

ABSTRAK

DEPRESI MAYOR TOKOH UTAMA DALAM NOVEL *SEPORSI MIE AYAM SEBELUM MATI* KARYA BRIAN KRISNA DAN IMPLIKASINYA DALAM PEMBELAJARAN BAHASA INDONESIA DI SMA

Oleh

KHAERUL FIKRI

Penelitian ini bertujuan untuk mendeskripsikan depresi mayor tokoh utama dalam novel *Seporsi Mie Ayam Sebelum Mati* karya Brian Krisna berdasarkan pendekatan psikologi sastra, teori psikoanalisis Sigmund Freud, dan kriteria *major depressive episode*, serta implikasinya terhadap pembelajaran Bahasa Indonesia Fase F. Penelitian ini menerapkan metode penelitian kualitatif dengan menggunakan pendekatan objektif sastra. Data dalam penelitian ini berupa kutipan-kutipan yang mengandung gejala-gejala depresi mayor. Sumber data dalam penelitian ini adalah novel *Seporsi Mie Ayam Sebelum Mati* karya Brian Krisna.

Hasil penelitian menunjukkan bahwa tokoh utama dalam novel *Seporsi Mie Ayam Sebelum Mati* karya Brian Krisna mengalami depresi mayor, yang tercermin melalui gejala-gejala depresi mayor. Gejala depresi mayor yang dialami tokoh utama terdiri atas gejala perasaan suasana hati yang tertekan, minat atau kesenangan yang menurun drastis, agitasi atau keterbelakangan psikomotorik, kelelahan dan kehilangan energi, perasaan tidak berharga atau bersalah berlebihan, berkurangnya kemampuan berpikir, berkonsentrasi atau keragu-raguan, dan pikiran berulang tentang kematian. Dari keseluruhan isi novel ditemukan 101 data yang mencerminkan gejala depresi mayor.

Hasil penelitian ini dapat diimplikasikan dalam pembelajaran bahasa Indonesia Kurikulum Merdeka pada Fase F kelas XI. Hasil penelitian ini relevan digunakan sebagai bahan ajar pada elemen membaca untuk capaian pembelajaran mengapresiasi berbagai tipe teks berwujud teks visual dan/atau audiovisual melalui kegiatan membaca mendalam. Data penelitian dimanfaatkan untuk melatih peserta didik mengidentifikasi kondisi psikologis tokoh serta membandingkannya dengan informasi nonfiksi, sehingga peserta didik mampu menilai representasi karya sastra dengan realitas sosial. Melalui pendekatan *deep learning*, kegiatan tersebut juga mendorong pemahan mengenai isu kesehatan mental melalui prinsip *mindful*, *meaningful*, dan *joyful learning* sehingga peserta didik tidak hanya memahami isi teks, tetapi juga mampu merefleksikan keterkaitannya dengan kehidupan nyata.

Kata Kunci: depresi mayor, novel, pembelajaran Bahasa Indonesia

ABSTRACT

MAJOR DEPRESSION IN THE MAIN CHARACTER OF THE NOVEL SEPORSI MIE AYAM SEBELUM MATI BY BRIAN KRISNA AND ITS IMPLICATIONS FOR INDONESIAN LANGUAGE EDUCATION IN HIGH SCHOOL

By

KHAERUL FIKRI

This study aims to describe the major depression experienced by the main character in Brian Krisna's novel Seporsi Mie Ayam Sebelum Mati based on a literary psychology approach, Sigmund Freud's psychoanalytic theory, and the criteria for a major depressive episode, as well as its implications for Indonesian language learning in Phase F. This study employs a qualitative research method using a literary objective approach. The data in this study consist of quotations containing symptoms of major depression. The data source for this study is the novel Seporsi Mie Ayam Sebelum Mati by Brian Krisna.

The results of the study indicate that the main character in Brian Krisna's novel Seporsi Mie Ayam Sebelum Mati experiences major depression, as reflected through the symptoms of major depression. The symptoms of major depression experienced by the main character consist of a depressed mood, a drastic decrease in interest or pleasure, agitation or psychomotor retardation, fatigue and loss of energy, feelings of worthlessness or excessive guilt, reduced ability to think, concentrate, or indecisiveness, and recurrent thoughts of death. From the entire content of the novel, 101 instances reflecting symptoms of major depression were identified.

The findings of this study can be applied to Indonesian language instruction under the Merdeka Curriculum in Phase F of Grade 11. These findings are relevant for use as teaching materials in the reading component to achieve the learning outcome of appreciating various types of texts, including visual and/or audiovisual texts, through deep reading activities. The research data is utilized to train students to identify the psychological conditions of characters and compare them with nonfiction information, so that students are able to evaluate the representation of literary works against social reality. Through a deep learning approach, these activities also foster an understanding of mental health issues through the principles of mindful, meaningful, and joyful learning, so that students not only understand the content of the text but are also able to reflect on its relevance to real life.

Keywords: *major depression, novel, Indonesian language learning*