
MELATI AHMAD'S OBSESSIVE-COMPULSIVE DISORDER IN THE NOVEL "THE WEIGHT OF OUR SKY" BY HANNA ALKAF

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Abstract

This research discussed Melati Ahmad's Obsessive-Compulsive Disorder In The Novel "The Weight Of Our Sky" By Hanna Alkaf. There is one issue: Melati Ahmad, with obsessive-compulsive disorder, tries to struggle with the abnormality of the Id and then fight to face the superego in society, which is how her ego compromises it. For analyzing the data, the writer used the qualitative description method. This research showed five of Melati Ahmad's behaviour. For every five behaviours, the researcher found 16 samples explained based on the data references and 15 samples in which the data narrations and dialogues reflected Melati Ahmad's behaviour with obsessive-compulsive disorder. This novel has some messages about mental disorders. Therefore, the researcher wanted to give people awareness and attention using Melati Ahmad's experience.

Keywords: Melati Ahmad, Obsessive Compulsive Disorder, Behaviour, Id, Ego, Superego.

1. INTRODUCTION

Usually, a human can do anything in daily life without interruption. From waking up to falling back asleep, however, when humans get stressed, it affects their mental health. Thus it makes them behave abnormally. Abnormal behaviour is the emotional condition of a person suffering from anxiety and depression that is inappropriate with the situation (Anggraini et al., 2022). This phenomenon makes a person have mental disorders. One of them is an obsessive-compulsive disorder.

Obsessive Compulsive Disorder is when people have recurring, unwanted thoughts, ideas, or obsessions (Bottoms et al., 2022). They can do something repeatedly to get rid of the view, such as washing or cleaning hands, checking things, and doing mental acts; for example, counting can significantly impact a person's daily activities and social interactions. Many people with Obsessive Compulsive Disorder know or suspect their obsessions are unrealistic. Others may think they may be true. It was hard to let go of habits or stop compulsions, even when it was not real.

Furthermore, obsessive-compulsive disorder is actually due to post-traumatic stress, inner conflict, and genetics (Demaria et al., 2022). Anyone can get the obsessive-compulsive disorder, whatever their status, gender, age, and economic level, but most identify the sufferer as a student (Salsabila et al., 2022). Thus, they usually feel more uncomfortable because they need perfection, order, and control.

The Weight of Our Sky novel by Hanna Alkaf is one novel about Melati's journey of strength. She is a teenage girl unknowingly battling obsessive-compulsive disorder to find the way back to her mother during the historic 1969 between Malaysian and Chinese in Kuala Lumpur, Malaysia. Melati Ahmad has had an obsessive-compulsive disorder since her

father's death. Since the incident, she has behaved abnormally. She cannot sleep at night, obsessively counting each object depending on what she did or looked at and checked things.

This research tried to analyze the novel "The Weight of Our Sky" by Hanna Alkaf, especially for the obsessive-compulsive disorder of Melati Ahmad, through Sigmund Freud's perspective. Sigmund Freud argues that there is personality structures in human, that are id, ego, and superego. Each structure has a function, properties, components, operating principles, and individual dynamics, but all three are interrelated (Virayuda & Kasprabowo, 2021). This theory believed can answer the problem in the research.

Based on the above description, the researcher was interested in analyzing Melati Ahmad's Obsessive-Compulsive Disorder In The Novel "The Weight Of Our Sky" By Hanna Alkaf. In this study, the researcher stated that one issue is that Melati Ahmad, with obsessive-compulsive disorder, tries to struggle with the abnormality of the Id and then fight to face the superego in society, which is how her ego compromises it. This study was essential because it gives people awareness and attention using Melati Ahmad's experienced, which was to examine the taboo surrounding mental health. The last is that the researcher wants to break the heavy stigma for people associated with psychiatrists, with many believing they would perceive them as "being crazy" even though that was not true.

2. METHODS

2.1 Methodology

This study used qualitative descriptive research as data collection is required to describe the pre-existing condition (Ifianti & Rahman, 2020). Which was the data that was collected and highlighted that referred to the issued research but needed more exploration.

Furthermore, in analyzing the data, the researcher used qualitative methods to portray the issue in detail. The researcher choosed the Novel "The Weight of Our Sky" as the data source. In this novel, the main character's behaviour attracted the researcher to analyze the explanation of personality structure from Sigmund Freud's Perspective. The research data were narrations, and dialogues that showed the main character's behaviour and personality in the Novel "The Weight of Our Sky".

2.2 Techniques for Collecting the Data

Data were generally described and analyzed according to specific information, and data use to solve problems from particular theories. The researcher used the novel as the primary data, and the data collection techniques used were:

1. Reading the novel repeatedly to understand the story.
2. Collecting the data by highlighting the relevant narration or dialogues from the novel related to the study's problem.
3. Selecting the data through the narration and dialogue of this novel as evidence reflected in Obsessive Compulsive Disorder of Melati Ahmad through Sigmund Freud's Perspective with the table

2.3 Techniques for Analyzing the Data

Analyzing data was the art of systematically shaping and sorting data, grouping it into categories, defining it in terms of units, sorting it, and drawing conclusions. The steps of analysis of the data are as follows:

1. Categorizing the narrations and dialogues the novel implied by the main character reflects obsessive-compulsive disorder.
2. Identifying the data that indicate the problems that have been formulated based on the analysis of character.

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3. Making conclusions that the researcher tries to elaborate on the character's personality, feelings and main character experiences.

3. FINDING AND INTERPRETATION

According to Freud's Perspective, personality structures have three elements: Id, Ego, and Super Ego. Thus, the researcher tried to explain Melati Ahmad's behaviour reflecting obsessive-compulsive disorder, the main character in the novel "The Weight of Our Sky." based on the evening of May 13, 1969, in Kuala Lumpur. Melati Ahmad was a teenage girl who battled with obsessive-compulsive disorder. She got obsessive-compulsive disorder since her father was dead. Since the incident, Melati Ahmad has behaved abnormally.

The researcher found that 5 Melati Ahmad's Behaviour reflected obsessive-compulsive disorder based on Sigmund Freud's Structures Personality in Psychoanalysis. First, Counting Significantly is one of the unusual behaviours because this only happens to people with obsessive-compulsive disorder, which could occur when someone gets attacked by excessive panic. Second, Repeatedly Checking Things is when the sufferer feels the urge to check things repeatedly or perform routines for more than an hour each day to relieve anxiety temporarily. Eating with Specific Rules is the sufferer making rules for themselves to manage their panic and fear. Third, Excessive anxiety is about a particular object or situation. Intrusive Thoughts are disturbing thoughts or imaginations that are unwanted but come constantly; usually, these thoughts are contrary to existing values and norms, so often intrusive thoughts are brutal and disgusting. For every five behaviours, the researcher found 16 samples based on the references of the data.

Table 1 : Melati Ahmad's Behaviour Reflects OCD (No, Behaviours, the Data)

| Behaviours | the Data |
|----------------------------|-----------|
| Counting Significantly | 4 |
| Repeatedly Checking Things | 1 |
| Eating with Specific Rules | 1 |
| Excessive anxiety | 1 |
| Intrusive Thoughts | 9 |
| Amount | 16 |

The psychology of the main character reflects in the various problems they experience. Conflicts within a character become part of the character's psychological phenomena, such as grief, regret, fear, guilt, despair, and other problems.

In this section, the researcher tried to elaborate on how Melati Ahmad struggles to compromise her ego in social life, which is the Id she can not control with the superego level, which requires following the rules applied.

Based on the data above, the researcher found 15 samples in which the data narrations and dialogues reflected Melati Ahmad's struggle compromised her ego from the Novel "The Weight of Our Sky", which followed.

Table 2. Melati Ahmad's Compromise her Ego (No, Elements, the Data)

| Elements | The Data |
|----------|----------|
| Id | 5 |
| Ego | 2 |
| Superego | 8 |
| Amount | 15 |

In this section, some critical behaviour found, which some followed: counting significantly, repeatedly checking things, eating with specific rules, excessive anxiety, and intrusive thoughts. According to Freud's perspective, humans have personality structures that are Id, Ego and Superego. These three structures are related to each other and then would determine whether the human ego is ideal or not. However, when a person with the obsessive-compulsive disorder had a particular case, they struggled further when they compromised their ego. The ego would be formed between the id and superego. Melati Ahmad was a teenager with obsessive-compulsive disorder, and her obsessive-compulsive disorder still comprehensively affected her behaviour. Precisely her obsessive-compulsive disorder controlled her.

In this case, the obsessive-compulsive disorder was challenging and greatly influenced a person's soul and mentality. In Melati Ahmad's case, her struggle was unsuccessful because the id was far more dominating than fulfilling the superego. Even though when Melati Ahmad fulfilled the Id, she had the pleasure for herself because of a sense of being fulfilled in what she wanted because that was her instinct. But besides that, she had a sense of guilt, such as discomfort, and blamed herself excessively. It was as if whatever happened was her fault—comparing again with Freud's theory. According to Freud's perspective, her ego recalled how she managed her thoughts more realistically. Her superego reflected her realisation of her true self on the rules applied and the moral aspect of her personality. Unfortunately, Melati Ahmad failed more and more in compromising her ego. The data showed that the id took up more of Melati Ahmad's thoughts. The id also drove her behaviour. It showed that Melati's ego was not ideal.

4. CONCLUSION

Based on the previous discussion, the researcher concluded that the psychology of the main character in the novel *The Weight of Our Sky* (2019) by Hanna Alkaf is the long journey of Melati Ahmad, battling obsessive-compulsive disorder. The researcher assumed several conclusions in this study.

First, The role of Melati Ahmad's Id is more decisive than Ego and Superego. When analyzing this study, the researcher used the Psychoanalysis approach by Sigmund Freud. However, Melati Ahmad followed the process to try bravery and succeeded in compromising her ego to choose the superego until she found her true self.

The second is that she got obsessive-compulsive disorder since her father was dead. Since the incident, Melati Ahmad has behaved abnormally. Melati Ahmad could not sleep at night, obsessively counting each object depending on what she did or looked at and checked things.

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The third is how Melati Ahmad compromised her ego between the Id and superego. Step by step, she tried to compromise her ego. The first time Melati failed to compromise her ego and always tried until she faced the events of her friend in a dangerous situation. She realized that the number could not save the people around her and the world she was trying to save, and finally, she gave up on the situation. Until the coming of thought, what would like to happen will happen. Melati Ahmad succeeded in compromising her ego between Id and Superego in social life.

The last is Melati Ahmad feels like she is in her new chapter of life. She could do anything without worrying too much about her mama and then did not rely on someone else to save her. It means she could compromise her ego to choose the superego, not follow her Id. Thus her ego is ideal.

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