

## Rejection Sensitive Dysphoria dalam Cerkak Candle in the wind Karya Sri Wintala Achmad = Rejection Sensitive Dysphoria in Candle in the wind Cerkak by Sri Wintala Achmad

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### Abstrak

Rejection Sensitive Dysphoria (RSD) merupakan isu psikologis yang masih jarang dibicarakan. Literatur ilmiah mengenai RSD cukup sulit ditemukan, padahal RSD merupakan isu mental yang sering ditemui di masyarakat, termasuk masyarakat Jawa. RSD dalam cerkak Candle in the Wind ditandai dengan rasa sakit emosional pada salah satu tokoh. Keunggulan cerkak Candle in the Wind yaitu mengungkapkan permasalahan memori masa lalu yang menyebabkan rasa sakit emosional, sehingga permasalahan yang diangkat peneliti meliputi: (1) bagaimana keterkaitan isu psikologis RSD dengan karakter Win?; (2) bagaimana proses identifikasi sensitivitas terhadap penolakan karakter Win?; dan (3) bagaimana peran psikologi Jawa dalam mengatasi RSD pada karakter Win?. Tujuan penelitian ini untuk mengidentifikasi isu RSD pada karakter Win menggunakan metode deskriptif kualitatif, pendekatan objektif, dengan teori psikoanalisis Sigmund Freud, serta konsep distansi de Jong mengenai rila. Hasilnya karakter Win teridentifikasi mengalami RSD karena memenuhi ciri yang diberikan Dodson, Roberts, dan Caldwell. RSD pada karakter Win memengaruhi gejala batin yang dialaminya, hal ini dideskripsikan menggunakan teori psikoanalisis Freud. Psikologi Jawa menawarkan konsep distansi berupa rila yang menjadi upaya karakter Win dalam mengatasi RSD. Penelitian ini memberi kebaruan multidisiplin dalam ranah psikologi terkait isu RSD dan dalam ranah kesusastraan Jawa karena mengangkat cerkak Candle in the Wind.

.....Rejection Sensitive Dysphoria (RSD) is a psychological issue that is rarely discussed. The scientific literature on RSD is quite difficult to find, even though RSD is a mental issue that is often encountered in society, including the Javanese. In the Candle in the Wind short story, RSD is characterized by emotional pain in one of the characters. The advantage of Candle in the Wind's short story is that it reveals past memory problems that cause emotional pain, so the problems raised by researchers include: (1) how are the psychological issues of RSD related to Win's character?; (2) what is the process of identifying sensitivity to rejection of Win characters?; and (3) what is the role of Javanese psychology in overcoming RSD on Win's character?-The-purpose-of-this-study-was-to-identify-the-issue-of-RSD in Win's character using a qualitative descriptive method, an objective approach, with Sigmund-Freud's-psychoanalytic-theory, -as-well-as-de Jong's concept of distance regarding rila. The result is that Win's character is identified as having RSD because it fulfills the characteristics given by Dodson, Roberts, and Caldwell. RSD in Win's character influences the inner turmoil he experiences, this is described using Freud's psychoanalytic theory. Javanese psychology offers the concept of distance in the form of rila which is Win's character's attempt to overcome RSD. This research provides multidisciplinary novelty in the field of psychology related-to-the-issue-of-RSD-and-in-the-realm-of-Javanese-literature because it raises the issue of Candle in the Wind.