

Teaching Psychological Values in Children's Literature

Wiekandini Dyah Pandanwangi^{1*}, Umami Nurjamil Baiti Lapiana², Aldi Aditya³, Sri Nani Hari Yanti⁴

¹Indonesian Literature, Jenderal Soedirman University, Indonesia

²Indonesian Literature, Jenderal Soedirman University, Indonesia

³Indonesian Literature, Jenderal Soedirman University, Indonesia

⁴Indonesian Literature, Jenderal Soedirman University, Indonesia

Corresponding author's email: wiekandini.pandanwangi@unsoed.ac.id

Abstract

Children's literary works play a role in the process of child development. Reading children's literature is like presenting an aesthetic experience for children. The imaginative language used will foster intellectual and emotional responses in children. Therefore, it is important to provide children's literature as their reading. Like literature in general, children's literature is also a picture of life. In the storyline, there are life values that have benefits for children's development, such as psychological values. The psychological aspects experienced by the story characters become meaningful learning for the psychological development of children. Based on this explanation, teaching psychological values in children's literature needs to be done to children. This research is a qualitative descriptive research with a literary psychology approach. The data used includes primary data and secondary data. Primary data, namely a collection of short stories One Million Banyumas Children's Stories, while secondary data is in the form of references that are relevant to the research focus. Data collection is done by library research. The data analysis technique is in the form of content analysis. The results showed that the child characters in the collection of Sejuta Cerita Anak Banyumas experienced psychological problems due to the pandemic situation that had hit the world. Psychological problems experienced by the child characters such as fear, anxiety, boredom, hopelessness, sadness, and trauma.

Keywords: psychological values; children's literature; psychological trauma

INTRODUCTION

Literary works are readings that represent people's lives. Various life phenomena that occur become a source of inspiration for the creation of literary works. Social, political, economic phenomena, cultural changes, even to the human psyche are reflected in literary works. Short stories are a form of literary work that displays a person's psychological condition through the characters. Therefore, short stories become entertainment as well as a fun media for inner contemplation.

Through the characters, the authors of short stories raise the problems of human life accompanied by the characters and characteristics of the characters. Like humans in real life, the characters or characteristics of short story characters influence the way they solve their life problems. How the characters in short stories solve life's problems with their own unique traits and characters is a useful thing to teach children. Indirectly, in a fun way too, children will learn to understand life. Children learn how to solve life's problems. Children will also understand the various human traits and characters conveyed by the story characters. A person's psychological or psychological condition is also studied by children through their reading. All these things make children more sensitive to the surrounding environment. Based on the explanation above, teaching psychological values through literary works, especially short stories, to children is an important thing to do.

Psychological values in literary works can be seen with a literary psychology approach. The literary psychology approach is an approach that looks at the psychological and inner side of humans in literary works. With the study of literary psychology, the function and role of literary works that represent human life can be seen (Hardjana, 1994). (Endraswara, 2008: 86) says that literary works convey the psychological atmosphere of both the thoughts and emotions of the author, reader, and story characters. In short stories, literary psychology describes the psychological or psychological conditions experienced by the characters in the story created from the author's imagination.

As mentioned above, teaching the psychological values of literature to children needs to be done so that children have tolerance and sensitivity towards fellow human beings. Therefore, teaching psychological values through literature must pay attention to the selection of literary works as learning media. Literary works in the form of prose such as short stories can be used as a medium for learning psychological values. Luxemburg (1986:5) states that literature is a creation, a creation that is not merely an imitation of life, while psychology and literature have a functional relationship in studying the human psyche. Endraswara (2008: 97) asserts that psychology and literature have a harmonious essence when put together because they both study the psychological aspects of other people.

A collection of short stories *Sejuta Cerita Anak Banyumas* (Santosa, Qanita Rafa, 2021) is a collection of short stories for children written during the Covid-19 pandemic in Indonesia. Because these short stories were written during the Covid-19 pandemic, the contents of the story show the psychological condition of the child characters during the pandemic. There are child characters in the collection of short stories who experience anxiety, despair, fear, and even trauma. Such conditions involve literary psychology to analyze the psychological condition of the child characters. The results of the analysis can be used as a medium for learning psychological values in students. The most important thing is that students learn how child characters deal with the psychological situations they experience and how they solve these psychological problems.

This study uses short stories contained in the collection of *Sejuta Cerita Anak Banyumas* (2021) and published by SIP Publishing. Sumardjo, (1991:54) says that short physical stories are all well integrated, fit, and contain complete meaning. Short stories are a form of short prose, but have a complete, unified whole, and there are no unnecessary parts (Rahayu et al., 2018: 115). Short stories are free essays about life that are not fixated on literary principles (Pratiwi & Suteja, 2020:280). Short stories contain many incidents or life

events complete with problems, conflicts that humans face, both with other people and themselves (Piliang, 2018: 165). To analyze the psychological condition of the child characters in a collection of short stories *Sejuta Cerita Anak Banyumas*, a literary psychology approach was used.

Literary psychology is the study of literary works that reflect psychological processes and activities (Minderop, 2018: 54). Sigmund Freud described every individual as surrounded by conflicts and contradictions. You can see the picture of modern humans with various life problems they face. According to Freud (2006), this problem exists because humans must keep up with the times and the demands of the society around them. The author expresses his psychological symptoms through the literary works he creates. Freud (Wiyatmi, 2011) stated that a person's psychic life contains two parts, namely consciousness and unconsciousness. The conscious part is a small part of the personality, while the unconscious part contains the instincts that drive all human behavior.

The values contained in literary works should be conveyed to readers, especially the values contained in children's stories. Values can be a source of learning about life. Values are important because they involve everything good and bad in human behavior (Ismawati, 2014:18). In a lesson, appropriate teaching materials or teaching materials are needed. Teaching materials that can provide useful lessons and knowledge for students (Ismawati, 2014). The results of the analysis of literary psychology, a collection of short stories *One Million Children's Stories Banyumas* (2011) are appropriate teaching materials for teaching psychological values to students.

LITERATURE REVIEW

Research on a collection of short stories *Sejuta Cerita Anak Banyumas* (2011) has been done before. Pandanwangi et al., (2022) wrote an article entitled *Problem Solving Ability of Child Characters in a Collection of Short Stories Sejuta Cerita Anak Banyumas* which was published in the journal *Widyaparwa* Vol.50, No. 2. In this article, Pandanwangi (2022) analyzes the problem solving abilities of child characters when facing a pandemic. The article uses the theory of Problem Solving from a psychological perspective. The results of the research show that the child characters solve the problems they face during the pandemic by getting closer to God, developing hobbies, and doing social activities that are beneficial to others.

Subsequent research was conducted by Lapiana et al., (2022) as an article in the proceedings of SNPP IKIP PGRI with the title *Role of the Family in Banyumas Children's Literature during the Covid-19 Pandemic*. The article reveals the closeness and family communication that is very important for children when they are facing a pandemic situation. The results showed that the family has biological, psychological, socio-cultural and educational functions. Based on the literature review above, research on teaching psychological values in children's literature has never been done before.

METHOD

This research is a qualitative descriptive research with a literary psychology approach. The data used includes primary data and secondary data. The primary data is a collection of short stories *Sejuta Cerita Anak Banyumas* (2011) published by SIP Publishing. SCAB's collection of short stories consists of 20 children's short stories, but 5 short stories were selected as the object of research. The five children's short stories are entitled (1) *Dalam Gelungan Selimut*, (2) *Hantu Itu Bernama Rapid dan Swab*, (3) *Ayahku Itu Pejuang*, (4) *Aku dan Harapanku Di Saat Pandemi*, and (5) *Kisah di Awal Masa Putih Biruku*. The secondary data of this research is in the form of references or journals that are relevant to the research topic.

Data collection was carried out by literature study using reading and note-taking techniques. Literature study was chosen because this research uses text ((Ratna, 2006: 39). A collection of short stories *Sejuta Cerita Anak Banyumas* (2011) is read repeatedly and then records are made of words, phrases, sentences that are relevant to the research focus, namely values psychology in the collection of short stories. The results of data collection were then classified based on the categories that had been compiled. The data analysis technique steps carried out included data reduction, data presentation, and data inference. Furthermore, the data was analyzed using the content analysis method. The content analysis is to analyze the data so that generated data relevant to the focus of research.

FINDINGS AND DISCUSSION

A collection of short stories *Sejuta Cerita Anak Banyumas* (SCAB) is a collection of children's short stories written during the Covid-19 pandemic. This collection of short stories consists of 20 children's short stories written by children's writers. Because it was written during the Covid-19 pandemic, the story focuses on the main child character when facing this situation. The element that stands out from the collection of SCAB short stories is the psychological condition of the child characters facing the pandemic. The psychological condition of the child characters is recorded in the short stories.

The pandemic period was indeed not a pleasant time for everyone, especially for children. Government policies that implement stay at home orders or stay at home and stay away from crowds cause psychological problems for children. Children are kept away from social life. Children are required to go to school online so they cannot meet school friends and playmates. Children are also required to stay at home so they feel bored and bored with the same routine. Basically, children are very active social beings who move with great curiosity. The enactment of the policy to stay at home indirectly causes psychiatric problems in children. This condition is coupled with the high death rate due to the Covid-19 virus. In fact, it is undeniable that the victims of this virus are close family to parents and siblings.

The short stories contained in SCAB capture all of these psychic phenomena. The results of the study show that the psychological problems faced by the child characters in the five SCAB short stories are as follows:

No.	Short Story Titles	Psychological Problems Faced by Child Characters
1.	<i>Dalam Gelungan Selimut</i>	Emosional, Kejenuhan

2.	Hantu Itu Bernama Rapid dan Swab	Kecemasan, Ketakutan, Trauma
3.	Ayahku Itu Pejuang	Trauma, Kesedihan
4.	Aku dan Harapanku di Saat Pandemi	Kebosanan, Putus asa
5.	Kisah di Awal Masa Putih Biruku	Kebosanan, Kejenuhan, Ketakutan

In short story *Dalam Gelungan Selimut (DGS)*, the child characters experience emotional and boredom during the pandemic. Child characters become more emotional because of the saturation experienced. The character feels that online classes are very boring. Every day, what they face is GMeet class. Starting from doing assignments, watching learning videos, online discussions, and summarizing teacher explanations are done online. The character is kept away from his friends and social environment.

“Masih daring, ya? Pandemi belum selesai?”
 Kalau boleh jujur, aku mulai lelah dengan semua ini.
 Aku tidak benci sekolah dengan system seperti ini. Aku hanya rindu sekolah normal
 (DGS: 2).

As a result of this saturation, the child character becomes more emotional. In fact, it becomes difficult to concentrate at work.

Aku mengingat diriku yang mogok menulis untuk beberapa waktu belakangan entah bagaimana, aku jadi sulit mengendalikan emosi dalam hati. Aku bahkan sempat kesulitan untuk berkonsentrasi dalam pekerjaan (DGS: 4).

The child character feels that the activity has been monotonous and uninteresting for too long. This condition causes psychological problems that he experienced. Psychological problems of anxiety, fear, and trauma are experienced by the child characters in the short story *Hantu Itu Bernama Rapid dan Swab (HIBRS)*. The child character is afraid of the Covid-19 virus so that when he is about to take a rapid test, he is very afraid if the test results show positive for Covid-19.

“Ibu, aku takut,” aku memegang tangan Ibu dengan erat.
 “Tenang, ada Ibu yang selalu setia menemani kamu. Kenapa tanganmu dingin dan mukamu pucat,” Ibu berusaha menenangkanku (HIBRS:10).

The child character is afraid that if his rapid test results are positive, then he will not be allowed to return to the pesantren. Excessive fear began to be felt by the child character when the results of the rapid test were declared reactive, so the child character was required to take a swab test.

Mendengar percakapan Ibu dan Mbak Eva di telpon membuatku langsung panik, pucat, dan takut. Badan terasa lemas, panas dingin menyelimutiku (HIBRS:11).

The fear that is felt has not subsided, the child character is traumatized. The trauma was caused by the Covid-19 virus because the child character's grandmother died. This causes deep sadness for the child character.

Yang sabar dan tabah doakan mbahnya semoga husnul khotimah, diterima amal ibadahnya dan ditempatkan di sisi-Nya,” mbak Sepri mengelus rambutku memberikan solusi dan menenangkanku (*HIBRS:13*).

The trials were repeated during the pandemic. Such conditions test a person's mental and psychic. If a person's psyche is not strong, he will experience psychiatric disorders.

In the third short story entitled *Ayahku Itu Pejuang (AIP)*, the child character experiences trauma and deep sadness. Both parents of the child characters are health workers so that during the pandemic they were required to stand guard at the hospital to help victims of the Covid-19 virus. The father and mother of the child characters are rarely even able to go home to meet their children and their families. The first trauma was experienced by the child character because their neighbors thought their father and mother were the spreaders of the Covid-19 virus. The child character and his family often get ridiculed by the neighbors every time they leave the house. This is what traumatizes the child character to leave the house.

“Tuh kan, benar. Keluarganya itu sarang virus.” Ucap ibu yang memakai masker akin berwarna hitam. Aku berhenti, apakah ini pernyataan itu untukku?.

“Orang tuanya kan tidak pulang dari rumah sakit. Bisa saja mereka terjangkit virus corona.” (*AIP:24*).

The trauma from the neighbors' sneers has not subsided, the child character is faced with deep anxiety and sadness. Anxiety is experienced when the father and mother have not returned home and are also on duty from the hospital. The child character waits anxiously for his parents. Most of the time, the child character looks into the room of his father and mother to see if they have come home.

Ayah dan Ibu baik-baik saja kan? Beri aku kabar, yah. Kapan kalian pulang?
Hal yang sering aku lakukan saat bangun tidur adalah melihat kamar ayah dan ibu. Apakah mereka sudah pulang? (*AIP:25*).

Psychic problems returned in the form of deep sadness. The child character's father died due to contracting the Corona-19 virus. The disaster caused sadness in the heart of the child character.

“Kay, Ayah...Ayah meninggal.’ Tubuhku lemas, rasanya sulit sekali untuk menahan beban tubuhku agar tetap berdiri. Dadaku sangat sesak (*AIP: 26*).

Hearing about the tragedy that happened to his father, the child character feels unable to bear the burdens of life so that his world feels dark and then he becomes unconscious.

Psychological problems in the form of boredom and despair are experienced by the child characters in the short story *Aku dan Harapanku di Saat Pandemi (AHSP)*. Like other children, online schooling creates boredom. Bored because the activities carried out are monotonous and unable to meet school friends.

Aku sedih karena tidak bisa bertemu dengan guru dan teman-teman, mungkin kalian juga merasakan hal tersebut? Ya, aku yakin begitu (*AHSP: 73*).

Besides boredom, the child character also experiences despair. This is because the child character comes from a simple family and lives as it is. Carrying out schools online requires quite a lot of internet quota. In fact, to buy internet quota, both parents feel very inadequate. His father and mother are only laborers around their house so their income is not enough to meet their daily needs. Such conditions make the child character feel hopeless.

Suatu ketika aku sedang mengikuti kegiatan daring (pembelajaran online), menurutku itu hal yang menyusahkan karena Ayah dan Ibuku harus bekerja keras banting tulang untuk kehidupan keluarga dan mereka harus menyisihkan uang agar bisa membeli paket data internet untuk kegiatan daring (*AHSP: 73*).

The feeling of hopelessness was also caused because during the pandemic the income of the child character's parents decreased by 50%. In fact, the father of the child character experiences PHK.

Apalagi pada kondisi yang masih pandemic seperti ini, mereka mengalami penurunan penghasilan sampai 50%. Ayah pun terlihat sangat sedih, lalu aku pun bertanya "Ayah mengapa sedih?" ucapku. "Ayah baru saja di PHK," jawab ayah dengan lirih (*AHSP: 77*).

These two things made the child character even more hopeless in facing problems during the pandemic. It's almost like the child character doesn't want to go to online school anymore because of the constant difficulties in life.

Psychological problems of boredom, boredom, and fear are also experienced by the child character in the short story *Kisah di Awal Masa Putih Biruku (KAMB)*. The boredom of the child character is also experienced because of online schooling. The child character gets bored quickly when studying online. He feels lonely. There are no friends to joke with, play with, even just for snacks in the school canteen.

Keadaan semakin menjadi-jadi. Sudah 6 bulan lamanya aku berdiam dan bertapa di rumah demi Kesehatan dan juga kebaikan Bersama. Tapi, rasa bosanku mulai datang dan menghantui waktu itu saat menatap layar hp. Tidak ada teman bersenda gurau, bermain bahkan jajan di kantin sekolah (*KAMB: 141*).

The child character began to feel fear since he was hit by a fever of up to 38.5 C. The child character was very afraid of being infected with the Covid-19 virus. The fear makes the child character panic and cry.

Aku diminta istirahat dan meminum obat-obat yang diberi. Di sini aku merasa takut sekali karena sendirian, takut terkena covid. Aku panik dan air mata menetes (KAMB:144).

The child character's fear is caused by worry if his father and mother are also affected by the Covid-19 virus with consequences like the news he has heard so far. Such conditions are like trauma due to an incident that affects a person's psyche.

Based on the presentation of the results of the analysis above, it can be said that a collection of short stories *Sejuta Cerita Anak Banyumasis* the right literary learning material to be given to students. This collection of short stories contains psychological values that can be understood by students in their daily life. By reading this collection of short stories, students learn about fear, anxiety, sadness, boredom, boredom, and trauma. In addition, students also learn about how child characters deal with the psychological problems they are facing. Various ways are carried out by the child leaders, such as praying diligently, carrying out positive activities, thinking positively about the future, and trying hard to realize the ideals in the midst of the problems they face. Such things are useful to convey to students. That way, students can learn and absorb life experiences from the collection of short stories they read, especially those related to one's mental problems.

CONCLUSION

Short stories are a form of literary work that displays a person's psychological condition through the characters. Therefore, short stories become entertainment as well as a fun media for inner contemplation. Through the characters, the authors of short stories raise the problems of human life accompanied by the characters and characteristics of the characters. Like humans in real life, the characters or characteristics of short story characters influence the way they solve their life problems. Children learn how to solve life's problems. Children will also understand the various human traits and characters conveyed by the story characters. A person's psychological or psychological condition is also studied by children through their reading. All these things make children more sensitive to the surrounding environment.

A collection of short stories *Sejuta Cerita Anak Banyumas* is the right literary learning material to be given to students. This collection of short stories contains psychological values that can be understood by students in their daily life. By reading this collection of short stories, students learn about fear, anxiety, sadness, boredom, boredom, and trauma. In addition, students also learn about how child characters deal with the psychological problems they are facing. Various ways are carried out by the child leaders, such as praying diligently, carrying out positive activities, thinking positively about the future, and trying hard to realize the ideals in the midst of the problems they face. Such things are useful to

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