

Research Article

Psychological Value Analysis in the Novel *Our Home* by Valentina Madihanto

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Abstract

This study aims to describe the psychological values found in the novel *Our Home* by Valentina Madihanto (2024). The study applies a literary psychology approach using Sigmund Freud's psychoanalytic theory, which includes the Id, Ego, and Superego, to analyze the inner conflicts of the characters. This research employs a descriptive qualitative method. The data consist of quotations from the novel that reflect psychological values. The data were collected through reading and note-taking techniques, while the analysis was conducted by identifying, classifying, and interpreting the data based on Freud's psychoanalytic theory. The results show that the dominant psychological values in the novel include fear, anxiety, trauma, anger, emotional pressure, feelings of worthlessness, and lack of affection within the family. The absence of parental attention and warmth becomes the main factor causing the characters' inner conflicts. These conflicts arise from the tension between the Id as instinctual drives, the Ego as a mediator of reality, and the Superego as moral control, which results in emotional distress affecting the characters' personality development. Thus, the novel *Our Home* not only portrays family conflicts but also highlights the impact of lack of affection on children's psychological condition and personality formation.

Keywords: Psychological Values, Literary Psychology, Lack of Affection, Id, Ego, Superego, Novel *Our Home*.



INTRODUCTION

Literary works reflect the complexity of human life, not only portraying external events but also presenting the inner realities of their characters. Through language, authors attempt to uncover the layers of the human psyche, including wounds, trauma, and psychological conflicts that are often hidden beneath the narrative. Therefore, literature is frequently regarded as a medium for understanding the psychological condition of individuals, both the author and the characters within the story. (Zummah et al., 2025) state that literature reflects human psychological reality because its characters behave like real people who possess ideas, impulses, and inner struggles.

In modern literary studies, the psychological approach to literature has become one of the important analytical methods for revealing psychological values within characters and plot development. (Endraswara, 2024) explains that literary psychology seeks to understand the psychological symptoms of characters in literary works through the analysis of feelings, emotions, inner conflicts, motivations, past experiences, and coping processes used to survive. This approach not only helps readers understand characters more deeply but also provides insights into how humans confront emotional pressures in real life.

According to (Nurgiyantoro, 2019), a novel is a long fictional narrative that reveals human experiences through relationships among characters and life conflicts in a comprehensive manner. Meanwhile, (Stanton, 2024) argues that a novel presents a portrayal of life through the inner and social conflicts of its characters, allowing readers to follow their emotional journeys and the moral messages conveyed by the author.

One literary work that strongly portrays psychological issues is the novel *Our Home* by Valentina Madihanto (2024). The novel tells the story of a single mother named Ayas who raises her four sons—Rafa, Hema, Nolan, and Naran—amid her busy career as a model. Behind the image of a seemingly stable family lies a dark secret and emotional instability that affect the psychological conditions of her children. Rafa experiences trauma and chooses silence to avoid triggering his mother's anger. Hema grows up feeling neglected, while the twins Nolan and Naran experience loneliness due to a lack of affection.

The choice of this research title is based on the cause-and-effect relationship of the psychological problems depicted in the novel *Our Home*. The novel contains strong psychological values, particularly as reflected in the character of Rafa. Rafa often

experiences fear whenever he encounters his mother. A mother figure who should provide love and protection instead behaves harshly, causing Rafa to frequently experience physical abuse. This treatment results in psychological impacts such as fear, emotional pressure, and trauma. In addition, Rafa is constantly required to achieve academic excellence and to take responsibility for caring for his younger siblings. These continuous demands and acts of violence become the primary causes of the psychological problems experienced by Rafa.

Psychological problems are also evident in the characters of Naran and Nolan, particularly through their incomplete family background. Since childhood, they have often felt sadness because they do not have a complete family like their peers. At an age that should be filled with the affection of both father and mother, they instead grow up lacking attention and familial warmth.

Their mother works frequently and is rarely at home, leaving their emotional needs unmet. Meanwhile, the uncertainty regarding their father's existence—whether he is still alive or has passed away—remains a persistent burden on their minds. This situation generates feelings of loss, confusion, and deep disappointment. The situation worsens when their older brother, Rafa, leaves due to a conflict involving their mother. This event leaves emotional wounds and fosters anger and disappointment within them. When their mother later also leaves them, their feelings of devastation and loss intensify. From these events, it is evident that Naran and Nolan experience psychological pressure that affects their emotional stability. Prolonged sadness transforms into anger and irritability, indicating psychological wounds caused by a lack of affection, the loss of family members, and unresolved family conflicts.

Meanwhile, the character of Hema demonstrates psychological values through her feelings of being neglected by her mother, despite living in the same house. She feels unrecognized, even though she has tried various ways to gain attention and acknowledgment. However, her mother seems unwilling to see and understand her feelings. This condition makes Hema feel broken and worthless. She often isolates herself in her room and cries because she considers herself insignificant. Her mother's lack of attention causes Hema to feel unappreciated, disappointed, and sad. This condition creates inner pressure that affects her emotional stability and indicates psychological wounds resulting from insufficient parental attention and affection.

This research employs a literary psychology approach based on Sigmund Freud's

psychoanalytic theory. In psychoanalytic theory, Freud divides the structure of human personality into three parts: the Id, the Ego, and the Superego. The Id is the most basic and instinctual part of personality, operating entirely in the unconscious and serving as the source of biological drives such as desire, aggression, and the pursuit of pleasure without considering norms or consequences. The Ego functions as the rational mediator that balances the demands of the Id with reality, while the Superego represents the moral aspect of personality, consisting of internalized social norms and values derived from parents and the environment.

This personality structure is relevant for explaining the inner conflicts and psychological conditions of the characters in the novel *Our Home*. Emotional pressure, violence, neglect, and excessive demands within the family environment cause an imbalance among the Id, Ego, and Superego, which subsequently leads to feelings of fear, trauma, sadness, disappointment, and anger. Therefore, this research entitled “Psychological Value Analysis in the Novel *Our Home* by Valentina Madihanto (2024)” is important to conduct in order to reveal the psychological values reflected through the characters in the novel and to contribute to literary psychology studies as well as to a deeper understanding of how family conditions influence child development.

METHOD

Research Design

This study employs a qualitative research design using a descriptive method and a literary psychology approach, particularly Sigmund Freud’s psychoanalytic theory. Qualitative research aims to understand phenomena in depth through descriptive explanations presented in words rather than numerical data. This approach is considered appropriate because the study focuses on interpreting psychological values reflected in literary characters.

Research Approach

The approach used in this study is literary psychology, specifically Freud’s psychoanalytic theory. Freud divides the structure of personality into three components: the Id, Ego, and Superego. These three aspects are used as the analytical framework to examine the inner conflicts, emotional pressures, trauma, and psychological imbalances experienced by the characters in the novel.

Data and Data Sources

The data in this study consist of quotations from the novel *Our Home* by Valentina Madihanto (2024) that contain psychological values related to the characters.

The primary data source is the novel *Our Home*, published in 2024. The selected quotations serve as textual evidence to support the analysis of psychological values within the story.

Data Collection Techniques

The data were collected using reading and note-taking techniques. The novel was read repeatedly to gain a comprehensive understanding of the storyline and character development. Parts of the text related to psychological values were then identified, marked, and recorded. This process ensured that the collected data were relevant to the research focus.

Research Instrument

The main instrument of this study is the researcher. In qualitative research, the researcher functions as the primary tool for data collection and analysis. The researcher was assisted by writing tools, such as a notebook and pen, to classify and organize the data according to the research objectives.

Data Analysis Techniques

The data were analyzed using descriptive qualitative analysis through several stages:

1. Data Reduction – Selecting and focusing on quotations that are relevant to the psychological values of the characters.
2. Data Display – Presenting the selected data in descriptive form, supported by direct quotations from the novel as analytical evidence.
3. Conclusion Drawing – Interpreting the findings and drawing conclusions to answer the research questions based on the analyzed data.

Validity of Data

The validity of the data was maintained through triangulation techniques,

including:

- Source Triangulation – Comparing data from different parts of the novel to ensure consistency.
- Theory Triangulation – Using literary psychology theory and Freud’s psychoanalytic theory as analytical foundations to strengthen interpretation.
- Investigator Triangulation – Conducting discussions with lecturers and peers to reduce subjectivity and enhance analytical accuracy.

Through these procedures, the research findings can be academically justified and considered scientifically reliable.

RESULT AND DISCUSSION

Based on the findings, 22 psychological data were identified in the character Rafa, 10 in Naran, 10 in Nolan, and 10 in Hema. The analysis applies Sigmund Freud’s psychoanalytic theory (Id, Ego, and Superego). The discussion below is presented concisely without omitting the original quotations.

Psychological Values in Rafa

Data (1)

“Bohong jika Rafa mengatakan tidak takut ke rumah... Traumanya sangat dalam dan sulit dihilangkan.” (p. 307)

This quotation reflects deep trauma and anxiety. The Id triggers fear based on past trauma, the Ego recognizes there is no real threat but fails to calm him, and the Superego reinforces obedience to his mother, intensifying inner conflict.

Data (2)

“Luka yang kemarin masih sakit, mama jangan lagi,”

This shows trauma and fear. The Id seeks to avoid pain, the Ego expresses it through pleading, and the Superego appears in his submissiveness.

Data (3)

“...ia tertunduk dan memegang kedua telinganya...” (p. 307)

Rafa experiences severe anxiety. The Id dominates through panic reactions; the Ego fails to control them, indicating unresolved trauma.

Data (4)

"Abang capek jadi anak pertama..." (p. 320)

Emotional exhaustion is evident. The Id longs for relief, the Ego verbalizes it, and the Superego reflects responsibility as the eldest child.

Data (5)

"Bagaimana rasanya mendapatkan kasih sayang yang utuh?..." (p. 3)

This reveals loneliness and unmet affection needs. The Id seeks love, the Ego adapts by taking family responsibility, and the Superego demands sacrifice.

Data (6)

"...ia memukul kepalanya..." (p. 308)

Suppressed pain erupts. The Id releases frustration, the Ego loses control, and the Superego creates internal pressure.

Data (7)

"Jangan mendekat!" (p. 309)

This shows self-defense. The Id reacts instinctively, the Ego manages distance, and the Superego causes inner tension between fear and obedience.

Data (8)

"Rafa mau istirahat tanpa dihantui nilai lagi..." (p. 309)

Mental exhaustion appears. The Id seeks peace, the Ego pleads realistically, and the Superego pressures him with academic standards.

Data (9)

"...mama berubah menjadi monster..." (p. 31)

Fear toward parental authority. The Id wants escape, the Ego adapts to reality, and the Superego enforces obedience.

Data (10)

"Tubuh Rafa kecil, tapi selalu dipukul..." (p. 311)

Severe trauma and despair. The Id avoids pain, the Ego weakens under abuse, and the Superego creates guilt and fear.

Data (11)

"...Rafa nggak bisa tidur tiap malam..." (p. 31)

Frustration and fatigue. The Id desires rest, the Ego tries to meet expectations, and the Superego reinforces pressure.

Data (12)

"...ketakutan akan kegagalan..." (p. 13)

Perfectionism and anxiety. The Superego dominates with high standards, creating internal conflict.

Data (13)

"...ia memaki dirinya sendiri..." (p. 45)

Self-directed frustration. The Id vents anger, the Ego reflects, and the Superego induces guilt.

Data (14)

"...ia merasa menjadi pencundang..." (p. 46)

Fear and guilt. The Superego intensifies self-blame.

Data (15)

"...tidak ada satu pun yang mencari dirinya..." (p. 46)

Loneliness and emotional longing. The Id desires affection; the Superego suppresses expectations.

Data (16)

"Gue bakal baik-baik aja..." (p. 79)

Anxiety hidden behind strength. The Ego masks fear to protect others.

Data (17)

"...rasa deg-degan..." (p. 165)

Physical anxiety. The Id reacts instinctively; the Ego tries to maintain control.

Data (18)

"Anak pertama harus kuat..."

Conflict between emotional pain (Id) and moral duty (Superego).

Data (19–22)

Quotes about wanting rest, hating study pressure, and emotional outbursts (pp. 91, 322). These show overwhelming academic anxiety. The Superego dominates with perfectionist standards, the Id seeks rest, and the imbalance results in emotional breakdowns.

Psychological Values in Naran

Data (1)

"KENAPA KELUARGA KITA TERLALU BANYAK RAHASIA?"

Emotional explosion. The Id releases anger; the Superego conflicts with the ideal of a harmonious family.

Data (2)

"Jangan marahi adek ya, Bang." (p. 8)

Fear and empathy. The Id fears conflict; the Superego shows responsibility.

Data (3)

"...Mama yang menghancurkan semuanya..." (p. 331)

Trauma and hatred. The Id vents anger; the Superego struggles with moral expectations.

Data (4)

"...rasa takut kembali menyerangnya." (p. 11)

Instinctive fear; the Ego cannot fully regulate it.

Data (5)

"...tidak seberuntung anak-anak di luaran sana." (p. 18)

Emotional deprivation. The Id longs for affection.

Data (6)

Advice about expressing sadness (p. 39)

Shows learning emotional regulation; balance of Id, Ego, and Superego.

Data (7)

“...otaknya dibuat mati...” (p. 329)

Extreme emotional pressure; desire to escape pain.

Data (8–10)

Fearful reactions and anger toward injustice (pp. 70, 124).

Naran’s Id expresses fear and anger; the Superego reflects moral awareness.

Psychological Values in Nolan

Data (1)

“Capek, ma...” (p. 53)

Emotional fatigue and longing. The Id seeks affection; the Superego enforces strength.

Data (2)

“...memegangi kerah baju Rafa...” (p. 68)

Aggression from the Id, restrained by Superego.

Data (3)

“...gue takut...” (p. 93)

Trauma response; Id triggers fear.

Data (4)

“Manusia normal mana...” (p. 318)

Anger shaped by moral judgment (Superego).

Data (5)

"Ia ingin semuanya kembali seperti dulu." (p. 111)

Longing for the past; Id seeks comfort.

Data (6-8)

Apologies, fear of scolding, suppressed tears (pp. 71-73).

Conflict between emotional impulses (Id) and moral restraint (Superego).

Data (9-10)

Door slamming and asserting opinions (pp. 120, 279).

Show anger and courage; balance of instinct and moral belief.

Psychological Values in Hema

Data (1)

"Tolong sesekali tatap Hema..." (p. 53)

Need for affection; Id seeks love, Superego maintains politeness.

Data (2)

"Hema hanya bisa diam..." (p. 69)

Mental exhaustion; Ego chooses silence.

Data (3)

"Hatinya sakit..." (p. 69)

Emotional disappointment.

Data (4)

"Mama nggak punya hati..." (p. 124)

Protest mixed with guilt.

Data (5)

"...menahan tangis..." (p. 120)

Emotional control; Superego restrains expression.

Data (6)

“...mengurung diri di kamar...” (p. 234)

Withdrawal and despair.

Data (7)

“Hema memang anak pintar...” (p. 136)

Hidden resentment despite praise.

Data (8)

“Rumah kita sudah hancur...” (p. 234)

Sadness and fear of family breakdown.

Data (9)

“Minta maaf sama diri sendiri aja...” (p. 117)

Deep disappointment.

Data (10)

“...ingin marah sekaligus menangis...” (p. 295)

Inner conflict between anger and sadness.

The findings show that all four characters experience significant psychological conflict rooted in family trauma, neglect, violence, and excessive demands. Rafa's character demonstrates the strongest imbalance, particularly the dominance of the Superego, which results in anxiety, perfectionism, and emotional breakdown. Meanwhile, Naran, Nolan, and Hema display emotional responses shaped by fear, disappointment, suppressed anger, and longing for affection.

The interaction and imbalance between Id, Ego, and Superego in each character illustrate how dysfunctional family dynamics contribute to deep psychological wounds.

CONCLUSION

Based on the results of the analysis and discussion, it can be concluded that the novel *Our Home* by Valentina Madihanto contains strong and complex psychological values, particularly those related to trauma, emotional pressure, inner conflict, and the need for affection within the family environment. These psychological values are

reflected through the main characters—Rafa, Hema, Naran, and Nolan—each of whom experiences psychological problems as a result of unhealthy relational patterns with their mother.

The character of Rafa demonstrates psychological conditions such as trauma, excessive fear, and anxiety resulting from the physical and emotional violence he experiences. This trauma influences Rafa's behavior, making him passive, silent, and inclined to avoid conflict as a form of self-defense mechanism.

Meanwhile, the character of Hema experiences emotional pressure in the form of feeling neglected and unrecognized, which leads to sadness, disappointment, and emotional instability in her social interactions.

The characters Naran and Nolan exhibit psychological values in the form of unmet needs for affection, a sense of losing a complete family, and emotional loneliness due to frequently being left by their mother. These conditions give rise to prolonged feelings of sadness, anger, and disappointment, shaping inner conflicts within both characters.

Through the analysis using Sigmund Freud's psychoanalytic theory, it can be seen that the imbalance between the Id, Ego, and Superego plays a significant role in shaping the psychological conflicts experienced by the characters. The family environment, characterized by violence, neglect, and excessive demands, becomes the primary factor influencing the development of psychological wounds in the children. Therefore, this novel not only presents a family narrative but also offers a profound reflection on the psychological impact of dysfunctional family relationships on child development.

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