

The Personality of the Main Characters in the Novel *Arial & Adara Untukmu Yang Tak Lelah Berjuang* by Helo Bagas: A Literary Psychology Study

Rena Rahayu¹, Emma Marsella², Bambang Riyanto³

^{1, 2, 3}Sastra Indonesia, Fakultas Ilmu Budaya, Universitas Sumatera Utara

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Abstract

*This study aims to describe the personality of the main characters and identify the factors that influence them in the novel *Arial & Adara Untukmu Yang Tak Lelah Berjuang* by Helo Bagas. The study uses a qualitative approach with descriptive methods and analyzes data in the form of narrative excerpts, dialogues, and character actions using the Hippocrates-Galenus personality theory which includes sanguine, phlegmatic, choleric, and melancholic types. The results of the study show that the character Arial has a tendency towards sanguine, choleric, and melancholic personality which is seen from his friendly, caring, and resilient attitude in facing difficulties. Meanwhile, the character Adara shows a tendency towards sanguine, phlegmatic, choleric, and melancholic which is reflected through her cheerful, compassionate, brave, and empathetic nature. The personalities of both characters are influenced by internal factors, such as emotions, motivation, ways of thinking, and life experiences, as well as external factors, such as family, circle of friends, and social events. Thus, this novel not only tells the story of life's struggles, but also shows the formation of the characters' personalities through the interaction of various internal and external factors.*

Keywords: Character Personality, Literary Psychology, Novel, Hippocrates-Galenus, Internal Factors and External Factors

(*) Corresponding Author: renarahayu999@gmail.com

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INTRODUCTION

Literature is a form of human creative expression conveyed through language and containing elements of beauty that can provide inner experiences for readers (Suarta, 2022:15). Literature also contains aesthetic, moral, and cultural values; therefore, its existence cannot be separated from society because literary works are born from the thoughts and creativity of authors in portraying human life. Literature is a psychological phenomenon that presents psychological aspects through its characters (Minderop, 2018:59).

Literary works are the tangible manifestations of a writer's creative imagination. Each author has a unique creative process, resulting in various fictional stories. Literary works are artistic creations that use language as the primary medium to express human inner experiences in aesthetic and imaginative forms (Wellek & Warren, 2016). Literary works are products of an author's creativity that raise the realities of human life and transform them into fictional or non-fictional stories with the aim of providing both entertainment and lessons for readers (Nurgiyantoro, 2015).

One type of literary work is the novel. A novel is a literary work in the form

of fictional prose that narrates life in depth through a series of events, characters, conflicts, and plot developments. A novel is also understood as a narrative work that portrays human life with various social, psychological, and cultural issues imaginatively arranged by the author. A novel is a prose fiction work with a sufficiently long storyline, not as brief as a short story, and presents the life events of its characters in a broad and profound manner (Nurgiyantoro, 2015). As a literary work, the novel has become highly popular and widely appreciated by society.

A novel not only functions as a medium of entertainment for readers but also serves as a means of portraying the complexity of human life, including the personality aspects of its characters. Characters in novels are depicted with traits, attitudes, and behaviors that reflect their personalities. Characters become an essential part of a story because they help convey the messages intended by the author. Every story contains problems and conflicts that make it more engaging. The realities of life reflected in literary works often contain psychological symptoms expressed through human behavior and personality. Therefore, novels are closely related to the personalities of the characters they portray.

Personality is a part of the psyche that integrates human existence into a unified whole rather than fragmented functions. Understanding personality means understanding the self, the individual, or human beings as a whole (Alwisol, 2009:2). Personality consists of distinctive patterns of thought, feeling, and behavior that differentiate one person from another and remain relatively stable across time and situations. Characters in fictional works possess traits or dispositions that form their overall personalities. Character personality is an important element in constructing the storyline. Personality can be observed through dialogue, actions, thought patterns, and the conflicts experienced by characters. Attitudes that appear dominantly and simultaneously within an individual become characteristics that distinguish their personality. These characteristics encompass thoughts, feelings, and behaviors that demonstrate how a person adapts and compromises in life (Minderop, 2018:8).

The personality of characters in literary works reflects their traits, attitudes, thought patterns, and behaviors that indicate certain psychological conditions. This personality is not only shaped by narrative elements but is also related to psychological aspects. Therefore, character personality can be analyzed using a literary psychology approach. Literary psychology research plays an important role in understanding literature because it provides a deeper examination of characterization. This approach offers valuable insights into character development and is highly useful for analyzing literary works rich in psychological issues (Endraswara, 2008:12).

Psychology originates from the Greek words *psyche*, meaning soul, and *logos*, meaning knowledge or science. Etymologically, psychology refers to the science that studies the soul, including its symptoms, processes, and human behavior (Minderop, 2018:3). In relation to psychology, especially personality psychology, literature becomes an interesting subject of study because it is not merely a tedious examination of texts but a field that involves the characterization and personalities of fictional characters, authors, and readers (Minderop, 2010:3).

One area of research in literary psychology is personality psychology.

Personality Psychology is a branch of science that provides typological knowledge, namely the classification of traits considered similar or possessing nearly identical characteristics (Sujanto et al., 2014). Literary psychology studies include several personality typologies, one of which is the Hippocrates-Galenus typology. The Hippocrates-Galenus Personality Theory is related to the role and development of human personality psychology. This theory proposes that personality consists of four bodily fluids or humors: blood (*sanguine*), characterized as warm; phlegm (*phlegma*), characterized as cold; yellow bile (*chole*), characterized as dry; and black bile (*melanchole*), characterized as moist. Individuals with an excess of blood are classified as sanguine, characterized by being expressive, lively, cheerful, optimistic, easy to smile, and resilient. Those with an excess of phlegm are classified as phlegmatic, characterized by being calm, composed, patient, and not easily influenced. Individuals with an excess of yellow bile are classified as choleric, characterized by being aggressive, quick-tempered, easily offended, vindictive, and serious. Those with an excess of black bile are classified as melancholic, characterized by being rigid, gloomy, fearful, and pessimistic.

The novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* by Helo Bagas was chosen because it is a popular novel widely appreciated among teenagers. This novel presents the life stories of Arial and Adara, which are filled with emotional conflicts, life struggles, social relationships, and psychological challenges that influence their lives. Arial is portrayed as a character full of perseverance who often hides his pain and life burdens, while Adara is depicted as a cheerful individual with high emotional sensitivity and concern for others. The characteristics of these two main characters make the novel particularly interesting to analyze through a literary psychology approach, especially in terms of character personality.

The personalities of the main characters are important elements that shape the storyline of the novel. In *Arial & Adara*, the main characters display complex behaviors and emotions that require in-depth analysis to objectively understand their psychological conditions. Such analysis enables readers to comprehend the psychological meanings embedded within the novel. The literary psychology approach is employed in this study to understand the psychological aspects of the characters through their behaviors, dialogues, and conflicts. The purpose of literary psychology is to understand the psychological dimensions contained in a literary work. Thus, this research not only examines the intrinsic elements of the novel but also reveals the psychological aspects of the main characters in depth.

To date, no research has specifically analyzed the novel *Arial & Adara* using the Hippocrates-Galenus theory through a literary psychology approach. Previous studies have generally employed Freud's psychoanalytic theory or focused solely on the intrinsic elements of the novel. Therefore, this research is necessary to provide a more comprehensive and systematic analysis. The characteristics of the two main characters make the novel particularly suitable for examination through a literary psychology approach, especially using the Hippocrates-Galenus Personality Theory.

Based on the background described above, the personalities of the main characters in *Arial & Adara Untukmu yang Tak Lelah Berjuang* by Helo Bagas

are highly interesting to study because, according to the researcher, no previous study has examined the personalities portrayed in this novel. The personalities of the main characters in *Arial & Adara Untukmu yang Tak Lelah Berjuang* by Helo Bagas are analyzed using a literary psychology approach and the Hippocrates-Galenus Personality Theory. The researcher is interested in analyzing the personalities of the main characters as well as the factors influencing their personalities in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* by Helo Bagas.

METHODS

This study employs a qualitative approach with a descriptive method. This approach is used to examine the psychological phenomena of the main characters in the novel *Arial dan Adara* by Helo Bagas. The descriptive qualitative method aims to describe reality in depth through the interpretation of data in the form of literary texts. As stated by Creswell (2018:186), qualitative research seeks to understand and interpret phenomena based on participants' perspectives as well as the social and cultural contexts surrounding them. In this context, literary texts are viewed as representations of the psychological conditions of characters and society shaped by particular value systems.

The analysis in this study is conducted using the Hippocrates-Galenus Personality Theory, which classifies personality structures into four main elements: Blood (Sanguine), Yellow Bile (Choleric), Black Bile (Melancholic), and Phlegm (Phlegmatic). This theory is relevant for examining the inner personality of characters as well as the dynamics of personality manifested through their behaviors, thoughts, and dialogues within the story. The Hippocrates-Galenus theory remains relevant in literary psychology studies because it is capable of exploring the underlying psychological drives that shape a character's personality (Akbar & Lestari, 2021).

The type of research employed in this study is descriptive qualitative research. Research methodology refers to a systematic way of solving a problem by collecting and analyzing data in order to achieve the intended objectives. Qualitative research describes, analyzes, and interprets the collected data to identify patterns, principles, models, formulas, values, and norms underlying the phenomenon being studied (Sibarani, 2014:277).

Descriptive data are presented in the form of words or, when necessary, images rather than numerical data (Endraswara, 2008:5). This method is consistent with Lofland's view (cited in Moleong), which states that the primary sources of data in qualitative research are words and actions, while additional data may include documents and other supporting materials.

RESULTS AND DISCUSSION

Research Results

Personality Types of the Character Arial in the Novel *Arial & Adara*

1. Sanguine Personality Type of Arial

Data (1)

"Bu, Arial sama Adara izin pamit dulu, ya."

"Loh, kok buru-buru to, mas? Ndak ikut makan bareng sekalian?" tanya bu

Tantri yang sedang memotong tumpeng dan membagikannya satu per satu untuk anak-anak.

“ Hehe, ndak dulu bu. Matur nuwun, nggih. Kami ada acara lagi diluar,” kata Arial sekaligus tersenyum menatap wajah Adara yang tampak malu-malu.

“ Ya sudah, hati-hati ya, mas.” Ucap bu Tantri sambil menyalamin Arial. “ Jagain mbak Adara juga ya, mas. Soalnya ini sudah malam.”

“ tentu, bu. Adara prioritas aku.” Ucap Arial sambil menggoda Adara. (Bagas, 2019:74)

The excerpt above demonstrates Arial's sanguine personality. Arial possesses a friendly, polite, communicative, expressive, and convincing character. This can be seen in the way he speaks and communicates with Mrs. Tantri in a respectful and warm manner, as shown in the statement, “Bu, Arial sama Adara izin pamit dulu, ya.” This expression indicates Arial's politeness and his ability to communicate well with older people. In addition, Arial displays sanguine traits through his response, “hehe, ndak dulu bu. Matur nuwun, nggih. Kami ada acara lagi diluar.” By saying “hehe,” Arial lightens the atmosphere and politely declines the invitation while maintaining warmth and courtesy. Even after his polite refusal, Mrs. Tantri reminds him, “Jagain mbak Adara juga ya, mas. Soalnya ini sudah malam.” Arial's personality also reflects responsibility and reliability, as shown in his response, “tentu, bu. Adara prioritas aku,” while teasing Adara. This expression indicates that Arial possesses a sanguine personality characterized by openly and warmly expressing his feelings.

2. Phlegmatic Personality Type of Arial

Data (2)

Ketika Adara mengeluarkan kotak kacamataanya dan memakainya, Arial langsung bertanya, “ Mata kamu minus atau silinder?”

“ minus 2.5 nih. Emang kenapa?”

“ pindah aja ya kedepan, kamu pasti engga kelihatan kalau maksain duduk di belakang”

“ emmm, enggak apa-apa kok.”

“ jangan gitu, aku tahu kok kamu pasti susah melihat materi pelajaran di papan tulis. Jadi, pindah kedepan aja, ya.”

“ emang ada tempat?”

“ ah masalah itu mah gampang sekali. Yang penting proses belajar kamu engga terganggu cuma gara-gara jarak papan ke mata kamu itu terlalu jauh” (Bagas, 2019:10)

The excerpt above demonstrates Arial's phlegmatic personality. This is evident when Arial says, “pindah aja ya kedepan, kamu pasti engga kelihatan kalau maksain duduk di belakang.” This dialogue shows Arial's concern for Adara's comfort and learning process without forcing her to do anything. Although Adara does not mind sitting at the back of the classroom, Arial calmly suggests a solution to help her study more comfortably. His statement, “ah masalah itu mah gampang sekali. Yang penting proses belajar kamu engga terganggu cuma gara-gara jarak papan ke mata kamu itu terlalu jauh,” indicates that Arial possesses a phlegmatic personality characterized by concern for others, calmness, and the absence of emotional pressure.

3. Choleric Personality Type of Arial

Data (3)

Arial berjalan mengikuti langkah kakinya yang menuntun pergi. Dilihatnya bola basket yang tergeletak di ujung lapangan, ia melambungkan bola itu sebagai rasa kesal sekaligus kesedihannya.

“Harus bagaimana lagi untuk menghadapi semuanya?” gumam Arial sembari memasukkan bola itu ke dalam ring.

Ia benar-benar takut langkahnya di Sedati Rama harus terhenti dan tidak bisa melanjutkan sekolah padahal tinggal satu semester lagi.

“ Masih ada kesempatan, Al. Kamu harus kuat, kamu bisa lebih bersungguh-sungguh dan membalas semuanya saat UAS nanti.” Arial berusaha membesarkan hatinya.

(Bagas, 2019:176)

The excerpt above demonstrates the choleric personality of Arial. Arial possesses an ambitious and optimistic personality in his efforts to maintain his scholarship as an outstanding student at Sedati Rama School. Although he must face difficulties due to his illness, Arial's strong fighting spirit and determination remain evident, as reflected in the statement, “Masih ada kesempatan, Al. Kamu harus kuat, kamu bisa lebih bersungguh-sungguh dan membalas semuanya saat UAS nanti.” This dialogue shows that Arial is highly determined and motivated to study harder in order to maintain his academic performance and achievements at Sedati Rama School. These characteristics reflect a choleric personality marked by determination, perseverance, and a strong desire to achieve goals despite adversity.

4. Melancholic Personality Type of Arial

Data (4)

“ Ra, ” panggil Arial spontan membangunkan Adara dari lamunannya.

“ Kalau waktu yang terus berjalan membuat manusia lelah dan mereda ingin berhenti, menurut kamu gimana? ”

“ Al, kok kamu ngomong gitu, sih? ” tanya Adara kaget mendengar pertanyaan Arial.

“ Iya, menurut kamu gimana? ”

“ Ya, manusia itu kan punya waktu untuk istirahat, Al. Jadi, pandai-pandai kita sebagai manusia mengatur waktu sesuai dengan kapasitas atau kemampuan kita sendiri. Lagi pula kita ini bukan robot, semuanya perlu dijaga dengan baik. ” ujar Adara.

“ Tapi bagaimana kalau manusia itu lelah karena pikiran-pikirannya? Karena terkuras oleh hal-hal yang engga semestinya ada di pikirannya. ”

“ Al, please! ” Adara meletakkan kotak serabinya di atas kursi halte. “ Aku engga mau kehilangan kamu, ya. Jadi jangan nanya yang aneh-aneh. ”

“ Aku juga engga mau kehilangan kamu, Ra. Aku juga pingin selalu ada dan selalu hidup. ”

“ Selalu ada dan selalu hidup? Maksudnya? ” dalam hati Adara.

(Bagas, 2019:146)

The excerpt above demonstrates Arial's melancholic personality. This can be seen when Arial says, “Kalau waktu yang terus berjalan membuat manusia lelah dan mereda ingin berhenti, menurut kamu gimana?” This dialogue shows that Arial is deeply reflecting on his life and feels exhausted by the burdens he

carries, leading him to question the meaning of continuing life. Arial's primary burden is not physical but psychological, as reflected in his statement, "Tapi bagaimana kalau manusia itu lelah karena pikiran-pikirannya?" This expression reveals the emotional and mental pressures that weigh heavily on him. These struggles make Arial feel increasingly hopeless, as reflected in his statement, "Aku juga pingin selalu ada dan selalu hidup." The excerpt indicates that Arial possesses melancholic personality traits characterized by emotional sensitivity, fear, hopelessness, psychological distress, and anxiety about loss.

Personality Types of Adara in the Novel *Arial & Adara*

1. Sanguine Personality Type of Adara

Data (5)

" gimana ra?, uda kenyang?" tanya Arial sambil menyeruput es teh manisnya.

" Sumpah ini enak banget, Al! tapi aku belum kenyang.

"Kata kamu tusukan sate dekat kampus ISI itu murah-murah dan enak, kan? Kita kesana, yuk!" Adara begitu semangat mengajak Arial makan lagi.

(Bagas, 2019:77)

The excerpt above demonstrates Adara's sanguine personality. Adara is expressive, cheerful, easygoing, and highly enthusiastic. This is evident in her statement, "Sumpah ini enak banget, Al!" This dialogue reveals Adara's excitement and enjoyment of the food she is eating. Her enthusiasm also leads her to eagerly seek other enjoyable experiences, as shown in her statement, "tapi aku belum kenyang. Kata kamu tusukan sate dekat kampus ISI itu murah-murah dan enak, kan? Kita kesana, yuk!" This expression indicates that Adara possesses a sanguine personality characterized by high enthusiasm, energy, and excitement, especially when experiencing something enjoyable.

Data (6)

" Kita nanti mampir ke lagi? atau dekat Keraton? Atau mau di sepanjang jalan Slamet Riyadi? atau mungkin dekat pasar Triwindu? semuanya rumah aku dulu aja. Biar aku ganti baju dulu. Kamu mau ngider dimana? di Taman Sriwedari kan dekat rumah aku. "

Arial terperangah lantas tersenyum, "aku salut sama kamu ra, kamu sudah hafal banyak tempat disini, ya."

" Tentu saja! namanya juga Adara. Hahahaha," Adara tertawa karena berhasil membuat wajah Arial semula serius seperti petugas interogasi kini jadi hangat kembali disertai senyumannya.

(Bagas, 2019:78)

The excerpt above demonstrates Adara's sanguine personality. Adara is expressive, cheerful, friendly, and highly enthusiastic. This is reflected in her energetic suggestions, "Kita nanti mampir ke rumah aku dulu aja. Biar aku ganti baju dulu. Kamu mau ngider dimana? di Taman Sriwedari lagi? atau dekat Keraton? Atau mau di sepanjang jalan Slamet Riyadi? atau mungkin dekat pasar Triwindu? semuanya kan dekat rumah aku." This dialogue reveals Adara's excitement and eagerness as she offers various places they could visit. Her cheerful personality is further shown when she says, "Tentu saja! Namanya juga Adara. Hahahaha." This expression indicates that Adara possesses a sanguine personality characterized by cheerfulness, enthusiasm, and positive energy.

2. Phlegmatic Personality Type of Adara

Data (7)

“ Kalau kamu kecapekan, kamu duduk disini aja. Biar aku yang keliling jualan, ” ucap Arial merasa bersalah membuat Adara lelah demi mengais rupiah untuknya. “ Hei, Al, stop ngomong begitu. Aku bakal dengan senang hati kok bisa bantuin kamu. Yuk, Al koran ini harus habis kayak kemarin. ”
(Bagas, 2019:85)

The excerpt above demonstrates Adara's phlegmatic personality. Adara possesses a caring, patient, and helpful character. This is evident in her statement, "Hei, Al, stop ngomong begitu. Aku bakal dengan senang hati kok bisa bantuin kamu." This dialogue shows that Adara sincerely helps Arial without expecting anything in return. Her willingness to support Arial wholeheartedly reflects her concern and loyalty toward him. This expression indicates that Adara possesses a phlegmatic personality characterized by patience, empathy, loyalty, and a willingness to help others.

3. Choleric Personality Type of Adara

Data (8)

“ Baik, sebelumnya terima kasih telah memberikan kesempatan saya untuk berbicara disini. ” Adara tersenyum berusaha tenang. “ Satu lilin untuk Arial, maksudnya apa ya, nak? ” Bu Fatma bersuara. “ Jadi, gerakan satu lilin untuk Arial adalah wujud kasih dan semangat dari anak-anak dua belas IPA 1 tentang pemberhentian beasiswa yang dilakukan Sedati Rama kepada Arial. Kami semua ingin Arial bersekolah kembali, bu dengan beasiswa itu. ”
Bu Ditta tertawa terbahak-bahak. Adara sampai berpikir apakah perkataannya barusan mengandung lelucon? “ Kamu bilang apa? Bersekolah kembali dengan beasiswa? Apa kamu tidak tahu kalau dia tidak mengikuti UAS? Nilainya tidak terinput sama sekali. Sudah perjanjian dari awal kalau murid beasiswa harus bertahan di juara 1 umum. Nah, padahal kamu lo yang dapat juara umumnya, kenapa tidak senang? Kenapa membela yang kalah? Aneh sekali lama-lama nak Adara ini. ”
“ Maaf ya, bu. Arial kalah?! Mungkin yang aneh adalah sekolah ini. Bagaimana bisa mereka tidak tahu sama sekali tentang latar belakang murid berprestasi ya?! ” Adara berusaha tenang tidak terpengaruh emosi dengan ucapan guru itu.
(Bagas, 2019:277-278)

The excerpt above demonstrates Adara's choleric personality. This can be seen when Adara confidently states, "Baik, sebelumnya terima kasih telah memberikan kesempatan saya untuk berbicara disini." This dialogue reveals Adara's courage and self-confidence, enabling her to fight for justice without hesitation. Her determination is reflected in her statement, "gerakan satu lilin untuk Arial adalah wujud kasih dan semangat dari anak-anak dua belas IPA 1 tentang pemberhentian beasiswa yang dilakukan Sedati Rama kepada Arial. Kami semua ingin Arial bersekolah kembali, bu dengan beasiswa itu." Despite receiving criticism and ridicule from the school authorities, Adara remains firm in expressing her views. She also demonstrates courage by openly criticizing a policy she considers unfair, as reflected in her statement, "Mungkin yang aneh adalah sekolah ini. Bagaimana bisa mereka tidak tahu sama sekali tentang latar belakang murid berprestasi ya?!" This expression indicates that Adara possesses

choleric personality traits characterized by assertiveness, courage, self-confidence, and determination in pursuing her goals.

Data (9)

“Emang mau beli buku apa sih?” ujar Arial.

“Mau beli buku tambahan materi, soalnya gue pengen mendalami kimia nih. Engga ngerti-ngerti dari dulu. Sama mau beli buku SBPTN dari sekarang.”

“Karena gue tahu gua ga bakalan lolos SBPTN karena nilai gue yang lama engga bisa keinput, Al. Jadi, ya gue harus berusaha lebih keras lagi.”

Arial menatap wajah Adara lembut. Ia selalu merasa sedih kalau membicarakan hal seperti ini.

“Good luck deh, Ra. Aku bakal selalu support kamu.”

(Bagas, 2019:26)

The excerpt above demonstrates Adara's choleric personality. Adara possesses a strong ambition to achieve her goals and aspirations. This is evident in her statement, “Karena gue tahu gua ga bakalan lolos SBPTN karena nilai gue yang lama engga bisa keinput, Al. Jadi, ya gue harus berusaha lebih keras lagi.” This dialogue shows Adara's determination to study harder despite the obstacles she faces. Rather than giving up, she chooses to work more diligently in order to achieve her dream. Her persistence, optimism, and strong motivation to pursue a career as a doctor like her mother reflect the characteristics of a choleric personality.

4. Melancholic Personality Type of Adara

Data (10)

Begitu mobil mereka meninggalkan toko buku tiba-tiba Adara teringat sesuatu. Adara lupa kalau Arial pulang naik apa?!. Bahkan, tadi Adara tidak menanyakan apakah Arial berangkat naik sepeda atau tidak.

“Ayah, Adara kayaknya ketinggalan sesuatu deh di toko buku tadi.”

“Serius, nak?” tanya Ayah lalu melirik ke arah gadis kesayangannya itu.

“Em, itu, apa sih namanya. Oh iya, pulpen kesayangan Adara! Please, putar balik ya, yah! Ayah kan pahlawan yang baik.”

Ayah Adara tersenyum. “Tentu saja, sayang. Oke kita putar balik ya.”

(Bagas, 2019:27–28)

The excerpt above demonstrates Adara's melancholic personality traits. Adara exhibits characteristics such as anxiety, worry, empathy, and feelings of guilt. This is evident when Adara suddenly remembers, “Arial pulang naik apa?!” This thought triggers her concern about Arial's safety and transportation. Adara feels guilty for leaving Arial without making sure how he would get home. Consequently, she tries to find a way to return to the bookstore and ease her worries by saying, “Ayah, Adara kayaknya ketinggalan sesuatu deh di toko buku tadi. Em, itu, apa sih namanya. Oh iya, pulpen kesayangan Adara! Please, putar balik ya, yah! Ayah kan pahlawan yang baik.” Through this excuse, Adara successfully returns to the bookstore in an attempt to relieve her anxiety about Arial. However, upon arriving and searching throughout the bookstore, she discovers that Arial has already left. Even so, her concern does not disappear because she still feels guilty for leaving him behind without consideration. This expression indicates that Adara possesses melancholic personality traits

characterized by anxiety, worry, responsibility, guilt, and empathy.

Data (11)

“ Eh tapi, Ra... ”. Arial kembali bersuara, “ aku jarang loh nemuin tipikal orang kayak kamu gini, yang enggak salah apa apa tapi minta maaf, soalnya kebanyakan kalau yang salah besar malah enggak merasa bersalah. ”

“ Seperti yang gue bilang di awal, Al. Gue cuma takut sendiri. Dari awal gue di Solo aja lo uda baik banget, takut aja kalau sampai lo marah dan gue enggak ada teman lagi. Apalagi Solo termasuk rumah baru untuk gue. ”

Arial tersenyum lagi, “ Santai Ra, aku akan selalu ada kok buat kamu ”.

(Bagas, 2019:33)

The excerpt above demonstrates Adara's melancholic personality traits. Adara tends to be anxious, fearful, overthink situations, and feel guilty. This is evident when she says, “seperti yang gue bilang di awal, Al. Gue cuma takut sendiri.” This dialogue reveals Adara's insecurity and fear, which often lead her to overthink situations. Because of these fears, she apologizes to Arial even though she has done nothing wrong. Her statement, “Dari awal gue di Solo aja lo uda baik banget, takut aja kalau sampai lo marah dan gue enggak ada teman lagi. Apalagi Solo termasuk rumah baru untuk gue,” indicates her excessive anxiety about losing someone she values. Since Solo is a new environment for her, she becomes particularly afraid of losing a friend who has been kind and supportive. This expression indicates that Adara possesses melancholic personality traits characterized by anxiety, fear of loss, and a tendency to overthink situations.

Factors Influencing the Personalities of the Main Characters in the Novel *Arial & Adara Untukmu yang Tak Lelah Berjuang*

Based on the findings of this study, several factors influence the personalities of the main characters, Arial and Adara, in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang*. These factors can be categorized into internal factors and external factors.

Internal Factors

Internal Factors Influencing Arial

The internal factors influencing Arial's personality in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* originate from his psychological condition. These factors include emotions, motivation, ways of thinking, and personal desires. The emotions experienced by Arial influence his attitudes and behavior when facing various life challenges. In addition, his strong motivation to achieve his goals and protect the things he considers important encourages him to continue striving and developing himself. Arial's way of thinking also contributes to the formation of his personality, particularly in making decisions and dealing with conflicts. Furthermore, his personal desires serve as a driving force in determining his actions and life direction.

1. Emotion

Data (12)

“ Adara kenapa nangis? ” gerakan tangan mengusap rambut Adara pelan.

“ Adara jangan sedih. Tadi Arial ketiduran, ya? ” ia berusaha bangkit dan menahan rasa sakit di kepalanya karena terbentur lantai koridor tadi.

(Bagas, 2019:103)

The excerpt above demonstrates Arial's emotional qualities in the form of

care and affection toward Adara. These emotions are evident when Arial, who has just regained consciousness from his illness, does not focus on himself but instead pays attention to Adara, who is crying. His concern is shown through the gentle gesture of stroking Adara's hair as an expression of care and compassion. This behavior reflects emotions such as empathy, affection, and concern for others. The statement, "Adara jangan sedih. Tadi Arial ketiduran, ya?" indicates Arial's emotional desire to comfort Adara and make her feel better. These emotional traits serve as internal factors influencing Arial's personality, shaping him into a caring, affectionate, and empathetic individual.

2. Motivation

Data (13)

"Arial selalu mementingkan kebutuhan adiknya dulu"

"Beasiswa pendidikan penuh dan juga uang saku 3 juta per-semesternya cukup untuk membiayai kehidupan keluarganya, ya meskipun Arial harus mencari tambahan untuk memenuhi kebutuhan" (Bagas,2019:156)

The quotation above shows that one of the factors influencing Arial's personality is his internal motivation to help and prioritize his younger sibling's needs. "Beasiswa pendidikan penuh dan juga uang saku 3 juta per-semesternya cukup untuk membiayai kehidupan keluarganya, ya meskipun Arial harus mencari tambahan untuk memenuhi kebutuhan" illustrates his willingness to work hard in order to support his family while maintaining his academic achievements so that his scholarship is not revoked. This strong motivation shapes Arial into a responsible, hardworking, and family-oriented individual.

3. Way of Thinking

Data (14)

Al, kamu engga ada niatan mau bimbel? kita kan sudah kelas 12. Apa kegiatan berjualan koran ini engga bikin kamu lelah dan ganggu waktu kamu belajar?

Untuk saat ini aku masih bisa atur aku sih, ra. Boro-boro mau bimbel, bisa mencukupi kehidupan keluarga sehari-hari aja uda senang rasanya (Bagas,2019:84)

The quotation above shows that one factor influencing Arial's personality is his way of thinking when responding to his current circumstances. Arial prioritizes his family's needs over his personal interests. "Boro-boro mau bimbel, bisa mencukupi kehidupan keluarga sehari-hari aja uda senang rasanya" demonstrates his awareness of the difficult situation faced by his family. This mindset reflects his maturity in determining life priorities. As a result, his way of thinking shapes his personality into that of an independent, responsible, and uncomplaining individual.

4. Personal Desire

Data (15)

"Jadi gini, Ra. Kemarin itu aku ngelepas handphone aku ke konter dekat Pasar Klewer. Soalnya adikku mau ikutan study tour, tapi ibu sama bapakku belum ada uang. Nah, karena aku ngerasain ikut study tour itu bermanfaat banget buat nambah motivasi belajar dan pengalaman, jadi aku jual aja ponsel aku, biar Nala ngerasain pengalaman yang sama. Maaf ya kalau kemarin enggak ada respons sama sekali."

The quotation above shows that one factor influencing Arial's personality in

the novel *Arial & Adara* is his personal desire. His desire to see his younger sister gain better learning opportunities and valuable experiences motivates his actions. This desire is evident when he willingly sacrifices his own mobile phone to finance his sister's study tour. "jadi aku jual aja ponsel aku, biar Nala ngerasain pengalaman yang sama" demonstrates his strong wish for his sister to participate in the educational trip. This personal desire influences his attitudes and actions, shaping him into a self-sacrificing individual who cares deeply for his family and prioritizes the needs of others above his own.

5. Life Experience

Data (16)

Tuhan, apakah jalanya harus seperti ini? Kalau semua luka, beban, dan rasa sakit ada obatnya, maka sembuhkanlah aku. Jika memang aku akan kuat menghadapi semuanya, tolong besarkan jiwaku" (halaman 123)

The quotation above indicates that one factor influencing Arial's personality is his life experience. Arial's inner experiences reveal the suffering and hardships he endures. "Tuhan, apakah jalanya harus seperti ini? Kalau semua luka, beban, dan rasa sakit ada obatnya, maka sembuhkanlah aku. Jika memang aku akan kuat menghadapi semuanya, tolong besarkan jiwaku" shows Arial reflecting on his condition. Through his prayer, he asks for healing and strength to endure his suffering. The various hardships, pain, and challenges he experiences play a significant role in shaping his personality, making him stronger, more resilient, and more mature in facing life's difficulties.

Internal Factors of Adara

The internal factors influencing Adara's personality in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* originate from her psychological condition. These factors include emotions, motivation, ways of thinking, and personal desires. The emotions experienced by Adara—such as sadness, disappointment, happiness, and anxiety—affect her attitudes and actions when facing various life events. In addition, her motivation encourages her to endure challenges and strive to achieve her goals. Adara's way of thinking also contributes to the formation of her personality, particularly in evaluating situations, understanding others, and making decisions. Furthermore, her personal desires, such as the hope of attaining happiness, comfort, and a better life, influence her behavior and character development throughout the story.

1. Emotions

Data (17)

"Al, ini aku Adara. Kamu cepat sadar, dong. Kita kan mau makan pecel bareng di Pasar Klewer besok? Kamu jangan sakit, ya?"

Tak terasa air mata yang sudah ia tahan dan sembunyikan dari teman-teman dan ketiga adik kelas itu, kini tumpah tepat pergelangan tangan Arial(Bagas,2019:103)

The quotation above illustrates Adara's emotional state, particularly her anxiety and deep empathy toward Arial. The statement, "Al, ini aku Adara. Kamu cepat sadar, dong. Kita kan mau makan pecel bareng di Pasar Klewer besok? Kamu jangan sakit, ya?" demonstrates Adara's strong emotional attachment to Arial and her sincere wish for him to regain consciousness and recover. Her emotions are further revealed when she can no longer hold back her sadness, as

evidenced by the tears that fall onto Arial's wrist. This scene reflects Adara's concern, affection, anxiety, and profound empathy toward Arial. These emotions serve as internal factors that influence her personality, shaping her into a caring, compassionate, and empathetic individual.

2. Motivation

Data (18)

"Sebulan kepergian Arial, apapun keadaannya akan selalu hidup hal-hal baik yang sudah Adara tanamkan. Jadi Adara harus menikmati hari-harinya dengan semangat tanpa Arial. Mengejar cita-cita dengan semangat juang yang pernah Arial lakukan. Selalu baik dan sabar, meskipun banyak cobaan yang menerpa" (Bagas,2019:294)

The quotation above shows that motivation is one of the factors influencing Adara's personality. The values and motivation that Arial instilled in Adara during his lifetime continue to inspire her. "apapun keadaannya akan selalu hidup hal-hal baik yang sudah Adara tanamkan. Jadi Adara harus menikmati hari-harinya dengan semangat tanpa Arial. Mengejar cita-cita dengan semangat juang yang pernah Arial lakukan" illustrates Adara's effort to continue her life without Arial by pursuing her dreams and applying the positive values he taught her. This demonstrates an internal drive to rise above her grief and move forward with determination. As a result, this motivation contributes to the development of her personality as a resilient, patient, and persistent individual.

3. Way of Thinking

Data (19)

Mau beli buku tambahan materi, soalnya gue pengen mendalami kimia, nih. Engga ngerti-ngerti dari dulu. Sama mau beli buku SBMPTN dari sekarang, karena gue tahu gue ga bakal lolos SBMPTN karena nilai gue yang lama engga bisa keinput,Al. Jadi, gue berusaha lebih keras lagi (Bagas,2019:26)

The quotation above indicates that Adara's way of thinking is one of the factors influencing her personality. Her mindset reflects perseverance, responsibility toward her future, and a strong determination to achieve her goals. The statement, "karena gue tahu gue ga bakal lolos SBMPTN karena nilai gue yang lama engga bisa keinput, Al. Jadi, gue berusaha lebih keras lagi" shows that Adara realizes her chances of passing the SBMPTN examination may be limited because her previous scores were not included in the selection process. Rather than giving up, she chooses to work harder. This mindset shapes her personality into that of a hardworking individual who does not easily surrender when faced with challenges.

4. Personal Desire

Data (20)

"Kamu mau bantuin aku jualan koran ini?"

Adara mengangguk "of course"

'kamu kan anak kota ra, aku takut kamu engga terbiasa sama hal kayak gini'
Adara hanya menggeleng pelan, tersenyum, lalu mengambil setengah koran ditangan Arial.(Bagas,2019:48)

The quotation above shows that one factor influencing Adara's personality is her personal desire to help others, particularly Arial. Her willingness to assist Arial in selling newspapers demonstrates a genuine desire that comes from within

herself, even though such work is unfamiliar to her. When Arial asks, “Kamu mau bantuin aku jualan koran ini?” and Adara responds with “of course,” it becomes clear that her decision is made voluntarily and without any coercion. This personal desire reflects her concern and compassion for Arial. Consequently, it contributes to shaping her personality as a caring, supportive, and helpful individual.

5. Life Experience

Data (21)

“ Kalau Arial sudah berbahagia di surga, maka Adara juga harus bisa berbahagia dengan kesendiriannya. Meskipun tanpa Arial, namanya hidup harus tetap dihidupi”

The quotation above indicates that life experience is one of the factors influencing Adara’s personality. The experience of losing Arial provides valuable lessons that shape her character, making her stronger, more patient, and more capable of accepting life’s realities sincerely. The statement, “Kalau Arial sudah berbahagia di surga, maka Adara juga harus bisa berbahagia dengan kesendiriannya. Meskipun tanpa Arial, namanya hidup harus tetap dihidupi” shows Adara’s realization that she must continue her life despite Arial’s absence. She strives to preserve and practice the positive values that Arial taught her, turning them into lasting memories and sources of strength. Therefore, the experiences she has endured play a significant role in the formation of her personality and emotional maturity.

External Factors

External Factors Influencing Arial

The external factors influencing Arial’s personality in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* originate from various influences outside himself. These factors include the family environment, peer environment, life experiences, and social environment. The family environment plays an important role in shaping Arial’s personality through parenting patterns, attention, support, and relationships with family members. Experiences gained within the family influence how Arial behaves and makes decisions in life. In addition, the peer environment contributes to the development of his personality by shaping his mindset, attitudes, and interactions with others. Furthermore, the life experiences Arial encounters become part of his character-building process. Various events, whether pleasant or challenging, provide valuable lessons that help him understand himself, regulate his emotions, and face life more maturely. Social conditions also influence Arial’s personality. The values, norms, and expectations that exist in society become factors that shape his way of thinking and behaving.

1. Family Environment

Data (22)

“ Pernah Arial memergoki bapaknya yang main judi. Di situ Arial sangat marah dan kesal. Pantas uang jatah belanja ibunya lama-kelamaan semakin sedikit dan itu menyebabkan turunnya uang jajan adiknya pula. Arial sudah biasa berjualan koran tanpa sepengetahuan bapaknya” (Bagas,2019:57)

The quotation above shows that Arial’s personality is influenced by family conditions characterized by economic hardship caused by his father’s gambling habit. This situation makes it increasingly difficult for the family to meet their daily needs. “Arial sudah biasa berjualan koran tanpa sepengetahuan bapaknya”

indicates that Arial has to contribute to the family's finances. The influence of the family environment shapes Arial into an independent and hardworking individual. Thus, the family's economic condition serves as an important external factor in the formation of Arial's personality.

Data (23)

"Uang tersebut bapak gunakan untuk berjudi, bapak juga mabuk-mabukan pulang kerumah dengan kondisi yang tak karuan, aku tidak ingin tumbuh kembang adikku itu jadi lemah karena gerganggu gara-gara kondisi keluarga kami yang kacau saat ini" (Bagas,2019:156)

The quotation above indicates that one factor influencing Arial's personality is a disharmonious family environment. This is evident when Arial describes his father's behavioral changes after facing financial difficulties. "Uang tersebut bapak gunakan untuk berjudi, bapak juga mabuk-mabukan pulang kerumah dengan kondisi yang tak karuan" reflects a family situation filled with conflict, economic hardship, gambling, alcoholism, and inappropriate behavior toward family members. These circumstances influence Arial's personality and contribute to his growth as a stronger individual capable of enduring difficult situations.

2. Peer Environment

Data (24)

Riuh suara " TEGAKKAN KEADILAN!" dan poster-poster putih dengan cat merah bertuliskan " Satu Lilin Untuk Arial". " Kami Ada Bersama Arial, " Hidup Nilai Kemanusiaan", " We Stand For Arial", diangkat kuat-kuat dengan penuh semangat (Bagas,2019:274)

The quotation above shows that the peer environment is one of the factors influencing Arial's personality. His friends provide support and defend him when he experiences injustice at school. The slogans "TEGAKKAN KEADILAN!" and posters reading "Satu Lilin Untuk Arial," "Kami Ada Bersama Arial," "Hidup Nilai Kemanusiaan," and "We Stand For Arial" demonstrate the solidarity of his friends in advocating for justice on his behalf. Such support reflects a positive peer environment, which contributes to the development of Arial's personality.

3. Social Environment

Data (25)

" lihatlah bagaimana teman-temanmu begitu menyayangimu, Al. Lihatlah mereka memenuhi pintu ruang UKS hanya untuk mengetahui kondisimu sekarang. Mereka hanya tahu kau adalah sosok yang ceria, selalu tersenyum jika berpapasan dengan orang lain, dan selalu hebat(Bagas,2019:99).

The quotation above shows that Arial's personality is influenced by his social environment, particularly his peers. "Mereka hanya tahu kau adalah sosok yang selalu ceria, selalu tersenyum jika berpapasan dengan orang lain, selalu hebat, dan selalu-selalu lainnya" indicates that his friends perceive him as a strong, cheerful, and admirable individual who never appears troubled. These perceptions create high expectations from his social environment. Such expectations become an external factor influencing Arial's personality, encouraging him to maintain an image of strength and resilience.

Data (26)

" Ada copet disini! Ada copet. Tolong!"

“ kenapa, bu?” beberapa penumpang menghampiri termasuk Arial, tetapi tiba-tiba ada beberapa orang langsung memegang kerah baju Arial dan berkata “ ini ya bu, copetnya? Anak muda ini, ya, Bu?. “kayaknya sih iya. Dari tadi diem terus. Jangan-jangan ditasnya ada dompet ibu ini”. sahut satu penumpang memprovokasi keadaan sehingga Arial dipukul oleh salah satu gerombolan itu. (Bagas, 2019:118).

The quotation above shows that Arial's personality is influenced by the social environment and society's treatment of him. “kayaknya sih iya. Dari tadi diem terus. Jangan-jangan ditasnya ada dompet ibu ini” illustrates how the real pickpocket intentionally uses Arial as a scapegoat because he appears to be an easy target. Furthermore, the bus passengers immediately believe the accusation without knowing the actual facts. This situation demonstrates the social pressure and unfair treatment Arial experiences from those around him. External factors affecting a character's personality can arise from social environments, interpersonal relationships, and difficult situations encountered in life. Therefore, Arial's experiences with prejudice and unjust treatment from society contribute significantly to the formation of his personality, teaching him patience, emotional control, and resilience in facing adversity.

External Factors Influencing Adara

The external factors influencing Adara's personality originate from influences outside herself. These factors include the family environment. The family environment plays a significant role in shaping Adara's personality through parenting patterns, attention, and relationships established among family members. Experiences gained within the family shape the way Adara perceives herself and others. In addition, the friendship environment also influences the development of Adara's personality. Interactions with her friends provide social experiences that help Adara develop attitudes, values, and patterns of behavior. Life experiences also influence Adara's personality, whether in the form of success, failure, or events that provide valuable lessons and contribute to her maturity. Social conditions are another factor affecting Adara's personality, as norms, values, and demands existing in society encourage Adara to adapt to her surrounding environment.

1. Family Environment

Data (27)

“Aduh, lucunya. Ya udah, enggak apa-apa, yang penting Adaranya Ayah kan genius dan calon dokter seperti ibu”

“ Ayah memang selalu mengutamakan yang terbaik untuk anak semata wayangnya itu. Sejak kecil, Adra sudah di jejali bahan bacaan termasuk berat, lelaki yang kerap di sapa Wira itu hanya menginginkan anaknya gemas membaca sejak kecil dan menghargai buku serta ilmu. Ayah ingin menjadi garda terdepan untuk putrinya yang sangat ia lindungi” (Bagas, 2019: 45)

The external factor shown in the quotation above is the family environment. The parenting style and attention given by her father illustrate that Adara's father always provides the best for his daughter, both in terms of education and her personal needs. By encouraging Adara to read from an early age, she grows into a person who loves knowledge and possesses broad insight. The statement, “Aduh, lucunya. Ya udah, enggak apa-apa, yang penting Adaranya Ayah kan genius dan

calon dokter seperti ibu,” demonstrates the support and appreciation given by her father. This support contributes to the development of Adara’s personality.

Data (28)

“Sesampai dirumah, Adara langsung memeluk ayahnya dengan erat. Ia berkata “Ayah, terima kasih!, hari ini Adara banyak belajar, Yah. Apalagi tentang makna kehidupan. Terima kasih yah!”
“ kamu sudah langsung kasih tahu Arial, nak?” raut ayah ikut senang”
Adara mengangguk kuat-kuat “ tapi ada kisah sedihnya, Yah.”
“ Aduh, kisah sedih gimana, Nak? Sini- sini duduk dulu. Lagi pula pas banget ayah buat dua cokelat panas, siapa tahu Adara pulang jam segini,”(Bagas, 2019:115)

The quotation above shows that Adara’s personality is influenced by the family environment, particularly her harmonious relationship with her father. This can be seen when Adara returns home and immediately hugs her father while expressing her gratitude. In the quotation, Adara says, *“Ayah, terima kasih!”* and explains that she has come to understand her father’s struggles in providing for the family. Adara’s attitude reflects the influence of parenting and emotional closeness within her family. Furthermore, her father’s warm and caring response, such as inviting her to sit together and preparing hot chocolate, reflects a loving family environment. This condition contributes to shaping Adara into a person who appreciates others, possesses empathy, and is able to express gratitude. Factors influencing a character’s personality may originate from the family environment, social environment, and interactions with people around them. The close relationship between Adara and her father serves as an external factor that contributes to the formation of her personality in the novel.

2. Friendship Environment

Data (29)

“ kami engga mau Adara kenapa-kenapa. Maka kami semua bakal jagain Adara dari pintu depan”
“ pasti bisa. Jangan lupa baca bismillah. Everyting will be okay!” Shabrina menepuk pundak Adara. (Bagas, 2019: 276)

The quotation above shows that Adara’s personality is influenced by her friendship environment. The statement, *“kami engga mau Adara kenapa-kenapa. Maka kami semua bakal jagain Adara dari pintu depan,”* indicates that Adara receives support and care from her friends while she is fighting for justice for Arial. In addition, Shabrina also encourages Adara. The support and concern demonstrated by her friends show that Adara is surrounded by a positive friendship environment. This factor influences Adara’s personality, shaping her into a strong and resilient individual who does not easily give up when facing problems.

3. Social Environment

Data (30)

“ Oh, ini the next juara umum paralel IPA Sedati Rama. Akhirnya Arial ada yang ngalahin cuy.”
“ tapi aku kasihan juga sama Al. Kalau aja dia enggak pertahankan juara tahun ini, dia bakal...”
“ Gue sih kalau jadi Arial engga akan terima, ya, kayak temen, tapi nusuk dari

belakang. Hahaha” ucap beberapa siswa yang berbisik (Bagas, 2019:136)

The quotation above shows that Adara’s personality is influenced by the social environment, particularly the school social setting. The statement, “*tapi aku kasihan juga sama Al. Kalau aja dia enggak pertahankan juara tahun ini, dia bakal...*” illustrates how several students discuss Adara and Arial while making assumptions about their relationship. These remarks reflect negative judgments and prejudice from the social environment toward Adara. Factors influencing a character’s personality may originate from the social environment and society’s perceptions of the character. Therefore, such social conditions affect Adara’s emotional state and contribute to the formation of her personality.

External Factors Influencing Adara

The external factors influencing Adara’s personality originate from influences outside herself. These factors include the family environment. The family environment plays a significant role in shaping Adara’s personality through parenting patterns, attention, and relationships established among family members. Experiences gained within the family shape the way Adara perceives herself and others. In addition, the friendship environment also influences the development of Adara’s personality. Interactions with her friends provide social experiences that help Adara develop attitudes, values, and patterns of behavior. Life experiences also influence Adara’s personality, whether in the form of success, failure, or events that provide valuable lessons and contribute to her maturity. Social conditions are another factor affecting Adara’s personality, as norms, values, and demands existing in society encourage Adara to adapt to her surrounding environment.

1. Family Environment

Data (31)

“Aduh, lucunya. Ya udah, enggak apa-apa, yang penting Adaranya Ayah kan genius dan calon dokter seperti ibu”

“ Ayah memang selalu mengutamakan yang terbaik untuk anak semata wayangnya itu. Sejak kecil, Adra sudah di jejal bahan bacaan termasuk berat, lelaki yang kerap di sapa Wira itu hanya menginginkan anaknya gemas membaca sejak kecil dan menghargai buku serta ilmu. Ayah ingin menjadi garda terdepan untuk putrinya yang sangat ia lindungi” (Bagas, 2019: 45)

The external factor shown in the quotation above is the family environment. The parenting style and attention given by her father illustrate that Adara’s father always provides the best for his daughter, both in terms of education and her personal needs. By encouraging Adara to read from an early age, she grows into a person who loves knowledge and possesses broad insight. The statement, “*Aduh, lucunya. Ya udah, enggak apa-apa, yang penting Adaranya Ayah kan genius dan calon dokter seperti ibu,*” demonstrates the support and appreciation given by her father. This support contributes to the development of Adara’s personality.

Data (32)

“Sesampai dirumah, Adara langsung memeluk ayahnya dengan erat. Ia berkata “ Ayah, terima kasih!, hari ini Adara banyak belajar, Yah. Apalagi tentang makna kehidupan. Terima kasih yah!”

“ kamu sudah langsung kasih tahu Arial, nak?” raut ayah ikut senang” Adara mengangguk kuat-kuat “ tapi ada kisah sedihnya, Yah.”

“ Aduh, kisah sedih gimana, Nak? Sini- sini duduk dulu. Lagi pula pas banget ayah buat dua cokelat panas, siapa tahu Adara pulang jam segini,”(Bagas, 2019:115)

The quotation above shows that Adara's personality is influenced by the family environment, particularly her harmonious relationship with her father. This can be seen when Adara returns home and immediately hugs her father while expressing her gratitude. In the quotation, Adara says, *“Ayah, terima kasih!”* and explains that she has come to understand her father's struggles in providing for the family. Adara's attitude reflects the influence of parenting and emotional closeness within her family. Furthermore, her father's warm and caring response, such as inviting her to sit together and preparing hot chocolate, reflects a loving family environment. This condition contributes to shaping Adara into a person who appreciates others, possesses empathy, and is able to express gratitude. Factors influencing a character's personality may originate from the family environment, social environment, and interactions with people around them. The close relationship between Adara and her father serves as an external factor that contributes to the formation of her personality in the novel.

2. Friendship Environment

Data (33)

*“ kami engga mau Adara kenapa-kenapa. Maka kami semua bakal jagain Adara dari pintu depan”
“ pasti bisa. Jangan lupa baca bismillah. Everyting will be okay!” Shabrina menepuk pundak Adara. (Bagas, 2019: 276)*

The quotation above shows that Adara's personality is influenced by her friendship environment. The statement, *“kami engga mau Adara kenapa-kenapa. Maka kami semua bakal jagain Adara dari pintu depan,”* indicates that Adara receives support and care from her friends while she is fighting for justice for Arial. In addition, Shabrina also encourages Adara. The support and concern demonstrated by her friends show that Adara is surrounded by a positive friendship environment. This factor influences Adara's personality, shaping her into a strong and resilient individual who does not easily give up when facing problems.

3. Social Environment

Data (34)

*“ Oh, ini the next juara umum paralel IPA Sedati Rama. Akhirnya Arial ada yang ngalahin cuy.”
“ tapi aku kasihan juga sama Al. Kalau aja dia enggak pertahankan juara tahun ini, dia bakal...”
“ Gue sih kalau jadi Arial engga akan terima, ya, kayak temen, tapi nusuk dari belakang. Hahaha” ucap beberapa siswa yang berbisik (Bagas, 2019:136)*

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perceptions of the character. Therefore, such social conditions affect Adara's emotional state and contribute to the formation of her personality.

DISCUSSION

Based on the research findings in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* by Helo Bagas, several personality types of the main characters were identified based on the Hippocrates–Galenus personality theory, namely: (1) sanguine personality type, (2) phlegmatic personality type, (3) choleric personality type, and (4) melancholic personality type. In addition, factors influencing the personalities of the main characters were also identified, namely: (1) internal factors, including emotions, motivation, inner experiences, ways of thinking, and personal desires; and (2) external factors, including friendship environment, living environment, and social environment.

Discussion of the Personality Types of Arial and Adara

1. The Sanguine Personality Type of Arial and Adara

Arial's sanguine personality is reflected in his friendly attitude, sociability, and ability to create a warm atmosphere in social interactions. Arial often uses humor and jokes when communicating with others, enabling him to build positive relationships with those around him. His sanguine personality is also evident in his optimistic attitude when facing various life problems. Despite experiencing difficulties and pressures in life, Arial continues to think positively and does not easily give up. These characteristics are in accordance with the Hippocrates–Galenus personality theory, which states that individuals with a sanguine personality tend to be expressive, optimistic, adaptable, and possess strong social skills.

Meanwhile, Adara's sanguine personality is reflected in her cheerful, open-minded, friendly, optimistic, and sociable nature. Adara is open and easily gets along with others. Even when she is in a new environment, she is able to adapt and establish good relationships with friends and people around her. Her sanguine personality is also evident in her optimistic attitude when facing various life challenges. Although she encounters difficulties and obstacles, Adara continues to maintain a positive outlook and does not become overwhelmed by sadness. These characteristics are consistent with the Hippocrates–Galenus personality theory, which states that individuals with a sanguine personality tend to be cheerful, sociable, and capable of building positive social relationships.

2. The Phlegmatic Personality Type of Arial and Adara

Arial's phlegmatic personality is reflected in his patience, humility, calmness, and ability to control his emotions. In several conflicts he encounters, Arial prefers to avoid confrontation and does not retaliate against the mistreatment he experiences. He often prioritizes the interests and comfort of others over his own. His phlegmatic personality is also evident in his ability to maintain social relationships, as he values peace over conflict and seeks to resolve problems wisely. These characteristics are consistent with the Hippocrates–Galenus personality theory, which states that individuals with a phlegmatic personality tend to be patient, emotionally stable, and capable of creating a peaceful atmosphere in their surroundings.

Meanwhile, Adara's phlegmatic personality is reflected in her patience, calmness, compassion, and attentiveness. Adara frequently shows concern for the emotional conditions and difficulties experienced by others, particularly Arial. This attitude demonstrates her ability to understand other people's feelings and her high level of empathy. Adara's phlegmatic personality is also evident in the way she maintains social relationships, prioritizing tolerance, respecting others' opinions, and avoiding conflicts that may damage her social relationships. These characteristics are in accordance with the Hippocrates–Galenus personality theory, which states that individuals with a phlegmatic personality tend to be calm, patient, caring, and adaptable.

3. The Choleric Personality Type of Arial and Adara

Arial's choleric personality is reflected in his fighting spirit, determination, and ability to face life's challenges. Despite being in difficult circumstances, Arial continues to strive to maintain his education and secure his future. His choleric personality is also evident in his persistence and determination to achieve his goals despite numerous obstacles. Arial does not display an attitude of surrender or despair; instead, he actively seeks solutions to the problems he encounters. He is also capable of making decisions and accepting the consequences of his actions. These characteristics are consistent with the Hippocrates–Galenus personality theory, which states that individuals with a choleric personality tend to possess leadership qualities, self-confidence, and strong convictions.

Meanwhile, Adara's choleric personality is reflected in her firmness, courage, independence, responsibility, and resilience in facing life's challenges. The difficulties and obstacles she encounters do not cause her to retreat; rather, they motivate her to persevere and face every challenge with confidence and responsibility. Her choleric personality is also evident in her decisiveness when making decisions, demonstrating strong determination in pursuing her goals. These characteristics are in accordance with the Hippocrates–Galenus personality theory, which states that individuals with a choleric personality tend to be assertive, self-confident, and capable of leading and making decisions.

4. Melancholic Personality Type of Arial and Adara

Arial's melancholic personality is reflected in his sensitivity, thoughtfulness, and strong emotional depth. Arial often keeps his sadness and life burdens to himself, including suffering from a terminal illness, leukemia, without revealing his condition to others. His melancholic personality is also evident in his sensitive nature, which makes him cautious when making decisions. These characteristics are consistent with Hippocrates–Galen's personality theory, which states that melancholic individuals tend to be sensitive, careful, thoughtful, and emotionally deep.

Meanwhile, Adara's melancholic personality is characterized by sensitivity, thoughtfulness, high empathy, responsibility, and strong emotional depth. Adara is highly sensitive to the feelings and circumstances around her. She is not only aware of her own emotions but also understands the emotional conditions of others, which contributes to her strong sense of empathy. Adara's melancholic personality is further reflected in her tendency to reflect deeply on her experiences. When facing problems, she carefully considers situations and does not make decisions impulsively. These characteristics are in line with

Hippocrates–Galen’s theory, which suggests that melancholic individuals are sensitive, empathetic, and thoughtful in decision-making.

Discussion of the Factors Influencing the Personalities of Arial and Adara

1. Internal Factors Influencing Arial and Adara

The internal factors influencing Arial’s personality include emotions, motivation, inner experiences, ways of thinking, and personal desires. Various emotional experiences shape his psychological condition and influence his attitudes and actions when dealing with problems. His strong motivation to pursue education and secure a better future encourages him to persevere despite the obstacles he faces. Arial’s inner experiences, including sadness, disappointment, and life pressures, contribute to the development of his patience, responsibility, and self-control. Furthermore, his way of thinking tends to involve careful consideration of different possibilities before making decisions.

Similarly, the internal factors influencing Adara’s personality include emotions, motivation, inner experiences, ways of thinking, and personal desires. The emotional experiences she undergoes, such as grief and the loss of loved ones, shape her psychological condition and influence her attitudes and personality development, making her more sensitive. Her motivation to live well and achieve her goals encourages her personal growth and helps her face various challenges. In addition, Adara tends to think carefully and thoroughly before making decisions.

2. External Factors Influencing Arial and Adara

The external factors influencing Arial’s personality include family environment, friendships, life experiences, and social environment. The family environment plays a major role in shaping his values, attitudes, mindset, and behavior. The difficult family conditions he experiences contribute to his maturity, wisdom, and ability to face life’s challenges responsibly. Friendships also help develop Arial’s social skills and interactions with others. Through his friendships, he learns cooperation, empathy, and the importance of maintaining good relationships. In addition, his life experiences, including various events and conflicts, provide valuable lessons that contribute to his personality development. The social environment also influences his way of thinking and behaving through the values, norms, and social expectations present in his life.

Likewise, the external factors influencing Adara’s personality include family environment, friendships, life experiences, and social environment. The family environment serves as the primary source of life values and affection that shape Adara’s character. Friendships also contribute to the development of her social abilities. Through interactions with friends, Adara learns to understand differences, respect others, and show concern for those around her. Furthermore, her life experiences provide important lessons that contribute to her personal growth and personality development. The social environment also affects her thoughts and actions through social norms and values, shaping her perspective toward the society in which she lives.

CONCLUSION

Based on the results and discussion of the study on the personalities of the

characters in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* by Helo Bagas using a literary psychology approach, it can be concluded that the two main characters possess different yet complementary personality characteristics. The personalities of each character are shaped by various life experiences, conflicts, and environmental influences encountered throughout the story.

Arial is portrayed as a character with a strong choleric personality. This is reflected in his firm attitude, courage in making decisions, sense of responsibility, leadership qualities, and perseverance in facing various life challenges. Arial also demonstrates a high level of concern for others, particularly Adara and his family. Despite experiencing difficult circumstances, immense pressure, and enduring the pain he suffers, Arial continues to provide support and encouragement to the people around him. These characteristics indicate that Arial is mentally strong and capable of controlling himself when dealing with challenging situations and life problems.

Meanwhile, Adara tends to exhibit a melancholic personality. This personality is reflected in her diligence, intelligence, sensitivity toward others, emotional responsiveness, and strong sense of empathy. The various experiences she shares with Arial contribute to her growth into a more mature, resilient, and sincere individual who is able to accept the realities of life. Furthermore, Adara possesses the ability to learn valuable lessons from every experience she encounters, enabling her to transform those experiences into motivation for living her life.

The findings of this study also reveal that the personalities of both Arial and Adara are influenced by internal and external factors. Internal factors include motivation, ways of thinking, personal desires, and inner experiences. Strong motivation enables both characters to endure and continue struggling through the difficulties they face. Their positive ways of thinking and inner experiences also contribute to shaping the attitudes and behaviors they display throughout the story.

External factors influencing the characters' personalities include family environment, friendships, and social environment. The family environment contributes to character formation through moral education, affection, and support. Friendships provide care, encouragement, and motivation in facing life's challenges. The social environment also influences the personalities of both characters through social interactions, societal norms, and values prevailing within the community.

Therefore, the results of this study indicate that the formation of the characters' personalities in the novel *Arial & Adara Untukmu yang Tak Lelah Berjuang* occurs through the interaction of internal and external factors. Both characters experience significant character development that enables them to face various conflicts and life problems with greater maturity. This makes *Arial & Adara Untukmu yang Tak Lelah Berjuang* a literary work rich in psychological values and character education.

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