

**ENHANCING SELF-ESTEEM THROUGH NATURAL
OBJECTS IN *YOUR SOUL IS A RIVER***

THESIS



**UIN SUNAN AMPEL
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ABSTRACT

Parwoto, E. T. (2024). *Enhancing Self-esteem Through Natural Objects in Your Soul is a River*. English Literature Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya. Advisors: (I) Itsna Syahadatud Dinurriyah, MA. (II) Ramadhina Ulfa Nuristama, M.A.

This study aims to show the uses of natural objects to enhance human self-esteem in Nikita Gill's poetry *Your Soul is a River*. The researcher selects the poems relates with natural objects that symbolize our self-esteem such as *What You Are What You Are Not*, *Natural Lessons*, *From the River Banks*, *A List of Things to Come to Terms With*, and *Forest Set Aflame*. The natural objects found are wildflower, weeds, flower, roses, butterflies, ocean, lake, rivers, soil, earth and forest. Two problems are to be solved in this study: 1) the position of natural objects in the poems and 2) the relation between natural objects and self-esteem.

This research uses a qualitative-descriptive approach, which includes descriptive study of the textual material. The data were collected by identifying the poems in *Your Soul is a River* related to self-esteem and highlighting the narrative containing natural objects. The data analysis technique using reader response theory by Wolfgang Iser reception theory, especially implied reader, which focuses on the reading process, highlighting the understanding and interpretation of natural objects in the poems to enhance self-esteem. The interpretation take from the researcher's understanding through several steps, such as identifying the natural objects, interpreting the position of each natural object in the narrative, and the relation with self-esteem.

The results of this study show that the position of natural object weeds stands for resilience and self-worth, flowers stand for inner beauty, and wildflowers stand for staying true to oneself. The ocean, lake, and river represent deep emotions, self-awareness, and perseverance. The natural objects, soil, Earth, and the forest stand for the need for supportive environments and personal renewal. These natural objects can enhance self-esteem. The relationship between natural objects and self-esteem shows that Weeds show the importance of pushing through difficulties related to resilience and self-worth. Flowers represent inner beauty, helping individuals appreciate their value. Wildflowers highlight the importance of being true to oneself. Ocean, lake, and river relate with deep emotions, self-awareness, and perseverance, guiding individuals to understand and strengthen their feelings. Soil, Earth, and the forest reflect the need for supportive environments and personal renewal, showing how inner strength and external care support growth.

Keywords: self-esteem, natural object, confidence

ABSTRAK

Parwoto, E. T. 2024. *Meningkatkan Harga Diri Melalui Objek Alam di Your Soul is a River*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Itsna Syahadatud Dinurriyah, MA. (II) Ramadhina Ulfa Nuristama, M.A.

Penelitian ini bertujuan untuk menunjukkan penggunaan objek-objek alam untuk meningkatkan harga diri manusia dalam puisi *Your Soul is a River* karya Nikita Gill. Peneliti memilih puisi-puisi yang berhubungan dengan benda-benda alam yang melambangkan harga diri kita seperti *What You Are What You Are Not*, *Natural Lessons*, *From the River Banks*, *A List of Things to Come to Terms With*, dan *Forest Set Aflame*. Objek-objek alam yang ditemukan adalah bunga liar, rumput liar, bunga, mawar, kupu-kupu, lautan, danau, sungai, tanah, dan hutan. Ada dua masalah yang ingin dipecahkan dalam penelitian ini: 1) posisi objek alam dalam puisi-puisi tersebut dan 2) hubungan antara objek alam dan harga diri.

Penelitian ini menggunakan pendekatan kualitatif-deskriptif, yang mencakup studi deskriptif terhadap materi tekstual. Data dikumpulkan dengan mengidentifikasi puisi-puisi dalam buku *Your Soul is a River* yang berhubungan dengan harga diri dan menyoroti narasi yang mengandung objek-objek alam. Teknik analisis data menggunakan teori respon pembaca oleh teori resepsi Wolfgang Iser, khususnya *implied reader*, yang berfokus pada proses pembacaan, menyoroti pemahaman dan interpretasi objek-objek alam dalam puisi-puisi tersebut untuk meningkatkan harga diri. Interpretasi akan diambil dari pemahaman peneliti melalui beberapa langkah, seperti mengidentifikasi objek-objek alam, menginterpretasikan posisi setiap objek alam dalam narasi, dan hubungannya dengan harga diri.

Hasil dari penelitian ini menunjukkan bahwa posisi objek alam gulma melambangkan ketahanan dan harga diri, bunga melambangkan kecantikan dari dalam, dan bunga liar melambangkan tetap setia pada diri sendiri. Lautan, danau, dan sungai mewakili emosi yang mendalam, kesadaran diri, dan ketekunan. Benda-benda alam, tanah, bumi, dan hutan melambangkan kebutuhan akan lingkungan yang mendukung dan pembaharuan diri. Benda-benda alam ini dapat meningkatkan harga diri. Hubungan antara benda-benda alam dan harga diri menunjukkan bahwa Gulma menunjukkan pentingnya mendorong melalui kesulitan yang berkaitan dengan ketahanan dan harga diri. Bunga mewakili kecantikan dari dalam, membantu individu menghargai nilai mereka. Bunga liar menyoroti pentingnya menjadi diri sendiri. Lautan, danau, dan sungai berhubungan dengan emosi yang mendalam, kesadaran diri, dan ketekunan, membimbing individu untuk memahami dan memperkuat perasaan mereka. Tanah, Bumi, dan hutan mencerminkan kebutuhan akan lingkungan yang mendukung dan pembaharuan pribadi, menunjukkan bagaimana kekuatan dari dalam diri dan perawatan dari luar mendukung pertumbuhan.

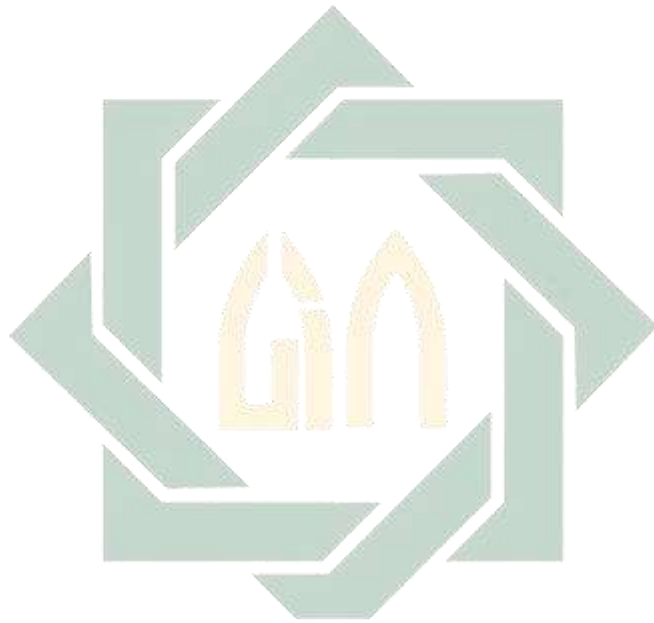
Kata Kunci: harga diri, objek alam, percaya diri

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