SELF-ESTEEM DEVELOPMENT OF THE MAIN CHARACTER IN "ANDY NOYA KISAH HIDUPKU"

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ABSTRACT

Someone`s life journey and his sacrifice could be seen from one`s personality lens owned. It was also including the character`s personality in literary works in which it was reflected in the author`s biography. In this study, the problem of the research was formulated as "How is the self-esteem development of the main character, Andy Noya, portrayed in his biography entitled ANDY NOYA KISAH HIDUPKU which could influence his life-career. The purpose of the study was to identify the self-esteem development of the main character, Andy Noya is portrayed in his biography ANDY NOYA KISAH HIDUPKU which influenced his life-career, based on the theory of humanistic psychology *Coopersmith*. This type of research was a literature research using descriptive qualitative research design with the approach of psychology literature. The finding of this study indicated that the main character, Andy Noya experienced a low self-esteem within his childhood. However, the main character`s self-esteem changes into high (positive) after he was adult and it influenced his life-career then.

Keywords: Self-esteem, development, humanistic psychology, and biography

ABSTRAK

Perjuangan dan perjalanan hidup seseorang dapat dilihat dari dari lensa kepribadian dan rasa percaya diri yang dimiliki. Demikian juga kepribadian seorang tokoh dalam suatu karya sastra dapat terefleksi dalam biografi penulisnya. Pada penelitian ini, masalah yang dikaji adalah bagaimana perkembangan harga diri tokoh utama, *Andy Noya,* tergambar dalam biografinya yang berjudul *ANDY NOYA KISAH HIDUPKU* dapat mempengaruhi kehidupan karirnya kelak. Tujuan penelitian ini adalah ingin membuktikan bagaimana perkembangan harga diri tokoh utama, Andy Noya, tergambar dalam biografinya ANDY NOYA KISAH HIDUPKU dapat mempengaruhi kehidupan karirnya kelak. Kajian ini menggunakan teori psikologi humanistik Coopersmith. Jenis penelitian ini merupakan penelitian pustaka yang menggunakan desain penelitian deskriptif kualitatif dengan pendekatan psikologi sastra. Temuan penelitian ini menunjukkkan bahwa tokoh utama Andy Noya, mengalami perkembangan harga diri yang rendah (negative) di masa kecilnya. Namun harga diri sang tokoh utama berubah menjadi harga diri yang tinggi (positif) setelah dia mulai dewasa dan mempengaruhi kehidupan karirnya kelak.

Kata kunci: Kepercayaan diri, perkembangan, psikologi humanistik, dan biografi

INTRODUCTION

Literary works are the human reflection with the variety of characters depicted in. human`s life story is the interesting and endless issue today, instead the story discusses the popular persons, influencing people, historians and popular authors. We can see the character`s life story and psychology aspect told from the various point of view. It has been many discuss in literary studies, in which literature does not review from fictional fiction aspects which are discussed not only in short story, novel, poetry, and drama but also in factual aspects or non-fictional literary works. One of the literary works is biography.

Talking about biography means discussing the real or factual story of one character. Principally, a character`s biography illustrates his life story from his childhood, teenager, adult, mature and even his popularity. From the biography as well, the readers are able to identify the psyche (personality) of a character told through its narrations (Semi, 1990). The factual stories are summarized in biography which can be written by one who experiences (a character told in biography); thus, this is called as autobiography. However, if it is written by other persons or third persons then is called as biography. A literary work written by its author is inspired from his life experiences. This can be reflected and depicted in several literary works. When an author writes stories, both the influences of social realities and other psychology aspects like motivation and levels of self-esteem are involved in his/her works. There are a number of considerations to write one`s life stories and it is clearly stated in his works too.

The main character of literary work often shows the characters who can be identified or deepened through psychological lens. One of the literary studies identified by using the lens of psychology is a biography entitles "Andy Noya Kisah Hidupku". Andy Noya is known as public figure as a host on the talk show program Kick Andy on Metro TV. This biography has high sales and more prediction indeed. It has been reprinted three times for less than one year (Kompas, 2015). It is sourced from the real story of Andy Noya from his childhood until his career. This biography is a factual literary work that tells about a journalist tough struggle from his dreams. By studying that biography through psychological lens, the readers are challenged to prove the self-esteem development of the main character Andy Noya from his childhood until his career in his biography which entitles Andy Noya Kisah Hidupku.

METHODOLOGY

The method is essential part of doing a research. Descriptive qualitative design is the research design of the study. The data of the research is the utterances of the main character which support the self-esteem and the dialogues between the main character and the other characters and the source is obtained from the biography of Andy Noya which entitles Andy Noya Kisah Hidupku. The data are analyzed by applying Fraenkel and Wallen technique with several techniques. First, the researcher categorized self-esteem of the main character. Second, the researcher gives codes to the sorts of self-esteem including high and low self-esteem. Third, the researcher analyzed the data using the codes before. Forth, the researcher makes conclusion about self-esteem appeared and relate to the research question. The last phase in doing data analysis is the researcher explained the main character`s self-esteem in narrative form. The made code is presented below:

Table 1. Self-esteem Coding

No.	Self-esteem Characteristics	Code
1.	Low Self-Esteem	LS
2.	High Self-Esteem	HS

RESULT AND DISCUSSION

Psychology of Literature

Literary works as the result of human`s creation, feel, and intention gives understanding toward society, for example by understanding the characters, so that the society are capable to understand the changes and distortions occurred especially relating to psyche (Ratna, 2011). Psyche can be meant as psychology condition. It can be said that literary work is able to raise the character`s flaming or the actors` psychology condition. The levels of individual symptoms occurred in literary work cause it interesting, received and relished by the public.

The elements forming literary work in general consist of intrinsic and extrinsic elements. The intrinsic elements include, theme, setting, plot, character and characterization, point of view, and message delivered. Through intrinsic element of literary work, the readers can follow the plot made by the author (Wellek and Warren, 1977). However, extrinsic element of a literary work is the religion, education, economy, and living environment aspects. By characterization, the readers can understand the character`s development and by theme, the readers can understand the meaning and story message at glance.

According to Sumardjo and Saini (1977), literature can be categorized into two namely imaginative literature and non-imaginative one. The parts of imaginative literature are poem and prose which are including fiction and drama. However, the sorts of essay, critics, biography, autobiography, history, memoir, diaries and letters belong to non-imaginative literature. These literary works are under the author`s rules and imagination. The authors of literary works usually make their characters behave in some ways. To uncover the character, the author has to understand the characterization. Characterization is the way in which authors of literary works give the chance for the literature enthusiasts to determine the character. The devices of determining characterizations are, the appearances of the character, aside and soliloquies, dialogue between characters, hidden narration, the language spoken, and character in action (Reaske, 1966).

Biography is only regarded that it is valuable if it gives any contribution to the making of literary works. From a biography, we will not only know the genius, moral, intellectual and emotional development of a man. Furthermore, we may learn the psychology condition and his creative process through this writing. The aspects that can be researched in literary works can be conducted based on the lens of psychology, sociology, and linguistic. The study will focus to the psychology of literature.

Psychology literature is the study of literature which is believed to reflect the psychological aspects (Endraswara, 2008). It aims at understanding the psychological aspects involving in a literary work. Psychology of literature is mostly influenced by several things. First, literary work is a creation of psychic process and author`s thoughts existing in subconscious mind then it is elaborated into conscious one (Endraswara in Minderop, 2010). Second, the study of psychology of literature is to reflect the character`s psychology that is presented by the authors so the readers feel lulled of psychological problems involved in the story. Many literary works are likely to illustrate and reflect the characters` personalities, otherwise it is imaginative, it also can present the psychological problems. In this study, the second point is more appropriate combined to biographical study of Andy Noya since it counts on to the main character`s psychology which supports his expected career.

Learning psychology of literature is almost equal learning the insides of human beings. It is a beautiful study because we can understand the inside soul widely and deeply. The interpretative meaning is broadly used (Endraswara, 2008). The charm of psychology literature exists for human beings portraited both the author and others. Each author often adds his/her experiences or other people experiences in his work.

Coopersmith`s Self-esteem

According to Coopersmith (1967), self-esteem is the evaluation made by individual and

usually relates to the reward received toward himself. It expresses agreement or disagreement to show the level of individual in which s/he believes that s/he is capable enough, important, successful and valuable. Based on Santrock (2003), self-esteem is the whole evaluative dimension of oneself. Dariuzky (2004) stated that self-esteem is someone`s assessment toward himself/herself, capable of facing life challenges and obtaining happiness. It can be concluded that self-esteem is the assessment made by oneself to achieve his expected goals.

Self-esteem has some aspects that must be considered namely, power, meaningful, kindness and abilities. The power intended is the recognition and respect received from other people or opinions delivered then it is approved by others. Meaning means caring and attention received by others. Virtue is defined as the power to follow the moral, ethical and religious standards adopted by someone. However, ability is proved by high performance to fulfill needs and gain achievement.

Individual within high self-esteem feels satisfied by the high character and capability. The positive acceptance and appreciation give security to adapt or react to stimulus and social environment. This person feels more happiness and more effective to face environmental demands. S/he likes doing active roles in social group and to express her/his views continuously and effectively, no fear, no doubt and no personality disorder. He seems moving directly active for his/her purposes. Individual with high self-esteem is more independent to situation, showing high belief that they are mostly success. According to Coopersmith in Pervin and John (2001) high self-esteem individual must be assertive, independent and creative. Those individuals are lacking to receive social definition about realities except they observe themselves. They tend to be more flexible and imaginative, and able to find out original solution of problems. High self-esteem also relates to active complicity in their daily life, more optimistic attitude, and better psychological health.

However, low self-esteem individual has low confident in assessing his capabilities and attributes. It makes individual are not able to express himself in his society. They are lack to keep against the stress to adapt and feels threatened stimulus. Individual withdraws from others and has stress mind continuously. This individual feel inferior, fear, shy, and submissive and hates himself. Low self-esteem individual shows higher worried level and depression symptoms. This individual also believes that they have big difficulties in having friends. Low self-esteem individual is likely to involve in disorder activities and tends to have psychology problems.

The individual with low esteem often feels inadequate and incompetent, fails and easily give up. It affects the failures in his life. A low self-esteem person has no clear self-conception, always thinks negatively about himself, chooses unrealistic final goal or escaping from society, always be pessimistic of his future and has emotional and behavioral reactions through negatively critical forms and feedbacks.

Rosenberg (1965) explained that low self-esteem individual often feels depressed and unhappiness, has high worries, shows more impulses of aggressiveness, feels easily to be angry and hate, and suffer from dissatisfaction of daily lives. Individual within low self-esteem often seeks for evidence that s/he has no prowess, otherwise one who has high self-esteem motivates himself to find proof to strengthen his vigor. S/he is successful to show off and attribute his success in internal characteristic, but the individual with low self-esteem tends to attribute his success in external influence.

The data of the main character`s self-esteems are as the following:

Low Self-esteem

There are a number of data showing the low self-esteem of a character. They are as the following:

1. *Dengan kulit putih, rambut pirang, dan wajah bule, bukannya aku berterimakasih kepada Tuhan. Sebaliknya, aku kerap menyesali mengapa Tuhan memilih Rahim perempuan keturunan Belanda sebagai pintu keluarku ke dunia fana ini.*
   (Data 1: LS, p.3)

From the context presented, we can say Andy Noya, the main character, felt disappointed because he thought "diference" from his peers. With the light and bright skin and face as blasteran Indo-Holland, he felt insecure. The conclusion can be taken is the main character felt afraid and shy, hated himself and lack for receiving himself. It rises his low self-esteem.

2. *Hari pertama masuk di sekolah baru itu aku syok. Pertama, hampir semua murid disitu keturunan Tinghoa. Kedua, mereka mengenakan sepatu bagus dan mahal-maha. Sementar sepatuku waktu itu merek Bata. Sepatu model basket itu warna aslinya putih, tetapi karena sudah dicuci berkali-kali dan dimakan umur, warnanya berubah kecoklatan. Sebagian kain kanvasnya juga sudah dikoyak* (Data 2: LS, p.49). In this context, the main character had low self-esteem. It can be proved from the lack of low self-esteem in evaluating his attributes. It affects the individual disabilities and social adaptations.

3. *Waktu itu aku malu punya ayah tukang betulin mesin tik. Profesi yang sama sekali tidak bisa dibanggakan, terutama didepan teman-temanku.* (Data 3: LS, p.146). In this context, individuals withdraw from others and have feelings of being constantly depressed. He had more worried level toward his father and him so he tends to be pessimistic about the main character`s future. Instead, the status of his father`s work is the machine repairman which is intended as a threatening thing for his friends.

4. *Sebagai anak daerah, di kota ini aku merasa kecil. Nyaliku tidak siap bertarung menghadapi kekejaman kota metropolitan ini* (Data 4: LS, p.174). In this narration, the main character is proved that he has skill and anxiety. It indicates that the main character`s self-esteem is low. The main character feels low self-esteem in assessing his locally attributes and abilities.

High Self-esteem

1. *Karena selalu mendapat tugas membacakan soal-soal ujian, lama-lama aku lebih hafal jawabannya ketimbang Su dan Darmadji. Aku jadi lebih "pintar"* (Data 5: HS, p.117). this context explains that the main character satisfied with his high abilties and character, so in this phase, Andy Noya has high self-esteem comparing to his peers.

2. *Di bangku STM aku selalu ditunjuk menjadi komandan regu. Bahkan, ketika lomba gerak jalan jarak jauh yang pesertanya bebas, mulai dari murid sekolah, PNS, mahasiswa, sampai TNI, aku juga yang ditunjuk guruku untuk memimpin* (Data 6: HS, p.141). in this context, positive receiving and rewarding of the main character gives security to adapt and react to the stimulus and social environment. It can be seen that the main character prefers to participate in social group and express his views continuously, effectively and confidently. Therefore, the main character has high self-esteem.

3. *Tetapi aku dan ibuku tidak menyerah begitu saja. Hampir setiap hari kami ke kampus STP "mengemis" agar aku dibolehkan sekolah disitu. Bahkan, ibuku pernah menangis dihadapan Pak Moeryanto Ginting.* (Data 7: HS, p.192). The individual with high self-esteem seems active directly and realistic for his own shake. He is more independent adapting with any situations, showing big confidence that mostly he will be success.

4. *Sepanjang perjalanan aku sempat membaca tulisan kawanku itu. Tulisannya bagus. Tapi aku merasa bisa menulis lebih bagus dari tulisan temanku* (Data 8: HS, p.206). The individual with high sel-esteem tends to satisfied with high character and ability. There are positive receiving and reward gives security in adapting or reacting toward stimulus and social surrounding. Such individuals feel more happily and more effectively to face any challenges. They are more independent to any situations, showing huge belief that they tend to be more successful. According to Coopersmith in Pervin and John (2001), high self-esteem individual are more firmly, independently and creatively.

5. *Sebagai reporter buku Apa & Siapa, waktu itu lagakku sudah seperti wartawan professional. Apalagi kami mendapat jatah blacknote berlogo Tempo. Saat berkumpul dengan teman-teman kuliah, aku selalu memperlihatkan blocknote itu dan merasa senang melihat mimik iri teman-temanku* (Data 9: HS, p.209). Self-esteem individuals tend to feel satisfied by high attitudes and abelites. There are positive receiving and reward gives security in adapting or reacting

toward stimulus and social surrounding. Such individuals feel more happily and more effectively to face any challenges. Such individuals prefer to participate in social group and express their views effectively and continuously. They have no fear and contrast, no doubt and have no personality disorder. They are more independent to any situations, showing big confidence that they are more successful. High self-esteem also relates to optimistic and active participation in daily life.

6. *"Mbak, kalau nanti aku terima honor pertama, aku mau ngajak Mbak nonton film" ujarku* (Data 10: HS, p.212). The individuals with high self-esteem seem active and realistic for his/her own purpose. They are more independent adapting to any situations, showing huge belief that they are likely to be successful. They seldom receive social definition about realities unless they do with their own observations. They are confidence to solve their problems. High self-esteem relates as well to their activeness, more optimistic, and better psychological aspect.

7. *Sejak itu aku mulai menerapkan aturan yang ketat dengan sanksi yang tegas. Tentu saja tidak mudah karena aku mendapat perlawanan dari para wartawan yang merasa sebagai "orang lama" dan aku "orang baru" yang tidak mengetahui "sejarah" pertemanan mereka dengan Surya Paloh* (Data 11: HS, p. 261). Individuals with high self-esteem tend to feel satisfied and have big abilities. The positive receiving and awarding give security to adapt or react toward stimulus and social surrounding. The individuals with high self-esteem feel happy and effective to face any challenges. Such individuals prefer to participate and express their views continuously and effectively, have no fear, no doubt and no personality disorder. They look like directive and realistic for their purposes. They are easily to adapt with any situations, presenting their belief that mostly they are successful.

CONCLUSION

Self-esteem is the assessment to respect the human self. It can be seen from the human`s achievement. Human`s self-esteem also can be found in any literary works. This study discusses the non-fiction story, an autobiography, Andy Noya Kisah Hidupku. From the findings above, it can be concluded that Andy Noya as the main character in his biography Andy Noya Kisah Hidupku has low self-esteem at the beginning of his life. He became more mature, the level of self-esteem changed into the high one (positive) so it affects and supports his career to be better.

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