes who he is (*I am*) and what he can do (*I can*), he needs support from his external environment. *I have* the individual's interpretation of the amount of support given by his environment to develop a sense of security and be resilient. The source of this external support is found in

a. Trusting Relationship

A relationship based on complete trust from parents, other family members, teachers, and friends. This relationship gives rise to a feeling of being accepted and loved unconditionally based on complete trust.

b. Structure and Rules in the House

Parents provide rules and routines, including tasks that children are expected to do. The boundaries and consequences of these behaviors should be clearly understood and stated. When children make mistakes, parents help them understand their mistakes and help them do what they should do.

c. Role Example

There are people around the individual who provide examples of how to do something. Parents, older siblings, and peers can be models to introduce morality and good behavioral rules for the individual.

d. Push for Autonomy (Independence)

Parents and adult figures encourage individuals to do things without the help of others. When individuals successfully demonstrate initiative and independence, adults give praise.

e. Access to Security, Health, Education, and Welfare Services

Individuals can independently rely on consistent services to meet their life needs.

14 2. I am

I am is a power that comes from within oneself, which includes feelings, beliefs, and attitudes within the individual. *I include* personal qualities such as:

- a. Feelings of being loved and liked
- b. Empathy, loving, and caring Proud of himself
- c. Independent and responsible for his/her behavior
- d. Have faith, hope, and self-confidence

C. METODE PENELITIAN

Study this approach is qualitative. According to Guba and Lincoln (Mappasere & Suyuti, 2019), the qualitative approach is an approach for obtaining a deep understanding of a symptom through in-depth subject research. The data analysis techniques used are hermeneutics. Hermeneutics techniques interpret the objective meaning and message according to the desired text (Saidi, 2008). Consequences from using hermeneutics as a method tied to two things, which are

especially important for ensuring the Contents in a word, sentence, text, and so on (Anshari, 2016). Second, understand the forms of instructions contained in existing symbols (Bleicher, 2003). The data source in a study is a novel, *Perempuan yang Menangis Kepada Bulan Hitam*. The data in the form of sentences indicates two main factors of resilience, namely I have and I am, which are related to external and internal factors.

D. RESULTS AND DISCUSSION

Resilience is a condition in which an individual can handle feelings they with a healthy way when facing disturbances or problems in everyday life (Rasmanah, 2020). They allow themselves to feel emotions like anger, sadness, hurt, loss, and confusion, but do not let them become permanent feelings. Results that are not unexpected are that they cannot only be healed, but also return after experiencing difficulties (Siabert, 2005). Resilience is not the circumstances that arise suddenly, but results from a long process. Novel *Women Who Cry on the Black Moon* describes a good process towards resilience through Magi Diela's character.

According to Grotberg (2000), there are three factors of resilience, namely "I have", "I have this" (I am), and "I can" (I can). In this paper, two factors will be discussed, namely I have and I am, which are related to the external and internal factors.

1. I have

I have factors that are source support external acquired individual from mutual relationship trust, structure, and rules at home, role models, encouragement for autonomy, as well as access to service security, health, education, and welfare (Alvina & Dewi, 2017).

In the novel *The Woman Who Cried on the Black Moon*, Magi Diela feels relationship based on trust from friends and relatives. One of them, for example, was seen when Tara, his sister's brother-in-law, helped in Magi's escape by lying to his family that Magi had disappeared.

"Tara is lying. She knows. Exactly, only two baskets were carried. Magi comes with carrying Lado earlier ... Tara thought hard. How can we convey to mother-in-law and her husband about the disappearance of Magi, something that he knows, even if we follow the plan?" (Purnomo, 2020:119)

The same thing was also done by Magi's friend, who tried to cover as if he didn't know about Magi's plan to escape. This is seen in the quote that follows.

"With careful and thorough, Dangu creates his alibi yourself and makes sure people remember that day that Dangu was Busy cutting wood below his home." (Purnomo, 2020, p. 121)

Magi have people who can be trusted to guard secrets, though brothers and friends also remain in the same social culture, as in a society related to marriage and catching. However, Magi is sure that both of them will leak the plan for his escape to his relatives.

Relationships that are based on trust bring up a feeling of being accepted and loved without conditions. This is seen when Magi communicates with the Echo Women's community. Magi believes that the Echo Women can help him look for a solution to the problem, and the Echo of Women makes Magi feel accepted. It looks like when The Echo Women community intends to connect Magi with someone who can become a place of stopover in an escape.

"We are here, the same friends. Once followed training in Sumba, but in SBD. Mama Mina is her name. Later on, your day will surely be met. Later, let me know you guys through WA, okay? The most important thing is Magi, do not feel alone, do not hate yourself alone." (Purnomo, 2020: 106)

The structure and rules at home also influence individuals in the resilience process (Rahmawati & Siregar, 2012). In the novel *Perempuan yang Menangis pada Bulan Hitam*, the rules in Magi's house are not related directly to the resilience process, because the problem that Magi experienced originated from the environment in his house. However, the rules in the house help facilitate communication between Magi and her father after the tension.

The following dialogue describes the situation. "Same stone head, ko two indeed. Ko is the bigger one, young, why call again Ama." (Purnomo, 2020, p. 172)

From this dialogue, we can infer that Magi's house rules stipulate that when a dispute between family members happens, the younger must precede. For request, Sorry.

On the other hand, the role House for Magi also obtained from Echo of Women Community. Community has its own rules about how to act in society to achieve safe and fruitful results. This is conveyed by Mama Mina to Magi Dalam in the following quote.

"In Sumba, we must be good at playing beautifully. Cannot play roughly. However, we also should not give up, miss. We all will help Magi, but not yet, maybe someone knows about it. The perpetrator. This too near with official now." (Purnomo, 2020:112).

Mama Mina explains to Magi that for protection against him as a victim, it is necessary a cautious approach, keeping in mind perpetrator is a person who has network with officials.

Apart from that, role example is another thing that influences the resilience process in the I have factor (Amelasih, 2018). In the novel *Women Who Cry on the Black Moon*, the role of example displayed through the figure of Mrs. Agustin from Echo Women community. When Magi felt Confused about the right time to inform her family, Mrs. Agustin gave her views and advised Magi to contact his father directly.

"According to I now Already No There is reason Again For close contact with you have a father. They Already you know too where is it?" (Purnomo 2020, p. 165).

Quote the show that Mrs. Agustin played a role in as an example for Magi. Role models reflect the presence of people around an individual who gives examples about how to do something (Grotberg, 2000).

The role model is also shown by the figure of Om Vincen, a partner of Gema Perempuan, who has also run away from the House as a form of resistance. He gave appreciation to the courage of the Magi, as seen in his statement:

"I dare you to be more brave. I run from your home, run from your island. I was forced married and cannot fight. You were kidnapped, forced married, and brave against. You are great, Magi." (Purnomo, 2020, p. 185)

The existence of a role example also encourages individuals to behave autonomously (independently). As shown by Mrs. Agustin and members of the Another Echo Women community, Magi feels safe in the environment, which encourages him to fight for himself. This is seen in the following quote:

"Then day, this is Magi who knows the real side of the world differently. The side of the world that makes him feel considered as a human being. The side of the world that is together with him fights for the price of a woman." (Purnomo, 2020: 140).

Magi relies on the Echo of Women community as a consistent service to fulfill his life, especially in security matters. He got this service after Gema Perempuan contacted him via social media after he had attempted to kill himself. This is listed in the quote following.

Several journalists and an NGO from Kupang, Gema Perempuan, have ever contacted him for the truth about events. Discussion started with a short message in Magi Diela's Facebook inbox, which was later to be continued as an event consultation." (Purnomo, 2020:106)

Magi guarantees security at Gema Perempuan because they see consistency in providing a sense of security to its clients, including the moment they face obstacles. This is shown in the quote following.

"Gema Perempuan contracted this house for three months to become a safe house. They will extend if the condition is safe, but if they do not know the identity of the House or the perpetrator, they will stop the contract and move to other places." (Purnomo, 2020:140)

Magi still had access to service welfare at the time. After several months of staying safely at home, he decided to go home to his house. This is seen in the following quote.

¹ “Magi has followed twice the training in Weetabula for empowerment of farmer women and gender equality there. Meet with Lots Woman with millions of stories makes Magi feel that he is destined to go home.” (Purnomo, 2020 p. 217)

2. I am

I am power that comes from the self itself, includes feelings, beliefs, and attitudes in the self (Rukmini & Syafiq, 2019). Aspects This covering quality personal, such as feeling loved and liked; empathy, love, and care; pride in self alone; independence as well as not quite enough answer to his behavior; and ²with, hope, and trust in self (Grotberg, 2000).

In the novel *The Woman Who Cried on the Black Moon*, the quality of personal (I am) Magi contributed to accelerating his resilience process. Magi felt He loved and liked, especially after joining the Echo of Women community, since beginning online communication. This is what looks like in the following quote.

“ Presence they make Magi not Again feel myself. At least there are people who, even though Far the distance remains the same, give attention and participation feel his suffering.” (Purnomo, 2020, p. 106)

And feelings loved to be continued until when Magi was there in the mission his escape,

“ For the First time since day unlucky That, Magi felt there are people who love him, willing do something possible endanger them.” (Purnomo, 2020, p. 123)

Quote the describe situation at the time Mama Mina (agent) community) phone call with The Echo Women team discusses strategies to protect Magi, they are willing to go through a possible path at risk for safety alone.

Magi feels like a loved one even when he feels his life is already collapsing because he wants to and must face his marriage to Leba Ali. As in the quote, the following ³what was said to Magi.

“I just want to say one thing, why don't you die. Why don't you die. I ask Sorry, No Can fulfill my last request, but please, stay alive. Because the corpse No Can struggle” (Purnomo, 2020, pp. 262-263).

Situation: The happen approaching ceremony custom, The wedding of Magi and Leba Ali. Dangu, in a way, stealthily enters Magi's room and gives a message to Magi. This makes Magi feel cherished and brings out motivation to endure life and resist.

Easy magic, to feel loved, because he also has a sense of empathy and is easy to understand, to care for the fate of others. Shown Magi, especially at the time of arrival, Friend One rented a house, which is safe, who is none other than a victim of sexual violence too.

“Tomorrow, the day Mrs. Agustin came, and then a Woman teenager who told a story amidst her tears, Magi, who was sitting with her, they

are in the room, guests only, based on a mat, that comes along, feel wounded listening.” (Purnomo, 2020:145).

In the quote, Magi was touched in his heart and felt wounded when he listened to the experience of a bitter Friend in the rented house, which brought him to the House safely. The story of a friend named Angelina, the fulfilled mind of Magi, thinking of fate, Angelina, as shown in the quote following:

“His mind floated to Anjelin. Can he sleep? What are you doing? Felt, feared he, can he undergo his life, is it he miss his family, is it his family worrying condition is the child healthy? Baby inside her stomach? Moreover, Many questions hang in the air in his room.” (Purnomo, 2020:147)

Magi's empathy was also seen when Magi heard the news that Manu was not allowed to attend college by his parents.

“Magi does not know whether he will be able to forgive himself Alone If Manu was forced to live in Sumba without ever having a chance to go out from there.” (Purnomo, 2020, p. 204)

In the situation said, Magi imagined feeling his younger brother, whom he knows has high ideals, and Magi is not able to see his younger brother forced to erase his dream only because Magi does not want to go home to the House.

When Magi finally returned home, Magi continued his role in the community, moving women and sharing stories with other girls. This also gave rise to Magi's sense of empathy when he heard the story, as seen in the quote following.

“The story of the Magi is not nothing. His suffering is far from heartbreaking if compared to the new story heard” (Purnomo, 2020, p. 218).

Sense of empathy in Magi himself made him contemplate the experience of bitterness that he also experienced. Like in a quote, Magi became proud of himself for fighting so far.

“What he knows is that he will send a strong message to his father, and the man's eyes are full of intentions for his wife. He has no woman who is only silent and not brave against him. He is not an item they can trade” (Purnomo, 2020, p. 138).

Pride at a time grow Spirit, Keep going, struggling. Shown at night when Angelina tell her experience bitterly, Magi wrote in the book daily as follows:

“I am here for future reasons. I am here because ancestors entrust fate more to women with a strong shoulder. I do not remain silent because of the capability against.” (Purnomo, 2020, p. 146).

“If the moon, then you give it with a teardrop spilled to advance earth, you love me with the blackest moon in the world, so know that No end. Because now there is a light. I have a lot of friends who will support me. I have a way. month will return bright. This is not end with world.” (Purnomo, 2020:147)

Quote the to imply that Magi has faith, hope, and trust self. Magi is sure that his struggle will not be in vain. This time, Magi is fighting not only for his fate but also for the sake of fate, for all women out there.

Belief that the slow later bring up trust Magi's self to return, write, and publish his writing in the media.

"However, it appears belief in Magi's heart when he sees his writing published. Writing gives him power" (Purnomo, 2020, p. 181)

It started with writing themes around agriculture, and finally, Magi dared to write about the struggles of women. Moreover, Magi realized that writing gives him strength and grows new hope.

Until the time when Magi took the bravest decision he ever made do, namely Marry with Leba Ali too, Magi has belief strong that he Still Can struggling. It appears that Magi was taken away to Leba Ali's house after the ceremony customs, and he occupied the same room for four years. The moment of the incident kidnapping,

"He would repeat the same pain, but with a different ending. Because Magi has already sworn, he will be the last to laugh in full victory" (Purnomo, 2020, p. 273)

Besides having a belief, Magi is also an independent and responsible person who answers for his behavior. This makes Magi not only own intention and spirit struggling, but also brave enough to make it happen in real action and effort. Started from the meeting with Echo of Women, when the mission run self came to his mind. Like in the quote:

"If you bite your wrist alone, no to terrify the perpetrators, including his father, then resistance, what more can come? That is all Magi thought. So he started by conveying the idea to Gema Perempuan." (Purnomo, 2020:112)

Magi feels he must be independent in the fight for himself after testing and failing to make his father aware. The escape self appears in Magi's mind then, and he discusses the matter with the Echo of Women so that there is real action. Magi is also responsible for answering fully to condition himself alone during his escape.

Not only in matters of his own, Magi also feels he has a responsibility to answer for the family's response to his actions. It appears that Magi will call his father after several months of disappearance.

"He would try so bravely and face the anger and disappointment of his family members." (Purnomo, 2020, p. 169)

Magic can read his family's response, which will be angry and disappointed by his actions, but Magic tries bravely and responsibly to answer. Anyway, he still has a family that later becomes the place to go home.

When Magi began to rise and live his job during the escape, the news came that Manu would not allow studying if Magi did not go home. Magi becomes sad and analyzes whether, of course, there are sins in his past that make him responsible as a result, such as the following quote,

"I can say to you, father, please love. Look, I have a chicken intestine book again? What is it? There are sins that our ancestors must pay for?" (Purnomo, 2020, p. 201).

The situation is a conversation between Magi and Dangu, when Magi asked Dangu for Help with the ceremony to see the chicken intestine book related to the sins committed. He has done his responsibility and must answer now. This shows that Magi is ready for a responsible answer.

Readiness responsible Magi also showed the answer when he finally married Leba Ali for the sake of his family,

"I will face it. This all. If not now, maybe next. It's Manu's turn to be treated like this, or who knows? Again later." (Purnomo, 2020 p. 262).

E. CONCLUSION

Resilience is a condition in which an individual can handle feelings with a Healthy mindset, experiencing disturbances in life or problems in life every day. They let go of feelings of anger, sadness, hurt, loss and confusion moment injured, but no let it be For So permanent feeling. Results that are not suspected to only heal, but they can also return after experiencing difficulties (Siabert, 2002). Resilience is not A condition obtained suddenly, but through a long process. The novel *The Woman Who Cried on the Black Moon* describes in detail the process of resilience, which is represented by the character Magi Diela, who includes two factors, namely I have and I am. Magi Diela feels a relationship based on trust with his friends and brothers. In addition, he feelings, beliefs, and attitudes in self for heal and rise again.

F. THANK-YOU NOTE

Accept love for financing from FBS UNNES in study This

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