

INTISARI

Penelitian ini bertujuan mendeskripsikan perjuangan menuju superioritas dan perubahan gaya hidup tokoh Ale dalam novel *Seporsi Mie Ayam Sebelum Mati* karya Brian Khrisna berdasarkan psikologi individual Alfred Adler. Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan psikologi sastra. Data berupa kutipan dalam novel dianalisis melalui analisis struktur fiksi dan psikologi individual Alfred Adler. Hasil penelitian menunjukkan bahwa struktur novel mendukung perkembangan psikologis tokoh Ale. Perasaan inferioritas Ale bersumber dari kondisi fisik, keyakinan bahwa dirinya tidak berharga, serta pola asuh keluarga yang minim penerimaan. Perasaan tersebut membentuk tujuan hidup yang berubah dari keinginan mengakhiri hidup menjadi mempertahankan hidup. Perjuangan menuju superioritas berkembang melalui keberanian mengambil keputusan, menghadapi lingkungan sosial, dan tumbuhnya rasa percaya diri. Sejalan dengan itu, gaya hidup Ale berubah dari tipe penerima dan tipe menghindar menjadi tipe yang bermanfaat bagi lingkungan sosial. Penelitian ini menyimpulkan bahwa perjuangan menuju superioritas dan perubahan gaya hidup saling berkaitan dalam membentuk perkembangan kepribadian tokoh Ale sesuai dengan psikologi individual Alfred Adler.

Kata kunci: Ale, psikologi individual, perjuangan menuju superioritas, perubahan gaya hidup, *Seporsi Mie Ayam Sebelum Mati*.

ABSTRACT

This study aims to describe the struggle for superiority and the lifestyle changes of the character Ale in the novel Seporsi Mie Ayam Sebelum Mati by Brian Khrisna, based on Alfred Adler's individual psychology. The study employs a descriptive-qualitative method with a literary psychology approach. Data, consisting of excerpts from the novel, were analyzed using the analysis of fictional structure and Alfred Adler's individual psychology. The results indicate that the novel's structure supports Ale's psychological development. Ale's feelings of inferiority stem from his physical condition, a belief in his own worthlessness, and a family upbringing lacking in acceptance. These feelings shaped a life goal that shifted from a desire to end his life to a determination to sustain it. The struggle for superiority evolved through the courage to make decisions, the willingness to face the social environment, and the growth of self-confidence. Concurrently, Ale's lifestyle shifted from a "getting" type and an "avoiding" type to a type that is beneficial to the social environment. The study concludes that the struggle for superiority and lifestyle changes are interconnected in shaping Ale's personality development, in accordance with Alfred Adler's individual psychology.

Keywords: Ale, Individual Psychology, the Striving for Superiority, Lifestyle Change, Seporsi Mie Ayam Sebelum Mati