

The Psychological Complexity of Amara Nibiru in *Butterflies* by Ale: A Psychoanalytic Exploration through Freud's Theories

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ABSTRACT

Literary works often reflect human behavior and actions in pursuing desires, serving as expressions of the author's perspective on psychological and emotional experiences. These works subtly influence the mindset, personality, and actions of their characters, offering insights into the complexities of human nature. This study focuses on the novel *Butterflies* by Ale, an adaptation of an Alternative Universe (AU) narrative popularized on the social media platform Twitter. The research examines the psychological dimensions of the main character's personality, specifically the interplay between the Id, Ego, Superego, and the use of ego defense mechanisms to address anxiety, using Sigmund Freud's psychoanalytic framework. Employing a descriptive qualitative research method with a literary psychology approach, the study analyzes textual data from selected excerpts in the novel. The findings reveal that the dynamic interactions of the Id, Ego, and Superego significantly influence the main character's personality structure. Additionally, the study identifies three key ego defense mechanisms—reaction formation, regression, and repression—that the main character employs to cope with neurotic, objective, and moral anxieties. These findings underscore the psychological depth of the character and provide a nuanced understanding of how literary narratives explore complex emotional and mental processes.

Keywords: butterflies novel, ego defense mechanism, literature, psychoanalysis.

INTRODUCTION

Literary works often serve as a reflection of human psychological complexities, providing a rich medium for exploring how individuals navigate internal and external conflicts. In the novel *Butterflies* by Ale, the focus centers on the psychological journey of the protagonist, Amara Nibiru, whose personality development unfolds amid persistent emotional challenges. Amara's life is marked by a series of conflicts—both internal struggles and external pressures—that shape her responses to the world around her. These challenges activate various ego defense mechanisms, which serve as psychological strategies to mitigate emotional distress. The interplay between these mechanisms and her evolving personality makes Amara a compelling subject of analysis.

The study identifies two central research questions: 1) How does the personality of Amara Nibiru develop throughout the novel *Butterflies* by Ale? 2) What triggers the use of ego defense mechanisms by Amara Nibiru in the novel? These questions aim to uncover the psychological dimensions of Amara's experiences, focusing on the factors that drive her behavior and the broader implications for her character development.

One of the core conflicts in the novel lies in the strained relationship between Amara and her mother, which serves as a microcosm for the broader themes of generational and ideological divergence. Amara's mother embodies a conservative worldview, adhering to traditional values and norms, while Amara gravitates towards a more liberal and individualistic perspective. This ideological rift leads to frequent disagreements and tension, creating fertile ground for the activation of ego defense mechanisms. For instance, Amara may adopt defensive strategies such as rationalization to justify her choices, suppression to avoid confrontation, or projection to shift blame. These mechanisms not only highlight her internal struggles but also underscore the psychological toll of navigating complex family dynamics.

The conflict between Amara and her mother is emblematic of broader societal issues, such as the tension between tradition and modernity, the struggle for individual autonomy, and the impact of familial expectations on personal identity. These themes resonate deeply, as they mirror the real-life challenges faced by individuals seeking to reconcile personal beliefs with societal or familial pressures. The novel thus offers a poignant exploration of how these conflicts shape psychological resilience, emotional well-being, and relational dynamics.

The study contributes to literary and psychological discourse by providing a detailed examination of Amara's personality development and the underlying causes of her ego defense mechanisms. Specifically, the research aims to: 1) Describe the stages and processes of Amara's personality development, illustrating how her internal and external conflicts influence her growth as a character. 2) Analyze the triggers and functions of her ego defense mechanisms, shedding light on how these strategies serve as adaptive responses to emotional pressure. By integrating literary analysis with psychological theory, this study provides a holistic understanding of Amara's character, offering insights into the intricate ways literature portrays human psychology.

Furthermore, the research underscores the broader implications of ego defense mechanisms in navigating interpersonal relationships and identity formation. By examining the nuanced dynamics between Amara and her mother, the study highlights how differences in values and beliefs can lead to emotional distance and strained familial ties. This analysis contributes to a deeper appreciation of the psychological underpinnings of character development in literature and fosters a greater understanding of the universal themes of conflict, growth, and resilience.

METHOD

This research employs a literary psychology approach, utilizing Sigmund Freud's psychoanalytic theory to analyze the psychological dimensions of the main character, Amara Nibiru, in the novel *Butterflies* by Ale. Freud's theory, which emphasizes the interplay of the id, ego, and superego within the personality structure, serves as the conceptual framework for understanding Amara's responses to internal and external conflicts. By focusing on her thoughts, behaviors, dialogues, and narrative descriptions, the study seeks to uncover the psychological mechanisms that drive her personality development.

The primary data for this study is drawn from the text of the novel, particularly segments that illustrate Amara's cognitive and emotional states, as well as her interactions with other characters. Secondary data comprises academic literature, including psychoanalytic texts and

articles on Freud's theories and literary psychology. These sources provide a theoretical foundation to support the interpretation of Amara's personality dynamics and the broader implications of her psychological evolution.

Data collection involves an iterative reading of the novel to identify recurring psychological themes and patterns related to Amara's development. Key passages were annotated to highlight evidence of Freudian constructs such as defense mechanisms and personality structure. Supporting literature was reviewed to contextualize the primary data within established psychoanalytic frameworks, ensuring a thorough and grounded analysis.

The analysis is conducted through a qualitative, narrative, and descriptive approach, allowing an in-depth exploration of Amara's psychological complexities. Narrative analysis provides insights into how her personality is depicted through storytelling elements, while descriptive analysis focuses on her observable behaviors, attitudes, and emotional responses. These methods are applied holistically to connect the textual data with Freud's psychoanalytic theory, offering a comprehensive understanding of the character's psychological processes.

Triangulation was employed to ensure the validity and reliability of the findings. Data triangulation involves cross-referencing information from the novel with secondary sources to establish consistency. Theory triangulation incorporates multiple aspects of Freud's psychoanalytic concepts, such as the structural model of personality and ego defense mechanisms, to interpret Amara's psychological responses. Method triangulation integrates narrative and descriptive techniques, ensuring a balanced and robust analysis.

This methodological framework enables the study to investigate how Amara's personality evolves in response to her conflicts, focusing on her psychological strategies to cope with emotional pressures. The analysis highlights the dynamic interplay between her id-driven desires, the ego's mediating role, and the superego's moral constraints. Furthermore, it examines how her internal struggles and external challenges activate defense mechanisms such as repression, rationalization, and projection, shaping her relationships and self-perception.

RESULTS AND DISCUSSIONS

The Personality Structure of the Main Character Amara Nibiru in the Novel "Butterflies" by Ale

The novel "Butterflies" tells the story of a high school student named Amara Nibiru, who struggles to prepare for UTBK in order to enter chemical engineering as her mother wishes. The narrative assigns Amara a task based on a group interview with a local businessman, who also happens to be interviewing a coffee shop owner, a former student of the same school. The owner of the coffee shop is Abel Khaizure, who turns out to be the son of the famous author Lail Khaizure. Amara, a fan of Lail's works, does not realize that the interviewee is the son of a writer she has long admired. In this novel, Abel Khaizure plays an important role in shaping Amara Nibiru's personality, which illustrates the concept of *id*, *ego*, and *superego* in her.

1. Amara Nibiru looked for a way to avoid being scolded by her mother for coming home late. Amara Nibiru decided to continue her journey home by taking the bus. But it suddenly rained while she was waiting at the bus stop. She was thinking of ways to avoid being scolded by her mother when she got home. Her *id* urges her ego to not go home instead of being scolded by her mother for coming home late. Amara's *ego* decides to use her backpack as an umbrella to keep herself from getting wet. But the *superego* tries to convince Amara not to do both. *Ego* is a personality structure that relates to real life and plays a role in accommodating *Id's* desires. *Id's* wishes can be realized if the request is realistic in the *ego's* view. The *superego*, as a conscience, decides not to do either of these things and calms herself down. Shortly after that, an angkot came so that Amara went home using angkot and did not get wet even though she was still late getting home. The following is evidence of quotes that match the data.

Instead of Mama getting mad at me for coming home too late, should I just not go home at all? My brilliant brain thought about using a backpack to keep out the rain. I wouldn't get wet, but I'd lose 16 million because of my laptop in the bag that will get rained on. It turned out that behind the angkot that suddenly appeared like a hero, there was another angkot that walked very closely behind it, so it was invisible. This time, the angkot was on the route to my house. (Ale, 2021:17)

2. Amara Nibiru's Meeting with Abel Khaizure.

Amara decided to go to a café that she had been considering. Once there, Amara ordered a menu and sat down. She took out a book from her tote bag and read the book. The book was called Thalia's Enchanted Garden. Amara read the book and got carried away in the story. She finally stopped reading when her order arrived. *Id* in the form of desire in Amara appeared when she noticed the man who delivered her order. The following is evidence of quotes that match the data.

Suddenly, I closed the book I was reading and looked up at the man who brought my order. Our gazes met, and I could see his hazel-colored eyes, matching his curtain-cut brown hair. His gaze was so sharp but gave a shady impression that seemed to make me feel at home looking at him for a long time. (Ale, 2021:27)

Amara was surprised to see the arrival of a man delivering her order. That man was Abel. Amara fixed her eyes on Abel. She felt attracted to Abel's appearance. This *id* desire that arises because of her attraction to Abel is called libido. Libido is a pleasure, so that individuals can survive. However, Amara's libido can be controlled. Thanks to her *ego* and *superego*, which suppress the *id's* desire, so Amara stops looking at Abel Khaizure.

3. Amara Nibiru interviewed Abel Khaizure for her PKWU assignment.

It was Monday. Amara and her classmates were in a tense situation when the class leader brought in a list of remedial students. The class leader announced that all of them had to take remedials and were assigned a group project to interview an entrepreneur in their neighborhood. One of Amara's group, Chika decided that their group should interview Abel Khaizure's café. After agreeing, their group went to the café and conducted the interview. Amara's groupmate forced her to interview Abel Khaizure. Amara's *id* initially pushed her *ego* by refusing the request, as she had no interest in doing an interview session with the café owner. Amara's groupmates succeed in awakening her *superego*, which will then be channeled to the *ego*. The *superego* tries to convince Amara to comply with her group's request to conduct an interview. The *ego* that has agreed to the *superego's* wishes makes Amara want to conduct an interview with the café owner, Abel Khaizure. The following is evidence of quotes that match the data.

I picked up the paper reluctantly. This whole thing would be over quickly if I just blasted that guy with these boring questions.

A little scary, she said. "I can do it." (Ale, 2021:48)

Based on the data analysis on the personality structure of the main character, Amara Nibiru, it can be seen that Amara Nibiru's character is affected by the energy contained in her. The energy is psychic energy that stems from physical energy such as id and anxiety. The anxiety that occurs in Amara is caused when the *id's* desires are not fulfilled by the *ego* and the *superego's* helplessness in judging the *id*.

Personality Development of the Main Character Amara Nibiru in Ale's Novel Butterflies

1. Formation Reaction

In the novel "Butterflies," it is known that the main character, Amara Nibiru, performs a formation reaction ego defense mechanism when she has to meet Abel Khaizure again in order to complete her remedial assignment, which requires documentation of the process of making one of the menus at the café where her group conducted the interview. Amara was initially reluctant to return to the café, given that it was already half past ten, which meant the café would close in thirty minutes. Amara emailed the café to ask if the owner wouldn't mind a little delay in closing the café. Rei asked Amara to return to the café because tomorrow morning was the deadline for submitting the assignment. Even though she got a reply from the café if she objected, Amara still returned to the café. The following is evidence of quotes that match the data.

I would never have sent that one-word email if it hadn't been for my job. (Ale, 2021:79)

This café is incredibly far from my house. If it closes after I've gone all the way, I'd rather sleep in front of the supermarket than go home. (Ale,2021:80)

Based on the data above, it shows that Amara did an ego defense mechanism on Rei, where her desire not to say yes to Rei's request was not expressed; she instead did the opposite of her desire, namely obeying Rei's request to return to Abel Khaizure's café.

2. Regression

In the novel "Butterflies," it is known that the main character, Amara Nibiru, performs regression ego defense mechanisms. When Amara experiences anxiety or experiences situations that put her under pressure, she will read her favorite books to relieve her anxiety. Amara had to separate from her father when she was about to enter high school. Her father was caught cheating on her, and Amara's parents decided to separate. Amara was accompanied by the book Tuesday with Morrie when her parents separated. Thanks to the book, Amara learned about separation. Amara also reads a book by Ransom Riggs to relieve the pressure she experiences when her mother gets angry, or when her sister seeks protection, or when her parents fight, and a book entitled Thalia's Enchanted Garden will accompany Amara when her head feels like exploding due to her mother's anger. The following is evidence of quotations that match the data.

Tuesdays with Morrie is a book that accompanied me 3 years ago when Papa separated from Mama. Although not entirely related, Tuesday with Morrie tells the story of a death, and then Papa and Mama separated because of divorce (due to Papa's infidelity)—the book has helped me to learn to deal with separation. (Ale, 2021: 25)I love the fact that I grew up with these works of Ransom Riggs. Ever since I was a little girl, it was his books that I would reach for whenever Mama got angry, or when Zara would hug me for protection, or when Papa and Mama would argue day and night. In a way, the Miss Peregrine's Peculiar Children series could give me a sense of security and a picture of a world that was far

different from the one I lived in now. Just by reading it, I could take a step away from the problems I was facing by “teleporting” into the world Ransom Riggs had built and getting involved in the adventures. (Ale, 2021:25-26) Whenever my head felt full and wanted to explode from Mama's anger, which I often didn't understand why, one of this series of books would always accompany me. (Ale, 2021:26)

Based on the data above, it shows that the main character, Amara Nibiru, performs an ego-regression defense mechanism that is used when she is under pressure and experiences anxiety. Amara relieves her anxiety and pressure by reading her favorite books as a form of self-direction so as not to be dominated by a sense of pressure and excessive anxiety. This also shows that the main character, Amara Nibiru, has had a habit since childhood of reading her favorite books as a diversion of emotions in relieving stress and anxiety.

3. Repression

In the novel “Butterflies,” it is known that the main character, Amara Nibiru, performs an ego defense mechanism in the form of repression when Amara tries to forget her past trauma, namely when her father cheated on her and had to separate from her mother. Amara loves her Papa very much. Because of her Papa, Amara became a person who likes reading, writing, and drawing activities until now. The separation of her Papa and Mama occurred when Amara was about to enter high school, causing her to feel shocked, sad, and angry. Amara never thought that her father would do such a thing. The previous Amara would cry when telling the story of her parents' separation, but the current Amara no longer cries and has accepted the separation between her parents. The following is evidence of quotes that match the data.

“I used to be very close to Papa. He taught me to read, write, and draw and made me love all these activities until now. He also gave me the book Strasbourg Last Train for my sixth birthday.” “The last time he sent me letters was when I was about to enter high school. At that time, Papa was caught cheating on me. Mama was furious and quickly arranged the divorce and the move. I was really shocked. Very angry. Really sad. I never thought that the person I love the most, who introduced me to the things I love now, would turn out to be the person who hurt me the most.” I didn't expect to tell Abel this. With such a calm intonation, without crying and tightness in my chest like when I first told Rei and Naya. (Ale, 2021: 169)

Based on the data above, it shows that the main character, Amara Nibiru, performs an ego defense mechanism in the form of repression, which is used when she is no longer afraid or anxious about the trauma that occurred in her past. Amara has learned to forget the trauma she experienced by understanding that the separation between her parents has indeed happened. According to the description of the data analysis on the personality development of the main character, Amara Nibiru, it can be seen that being an individual, Amara's personality continues to develop, which underlies the presence of anxiety and pressure. In order to reduce the anxiety and pressure, Amara uses defense mechanisms, such as reaction formation, regression, and repression. Amara uses the ego defense mechanism of formation reaction to reduce her anxiety when she is about to interview the café owner, Abel Khaizure. The ego defense mechanism in the form of regression is done to relieve the main character's anxiety when facing pressure from her family by diverting her emotions through reading books. As well as performing an ego defense mechanism in the form of repression, which is carried out to relieve the main character's anxiety in dealing with trauma that occurred in his past.

Causes of the Main Character Amara Nibiru in Ale's Novel Butterflies to Perform Ego Defense

MechanismsThe reason why an individual performs ego defense mechanisms is because there is a sense of anxiety from him. According to Freud, anxiety is classified into three forms: neurotic anxiety, objective anxiety, and moral anxiety. In the novel "Butterflies" by Ale, the main character, Amara Nibiru, experiences all three forms of anxiety, so she uses ego defense mechanisms to relieve anxiety.

1. Neurotic Anxiety

In the novel "Butterflies," it can be seen that the main character, Amara Nibiru, experiences neurotic anxiety in the form of anxiety when she is about to interview the café owner named Abel Khaizure, even though she herself does not know whether Abel Khaizure will harm her or not. He felt afraid before he met the café owner, Abel Khaizure, in person. The anxiety that she feels is included in neurotic anxiety, which causes the main character Amara Nibiru performs an ego mechanism in the form of a Formation Reaction to relieve her anxiety. The following is evidence of quotes that match the data.

"He's scary, no." I asked before leaving. A little scary, he said. I can do it. (Ale, 2021:48)

Based on the data above, it shows that the main character, Amara Nibiru, felt a little scared or anxious before interviewing the café owner named Abel Khaizure. She even asked her friend whether the café owner was creepy or not. From her anxiety, Amara carried out an ego defense mechanism in the form of a Formation Reaction which is an ego defense mechanism inversely proportional to her desires. It is clearly seen when Amara initially refused to interview Abel Khaizure but instead complied with her group's request that she interview the café owner. This means that Amara relieves her anxiety by doing things that are inversely proportional to her desires.

2. Objective Anxiety

In the novel "Butterflies," it can be seen that the main character, Amara Nibiru, experiences objective anxiety in the form of anxiety when she is worried that she will not pass the SBMPTN. Amara felt anxiety ahead of the SBMPTN announcement with Abel Khaizure. Amara's anxiety is not without reason. She wanted to get an announcement that she was accepted even though it was not in her desired major. Amara's excessive anxiety is shown in Amara's behavior that will peel her nails and will make her feel sick to her stomach. The anxiety felt is included in objective anxiety, which causes the main character, Amara Nibiru, to carry out ego defense mechanisms such as transference to reduce her anxiety. The following is evidence of quotes that match the data.

Behind it all, Abel also knew that Amara would peel her nails when she was anxious. So it's better to have another distraction. "Sis, if I'm anxious like this, I feel sick to my stomach too. So I don't want to do anything weird." (Ale, 2021: 189)

Based on the data above, it shows that the main character, Amara Nibiru, felt anxious while waiting for the SBMPTN announcement. Even the character Abel Khaizure, who was also with the main character Amara Nibiru at the time, knew that Amara's anxiety was vented by peeling her nails. From her anxiety, Amara Nibiru carried out an ego defense mechanism in the form of displacement which is an ego defense mechanism that diverts her emotions to a safer zone. It is clearly seen when Amara Nibiru continuously presses the refresh button to speed up the time according to her. This means that Amara relieves her anxiety by shifting her anxiety based on a safe zone.

3. Moral Anxiety

In the novel "Butterflies," it can be seen that the main character Amara Nibiru experiences moral anxiety in the form of anxiety when she is afraid of being scolded by her mother for coming home late. Moral anxiety occurs when the superego successfully prevents the id's desire. The conflict that occurs from id, ego, and superego will present a sense of anxiety in a person. The anxiety experienced by Amara can be seen when she prefers not to go home rather than being scolded by her mother for arriving home late. The anxiety felt is included in moral anxiety, causing the main character Amara Nibiru to do ego defense mechanisms such as regression to reduce her anxiety. The following is evidence of quotes that match the data.

Instead of Mama getting mad at me for coming home late, is it better if I just don't go home at all? (Ale, 2021: 16)

The data above shows that the main character, Amara Nibiru, is afraid to go home. Every time she comes home late, her mother will scold her. This is included in moral anxiety because the anxiety experienced is caused by actions or behaviors that are not in accordance with the moral values of society. Actually, the reason why Amara was late going home was because of the heavy rain that made her wait long enough for the public transportation she would take on her way home. But because of her mother's attitude, who always scolded Amara for coming home late and did not listen to Amara's reasons, Amara thought of not going home instead of being scolded. From her anxiety, Amara performs an ego defense mechanism in the form of regression, which is an ego defense mechanism by returning her level of development to a lower level. It is clearly seen when Amara is always accompanied by her favorite book if her head is about to explode due to her mother's anger, which she thinks is unclear. This means that Amara diverts her anxiety by doing various things she likes. In accordance with the data analysis, it can be seen that the ego defense mechanism carried out by the main character, Amara Nibiru, is due to anxieties that are considered threatening by the superego. While the cause of the anxiety is caused by the ego because the ego cannot realize the id's wishes.

In the main findings, this discussion describes the personality development of the main character, Amara Nibiru, in the novel "Butterflies" by Ale through the analysis of three ego defense mechanisms: Reaction Formation, Regression, and Repression. Amara Nibiru experiences various forms of anxiety, such as neurotic anxiety, objective anxiety, and moral anxiety that trigger the use of ego defense mechanisms. Reaction rehearsal is used when Amara feels nervous before interrogating Abel Khaizure, causing her to take actions against her will. Regression is used to reduce anxiety that arises in certain situations, for example, when feeling pressure from family. Repression helps to forget past traumas, such as parental separation. The reason for using these ego defense mechanisms is because Amara feels anxious, whether in social situations, under academic pressure, or because of moral issues. Ego defense mechanisms are used to cope with and reduce the anxiety that arises in various situations. Thus, Amara Nibiru in the novel "Butterflies" experiences personality development influenced by anxiety and uses various ego defense mechanisms to cope with her emotions.

Furthermore, there are several studies related to the research of the novel Butterflies, namely:

1. Psychoanalytic Study of the Main Character in Roman "Le Pain Nu" by Mohamed Choukri by Nurhayati from the Department of French Education UNY in 2016. This study describes the impact of the id, ego, and superego on the main character's mental development according to Sigmund Freud's psychoanalysis theory. The results of the

study show several psychological disorders, such as trauma, hatred, anxiety, and imbalance of id, ego, and superego that cause the character to experience psychological imbalance.

2. The Ego Defense Mechanism of the Main Character Lin Zhenxin in the Film *Wo de shaonu shidai* by Chen Yushan (Sigmund Freud's Psychoanalysis Theory) by Erika Berlin Permatasari from the Department of Chinese Language and Literature, Surabaya State University in 2016. This study discusses the form of the main character's ego mechanism and the cause of the main character's ego defense mechanism based on Sigmund Freud's psychoanalysis theory. The results of this study show that there are 5 forms of ego defense mechanisms, and there are 3 causes for the main character to do ego defense mechanisms (neurotic anxiety, which is most often experienced by the main character). The similarity of the theory used in the form of Freud's psychoanalysis is relevant to the research. The difference in this study is in the data source used.

In the previous journal, it only discusses the factors of mental development that cause psychological disorders, which are then associated with psychoanalysis, so this research aims to create new things and good contributions among the community, especially the younger generation. The behavior of the main character, Amara Nibiru, in Ale's novel "Butterflies" can be seen to indicate the existence of ego defense mechanisms related to psychoanalytic personality theory. In Freud's opinion, human mental life consists of three levels, namely conscious, preconscious, and unconscious. Freud argues that personality is a form of system consisting of three elements that in English are mentioned by the terms id, ego, and superego. It can be concluded that the personality structure and personality development of the main character, Amara Nibiru, in the novel "Butterflies" by Ale is a representation of human life, especially young people who are not only focused on conveying messages from writers to readers.

This study is based on a journal by Berlin Eka entitled "林真心Lín Zhēnxīn IN THE FILM 《我的少女时代》wǒ de shàonǚ shídài KARYA 陈玉珊 Chén Yùshān (SIGMUND FREUD'S PSYCHOANALYST THEORY)." Through this research, it also discusses the structure of personality, personality development, ego defense mechanisms, and the causes of the emergence of ego defense mechanisms that can affect the personality or behavior of the main character. With the emergence of these ego defense mechanisms, each character has their own way of dealing with the problems or conflicts faced. In the study, it is shown that the ego defense mechanism that is often carried out by the main character is displacement. So that with the emergence of displacement, individuals who are faced with certain problems will divert these things. Diversion is done as a form of venting strong emotions. For example, in everyday life, individuals who feel stressed with work in the office vent their emotions to members of the house. This often happens and is often encountered in everyday life, because problems that often occur and do not meet solutions cause pent-up emotions that can make it difficult for themselves so that the ego defense mechanism makes diversions to vent the emotions that have accumulated.

Previous research that is relevant to this research is: 1) Psychoanalysis Study of the Main Character in Roman "Le Pain Nu" by Mohamed Choukri by Nurhayati from the Department of French Language Education UNY in 2016. This study describes the impact of the id, ego, and superego on the main character's mental development according to Sigmund Freud's psychoanalysis theory. The results of the study show several psychological disorders, such as trauma, hatred, anxiety, and imbalance of id, ego, and superego, that cause the character to experience psychological imbalance. 2) The Ego Defense Mechanism of the Main Character Lin Zhenxin in Chen Yushan's *Wo de shaonu shidai* (Sigmund Freud's Psychoanalysis Theory) by

Erika Berlin Permatasari from the Department of Chinese Language and Literature, Surabaya State University in 2016.

This study discusses the form of the main character's ego mechanism and the cause of the main character's ego defense mechanism based on Sigmund Freud's psychoanalysis theory. The results of this study show that there are 5 forms of ego defense mechanisms, and there are 3 causes for the main character to do ego defense mechanisms (neurotic anxiety, which is most often experienced by the main character). The gap in knowledge between previous research and this research is: Previous research from Nurhayati (Nurhayati, 2016) examines the main character in Roman "Le Pain Nu," which examines id, ego, and superego in mental development that shows psychological disorders such as trauma, hatred, anxiety, and imbalance of id, ego, and superego. Meanwhile, this research focuses on the main character's personality structure caused by id, ego, and superego that give rise to defense mechanisms and on the data sources used. Then in another previous study (Erika Berlin, 2016), which focused on examining the cause of the main character Lin Zhenxin in the film *Wo De Shoonu Shidai*, the research showed that the cause of the main character was due to anxiety. Whereas in this research, the difference lies in the data source used.

CONCLUSION

The study of Amara Nibiru's personality in the novel *Butterflies* by Ale, analyzed through Sigmund Freud's psychoanalytic theory, reveals a comprehensive interplay of the id, ego, and superego within her character development. Amara's id emerges prominently in moments of desire, such as her pursuit of pleasure at Abel Khaizure's 'K' café and her use of Abel's generosity to access limited edition books. The ego plays a mediating role, evaluating the feasibility of fulfilling these desires and mitigating the anxieties that arise when the id's impulses cannot be immediately satisfied. Meanwhile, the superego functions as Amara's moral compass, tempering her behavior by enforcing ethical considerations and regulating id-driven urges that are deemed unrealistic or inappropriate.

Amara's personality development is shaped significantly by her struggles to balance these three aspects of her psyche. Her ego often employs various defense mechanisms to cope with the anxieties triggered by internal conflicts or external pressures. These mechanisms include reaction formation, as seen in her outward compliance with requests she internally resists; regression, through which she seeks solace in childhood habits such as reading favorite books to escape familial pressures; and repression, which helps her manage past traumas, such as her parents' separation, by pushing painful memories into her subconscious.

The study identifies three distinct types of anxiety—neurotic, objective, and moral—that drive Amara to adopt these defense mechanisms. Neurotic anxiety arises from unconscious fears, such as her apprehension before meeting Abel Khaizure. Objective anxiety reflects tangible fears, such as her worry about failing the SBMPTN. Moral anxiety stems from conflicts between her desires and societal expectations, such as her fear of her mother's disapproval when coming home late.

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