

Analisis Karakteristik Impostor Syndrome Pada Tokoh HA Eunbyeol Dalam Drama The Penthouse: War In Life S1 = Analysis Of The Characteristics Of Impostor Syndrome In The Character HA Eunbyeol In The Drama "The Penthouse: War In Life" Season 1

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Abstrak

Isu kesehatan mental sering kali menjadi topik pembicaraan menarik. Stigma negatif sering melekat pada aspek-aspek kesehatan mental, seperti impostor syndrome, yang mencakup karakteristik mental yang berbeda. Dalam penelitian ini, karakteristik impostor syndrome dijelaskan melalui tokoh Ha Eunbyeol. Penelitian ini bertujuan untuk memaparkan karakteristik impostor syndrome melalui tokoh Ha Eunbyeol. Penelitian ini juga bertujuan untuk meningkatkan kesadaran dan menambah wawasan tentang kesehatan mental. Metode yang dipakai dalam penelitian ini adalah kualitatif deskriptif dengan menggunakan pendekatan psikologi sastra milik David Krech. Hasil penelitian menunjukkan bahwa Ha Eunbyeol memiliki karakteristik impostor syndrome yang dibuktikan melalui klasifikasi emosi David Krech. Ha Eunbyeol menunjukkan sepuluh dari sembilan belas emosi berdasarkan klasifikasi emosi David Krech dan menunjukkan tujuh dari sembilan karakteristik impostor syndrome menurut Clance dan O'Toole.

.....The mental health issue is often an intriguing topic of discussion. Negative stigma is often attached to aspects of mental health, such as impostor syndrome, which encompasses different mental characteristics. Through the character Ha Eunbyeol in the drama "The Penthouse: War In Life" Season 1, the characteristics of impostor syndrome can be recognized and explained in this study. The purpose of this research is to illustrate the characteristics of impostor syndrome through the character Ha Eunbyeol. This study also aims to increase awareness and insight into mental health. The method used in this research is descriptive qualitative, employing David Krech's literary psychology approach. The research results show that Ha Eunbyeol exhibits impostor syndrome characteristics as evidenced by the classification of emotions by David Krech. Ha Eunbyeol displays ten out of nineteen emotions based on David Krech's emotion classification and exhibits seven out of nine impostor syndrome characteristics according to Clance and O'Toole.