

INTISARI

Datri, Aliya. 2026. Aktualisasi Diri Tokoh Kyo Sohma dalam Anime *Fruits Basket* Karya Natsuki Takaya (Kajian Psikologi Sastra). Program Studi Bahasa dan Kebudayaan Jepang. Universitas Diponegoro, Semarang. Skripsi, Dosen Pembimbing Budi Mulyadi, S.Pd., M.Hum.

Penelitian ini membahas proses aktualisasi diri yang dialami tokoh Kyo Sohma dalam anime *Fruits Basket* karya Natsuki Takaya dengan fokus pada perkembangan psikologis tokoh yang dipengaruhi oleh trauma masa lalu, penolakan sosial, rasa rendah diri, serta hubungan interpersonal yang ia bangun dengan orang-orang di sekitarnya. Tujuan penelitian ini adalah menganalisis struktur naratif anime *Fruits Basket* serta mengidentifikasi dan menjelaskan proses aktualisasi diri tokoh Kyo Sohma berdasarkan teori hierarki kebutuhan Abraham Maslow.

Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan psikologi sastra dan struktural. Analisis dilakukan terhadap dinamika kepribadian tokoh Kyo Sohma serta unsur naratif anime berdasarkan teori Himawan Pratista yang meliputi ruang, waktu, dan struktur tiga babak. Data dikumpulkan melalui studi pustaka dari anime dan berbagai sumber referensi yang relevan. Hasil penelitian menunjukkan bahwa struktur naratif anime *Fruits Basket* terdiri atas beberapa ruang utama seperti rumah keluarga Sohma, sekolah, Estate Sohma, dan rumah pantai keluarga Sohma yang berfungsi sebagai latar perkembangan konflik dan kondisi psikologis tokoh.

Hubungan naratif dengan waktu menggunakan pola alur linier yang disertai beberapa adegan kilas balik (flashback) untuk menjelaskan masa lalu Kyo Sohma. Struktur tiga babak terdiri atas tahap persiapan, konfrontasi, dan resolusi yang memperlihatkan perjalanan Kyo dalam menghadapi konflik batin hingga mencapai penerimaan diri.

Berdasarkan analisis psikologi sastra menggunakan teori Abraham Maslow, Kyo Sohma berhasil memenuhi lima tingkat kebutuhan, yaitu kebutuhan fisiologis, kebutuhan akan rasa aman, kebutuhan akan rasa memiliki dan kasih sayang, kebutuhan akan harga diri, serta kebutuhan aktualisasi diri. Pemenuhan kebutuhan tersebut terjadi melalui hubungan Kyo dengan Honda Tohru, Shigure Sohma, Yuki Sohma, dan tokoh-tokoh lainnya yang memberikan dukungan, penerimaan, serta rasa memiliki yang selama ini tidak ia peroleh. Pada akhirnya, Kyo berhasil menghadapi trauma masa lalunya, menerima dirinya sebagai zodiak Kucing, serta menentukan jalan hidupnya sendiri tanpa lagi dibayangi rasa takut dan penolakan.

Kata kunci: aktualisasi diri, fruits basket, hierarki kebutuhan Abraham Maslow, naratif anime, psikologi sastra.

ABSTRACT

Datri, Aliya. 2026. Kyo Sohma's Self-Actualization in Natsuki Takaya's *Fruits Basket* Anime (A Literary Psychology Study). Japanese Language and Culture Study Program. Diponegoro University, Semarang. Undergraduate Thesis. Supervisor: Budi Mulyadi, S.Pd., M.Hum.

This study examines the process of self-actualization experienced by Kyo Sohma in the anime *Fruits Basket* by Natsuki Takaya, focusing on the character's psychological development, which is influenced by past trauma, social rejection, feelings of inferiority, and the interpersonal relationships he builds with the people around him. The objectives of this study are to analyze the narrative structure of *Fruits Basket* and to identify and explain Kyo Sohma's process of self-actualization based on Abraham Maslow's hierarchy of needs theory.

This study employs a qualitative descriptive method with literary psychology and structural approaches. The analysis focuses on Kyo Sohma's personality dynamics as well as the anime's narrative elements based on Himawan Pratista's theory, which includes narrative relations with space, narrative relations with time, and the three-act structure. Data were collected through library research using the anime and various relevant references.

The results show that the narrative structure of *Fruits Basket* consists of several major settings, including the Sohma family house, the school, the Sohma Estate, and the Sohma family beach house, which function as settings for the development of conflicts and the character's psychological condition. The narrative relation with time follows a linear plot complemented by several flashback scenes that explain Kyo Sohma's past. The three-act structure consists of the preparation, confrontation, and resolution stages, illustrating Kyo's journey in confronting his inner conflicts and achieving self-acceptance.

Based on the literary psychology analysis using Abraham Maslow's theory, Kyo Sohma successfully fulfills the five levels of needs: physiological needs, safety needs, love and belongingness needs, esteem needs, and self-actualization needs. The fulfillment of these needs occurs through Kyo's relationships with Honda Tohru, Shigure Sohma, Yuki Sohma, and other characters who provide him with support, acceptance, and a sense of belonging that he had previously lacked. Ultimately, Kyo succeeds in confronting his past trauma, accepting himself as the Cat of the Zodiac, and determining his own path in life without being overshadowed by fear and rejection.

Keywords: Abraham Maslow's hierarchy of needs, anime narrative, fruits basket, literary psychology, self-actualization.