

ABSTRAK

Penelitian berjudul “Trauma Perundungan pada Tokoh Luna dalam Novel *Planet Luna* Karya Ray Antariksa Yasmine” dilatarbelakangi oleh fenomena perundungan yang dapat menimbulkan dampak psikologis berupa trauma pada individu. Tujuan penelitian ini adalah menjelaskan trauma perundungan pada tokoh Luna. Penelitian menggunakan metode deskriptif kualitatif dengan pendekatan psikologi sastra, yang difokuskan pada analisis tokoh Luna, alur, latar, serta trauma perundungan yang dialami Luna. Hasil penelitian menunjukkan bahwa Luna digambarkan sebagai remaja yang cenderung tertutup dan pendiam akibat pengalaman perundungan yang dialaminya.

Bentuk trauma dianalisis berdasarkan empat respon trauma. Dari keseluruhan empat komponen diperoleh 48 data yang mencerminkan respon trauma, meliputi 22 data respon emosional yang didominasi perasaan takut, cemas, dan kesedihan, 11 data respon kognitif berupa pikiran negatif terhadap diri sendiri dan munculnya *flashback*, 8 data respon perilaku yang muncul dalam sikap menarik diri dan menghindari interaksi sosial, serta 7 data respon fisik yang ditunjukkan melalui reaksi tubuh seperti gemetar, menangis, dan ketegangan saat menghadapi situasi pemicu trauma. Berdasarkan hasil analisis, dapat disimpulkan bahwa trauma yang dialami tokoh Luna termasuk dalam kategori trauma psikologis. Diharapkan penelitian ini dapat dijadikan acuan bagi peneliti berikutnya untuk mengkaji lebih mendalam trauma tokoh dalam karya sastra dengan pendekatan yang serupa.

Kata kunci: *Trauma perundungan, tokoh Luna, Achmanto Mendatu, psikologi sastra*

ABSTRACT

The research entitled "Bullying Trauma in the Luna Character in the Novel Planet Luna by Ray Antariksa Yasmine" is motivated by the phenomenon of bullying that can cause psychological impacts in the form of trauma on individuals. The purpose of this research is to explain the trauma of bullying in the character of Luna. The research uses a qualitative descriptive method with a literary psychology approach, which focuses on the analysis of the character of Luna, the plot, setting, and trauma of bullying experienced by Luna. The results of the study show that Luna is described as a teenager who tends to be closed and quiet due to the bullying experience she experienced.

From all four components, 48 data were obtained that reflected trauma responses, including 22 emotional response data dominated by feelings of fear, anxiety, and sadness, 11 cognitive response data in the form of negative thoughts about oneself and the appearance of flashbacks, 8 behavioral response data that appeared in withdrawal and avoidance of social interactions, and 7 physical response data that were shown through bodily reactions such as trembling, crying, and tension when facing trauma-triggering situations. Based on the results of the analysis, it can be concluded that the trauma experienced by the character Luna is included in the category of psychological trauma. It is hoped that this research can be used as a reference for future researchers to examine more deeply the trauma of characters in literary works with a similar approach.

Keywords: ***Trauma of bullying, Luna character, Achmanto Mendatu, literary psychology***