

Maidatul Maqnuah

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 DEVELOPMENT OF CHARACTER-BASED VIDEO LEARNING MEDIA TO ENHANCE ANECDOTE TEXT WRITING SKILLS AMONG MA STUDENTS

 Artikel

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INTRAPSYCHIC CONFLICT OF THE MAIN CHARACTER IN THE NOVEL SEBELAS BY TERE LIYE: A STUDY OF LITERARY PSYCHOLOGY

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Abstrak

Penelitian ini membahas konflik intrapsikis tokoh utama dalam novel *Sebelas* karya Tere Liye melalui pendekatan psikologi sastra dengan teori psikoanalisis Sigmund Freud. Latar belakang penelitian berangkat dari fenomena pergulatan batin manusia yang tercermin dalam karya sastra sebagai refleksi kompleksitas kepribadian. Tujuan penelitian ini adalah mengungkap bentuk dan penyebab konflik intrapsikis yang dialami tokoh Paul, serta menjelaskan mekanisme pertahanan diri dalam menghadapi tekanan batin dan proses penyembuhannya. Penelitian ini menggunakan metode deskriptif kualitatif dengan sumber data primer berupa teks novel dan sumber sekunder dari literatur teori psikoanalisis serta penelitian relevan. Hasil penelitian menunjukkan bahwa konflik batin Paul dipicu oleh trauma masa lalu, rasa bersalah, dan pertentangan nilai moral antara dorongan naluriah (*id*) dan tuntutan moral (*superego*), yang menimbulkan ketegangan psikis. Mekanisme pertahanan diri yang muncul meliputi represi, rasionalisasi, proyeksi, agresi, dan sublimasi yang berperan dalam proses penyembuhan emosional tokoh. Temuan penelitian ini menegaskan bahwa konflik intrapsikis tidak hanya menggambarkan penderitaan psikologis, tetapi juga proses terapeutik menuju penerimaan diri dan kedewasaan emosional, sehingga memperkaya kajian psikologi sastra modern di Indonesia.

Kata Kunci: konflik intrapsikis, psikoanalisis, psikologi sastra, mekanisme pertahanan diri, trauma psikologis

Abstract

This study examines the intrapsychic conflict of the main character in Tere Liye's novel *Sebelas* through a literary psychology approach with Sigmund Freud's psychoanalytic theory. The background of the study departs from the phenomenon of human inner struggle reflected in literary works as a reflection of the complexity of personality. The purpose of this study is to uncover the forms and causes of intrapsychic conflict experienced by the character Paul, as well as to explain the self-defense mechanisms in dealing with inner stress and the healing process. This study uses a qualitative descriptive method with primary data sources in the form of the novel text and secondary sources from psychoanalytic theory literature and relevant research. The results show that Paul's inner conflict is triggered by past trauma, guilt, and conflicting moral values between instinctive urges (*id*) and moral demands (*superego*), which cause psychological tension. The self-defense mechanisms that emerge include repression, rationalization, projection, aggression, and sublimation, which play a role in the character's emotional healing process. The findings of this study confirm that intrapsychic conflict not only describes psychological suffering but also a therapeutic process towards self-acceptance and emotional maturity, thus enriching the study of modern literary psychology in Indonesia.

Keywords: intrapsychic conflict, psychoanalysis, literary psychology, self-defense mechanism, psychological trauma.

1. INTRODUCTION

Inner conflict is an inseparable part of human life. The struggle between personal desires, social

pressures, and moral values often influences how a person interprets their life. This psychological phenomenon often inspires literary works. Literature is a creative work of art, making

humans and life the object of study and using language as its medium (Saragih et al., 2021). Among various forms of literature, novels are the most representative medium for depicting the psychological realities of characters, as they present a series of events, conflicts, and in-depth character development.

One literary work that strongly depicts intrapsychic conflict is Tere Liye's novel "Sebelas." This novel features the main character, Paul, a former professional football player who lives in the shadow of past trauma and deep guilt. Paul's inner struggle demonstrates how instinctive drives, moral pressures, and the realities of life collide, creating complex psychological dynamics. The depiction of this conflict makes novels a representative medium for examining human psychological issues in depth.

Novels are imaginative works of literature that tell the story of human life and the various problems that accompany it (Ate & Lawa, 2022). Through their storylines and character development, novels depict intrapsychic conflict, characterized by clashes between desires, anxieties, and the realities of life. Intrapsychic conflict is a neurotic tendency in individuals who view themselves through the experiences of personal relationships and a self-esteem system influenced by anxiety (Muhammad & Horney, n.d.). In the novel "Sebelas," this tendency is clearly evident in Paul, who continually struggles to balance the urge to forget the past with the moral imperative to take responsibility for his life. As works of fiction that are close to human reality, novels often present intrapsychic conflict through the main character's inner turmoil, allowing readers to examine how the character faces dilemmas, anxieties, or clashes between desires and reality.

In literary studies, a character's inner conflict can be analyzed through a literary psychology approach. Literary psychology is an interdisciplinary field that examines and analyzes

the psychological states of characters in literary works (Nurhuda et al., 2023). This field integrates various psychological concepts to interpret the psychological dynamics of characters in depth (Satriani & Sukmana, 2025). This approach is relevant for studying Paul because his inner struggle is depicted not only through actions but also through dialogue, thoughts, and complex defense mechanisms.

One of the most influential theories in literary psychology is Sigmund Freud's psychoanalysis, which emphasizes the concept of the human personality structure consisting of the id, ego, and superego. The id is a natural drive that arises from instinct. The ego serves as a link between the id and reality. The ego often acts as a regulator of the id's impulses to conform to real situations. Meanwhile, the superego limits all impulses according to existing rules and norms (Pratiwi et al., 2021). Psychological conflict arises when there is tension between these three personality structures (Anzar et al., 2025). The influence of the id and superego determines the position of the ego, which should ideally work in balance, enabling a character to act effectively to achieve happiness and satisfaction in their social environment. However, if these twopersonality systems conflict, the character will experience dissatisfaction, both with themselves and with their surroundings (Safitri et al., 2022).

Tere Liye's novel "Sebelas" (Eleven) is a compelling representation of this phenomenon. One of Tere Liye's latest novels, released in 2025, does not focus on romance but tells the story of a famous soccer player and eleven talented Indonesian children. The main character, Paul, is depicted experiencing a deep emotional struggle due to past trauma, guilt, and a loss of direction in life. He struggles between his desire to escape reality (id) and his moral drive to improve himself (superego). His encounter with a young boy named Samosir becomes the catalyst for his awareness to confront his past and find new meaning in his life.

Several previous studies have shown that Freud's psychoanalytic theory remains relevant and effective for analyzing inner conflict in modern Indonesian literature. Faradiba and Ahmadi's (2025) study of the novel "Iyan Anak Kedua" (Iyan Anak Kedua) demonstrated that the dynamics of the id, ego, and superego reveal the psychological complexity of the characters, particularly in depicting the conflict between personal desires and moral demands. This study emphasized the crucial role of intrapsychic conflict in the character's personality development process (Faradiba & Ahmadi, 2025). Similarly, research by Wachyudin et al. (2025) in the novel Ancika found that the tension between personality structures produces an inner conflict that drives the main character towards a process of maturity and self-discovery (Wachyudin et al., 2025). Both studies confirm that Freud's psychoanalytic approach can be used to deeply reveal the psychological dynamics of characters.

However, previous studies have generally focused on adolescent characters or general psychological conflicts, and have not specifically examined intrapsychic conflict in adult male characters experiencing existential trauma and deep guilt. Research on Tere Liye's novel "Sebelas" (Eleven) focusing on the character Paul is still rare, especially those that comprehensively describe intrapsychic conflict based on its form, causes, and the character's defense mechanisms. Thus, there is a research gap that needs to be filled to enrich the study of Indonesian literary psychology.

The novelty of this research lies in its focus, which specifically examines the intrapsychic conflict of the main character, Paul, as an adult experiencing past trauma, an identity crisis, and a psychological healing process. Unlike previous research that emphasized the dynamics of the id, ego, and superego in general, this study examines intrapsychic conflict more comprehensively by identifying the forms of conflict, the factors

causing it, and the defense mechanisms that include repression, rationalization, projection, aggression, and sublimation. Furthermore, this study views intrapsychic conflict not only as a psychological symptom but also as a therapeutic process that leads the character towards maturity and self-acceptance. With this approach, this research is expected to provide a new perspective in the study of the psychology of modern Indonesian literature.

Based on this description, the objectives of this research are: (1) to describe the form of intrapsychic conflict of the main character Paul in the novel Sebelas based on Freud's psychoanalytic theory; (2) to identify the causes of the emergence of intrapsychic conflict in the character Paul; and (3) to explain the self-defense mechanisms used by the character to overcome internal conflict and its moral and psychological implications. The results of this research are expected to provide theoretical contributions to the development of the study of literary psychology and enrich readers' understanding of the dynamics of the human psyche as reflected in literary works.

2. METHOD

This research uses a descriptive qualitative approach, grounded in the study of literary psychology through Sigmund Freud's psychoanalytic theory. The qualitative approach was chosen because this study aims to deeply understand and interpret the character's psychological phenomena based on literary texts, rather than measuring variables quantitatively. The research design is analytical-interpretive, focusing on uncovering the main character's intrapsychic conflict through an analysis of the personality structures of the id, ego, and superego. The theoretical framework used is Freud's psychoanalysis as the basis for examining the psychological dynamics, defense mechanisms, and psychological healing process

experienced by Paul in Tere Liye's novel "Sebelas".

The research data consists of primary and secondary data. The primary data source is Tere Liye's novel "Sebelas," which serves as the main object of the study. The unit of analysis in this study includes the narrative, dialogue, and actions of the main character, which contain indications of intrapsychic conflict, whether in the form of conflicts between the id, ego, and superego or defense mechanisms. Meanwhile, secondary data sources include books on psychoanalytic theory, literature on literary psychology, and previous research relevant to the topic of intrapsychic conflict and character psychological analysis in literary works. Secondary data was used to support the interpretation and analysis of the primary data.

Data collection techniques included intensive reading of the novel, recording thematic quotations, and documenting supporting literature. Each data snippet analyzed was coded to facilitate the identification and retrieval of data sources. The data code was arranged in the D-xx/SEB/xx format, consisting of the following elements: D as a data marker, the data sequence number, the abbreviation of the novel title "Sebelas" (SEB), and the page number where the data was found. This coding aimed to maintain a systematic analysis, facilitate the categorization of intrapsychic conflicts, and ensure the traceability of the sources of the analyzed quotations. The primary instrument in this study was the researcher herself, acting as the human instrument, acting as observer, analyst, and interpreter of the text, assisted by an analysis sheet and a conflict categorization table containing elements of the id, ego, superego, and forms of self-defense mechanisms. Data analysis was conducted systematically, following the Miles and Huberman model, which includes three stages: data reduction, data presentation, and conclusion drawing to identify patterns of intrapsychic conflict and the characters' inner

healing processes (Kase et al., 2023). Through these stages, the data is analyzed in depth until valid and targeted findings are obtained according to the research objectives.

3. RESULTS AND DISCUSSION

This section presents the research findings obtained from the analysis of the text of Tere Liye's novel *Sebelas*, focusing on the intrapsychic conflict of the main character, Paul. The research data were collected through in-depth reading techniques and identification of quotations relevant to psychological elements based on Freud's psychoanalytic theory. The analysis results indicate various forms of personality conflict, including tensions between the id, ego, and superego, defense mechanisms, and the causal factors underlying these conflicts. The discussion is structured systematically, starting from the form of intrapsychic conflict, the causes of the conflict, to the psychological strategies used by the character to maintain personality stability. In general, the research findings show that Paul's inner struggle is rooted in unresolved past trauma, deep guilt, and conflicting moral values. This encourages the emergence of complex defense mechanisms, which ultimately develop into a more mature psychological transformation.

Forms of Intrapsychic Conflict in Paul's Character

The character of Paul in Tere Liye's novel *Sebelas* portrays an individual with a deep inner struggle. His intrapsychic conflict stems from the tension between the id, ego, and superego, as explained by Freud in his theory of personality. *The id* drives Paul to satisfy his desire for freedom and forget the past, while *the superego* suppresses him with guilt and moral demands stemming from family trauma. *The ego* attempts to mediate these two forces, but often fails, leading Paul to live in a cycle of regret and anger. Therefore, a structural balance within the personality is

necessary when responding to a situation (Tyas & Widagdo, 2025).

Paul's quote says,

(D-01/SEB/161)

- (1) "I'm a good person, Isabella? You're so wrong. Because I'm the bad guy... I hit people to death, and I use football as a mask."

Data (1) shows a conflict between *the id*, which wants to be free from guilt, and *the superego*, which continues to punish him morally. This statement describes a neurotic condition, as explained by Freud, when *the ego* fails to mediate unconscious drives and moral norms. This is because Paul tends to view himself negatively and is unable to realize his potential (Sukamto & Parmin, 2025).

(D-02/SEB/228)

- (2) "When they played football with joy. Forgetting the burdens of life, limitations, problems." Paul fell silent again, remembering his life. He didn't know whether he believed his words or not. Because in the past, football hadn't helped him.

Data (2) shows a conflict between the ego (which wants to be calm and rational) and the psychological reality of the past that still lingers. Paul's ego tries to balance instinctive urges and moral pressures, but fails due to unresolved trauma. Freud called this condition a form of neurosis, where the id's urge to fulfill desires clashes with the moral rules of the superego, and the ego fails to overcome it (Mastuti & Karlina, 2025).

(D-03/SEB/255)

- (3) "I HATE FOOTBALL SO MUCH! ALL THAT FOOTBALL IS BULLSHIT!!! I scored a phenomenal hat trick in the Champions League. The journalist wrote

that I was the most talented player ever. I danced with the ball, watched by 8,000 fans who sang my name...BUT THAT FUCKING FOOTBALL COULDN'T EVEN SAVE MY BROTHER!"

(D-04/SEB/255)

- (4) "Look, sir... After hating football so much, today, I still return to that world. Sitting in front of you.... asking you to let Semeru join my team... Because... Because even though I still don't know the answers to my questions... I can't really hate football."

Data (3) and (4) indicate an internal contradiction within Paul. The id still harbors desires related to his past (football), but the ego rejects this because it triggers feelings of guilt. This tension is a concrete manifestation of intrapsychic conflict, in which the character is unable to reconcile the conscious and subconscious aspects. Therefore, trauma recovery, according to Freud, involves efforts to uncover and reintegrate traumatic experiences into one's life story (Robi & Rohanda, 2025).

Causes of Paul's Intrapsychic Conflict

The cause of Paul's intrapsychic conflict stems from past psychological experiences that left deep emotional scars. Based on data reduction, the primary causes can be classified into three categories: past trauma, guilt and regret, and conflicting moral values.

Past Trauma

(D-05/SEB/44)

- (5) "Paul doesn't know why he has to interfere in Samosir's affairs. But it's a mystery of fate. It reminds Paul of his past. He's unsure and confused as to whether this is the answer or not."

Data (5) describes the form of latent trauma experienced by Paul. He tried to suppress past

memories (repression), but new situations actually brought back the same wounds. So the unresolved traumatic experience returned in symbolic and emotional form.

(D-06/SEB/55)

(6) "Don't mention my family, David," Paul hissed threateningly.

Data (6) reflects an intrapsychic conflict stemming from past trauma. Within Freud's psychoanalytic framework, this explosive emotional reaction is a sign of repression, a defense mechanism in which individuals suppress traumatic experiences into the subconscious to avoid anxiety and guilt. For Paul, his family is the source of his deepest psychological wounds; any mention of them brings back memories he has tried to erase.

When David offends his family, Paul's *ego* loses control because the pressure from *the id* (emotional impulses and anger) exceeds his rational capacity. Meanwhile, *the superego* plays a role in increasing the burden of guilt by judging his aggressive reactions as morally wrong. Hissing and threatening reactions represent a form of emotional projection, where individuals vent their feelings of fear and guilt on others to protect themselves from internal pressure. Repressed trauma that remains unresolved will often resurface in the form of emotional outbursts and aggressive behavior. This proves that an unprocessed past can psychologically disrupt the stability of one's *ego* and the balance of one's personality.

(D-07/SEB/323)

(7) "If he went back to his childhood, he would just dream of having a normal family like the others. A father who wasn't a bouncer, a mother who wasn't a drunkard. He was willing to trade his great football talent for all that."

Data (7) in Freud's psychoanalytic view, childhood trauma has a major influence on the formation of a person's personality structure. Bad experiences with parental figures who should be sources of affection, but instead bring fear and insecurity, causing conflict between the *id*, *ego*, and *superego*. Paul's subconscious drive (*id*) longs for affection and emotional stability that he never got. Meanwhile, his *superego*, which is formed from hard experiences and moral values that he learned himself, demands that he remain strong and hide the wound.

Guilt and Regret

(D-08/SEB/134)

(8) "For over twenty years, my head has been filled with questions, Mr. Made... What's the point of football? What's the point of a top player? What's the benefit of football for human civilization... Nonsense! Even my little brother couldn't be saved by football. My mother, my older siblings... Even football couldn't save me..."

Data (8) shows that moral conflict is the main source of Paul's inner suffering. He bears a burden of guilt that is disproportionate to reality. This guilt indicates excessive *superego* dominance. When the *superego* is too strong, individuals experience intense moral anxiety to the point of inhibiting *ego* function. This kind of guilt often appears in literary characters with religious or highly moral backgrounds, where every small mistake is considered a major sin. The main character's sense of guilt in Paul shows the emergence of the main character's conscience (Seriefaza et al., 2025)

Conflict of Self-Values

(D-09/SEB/96)

(9) "What's the point of football? What's the point of a top player? What benefit does

football have for human civilization?
What nonsense!"

Data (9) shows a conflict between personal desires (id) and moral demands (superego). Paul wants to atone for his mistakes by avoiding football, but the instinctive urge to return to his old identity remains strong. This conflict of values creates feelings of fragmentation and loss of direction, as a form of *ego dissonance*, a disharmony between drives and self-values. This demonstrates the role of the ego in seeking a balance between emotional drives and reality (Amelia & Hikam, 2025).

Self-Defense Mechanism

Repression and Rationalization

(D-10/SEB/59)

(10) "It wasn't David who made Paul daydream. He didn't care about the rift between them. Jealousy. Hurt. It was all blown out of proportion by the media. He never felt David was his biggest competitor, and it wasn't his business if he wasn't. He was just focused on playing football. It was fun back then. He didn't care if other players felt left out. It's not football that Paul's thinking about now, either. Since yesterday, when football has been playing in front of him repeatedly, it's been annoying, and he's trying to ignore it."

Data (10) shows that he is displaying a self-defense mechanism through repression, making the urges from the id re-push back into the unconscious realm. It also shows rationalization, an attempt to calm himself with logical reasons to avoid feelings of failure. Rationalization is a form of "ego justification" to cover up the discrepancy between reality and subconscious desires (Wulandaria & Israhayub, n.d.).

Projection and Aggression

In several scenes, Paul displays aggression when he sees injustice, such as punching a restaurant customer who is cursing at a waiter. These scenes are born of projection, where he transfers his past trauma to new situations. When he sees others being oppressed, his subconscious replays memories of his sister and mother, who also suffered. When he sees the young waiter crying, he remembers his sister, Cindanita, lying in a hospital bed. He remembers his mother, who was also a waiter. His emotions explode. This projection becomes a way for the ego to release the pressure of the superego without having to directly acknowledge it.

Sublimation

One of the important moments was when Paul started coaching children to play soccer.

(D-11/SEB/54)

(11) "I train the children to play football here. Develop their talents."

Data (11) is sublimation, which is seen as the most positive defense mechanism, because it diverts unacceptable emotional energy or urges towards valuable and socially acceptable activities (Ningrum et al., 2025). Altruistic actions also serve as psychological therapy for individuals with emotional wounds. In the context of this data, Paul, who was previously trapped in escapism through alcohol and past regrets, began to channel his energy in a constructive direction by coaching children to play soccer.

This action demonstrates that Paul's ego is beginning to function healthily. The unconscious (id) urges that once drove him to forget his pain are now processed by the ego into moral and beneficial activities, aligned with the superego's values that demand redemption and goodness. This process marks the transformation of psychic energy from destructive to creative, allowing Paul

not only to find inner peace but also to give new meaning to his life.

Paul's inner conflict in Tere Liye's novel *Eleven* reaches its peak when he re-encounters David, his old rival and a symbol of his unresolved past. In their debate, Paul's ego, fueled by pride and past regret, emerges. When Paul says,

(D-12/SEB/55)

(12) "We're never on the same level, David. You coach a wealthy European football team, hungry for existence. A capitalist industry that measures success by trophies. I coach village kids. I teach them the joy of playing football."

Data (12) reflects the deep tension between the id, ego, and superego within him. The id's drive emerges through his long-standing ambition and pride as a professional football player, while the superego demands humility and moral redemption for past mistakes. Between these two forces, the ego attempts to strike a balance so that Paul is no longer overcome by anger and guilt that blind his consciousness. This tension, in Freud's psychoanalytic concept, gives rise to what is called the ego ideal, which grows from the experience of receiving praise for actions deemed appropriate, so that its content reflects what should be done (Rakhmawati, 2022).

Paul's psychological transformation becomes increasingly apparent as he begins to demonstrate control over his destructive behavior. A crucial moment occurs when he refuses an offer of alcohol at SSB Bajawa.

(D-13/SEB/275)

(13) "While Paul was at SSB Bajawa, a local resident offered him alcohol. But Paul refused. He had previously been a heavy drinker."

This data (13) indicates a process of inner reconciliation, when Paul begins to accept his past not as a source of pain, but as part of the

journey towards maturity. So he does not blame the present situation on the past. At this point, the ego functions healthily by mediating the tension between emotional impulses and moral reality, marking a stage of psychological recovery that leads to self-acceptance. Self-acceptance is the highest form of inner healing in literary characters who experience trauma or personality conflict (Inayah & Abdullah, 2024).

(D-14/SEB/381)

(14) "I can't refuse this matter, Mr. Made. That child is a victim of human trafficking, forced labor, and who knows what else he's been through. I'm not an official who can turn a blind eye. That child must be helped. This isn't just about football anymore. It's about helping others."

Data (14) shows that the healing process did not occur suddenly, but rather through experiences that led Paul to re-channel his energy in a positive direction. When he saved a child named Monas from human trafficking, this action was a form of sublimation, the transformation of negative psychic energy into meaningful moral and social actions. Freud called sublimation the most mature ego defense mechanism because it diverts destructive impulses into productive and constructive ones for oneself and the environment (Haqqi et al., 2025). Through this action, Paul not only helped others but also healed himself from the shackles of long-standing guilt. He finally understood that true redemption lies not in running away, but in having the courage to face wounds and transform them into a source of love.

(D-15/SEB/73)

(15) Ramona talked about Paul's sister, Cindanita, who left a message before she died, right during a soccer match, which made her hate soccer. Cindanita was proud to have a brother like Paul; she loved him and said she

would watch her brother's great matches from heaven. She left with a happy smile.

Data (15) about Ramona conveying the last message of Paul's sister, Cindanita, depicts an important moment in the main character's psychological healing process. In this narrative, Ramona tells us that before she died, Cindanita did not harbor anger or disappointment, but rather pride and affection for Paul.

Within Freud's psychoanalytic framework, this event represents a cathartic phase, the release of inner pressure after an individual discovers a repressed truth. The stage of self-acceptance and peace is the culmination of the existential journey (Waridin et al., 2025). Previously, Paul lived with guilt and hatred for football, believing that the game he played had caused his younger brother's death. This belief created a conflict between the id, which wanted to forget, the superego, which continually demanded moral redemption, and the ego, which was trapped in a prolonged sense of guilt. Finally realizing that his younger brother had no regrets, Paul was able to forgive himself and make peace with the past.

(D-16/SEB/365)

(16) The victim's friend admitted and testified at the follow-up trial that at that time he was fighting, so he accidentally pushed his friend, and because the road was slippery, his friend hit the car that Paul was driving.

Data (16) shows when he learned the truth about the death of his brother, Michael Britain. Paul had been living with guilt because he thought he was the cause of the tragedy. However, the new fact that the pedestrian's death was not entirely his fault caused the moral burden

that had been pressing on his superego to slowly unravel.

Theoretically, Paul's journey also reinforces Freud's view that psychic balance can only be achieved when the ego is able to harmoniously manage the tug-of-war between instinctual drives and moral values. This novel not only tells the story of personal conversion, but also presents an existential reflection that humans are creatures who continually struggle to mediate the inner conflict between desire, regret, and the human values they believe in.

Paul's inner journey then forms strong moral and psychological implications. Tere Liye, through this character, emphasizes that self-forgiveness is the key to inner freedom. Paul, initially overcome by guilt, trauma, and loss of direction, ultimately finds meaning in life through compassion and empathy for others. His intrapsychic conflict serves as a universal mirror of modern humans grappling with regret and the search for identity. In this way, the novel "Sebelas" invites readers to understand that every individual must confront their own dark side to achieve authentic peace (Kadir et al., 2025).

Table 1. Forms, Causes, and Mechanisms of Intrapsychic Conflict of the Character Paul in the Novel *Sebelas* by Tere Liye

Analysis Aspects	Data (Quote)	Description of Intrapsychic Conflict	Freud's Concept of Psychoanalysis
Forms of Personality Conflict	(1), (2)	The conflict between the desire to forget the past and the feeling of guilt that continues to punish oneself	Id-superego conflict, ego failure, neurosis
Self-Contradiction of Football	(3), (4)	Hatred and interest in football appear simultaneously	Affective ambivalence, conscious-subconscious conflict
Past Trauma	(5), (6), (7)	Childhood wounds from family violence and loss of safe figures	Latent trauma, repression, superego formation
Guilt and Regret	(8)	Excessive moral burden on the death of a younger sibling and the meaning of football	Superego dominance, moral anxiety
Conflict of Self-Values	(9)	Loss of direction due to clashes between personal identity and moral demands	Ego dissonance, value conflict
Defense Mechanisms (Repression & Rationalization)	(10)	Denial of emotions and logical justification to suppress anxiety	Repression, rationalization
Defense Mechanisms (Projection & Aggression)	The beating scene in the restaurant	Venting past emotions in new situations	Projection, aggression
Self-Defense Mechanism (Sublimation)	(11), (14)	Channeling psychic energy into social and altruistic activities	Sublimation (mature ego mechanism)
Peak Conflict and Ego Ideal	(12)	Reconstruction of identity and reinterpretation of life values	Ego ideal
Psychological Transformation	(13), (15), (16)	Self-acceptance, forgiveness, and psychological maturity	Catharsis, self-acceptance

DISCUSSION

This section outlines the main findings of the study, differences with previous research, and novelties derived from the analysis of the intrapsychic conflict of Paul in Tere Liye's novel "Sebelas." The results indicate that Paul's intrapsychic conflict is formed through tensions between the id, ego, and superego, as explained in Sigmund Freud's psychoanalytic theory. This conflict is primarily triggered by past trauma, deep guilt, and conflicting moral values that continue to influence the character's personality stability. These findings confirm that the psychological dynamics of characters in literary works can be systematically analyzed within a psychoanalytic theoretical framework.

Conceptually, these research findings align with Freud's view that personality conflict arises when the ego fails to balance the demands of the id and superego. In Paul, the id's drive to forget the past and seek freedom conflicts with the superego, which continually punishes him through guilt. This tension causes Paul to experience moral anxiety and prolonged emotional instability. This demonstrates the relevance of psychoanalytic theory in explaining the inner conflict of literary characters profoundly and comprehensively.

Compared with previous research, there is a similarity in that intrapsychic conflict in literary works is generally related to traumatic experiences and the dominance of the superego. However, this study demonstrates an important distinction: its focus on an adult male character experiencing existential trauma within the context of professional sports. While most previous studies have focused on the inner conflicts of adolescent or female characters, this study positions Paul as a representative of an adult facing struggles with identity, guilt, and the search for meaning in life. Thus, this study broadens the scope of literary psychology studies to a more specific social and psychological context.

Another important finding is the identification of the defense mechanisms Paul uses in responding to his intrapsychic conflict. This study found that Paul uses repression, rationalization, projection, aggression, and sublimation as psychological strategies to cope with internal stress. Among these mechanisms, sublimation is the most significant finding because it demonstrates constructive change within the character. By coaching children in soccer, Paul successfully redirects negative emotional energy into meaningful social action. This confirms that intrapsychic conflict does not always end destructively but can develop into a process of healing and personal growth.

The novelty of this study lies in interpreting intrapsychic conflict as an ongoing therapeutic process. Unlike previous research that tends to only identify the form of inner conflict, this study emphasizes the stages of the character's psychological transformation from neuroticism to self-acceptance. The cathartic process experienced by Paul, especially after learning the truth about his past, demonstrates that resolution of intrapsychic conflict can be achieved through self-understanding, forgiveness, and the courage to face reality. This perspective provides a new contribution to the study of Indonesian literary psychology by viewing inner conflict as a journey toward personal wholeness.

Critically, this study argues that Paul's intrapsychic conflict is not only a representation of psychological suffering but also a means of moral reflection with social implications. Tere Liye, through Paul's character, presents a depiction that humans can be trapped in the past, yet still have the opportunity to rise and find new meaning in life. Therefore, the findings of this study are not only relevant to literary studies but also contribute to the psychological understanding of the process of trauma healing and self-acceptance.

4. CONCLUSION

Based on the research results, it can be concluded that the main character in Tere Liye's novel *Sebelas* exhibits complex inner dynamics as a form of intrapsychic conflict between instinctive drives (*id*), moral demands (*superego*), and balancing efforts by *the ego*, in accordance with Sigmund Freud's psychoanalytic concept. There are 16 data points found in the novel *Sebelas*, regarding forms containing elements of intrapsychic conflict in the main character. This struggle is triggered by traumatic experiences, guilt, and conflicting values that cause deep psychological stress. Through self-defense mechanisms such as repression, rationalization, projection, and sublimation, Paul gradually experiences a process of recovery and reconciliation with himself. This transformation shows that inner healing does not only mean regret for the past, but also an awareness to accept oneself as a whole and live life with new meaning. This research contributes to the development of literary psychology studies by expanding the application of Freud's theory to the context of modern Indonesian literature, as well as presenting a new understanding that intrapsychic conflict can be a therapeutic tool to reveal the human journey towards emotional and spiritual maturity.

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