

PSYCHOLOGICAL CONFLICT AND PERSONALITY DYNAMICS OF ÉSON IN TATANG SUMARSONO'S *SI PASER*

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DOI: 10.23917/humaniora.v27i2.17700



Citation:

Maulida, R. N., Nurjanah, N. S., Amelia, S., Rintan, E., Koswara, D., Darajat, D., & Roshan, M. (2026). Psychological Conflict and Personality Dynamics of Éson in Tatang Sumarsono's *Si Paser*. *Jurnal Penelitian Humaniora*, 27(2), 102–116.
<https://doi.org/10.23917/humaniora.v27i2.17700>

Article History:

Received : 21-May-2026
Revised : 19-June-2026
Accepted : 19-June-2026
Published : 1-August-2026

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Keywords

Psychological Conflict
Novel
Si Paser
Personality Structure

Abstract

*This study examines the psychological conflicts experienced by the main character, Éson, in the novel *Si Paser* by Tatang Sumarsono. The research problem focuses on the types of internal conflicts and the psychological factors that influence the character's behavior. This study uses a qualitative descriptive method with a literary psychology approach. Data collection techniques were conducted through deep reading (close reading), which were then analyzed using Kurt Lewin's conflict theory and Sigmund Freud's psychoanalysis, including the structures of the id, ego, and superego. The results of the study show that Éson experiences three types of psychological conflicts: approach-approach, approach-avoidance, and avoidance-avoidance, with a dominance of approach-avoidance conflict. The findings also indicate that the ego plays a dominant role in mediating instinctual impulses (id) and moral demands (superego). Furthermore, there are six causal factors of the psychological conflicts, namely aggression, loss, personality, cognitive, helplessness, and behavior. These conflicts affect Éson's emotional and physical condition, and the avoidance-avoidance conflict emerges as the most psychologically burdensome form of conflict experienced by the main character, reflecting the complexity of children's psychological development in facing moral dilemmas and emotional attachments.*

Keywords: Psychological conflict, Literary psychology, *Si Paser*, Kurt Lewin conflict theory, Sigmund Freud psychoanalysis

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INTRODUCTION

A literary work is a medium used by authors to express their thoughts, feelings, experiences, and imaginations. It is not merely a product of the author's imagination or a form of entertainment, but also a reflection of the human soul with all its conflicts and psychological and emotional changes (Dako et al., 2025). Children's literary works are chosen because, through their simple storytelling, children can establish an emotional bond with their inner experiences (Syarifah et al., 2026). This emotional proximity makes children's literature not only interesting to read but also relevant to be examined from a psychological perspective. Children's literary works are worthy of psychoanalytic analysis because they can represent various psychological aspects of the characters. Through the story, readers can observe the emotions, desires, fears, internal conflicts, and personality development processes experienced by the characters as they face various problems. Through this approach, researchers can uncover the relationship between the character's experiences, psychological impulses, and decisions made throughout the story, while simultaneously explaining the factors underlying the character's behavior. Thus, the character's personality development and the meaning contained in children's literary works can be understood more deeply.

A novel is a type of literary work presented in a sequence of events or life conflicts (Sartika et al., 2023). Through novels, readers can observe various life dynamics experienced by the characters. The novel *Si Paser* was selected as the subject of this study because the characterization of Éson and the plot demonstrate how Éson copes with emotional changes and psychological pressure, ultimately leading him to make the best decision to release his beloved animal to the zoo. The novel *Si Paser* is important to study because it presents the psychological conflicts of the main character that develop along with the various events he experiences. Aside from depicting the psychological dynamics of a child character, this novel also represents social, moral, and cultural values that are close to public life.

On the other hand, studies on the novel *Si Paser* are still relatively limited, particularly in psychological conflict research using a psychology of literature approach. Therefore, research on this novel can contribute to the development of Sundanese literary studies, especially in understanding the psychological dynamics of child characters in literary works. This makes the novel *Si Paser* relevant to be analyzed using psychological theories. This study integrates Kurt Lewin's theory with the concepts of the id, ego, and superego according to Sigmund Freud. Through this framework, the character's psychological conflict is understood not only as a clash of choices but also as a result of the interaction among various personality structures that influence the character's behavior and decisions. This approach enriches the study of literary psychology by offering a more integrative perspective in analyzing the psychological dynamics of characters in literary works.

Kurt Lewin states that there are three forms of conflict (Budiono, 2023), namely: (a) approach-approach conflict, a conflict when Éson is faced with two equally desirable choices, namely that he likes to help because he enjoys receiving a reward. (b) Approach-avoidance conflict, a conflict when Éson is faced with a choice that simultaneously contains both desirable and undesirable elements, namely when he has sincerely accepted that he must release *Si Paser* into the forest, but he is also afraid that *Si Paser* will not be able to live comfortably there. This creates hesitation and internal struggle within him. (c) Avoidance-avoidance conflict, a conflict when Éson is faced with two equally unpleasant situations, namely he is not allowed to keep *Si Paser* because the animal is protected by law, yet he cannot release *Si Paser* into the forest because *Si Paser* keeps returning to Éson's house even after being released into its natural habitat. These various conflicts play a role in shaping Éson's character development, as every decision he makes reflects his thinking process, emotional maturity, and behavioral changes throughout the story (Nathaniela & Israhayu, 2025).

Important factors in psychological conflict mentioned by Tisatin (2018) include: (i) aggression theory, explaining that psychological conflict occurs due to anger directed at oneself resulting from the loss of a deeply loved or cherished object. (ii) personality theory, explaining that psychological conflict occurs because an individual views themselves negatively, which can affect their confidence in responding to the conflicts they face. (iii) loss theory, explaining that psychological conflict occurs due to an individual's separation from an object or living being that previously provided a sense of safety and comfort. (iv) cognitive theory, explaining that psychological conflict occurs due to a negative self-evaluation, specifically viewing one's unhoned cognitive abilities negatively. (v) helplessness theory, explaining that psychological conflict occurs because a person feels unable to control certain situations. Repeated experiences of failure can also make individuals feel resigned and lose motivation. (vi) behavioral theory, explaining that psychological conflict occurs due to a lack of positive desire in an individual to interact with their environment. If a person rarely receives positive reinforcement from their environment, negative emotions will develop more easily and dominate their psychological condition (Kusumawati, 2003).

One of the theories in the study of personality psychology is the psychoanalytic theory proposed by Freud (Faizzin et al., 2025). In Freud's theory (1949), the human personality structure is classified into three parts, namely the id, ego, and superego. (1) Id, the most basic part of the personality structure, which typically operates unconsciously (instinctively) and is based on the pleasure principle. Its nature tends to be impulsive (acting spontaneously without forethought) and disregards reality (Safitri & Anggraini, 2026). (2) Ego, acting as the primary regulator within the individual that determines how a person will act. The ego also selects where it will respond, and decides which instincts will be satisfied and how (Eko, 2017). (3) Superego, representing the moral, normative, and conscientious aspects of human personality. The superego acts as a controller of human behavior by establishing boundaries of what is permissible and impermissible, as well as judging what is right and wrong. The superego can be associated with the conscience that guides a person in decision-making (Selviah & Anggriani, 2025). Furthermore, the superego also generates feelings of guilt or anxiety when a person does or thinks about something that contradicts their deeply held moral values.

Previous research with a similar scope has been conducted by Faradila et al. (2023), who examined the internal conflict of the main character in the novel *Mengapa Aku Cantik* by Wahyu Sujani. The results of their study explained three theories, namely internal conflict, psychoanalysis, and the factors influencing the character's behavior. In that study, all results were presented descriptively, making it slightly more difficult for readers to discern the differences in the results of each theory. The proposed research will be presented in a tabular format, thereby making it easier for readers to see the differences and examples of each theory used. The next researcher, Krisnanto et al. (2024), examined the Id, Ego, and Superego of the character Lolita in the novel *Secret Obsession* by Anggarani. That study focused solely on one theory, namely Freud's psychoanalytic theory. In contrast, the proposed research will integrate Lewin's and Freud's theories to obtain a more comprehensive understanding of the main character's psychological conflict.

Furthermore, Selviah & Anggriani (2025) researched the internal conflict of characters in the short story "*Cinta Semata Wayang*" through Freud's psychoanalytic perspective. The results showed that there are theoretical similarities and differences between the research that has been conducted and the one to be conducted. The similarity lies only in Freud's theory, which is divided into three components: Id, Ego, and Superego. The differences lie in the structural analysis of the short story, as well as the psychological analysis of the author and the reader, which are not the focus of the proposed research. Lastly, Safitri & Anggraini (2026) studied the manifestations of the Id, Ego, and Superego of the main character in the novel *Kiri Sampai Sini* by Faruq Zamzami. The focus of that research was

exclusively on Freud's psychoanalytic theory. In contrast to the proposed study, this research will also explain the factors that influence the character in coping with psychological conflict by integrating Lewin's and Freud's theories.

Several previous studies show that the psychology of literature analysis, particularly using Freud's psychoanalytic theory, has proven effective in uncovering the psychological conflicts of characters in literary works. Although there have been many studies on psychological conflict in literary works, research specifically discussing the psychological conflict of the main character in the novel *Si Paser* by Tatang Sumarsono remains limited. In addition, previous studies have tended to focus on only one area, either Freud's psychoanalytic aspects or Kurt Lewin's psychological conflict, while the personality aspects have not been examined in depth. This distinguishes it from prior research. By integrating these two theories, this study can provide a more comprehensive understanding of the psychological dynamics experienced by the main character. Lewin's theory is used to identify the patterns and types of conflict experienced by the character. In contrast, Freud's theory is used to explain the psychological dynamics underlying the emergence and development of those conflicts.

Thus, this study does not only focus on the forms of conflict experienced by the character but also reveals the psychological factors that cause them. This research will expand the depth of the study on the personality dynamics of the main character. This study is highly necessary because it can describe in detail how conflicts emerge, develop, and influence the character's behavior in the story. Therefore, this study aims to examine more deeply the psychological conflict in Kurt Lewin's theory and Freud's psychoanalytic conflict, and to identify the factors that can influence the psychology of the main character, Éson.

METHOD

This study employs a qualitative method with a descriptive approach. The qualitative descriptive method is used to describe and analyze psychological phenomena within the research object deeply and systematically (Sugiyono, 2013). The material object of this research is the novel *Si Paser* by Tatang Sumarsono, whereas the formal object focuses on the dynamics of the main character's psychological conflicts.

The theory implemented in this study combines Kurt Lewin's perspective on internal conflict and Sigmund Freud's psychoanalysis, which encompasses the structures of the id, ego, and superego. Modifications were made by adapting the psychoanalytic analytical framework into textual analysis techniques, focusing on three main aspects: (1) identifying the character's internal conflicts, (2) analyzing the dynamics of the personality structure, and (3) revealing the underlying factors behind the emergence of psychological conflicts in the story.

The research procedures were carried out through the following systematic stages: (1) the heuristic stage, which involves repetitive and in-depth reading (*close reading*) of the novel to understand the context of the story and find relevant data; (2) the identification and categorization stage, namely collecting data in the form of narratives and dialogues, then grouping them based on the forms of the character's psychological conflict; (3) the interpretation and analysis stage, which examines the character's psychological dynamics through a literary psychology approach to understand the internal conflicts experienced by the character; and (4) the inference stage, which is drawing inductive conclusions based on the results of the analysis (Fatbiagunna et al., 2025).

The data analysis technique utilizes a descriptive content analysis method, along with data coding. The trustworthiness of the data is maintained through theory triangulation techniques against various relevant references in literary psychology. To ensure the qualitative rigor, credibility, and confirmability of the findings, data trustworthiness was maintained through a rigorous protocol designed to yield objective and verifiable psychological interpretations. First, the study utilized theory triangulation by cross-examining textual evidence regarding Éson's behavioral crises through multiple analytical

lenses in literary psychology. Data points were initially categorized using Kurt Lewin's Conflict Theory to map structural types and subsequently re-evaluated via Freud's Structural Psychoanalysis to uncover the precise friction between the Id, Ego, and Superego. This multi-theoretical convergence guarantees that the structural dynamics of the protagonist's psyche are rooted in comprehensive theoretical paradigms rather than a singular, biased perspective.

Furthermore, coding reliability and interpretation bias were systematically controlled through a dual-layered verification process and strict textual grounding. The primary researcher established intra-rater reliability by re-coding the entire data corpus, which was subsequently validated through debriefing sessions with thesis advisors and academic peers to ensure consistent conceptual execution. To eliminate subjective bias, every psychological assertion was anchored strictly to direct *verbatim* Sundanese expressions from the novel, utilizing the actual phrases extracted for data analysis.

RESULT

The results of this study reveal the psychological conflicts of the main character in the novel *Si Paser*, a young boy named Éson, based on personality theory along with the psychological conflict factors that occur.

Psychological Conflict of the Main Character

Based on the psychological conflict data studied, the psychological conflict of Éson as the main character is mostly found to start when Éson helps an animal, a young deer named Si Paser. These results will be presented according to Kurt Lewin's psychological conflict theory, which divides conflict into three categories. Those psychological conflicts are approach-approach conflict, approach-avoidance conflict, and avoidance-avoidance conflict, which are supported by Freud's personality theory. The data findings are summarized with example quotes in Table 1.

Table 1. Éson's Psychological Conflict

Data Codes	Excerpts	Types of Conflict	Personality Structure
KP/01/12	"Éson ogé sok rajeun mantuan emangna. Resepeun pisan, sabab sok diburuhan susu." (kc. 12) "Éson also liked helping his uncle. He really enjoyed it, because he was given milk as a reward for his help." (page 12)	Approach-approach conflict	Id & Ego
KP/07/27	"Tapi teu kaur prak. Meueus-meueus léos ka paranjé, rék nénjo anak mencek. Panonpoé geus condong ka kulon. Pagawéan di kebon...Mun teu kaganggu datangna mencek mah ti tadi ogé kudu geus bérés." (hal. 27) "But he couldn't get down to work. Every few moments, he would slip away to the pen to look at the fawn. The sun was already leaning toward the west. The work in the garden... Had it not been for the distraction of the fawn's arrival, it should have been finished long ago." (p. 27)	Approach-avoidance conflict	Id & Ego
KP/15/52,53	"....Piraku Si Paser anu sakitu dipikanyaahna dileupaskeun deui ka leuweung. Karunya atuh, mangkaning dikukutna ogé ti anakna kénéh." (hal.	Avoidance-avoidance conflict	Id, Ego, & Superego

	52) Tapi, pan urang salah ceuk hukum lamun. terus dipiara, ceuk Pa Yéyé. (hal. 53)		
	"...There's no way Si Paser, whom we love so dearly, could be released back into the wild. It's heartbreaking, besides, we've raised him ever since he was a fawn." (p. 52) "But we would be breaking the law if we keep him," said Mr. Yeye. (p. 53)		
KP/18/75	"Teuing atuh masih kénéh bingung. Ari rék terus dipiara di dieu, apanan jelas teu meunang, sabab ieu sato ditangtayungan ku ndang-undang. Ari rék dileupaskeun deui ka leuweung, geuning ayeuna ogé kalah balik deui," témbal Éson. (hal. 75)	Avoidance-avoidance conflict	Id, Ego, & Superego
	"I don't know, I'm still confused. If we continue to keep it here, it's clearly not allowed because this animal is protected by law. If we want to release it back into the forest, it actually returns here now," replied Éson. (p. 75)		

Based on Table 1, the research results are presented in the form of example excerpts from each analyzed data. The results show that the main character, Éson, experiences 18 psychological conflicts. Out of these 18 conflicts, three (3) are categorized as approach-approach conflict, ten (10) as approach-avoidance conflict, and five (5) as avoidance-avoidance conflict. Table 1 also demonstrates Freud's psychoanalytic perspective, where the psychological conflicts occurring in Éson involve the id, ego, and superego. The results reveal that the ego is the most dominant psychological structure, followed by the id as the second most dominant. At the same time, the superego is found to be the least dominant.

The three approach-approach conflicts involve the id and ego in their development. An example of the data is found in code (KP/01/12), which shows that Éson is driven by two positive motives simultaneously: the value of responsibility in helping his uncle and the personal pleasure of receiving a milk reward. This conflict appears as hesitation when he is asked to finish his work quickly, but ultimately, both motives reinforce his actions. In Freud's perspective, this dynamic involves the id, driven by the biological desire for milk, and the ego, which functions to adjust that desire to the reality of the work. Because it indicates a reliance on realistic considerations rather than moral demands, the ego successfully integrates both impulses into positive behavior without pressure from the superego.

Furthermore, the ten approach-avoidance conflicts are shown through the excerpts in Table 1, involving the id, ego, and superego. Éson's approach-avoidance conflicts are dominated by the clash between the instinctive urge (id) to love, protect, and play with Si Paser, against rational considerations (ego) and moral or legal demands (superego). In the example excerpt (KP/07/27), Éson feels conflicted between his curiosity to interact with the hunted animal and his personal safety. He also experiences a tug-of-war between the desire to keep caring for the fawn and the responsibility to finish his garden work or rest on time. This inner tension peaks when his affection for Si Paser crashes into harsh realities, such as the animal's health risks after being bitten by a dog, the potential nuisance to neighbors if the animal is freed in the yard, and the threat of legal sanctions or the fear that Si Paser will not survive if released back into the forest.

Finally, the five (5) conflicts that show avoidance-avoidance conflict are presented through the example excerpts in Table 1. In this series of avoidance-avoidance conflicts, Éson is trapped between two choices that are equally unpleasant or disadvantageous to him. As shown in the data results, he feels conflicted because he does not want to restrict Si Paser's freedom, but on the other hand, he is very afraid that the animal will be harmed by dogs or damage the villagers' gardens. His psychological pressure becomes heavier, as shown by the example data excerpt (KP/15/52,53), when he has to choose between deep sadness due to releasing his beloved animal or the risk of breaking the law and facing legal consequences if he continues to keep it. Although he physically takes action to release Si Paser, this internal conflict results in a very large psychological burden that triggers a decline in his physical condition and causes him to fall ill. In the end, Éson is in a lose-lose position because even though it has been released into the forest, Si Paser actually returns to the house, creating a confusing situation that continuously pressures the balance between his personal desire (id), the reality faced (ego), and the applicable legal rules (superego).

Factors Causing Psychological Conflict

The occurrence of internal conflict in an individual is triggered by factors closely related to oneself and one's environment. Factors that play an important role in psychological distress include (i) aggression theory, (ii) personality theory, (iii) loss theory, (iv) cognitive theory, (v) helplessness theory, and (vi) behavioral theory. The analyzed data from the novel *Si Paser* covering these factors are presented in Table 2 as follows.

Table 2. Factors Causing Psychological Conflict

Data Codes	Factors Causing (Freud)	Excerpts
FP/02/53	Aggression Theory	<i>“Éson asup ka enggonna. Manéhna nangkarak bari neutep langit. Di luar, kadéngé sora jangkrik mani ngikrik. Teu daékeun reup saré, sakitu geus dipeureum-peureumkeun ogé. Caritaan bapana masih kénéh jadi pikiran manéhna.” (hal. 53)</i> “Éson went into his room. He lay down while staring at the ceiling. Outside, the sound of crickets could be heard chirping continuously. He could not fall asleep, even though he had repeatedly tried to close his eyes. His father's words were still on his mind.” (p. 53)
FP/09/69	Loss Theory	<i>“Teuing mémang aya kasakit, teuing pédah inget waé Si Paser, Éson terus gering samulangna ti leuweung téh. Mimitina mah teu sababaraha geringna téh. Tapi sanggeus aya tilu poéna, manéhna teu kuateun turun ti imah.” (hal. 69)</i> “Whether it was truly because of illness, or because he kept thinking about Si Paser, Éson fell ill after returning from the forest. At first, it was not very severe. However, after three days, he was no longer strong enough to leave the house.” (p. 69)

FP/10/65	Personality Theory	<i>"Jep deui euweuh anu nyarita. Ari Éson mah keukeuh teu mikeun lamun Si Paser dileupaskeun deui ka leuweung téh. Tapi éta tah, sieun urusan jeung pulisi. Meureun engké téh bakal ditahan di pangbérokan."</i> (hal. 65) "After a moment, no one spoke anymore. Meanwhile, Éson remained firm in his refusal to let Si Paser be released back into the forest. However, he was afraid of dealing with the police. He might even end up being detained in prison." (p. 65)
FP/13/65	Cognitive Theory	<i>"Lamun Si Paser dileupaskeun deui ka leuweung, naha bakal hirup engkéna téh, Bah?"</i> (hal. 65) "If Si Paser is released back into the forest, will it be able to survive, Father?" (p. 65)
FP/14/20	Helplessness Theory	<i>"Éson ogé sok remen diajak moro ku Mang Jana. Ngan waé manéhna mah tara jauh teuing asruk-asrukan. Paling-paling ogé milu rombongan anu tugasna nyegat boroan."</i> (hal. 20) "Éson was also often invited to go hunting by Mang Jana. However, he never went too deep into the forest. At most, he only joined the group assigned to ambush the game." (p. 20)
FP/16/76	Behavioral Theory	<i>"Éson teu buru-buru ngajawab. Sanggeus lila, kakara pok ngomong, //Sumuhun, saé kitu waé, Pa. Si Paser téh urang pasihkeun ka Kebon Binatang//"</i> (hal. 76) "Éson did not immediately answer. After a long pause, he finally said, //Yes, that would be best, Sir. We will hand Si Paser over to the zoo//"

Table 2 presents several excerpts of the analysis and categorization of factors causing psychological conflict. The psychological conflict of the main character, Éson, is influenced by all aspects of Freud's theory. The conflicts that occur manifest through the main character's utterances, attitudes, and responses in dealing with the current situations. The most dominant factors include aggression, loss, and cognition. This is evident and widely demonstrated by the main character, who frequently experiences profound sadness, anxiety, and negative thoughts toward the situations he faces.

DISCUSSION

Psychological Conflict of the Main Character

Based on the research data, Éson's psychological dynamics reflect a struggle between personal desires, the demands of reality, and the prevailing legal norms in society. The research findings show that Éson's psychological conflicts are dominated by a shift from id impulses toward the strengthening of the ego and superego. This is consistent with the study by Aulia et al. (2025), which concludes that in children, the ego develops so that they begin to consider their actions and acknowledge mistakes. Theoretically, Freud states that the id operates based on the pleasure principle. In Éson's case, the id manifests through deep affection and the impulsive desire to keep raising Si Paser despite the legal risks. This is supported by research from Previde et al. (2022), which states that the human-animal bond is described as a deeply profound relationship that provides a sense of life purpose and emotional fulfillment, leading animals to be treated as family members or unwavering companions.

To fully comprehend Éson's psyche, Si Paser must be analyzed not merely as a literal animal, but as a potent psychological symbol. Within the narrative architecture, Si Paser represents Éson's externalized id, the unvarnished, wild, and unrestrained aspect of his

childhood self that exists outside the rigid boundaries of civilization and law. Raising a wild animal in a domestic space symbolizes the child's attempt to preserve a state of pure nature and uninhibited emotional freedom within a highly structured human society. When Éson is forced to sever this connection, the narrative transcends basic character drama; it becomes a poignant commentary on the inevitable, painful loss of childhood innocence. The forced departure of Si Paser signifies the psychological death of Éson's unfiltered freedom, marking his reluctant but necessary entry into the symbolic order of adult responsibility.

However, this study reveals that the character Éson possesses a highly adaptive ego structure. This is supported by the study of Girsang et al. (2025), which states that the novel *Keterasingan* features a main character who utilizes an adaptive ego to make decisions. Éson's ego is capable of processing reality logically. This is evident when Éson decides not to release Si Paser in the front yard because he realizes the risk of the animal damaging neighbors' plants or being hunted by dogs. This result is in line with personality theory, which states that the ego functions as a bridge between instinctual needs and the demands of the real world. This behavior aligns with classic psychoanalytic views where the ego acts as an arbiter between instinctual urges and objective external realities, a developmental milestone also highlighted by Azmi (2023). Éson's cognitive shifts mirror the normal developmental progression of childhood autonomy noted by Aulia et al. (2025), wherein the emerging ego allows the child to evaluate consequences, practice self-regulation, and internalize accountability.

Data analysis indicates that approach-avoidance conflicts are more frequently found, which is consistent with the research by Alamsyah & Kosasih (2020), stating that approach-avoidance conflicts often occur in young children. Nevertheless, the analysis shows that the avoidance-avoidance conflict type represents the most severe phase for the main character's mental health. An example of data that makes Éson's psychology significantly heavy is found in (KP/15/52,53). In that data, Éson is trapped between two negative choices that are equally undesirable. He feels emotionally pained if he must release Si Paser, whom he loves so much //whom we love so dearly//. However, he also realizes that continuing to keep him is an act that violates state regulations //But we would be breaking the law//. In Freud's personality structure, this situation demonstrates intense pressure on the Ego due to the clash between the affectionate impulses of the Id and the legal obedience demands of the Superego. Unlike approach-approach conflicts, which end positively, the impact of this pressure does not stop at the psyche; it manifests in his physical condition. In data code (KP/17/69), where Éson falls ill for three days after releasing Si Paser, this finding reinforces the theory of loss; it suggests that an emotional attachment forcibly severed by external pressures (the superego manifesting as laws/rules) can temporarily paralyze ego functioning. This is in accordance with research by Amelia et al. (2025) regarding deep sadness, a psychological conflict that disrupts daily functioning.

The results of this study confirm the theories of aggression and helplessness. Éson feels helpless when facing authority figures (Mr. Yeye, the government, and the teacher) who represent the collective superego. Characters like Mr. Yeye, school teachers, and government officials are more than just narrative figures; they are living embodiments of the collective superego. They represent the institutional weight of state law and communal discipline that actively encroaches upon the private domain of the home. Compared to general psychological conflict research where characters often fail to adapt, Éson demonstrates a mature conflict resolution (Nurdayana & Andalas, 2019). His final decision to surrender Si Paser to the Zoo is a form of acceptance behavior, where the id impulse (the desire to possess) is transformed into an action that is socially beneficial and legally valid.

This research provides an important contribution to understanding how children's literature depicts the resolution of moral conflicts. Theoretically, the primary benefit of

these results proves that Freud's personality structure (Id, Ego, Superego) can be effectively used to dissect character behavior in literature rich with environmental values. Practically, it provides readers with an illustration of the importance of emotional intelligence and legal compliance over personal desires. The process of letting go experienced by Éson serves as an educational model for readers' character development when facing dilemmatic situations in real life.

Factors Causing Psychological Conflict

Based on the results of the data analysis, the factors causing the psychological conflict of the main character in the story *Si Paser* manifest through the character's utterances, attitudes, and responses to the situations being faced. The discussion is presented below.

Aggression Theory

The data code excerpt (FP/02/53) illustrates Éson's condition of losing the ability to rest or sleep peacefully. This occurs because Éson recalls his father's words, which continuously weigh heavily on his mind. Symbolically, the bed, the supine position, and the silence of the night accompanied by the sound of crickets reinforce the depiction of a child isolated in internal anxiety without an adequate outlet for expression. Based on Freud's theory of aggression, depression is often anger directed toward oneself (self-directed aggression). Furthermore, in the psychodynamic approach, depression is viewed as a manifestation of unresolved internal conflicts, particularly those related to experiences of loss, rejection, and internalized aggression (Hariandja et al., 2026). Depression frequently co-occurs with interrelated tension or anxiety. Éson's internal tension is evident from his inability to sleep *//He could not fall asleep//*. His anger is not manifested physically but is internalized into "thoughts" that disturb his psychological state. Consequently, a psychological conflict emerges within Éson's mind, shaped by the limited space for emotional expression and socio-cultural value constructions that emphasize obedience and respect for parents.

Loss Theory

The data code excerpt (FP/09/69) demonstrates the peak of Éson's psychological conflict. After releasing Si Paser into the forest, Éson experiences a decline in his health (falling ill) to the point where he cannot leave the house. This is caused by two possibilities: either due to actual physical illness or because of the memory of losing Si Paser. This theory can occur due to an individual's separation from an object that provides a sense of security and comfort. The loss of Si Paser became an internal conflict for Éson. This psychological disturbance undergoes somatization—a displacement from the psyche to the physical body. Éson's continuous experience of grief results in physical exhaustion, leading to a debilitating illness. This serves as clear evidence that the psychological burden resulting from the loss of an object can paralyze an individual's biological or physical, cognitive, emotional, spiritual, and social functions (Rismayanti et al., 2026). Psychological disturbances due to loss are progressive in nature and, if left unaddressed, can weaken the immune system. The feeling of constant remembrance *//kept thinking//* proves the existence of an unbroken connection with an object and constitutes the primary burden in Éson's psychological disturbance.

Personality Theory

The data code excerpt (FP/10/65) illustrates the psychological conflict within Éson. He is confronted with two choices. First, Éson holds onto his stance to continuously keep Si Paser. Second, Éson must comply with the prevailing legal regulations because violating them would involve him with the authorities (the police) and could even lead to imprisonment. Therefore, Éson's personality dynamics are currently in a crisis phase due

to the ego's inability to immediately balance or bridge biological impulses (id) with sociological demands in the form of rules or norms (superego).

In-depth, the id operates based on the pleasure principle. Éson's desire to keep maintaining Si Paser is a pure impulse to retain his pleasure and a child's egocentric satisfaction //Éson remained firm in his refusal to let Si Paser be released back into the forest//. Conversely, Éson's superego is reflected in his fear of the prevailing rules //However, he was afraid of dealing with the police//. In this theory, the superego functions as a moral foundation and the determiner of correctness. Éson's knowledge of the statutory regulations regarding the protection of endangered animals (barking deer) creates moral pressure. The visualization of prison represents a form of superego control that suppresses id impulses through the fear of punishment. The phrase //After a moment, no one spoke anymore// shows a visual representation of the paralysis of action as the ego works intensely to overcome mental anxiety. In other words, the ego serves as a bridge between the desires of the id and reality or prevailing norms (Kadir, 2024). The internal tension that silences him is the ego's process of searching for a solution or balance so that the individual acts in accordance with the reality of the world. Furthermore, this tension not only reflects the child's psychological pressure and moral development but also indicates a socio-cultural dimension that begins to restrict the scope of human aggression toward nature.

Cognitive Theory

The data code excerpt (FP/13/65) portrays Éson considering a monumental decision to release Si Paser back into the forest. The question posed illustrates a transition from an external moral conflict to a profound cognitive conflict, characterized by a critical thinking process and hesitation regarding the survival of Si Paser, who has long lived with and depended on humans. The uncertainty of his thoughts demonstrates doubt concerning his own capability. Consequently, this cognitive uncertainty can trigger anxiety and affect the ability to process information correctly and confidently regarding the decision made. His lack of knowledge creates a contradiction between the desire to release the animal and the anxiety over Si Paser's survival. From an immature child's symbolic and cognitive perspective, the forest is perceived as a threatening environment. This mindset is categorized as a cognitive distortion that causes anxiety and psychological distress (Safaria, 2021: 5). This is as explained in the study by Mahali et al. (2020), which notes that negative thoughts have a strong correlation with the emergence of depressive symptoms or psychological conflicts. Furthermore, individuals experiencing psychological distress tend to possess a negative cognitive bias toward themselves and their environment (Alya et al., 2025).

Helplessness Theory

The data code excerpt (FP/14/20) explains Éson's position and role in hunting activities. Éson is not directly involved in chasing the prey into the dense forest; instead, he is placed in a more standard strategic position as a barrier to block the prey. Éson demonstrates the limitations of his capabilities in hunting. Éson does not venture deep into the forest like the others //However, he never went too deep into the forest//. This occurs because Éson is still a child or is not yet proficient in hunting. Consequently, Éson only serves as a guard or a barrier for the prey. This limitation could trigger feelings of helplessness if Éson is expected to meet the standards of a mature hunter. In other words, physical inability and age constraints force the ego to limit its scope of movement, creating an internal dissonance between the id and the reality of his childhood status.

Behavioral Theory

The data code excerpt (FP/16/76) represents the resolution phase of Éson's compliant behavior regarding the proposal to hand over Si Paser to the zoo. This marks a turning

point where Éson chooses a concrete action to resolve the conflict that has long tormented his inner self. In his periodic thinking process (indicated by pauses), Éson symbolically reflects aspects of behavioral intention, working to consider the consequences of each decision made. This aligns with behavior theory, which describes individuals as having the capability to deliberate on every behavior they intend to perform (Ajzen et al., 2011; Pasaribu & Radikun, 2021). The interaction among Éson, his friends, and his teacher demonstrates social support that assists Éson in aligning his mindset and behavior toward harmony or adaptation with current circumstances and prevailing legal norms.

Research into the causal factors of the psychological conflict experienced by the character Éson in the story *Si Paser* reveals various complex psychological conflicts, moving from internal distress toward the acceptance of reality. This shift is driven by emotional pressure, the loss of a loved object, anxiety, doubt, and the necessity to adapt one's attitude to the situation. The benefits and contributions of analyzing the causal factors of psychological conflict to the development of children's literature can be understood through an appreciation of the character's psychological conflicts, which are presented in a manner that closely resonates with children's lives. Through the protagonist Éson, readers can learn to understand feelings of loss, care for living creatures, adherence to legal norms, and ways to confront internal conflicts in an organized manner. Furthermore, it holds psychological value that can foster the development of empathy, emotional sensitivity, and a child's ability to respond to their condition, extending from themselves to their surrounding environment. Consequently, this transforms the function of children's literature from merely serving as a tool for rigid moral dictation into an honest psychological reflection that promotes empathy and respects children's mental development.

CONCLUSION

Based on the analysis, this study concludes that the protagonist, Éson, experiences a structured spectrum of internal conflicts spanning approach-approach, approach-avoidance, and avoidance-avoidance dynamics driven by a complex interplay between intrapersonal forces and external pressures. The character's psychological distress is explicitly triggered by the tension between primitive emotional attachments (*id*) and the rigid constraints of institutional and societal norms (*superego*). Ultimately, the text demonstrates that successful conflict resolution relies heavily on the development of an adaptive *ego*, which is reinforced by social support and rational deliberation.

Theoretically, this research advances the field of psychology of literature by demonstrating how integrating classical psychoanalytic frameworks and conflict theories can decode the psychological complexity of child characters in crisis, while showing how ecocentric values and wildlife conservation laws act as a collective *superego* that shapes character development. Practically, these findings offer valuable conceptual insights for educators, parents, and counselors regarding how children's literature can serve as an illustrative framework to understand the narrative representation of emotional stress and psychosomatic vulnerability in children. Pedagogically, Éson's trajectory provides young readers with a literary blueprint for emotional intelligence, proving that maturity demands the painful but necessary sublimation of personal desires in favor of legal compliance and civic responsibility. Practically, these findings can serve as an illustrative framework for educators, parents, and mental health practitioners, using literature as a tool to understand more deeply how internal conflicts and psychological distress can manifest in children.

Acknowledgements

The author would like to express sincere gratitude to all group members who have participated in this study. We also extend our gratitude to the lecturers of the Children's Literature course who have provided guidance, namely Prof. Dr. Dedi Koswara, M.Hum. and Dr. Danan Darajat, M.Pd. Special thanks are given to the group members for the

valuable time and insights they have shared. The author also appreciates and looks forward to the feedback provided by the reviewers, who have directly or indirectly contributed with diligence to improve the quality of this manuscript.

AI Disclosure Statement

This manuscript was supported in part as a prompt by the use of Gemini and GPT for language editing and text improvement. All outputs generated by these artificial intelligence tools have been carefully reviewed and verified by the authors to ensure alignment with the citations and analysis data sourced from the novel *Si Paser*. The authors bear full responsibility for the entire content and interpretation of the analysis results presented in this manuscript.

Data Availability

The dataset of the psychological conflict analysis of the main character examined in this study is sourced from the primary data of the novel *Si Paser*. All analytical data, which includes the classifications of approach-approach, approach-avoidance, and avoidance-avoidance conflicts, along with the review of the id, ego, and superego personality structures, are fully available within this manuscript. Since these data are the results of the author's independent interpretation of the literary work, there is no external dataset deposited in public repositories other than what has been presented in the appendix and discussion of this article.

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