



**Study of the personality structure of sempati's character in  
the novel how to be happy without a head triskaidekaman's  
works**

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**Abstract**

This study aims to describe the Id, Ego and Superego in the main character, namely Sempati contained in Triskaidekaman's novel How to Be Happy Without a Head using a Literary Psychology approach based on Sigmund Freud's Psychoanalysis, while the method used is a qualitative descriptive method. Then the data obtained from this study were taken from research data sources, namely the novel Ways to Be Happy Without a Head which is in the form of quotations. The results of this study indicate that the personality structure of the main character originating from the novel How to Be Happy Without a Head is divided into 3, producing 77 Id, 31 Ego and 20 Superego, thus it can be concluded that Id or desire that Sempati thinks of as the main character is more inclined or bigger than the Ego and Superego.

## Keywords

Novel, Literary Psychology, Personality Structure

### 1. Introduction

A novel is a long and complex narrative work. A novel is also a story that is written and considered as a work of fiction that contains the imagination of the author and the writer (Adenan, Kayad & Daud, 2018). In a novel there are many KOMSAS elements highlighted by the author.

Among the elements of KOMSAS are themes, questions, character and character, community setting, time setting, place setting, plot, language style, values and teaching. Literary psychology is a combination of psychological theory with literary theory. Literature as a "psychological symptom" which contains psychological phenomena that appear through the behavior of its characters, so literary texts can be analyzed using a psychological approach.

The character's personality structure in literary psychology is one part that can be studied. Examining the personality structure that is the mainstay of psychologists; constantly evolving statistical technologies make Personality understanding structures more defensible. To find out the character's personality structure, an analysis of literary psychology is needed based on psychoanalytic theory. This theory proposes about the nature and development of human personality. Configuration aspects are also included in the structure of personality factors.

Personality structure according to Sigmund Freud is a psychological approach using personality theory to explain the conscious and unconscious experiences of humans. Personality is part of the human soul that builds human existence into a single unit. Understanding personality means understanding me, self, *self*, or understanding the whole person. One of the most widely used summary patterns of individual characteristics is behavior, thoughts, and emotions is personality, entered to the analysis of literary works by considering psychological or psychological aspects or involvement.

The personality structure of the characters in the novel *Ways to Be Happy Without a Head* always changes according to the conditions experienced by the main character. developed to measure personality traits. As for this change is a response from the stimulus to the events or events that are experienced. The personality structure will be the benchmark and material for study in this study.

Psychoanalysis is a psychological theory and method of therapy developed by Sigmund Freud in the late 19th and early 20th centuries. This theory focuses on the study of the subconscious mind, hidden emotions, and past experiences

shape one's personality. Psychoanalysis aims to help a person overcome mental and emotional problems that are rooted in unresolved psychological problems. Although personality has been postulated as a susceptibility factor that may explain comorbidity.

Id is the part of the mind that contains basic human desires and drives. For example, sex, aggression, and appetite. The id operates at a subconscious level and works based on the principle of immediate pleasure, meaning the desire to satisfy needs as quickly as possible without regard to consequences or social norms. Whereas *Ego* is the part of the mind that functions as a mediator between the id and external reality. The ego works at the level of consciousness and develops strategies to fulfill the id's desires in a rational and reasonable way. The ego works based on the reality principle, meaning that it considers the consequences of actions before making a decision. The ego is part of the personality that is formed along with the development of individuals in interacting with the social environment. The ego also functions as a mediator between the needs and demands of reality and the subconscious desires expressed by the id, the ego tries to satisfy the desires of the id in a social and moral way, and considers all the consequences of the actions taken. So *Superego* is the part of the mind that represents the moral norms and values taught by society. The superego acts as a controller of all human behavior and plays a role in suppressing unwanted impulses. The superego operates on a moral and ethical level, and works on the principles of idealism and morality. The superego is part of the personality that is formed by social values and norms obtained from the environment and individual life experiences. The superego also acts as a controller for the id. Which focuses on analyzing the structure of performance and its legacy by paying attention to morality, values, norms circulating in society. These three components interact with each other and form a complex human personality. Id, ego, superego often conflict with each other and influence human behavior. In the analysis of literary works, concepts, id,

ego, superego can be applied to understand character behavior and motivation. Psychoanalysis Carl Gustav Jung

Jung is one of the experts in psychoanalytic studies who argues that humans have a personality consisting of consciousness (ego), personal unconscious, and collective unconscious. Jung's study is very specific about the archetypes of each human personality. According to Jung, archetypes are the content of the collective unconscious. According to him, several archetypes have a very important relationship in shaping personality. Archetypes are considered as universal themes that influence human behavior and inherit the same basic archetypal images. Jung proposed archetypes that play roles

important role in personality viz persona, animus and animus, the shadow, and the self (Calvin S Hall & Vernon J Nordby, 2018).

As a comparison, the researcher also includes the theory of Carl Gustav Jung to compare whose theory is the most appropriate to use in this study. And according to the researcher, the most appropriate theory used in this research is Sigmund Freud's theory because Sigmund Freud's theory is considered very appropriate with his Id, Ego, and Super ego to find out the personality structure of the main character Sempati in the novel.

Then this research is also not new research, similar research has been done before. Researchers take *onesample* Previous research titles related to the title of the researcher, including: (1) Surrealism Study in the Novel How to Be Happy Without a Head by Triskaidekaman (Lacanian Psychoanalytic Approach)

This research is very important to study because this novel is seen from the problems or storylines in the novel How to Be Happy Without a Head by Triskaidekaman. Second, there are only a few people who do research on this novel. Third, the uniqueness of the storyline in the novel.

The difference between this research and previous research is in the flow used. The flow used in previous studies is the flow of Surrealism

while the flow used in this study is the flow of psychology literature based on psychoanalysis.

Furthermore, the second difference found in previous research is from the theory used. Previous research used Lacanian or Lacan Psychoanalytic theory while the theory used in this study was Sigmund Freud's Psychoanalytic theory which emphasized the Id, Ego, and Superego.

## **2. Research methods**

The method used is descriptive qualitative using a literary psychology approach based on Sigmund Freud's psychoanalysis. The object of research in this study is the novel How to Be Happy Without a Head by Triskaidekaman. The data in this study are in the form of excerpts taken from the novel How to Be Happy Without a Head by Triskaidekaman which represents the personality structure That, I, Superego that exists in the main character, namely Sempati. The approach used in this study is a qualitative approach to present the personality structure of the characters in the novel. Sigmund Freud's psychoanalytic approach is used to dissect the data in this novel.

This study emphasizes detailed data descriptions to support data presentation. That, I, Superego which is used as the basis or benchmark that is directly related to literary works and makes literary works as objects of research to reveal the structure of Sempati's personality as the main character. This research was also conducted based on the data that had been collected from the research object. The data are selected based on the formulation of the problem.

The data processing technique used in data collection is the reading and writing technique. This technique is used to classify data from quotations which will later be used to be interpreted using the Freudian psychoanalytic approach.

## **3. Results and discussion**

The results of this study indicate that there are several findings of personality structure based on Sigmund Freud's psychoanalysis on the main character in Triskaidekaman's Headless Way of Happiness novel.

#### 4. Id

The following quote shows the elemental personalityId on the main character Sempati who thinks that the decapitation program is the best way for him. "For Sempati, Headless Life is the only option left. He ran out of what he could plan for—a place to live, a personal vehicle, a capable career, idol, determination, tribute treasure, even a casket and a place for burial. (CBTK, 2019: 5)Thinking of something is something that comes to mind in Sempati's mind which is classified as a primary process condition. From the quote from the CBTK novel, it illustrates how big it isId in the main character, namely Sempati.Id seen in Sempati, when Sempati thought that detaching his head from his body was the only option left.

#### 5. Ego

ElementEgo on the figure of Sempati is shown in the following quotation."Resentment flared up. The fistfight nearly blindfolded him, nearly slashing his ear. After three attempts to separate the body and head, Sempati was always rescued on time. There are always those who witness the fight between heads and bodies, then intervene carefully. Plan stay plan. Have a strategy, this time it must be accurate." (CBTK, 2019: 7)

And in the end, from several options, Sempati decided to separate the head from the body. Still, Sempati's wish did not come true because there were always things that hindered Sempati's intention.

#### 6. Superego

Elementsuperego on the figure of Sempati is shown in the following quotation.

"I have to, Sempati obeys the robot. He entered his name. Finger. Long. Archaic. Long. Bother. A few words from parents. Part of the innate rice that can only be accepted. Cannot be sued, elected, let alone replaced at will." (CBTK, 2019: 13)As for some quotes taken from the novel How to Be Happy Without a Head by Triskaidekaman assamplefrom Sigmund Freud's theory as follows:

1. ID : "He was interested in seconds. Sympathy's mind folded. He let himself be dragged into the magnetic field. Without prompting, his eyes searched for phone numbers all over the leaflet. Meet. A ferociously hot number connects him to an answering robotic voice. Melodious and soft on the ears "(CBTK, 2019: 13)
2. EGO : The night begins with Sempati enduring terrible pain. First: sick because he paid cash around five thousand. His six month savings was gone in an instant. Second: because he chose the most expensive package--cutting the head on the same day. (CBTK, 2019: 21)
3. SUPEREGO : "Unable to fade the smile, Sempati walked to the door, while replying to M4, "I'll be back later this afternoon."

"Which package do you want?"

"Back to work, miss. I'll decide later."

"But the blue flyer hasn't been read "

Sempati was more afraid of the presence card in red ink than the M4 warning. Her slender body turned, ran, and descended several steps at a time. And disappeared. (CBTK, 2019: 20)

With the following information:

CBTK: How to Be Happy Without a Head

Year : 2019

Sempati is faced with several choices in life, even though it is difficult and full of consideration, Sempati still has to choose several options.

The synopsis of the novel Way to Be Happy Without a Head by Triskaidekaman tells the story of Sempati who is tired of his life and considers his head to be the source of all the problems he experiences. Even so, he is said to still be able to live and move as a normal person who has a head, he can even see his head which he keeps on top of the cupboard at the end of his room. Apart from divorcing the head from the body. Because Sempati always thinks his head is the source of all annoying things. Various things lead to injuries that make him want to get rid of his head from his body. The story in this novel begins with opens the story of Sempati who really wants to remove his head from his body. Without much ado, in an orderly, clear, and neat manner, how to get rid of the written head and make people who imagine it shudder and shake their heads, because it's too much absurd.

In the world of Sempati, it is told that the merit of separating the head appears. It was also advertised in many ways, and finally led Sempati to try it. Like service providers in general, this program called "Free Your Head" also has a marketing agency. Sempati met one of the company's agents and had the name M4. During the initial acquaintance with M4, Sempati was told the details of the Free Your Head program. Including an explanation of how later without a head, a person will still be able to see, speak, hear and other things that would naturally function if they had a head and could be used. The structure in this novel is included in the intrinsic elements. Where the structure is divided into seven parts including, characters and characterizations, plot, dialogue, setting, theme, technical instructions, and mandate. The structure in this novel is very complete, it can be used or utilized as a tool for readers to understand the contents of the novel. Characters are also the main elements in a story.

Characters in a story are generally described by the author as ordinary people. They are described as having a personality according to the wishes of the author. In addition, each character also gives a different physical description

by the author. This novel also includes a complete novel with 300 pages, starting from the opening absurd the contents are horrified but exciting, until the closing of the story which has deep meaning and meaning.

Biography of the Author of the novel How to Be Happy Without a Head

Henny Triskaidekaman or who is often called Triskaidekaman is a part-time novelist who has published four novels whose titles are always long and whose contents always arouse readers' curiosity. Kak Tris, who is known as a writer who was born in Pontianak on May 18, has had several titles or awards from several of the books he has published, his first printed novel (Handbook of Applied Mathematics, Gramedia Pustaka Utama, 2018) won 1st place in an international novel writing competition Unnes 2017. Then won Bookcamp 2017 (Digital Bookslife Publishing) which was the 2nd winner of StorialCo's novel writing month in November 2017, and was also a facilitator in their sharing class, where he explored and shared about epistolary fiction. From the crime genre, science fiction, to realismabsurd/ magic. Kak Tris also frequently writes novels, including online novels but also writes short stories and poetry although they have never been officially published in print media.

## **7. Conclusion**

From the results of the research and discussion above, it can be concluded that the results of the research in the novel How to Be Happy Without a Head indicate that there is a subconscious phenomenon found in the main character Sempati. The personality structure found in the main character is Sympathy Id or his desire to live without a head. These fantasies or thoughts are unconsciously created by him, making everything very complicated. When the head is detached from Sempati's body. In his mind, Sempati also felt that he could talk to inanimate objects like the damn watch that was given to him. Even the watch he was wearing knew what he was doing. I also know what

Sempati's mother did to him. Unknowingly, it is also his own thoughts that make Sempati unable to control himself. The results of this study affect the identity formation process of the main character, namely Sempati. Research on the novel How to Be Happy Without a Head by Triskaidekaman is still limited to searching for journals and books that discuss the personality structure of the main character. It is recommended that there be further research on the novel How to Be Happy Without a Head by Triskaidekaman to discuss the entire phenomenon of the human subconscious by looking for various sources of reference using the study of personality structure based on Sigmund Freud's psychoanalysis. The novel How to Be Happy Without a Head by Triskaidekaman still has various interesting possible problems to study. The researcher hopes that later there will be further studies that can be carried out with different perspectives.

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