

**EXPLORING THE IMPACT OF BULLYING ON THE
PROTAGONIST IN MEIKO KAWAKAMI'S *HEAVEN***

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG
2024**

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PROTAGONIST IN MEIKO KAWAKAMI'S *HEAVEN***

THESIS

Presented to
Universitas Islam Negeri Maulana Malik Ibrahim Malang
in Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra (S.S.)

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**DEPARTMENT OF ENGLISH LITERATURE
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UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG
2024**

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “Exploring the Impact of Bullying on the Protagonist in Kawakami's *Heaven*” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hence, if there is any objection or claim, I am the only person who is responsible for that.

Malang, December 13th, 2024
The Researcher



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APPROVAL SHEET

This to certify that Mufidatus Sa'diyah's thesis entitled "Exploring the Impact of Bullying on the Protagonist in Kawakami's *Heaven*" Character has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of Sarjana Sastra (S.S.).

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LEGITIMATION SHEET

This is to certify that Mufidatus Sa'diyah's thesis Exploring the Impact of Bullying on the Protagonist in Kawakami's *Heaven* and Their Impact on the Main Character has been approved by the Board of Examiners as one of the requirements for the degree of Sarjana Sastra (S.S.) in Department of English Literature.

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MOTTO

“ God feeds every single bird, but doesn’t put it right into nest”

(NCT Mark Lee)

“ It’s not always easy, but that’s life. Be strong because these are better days ahead.”

(NCT Mark Lee)

DEDICATION

This thesis is proudly dedicated to:

For my beloved family,

My fathis, Bapak Asnawi and my mothis Ibuk Umaiyah

My little brothis Abdus Shomad,

My little sister Camelia Ramadani, and

All my extended family who endlessly support and pray for me.

ACKNOWLEDGMENT

Bismillahirrohmanirohim,

All praise to Allah SWT., the god of the universe, who has given Grace and gifts to researchers so that they can complete the thesis entitled “Exploring the Impact of Bullying on the Protagonist in Kawakami's *Heaven*” as a requirement to obtain a bachelor's degree in the Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Sholawat and greetings are always sent to the Prophet Muhammad SAW, who has guided us from the dark ages to the bright light.

Furthermore, the researcher realizes that this research not be completed without help from several parties, such as criticism, suggestions, support, and prayers. Therefore, the researcher would like to express his gratitude to:

First, I would like to thank the following parties for their support: Rector of Universitas Islam Negeri Maulana Malik Ibrahim Malang, Prof. Dr. M. Zainuddin, MA. Then, the Dean of the Faculty of Humanities, M. Faisol, M.Ag., then the head of the Department of English Literature, Faculty of Humanities, Ribut Wahyudi, M.Ed., Ph.D.

Secondly, I would like to thank Mr. Hafidhun Annas, M.Hum., my supervisor, who is always patient while guiding me in completing this thesis. I am very grateful for the time and contribution given to me to complete this thesis. Then, I would like to thank Mrs. Dr. Hj Meinarni Susilowati, M.Ed., as my academic

supervisor who has guided, directed, advised, and motivated me during my four years at this university. In addition, I would also like to express my deepest gratitude to all lecturers of the Faculty of Humanities for the knowledge given during my four years of study at this university.

Thirdly, I would like to express my gratitude to both of my examiners in my thesis examination. I would like to express my gratitude to Mr. Agung Wiranata Kusuma, M.A., as the chief examiner in my Thesis Examination, and Prof. Dr. Mundi Rahayu, M.Hum, as the examiner in my Thesis Examination. This thesis can be completed well thanks to the suggestions, input, criticism, and guidance from both examiners.

I would like to express my gratitude to my parents, Bapak Asnawi and Ibuk Umayah, for all their support and prayers. They always support and motivate me. My gratitude also goes to my teachers, Bapak Thoif, Ibuk Rika Yana, Bapak Sholeh, and Ibuk Robiyah, who always prayed for me without stopping. Then, I would like to thank my aunt Dr. Maimuna, M.Pd, for motivating and entertaining me while working on my thesis.


I would also like to thank my friends Nur Anisa, Emma, Faradila, and Putri, who are the handyman contract gang and have always provided support and enthusiasm while working on this thesis. I would like to thank Ridhani, a friend who always accompanied me while I worked on this thesis in the library. I would also like to thank Zeni Zamara and Desy, who were loyal enough to hear my complaints, entertain me, and accompany me while I was working on this thesis.

Finally, I would like to thank all the people I cannot mention one by one who have been involved in helping me, supporting, and praying for me while completing this research.

As the researcher, I also thank myself for struggling and persevering until this thesis is completed. If this research has errors or shortcomings, I accept suggestions and constructive criticism from all parties to further improve it. Hopefully, this thesis be useful to me, the readers, and future researchers.

Malang, December 13th, 2024

Researcher,

A handwritten signature in black ink, appearing to read 'Daisy' with a stylized flourish at the end.

Mufidatus Sa'diyah

ABSTRACT

Sa'diyah, Mufidatus (2024) Exploring the Impact of Bullying on the Protagonist in Kawakami's *Heaven*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Hafidhun Annas, M.Hum.

Keywords: Bullying, Psychological Approach, Main character

This study aims to determine the types of bullying experienced by Eyes, the main character in the novel *Heaven* by Meiko Kawakami. This study also aims to determine the impact of bullying experienced by the main character. This study employs the literary criticism method, with the psychological approach used as a framework for analysis. The psychological approach is used to understand and analyze human behavior, thoughts, and emotions through psychological principles and theories. The data source used in this study was taken from the novel *Heaven*. Researchers used Ken Rigby's (2007) theory of bullying in schools. Ken Rigby's theory of bullying in schools was chosen because this theory discusses bullying in schools, including the forms of bullying that occur and the impact on victims. The results of this study are that the main character experiences two types of bullying in his school. The bullying includes physical bullying involving actions such as kicking, pushing, hitting, and grabbing. Then, the non-physical actions experienced by the main character by Eyes are divided into two groups, namely verbal and non-verbal bullying. The verbal bullying experienced by the character Eyes is in the form of mocking words. Then, the non-verbal bullying experienced by Eyes was in the form of excessive laughing at Eyes to hurt. The impact of bullying experienced by Eyes is short-term and long-term. The short-term impact experienced by the eyes is in the form of physical and psychological impact. The long-term impact experienced by Eyes is in the form of Eyes' difficulty in establishing social relationships. With these results, this study is expected to provide an understanding of the types of bullying and their impacts on victims. Therefore, the researcher suggests that further research be conducted on bullying and its impact because bullying is a very serious.

ABSTRAK

Sa'diyah, Mufidatus (2024) Mengeksplorasi Dampak Perundungan terhadap Tokoh Utama dalam Kawakami's Heaven. Skripsi Sarjana. Progam Studi Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Dosen Pembimbing. Hafidhun Annas, M.Hum.

Keywords: Bullying, Pendekatan psikologi, tokoh utama

Penelitian ini bertujuan untuk mengetahui jenis perundungan yang dialami oleh Eyes selaku tokoh utama dalam novel *heaven* karya Meiko Kawakami. Penelitian ini juga bertujuan untuk mengetahui apa dampak dari perundungan yang dialami oleh tokoh utama. Penelitian ini menggunakan metode kritik sastra, dengan pendekatan psikologis sebagai kerangka analisis. Pendekatan psikologis yang merupakan pendekatan pendektatan yang digunakan untuk memahami dan menganalisis perilaku manusia, pikiran manusia, dan emosi manusia melalui prinsip dan teori psikologi. Sumber data yang digunakan dalam penelitian ini diambil dari novel Heaven. Peneliti menggunakan teori Ken Rigby (2007) tentang perundungan di sekolah. Teori perundungan di sekolah yang dikekmukakan oleh Ken Rigby dipilih karena teori ini membahas tentang perundungan di sekolah, termasuk bentuk-bentuk perundungan yang terjadi serta dampaknya terhadap korban. Pemilihan teori ini relevan dengan tema novel *Heaven*, yang juga berfokus pada isu perundungan di sekolah. Hasil dari penelitian ini adalah tokoh utama mengalami dua jenis perundungan di sekolahnya. Perundungan tersebut antara lain perundungan fisik yang melibatkan tindakan-tindakan tindakan seperti menendang, mendorong, memukul, dan mencengkeram. Kemudian tindakan non-fisik yang dialami oleh tokoh utama oleh Eyes terbagi menjadi dua, yaitu perundungan verbal dan non-verbal. Perundungan verbal yang dialami oleh tokoh Eyes berupa kata-kata ejekan. Kemudian perundungan non-verbal yang dialami oleh Eyes berupa tindakan menertawakan Eyes secara berlebihan dengan tujuan untuk menyakiti. Dampak dari perundungan yang dialami oleh Eyes adalah dampak jangka pendek dan dampak jangka panjang. Dampak jangka pendek yang dialami oleh Eyes berupa dampak fisik dan dampak psikologis. dampak panjang yang dialami oleh Eyes adalah berupa kesulitan Eyes dalam menjalin hubungan sosial. Dengan hasil tersebut, penelitian ini diharapkan dapat memberikan pemahaman mengenai jenis-jenis perundungan dan dampaknya bagi korban. Oleh karena itu, peneliti menyarankan peneliti selanjutnya untuk melakukan penelitian mengenai bullying dan dampak dalam dari bullying. Karena bullying, merupakan kasus yang sangat serius.

مستخلص البحث

سعدية، مفيداتوس (2024) استكشاف تأثير التمر على بطل الرواية في جنة كاواكامي. أطروحة البكالوريوس. قسم الأدب الإنجليزي ، كلية العلوم الإنسانية ، جامعة الإسلام النيجيري مولانا مالك إبراهيم ملانج. المستشار حافظ العناس، .M.Hum

الكلمات المفتاحية: التمر، النهج النفسي، الشخصية الرئيسية

تهدف هذه الدراسة إلى تحديد أنواع التمر التي تتعرض لها العيون ، الشخصية الرئيسية في رواية/الجنة من تأليف ميكو كاواكامي. تهدف هذه الدراسة أيضا إلى تحديد تأثير التمر الذي تتعرض له الشخصية الرئيسية. تستخدم هذه الدراسة منهج النقد الأدبي، مع استخدام المنهج النفسي كإطار للتحليل. يستخدم النهج النفسي لفهم وتحليل السلوك البشري والأفكار والعواطف من خلال المبادئ والنظريات النفسية. مصدر البيانات المستخدم في هذه الدراسة مأخوذ من رواية/الجنة. استخدم الباحثون نظرية كين ريجبي (2007) عن التمر في المدارس. تم اختيار نظرية كين ريجبي عن التمر في المدارس لأن هذه النظرية تناقش التمر في المدارس ، بما في ذلك أشكال التمر التي تحدث وتأثيرها على الضحايا. نتائج هذه الدراسة هي أن الشخصية الرئيسية تتعرض لنوعين من التمر في مدرستها. يشمل التمر التمر الجسدي الذي ينطوي على أفعال مثل الركل والدفع والضرب والإمساك. بعد ذلك ، تنقسم الأفعال غير الجسدية التي تمر بها الشخصية الرئيسية بواسطة Eyes إلى مجموعتين ، وهما التمر اللفظي وغير اللفظي. التمر اللفظي الذي تتعرض له شخصية العيون هو في شكل كلمات ساخرة. بعد ذلك ، كان التمر غير اللفظي الذي تعرضت له العيون في شكل ضحك مفرط على العيون لإيذاءها. تأثير التمر الذي تتعرض له العيون قصير المدى وطويل الأجل. التأثير قصير المدى الذي تتعرض له العين هو في شكل تأثير جسدي. التأثير طويل المدى الذي تتعرض له العيون هو صعوبة العيون في إقامة علاقات اجتماعية. مع هذه النتائج ، من المتوقع أن توفر هذه الدراسة فهما لأنواع التمر وأثارها على الضحايا. لذلك ، يقترح الباحث إجراء مزيد من الأبحاث حول التمر وتأثيره لأن التمر خطير للغاية.

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CHAPTER I

INTRODUCTION

In this chapter, the researcher explains the background of the study, the problem of the study, research significance, scope and limitation, and the definition of key terms.

A. Background of the Study

Literary works result from creativity expressed through written forms, such as poetry, short stories, or novels. Literature is a verbal art that includes fiction, nonfiction, and poetry, which provides readers with an aesthetic experience and understanding of self and others (Rahayu, 2009). Literary works are closely related to social life. Literary works raise various issues of human life in their interactions with these living beings and their environment (Febrina, 2019). Literary works result from dialog, contemplation, and the author's reaction to the environment and life. This is because literary works often reflect the values, norms, and conflicts that occur in society. Through narrative and characters, literary works can reflect and depict social life. Through description, dialog, and narration, literary works create a picture of the surrounding world, including aspects of culture, norms, and social problems. In addition, characters in literary works often represent different types of individuals in society. Conflicts experienced by characters, character journeys, and character transformations reflect the dynamics found in real life. In addition, it is not uncommon for literary works to be based on social experiences experienced by

the writers. Writers often use literature as a medium to express universal experiences and social phenomena. One example of social life raised in a literary work is the case of bullying. Many literary works, such as novels, raise the theme of bullying that often occurs in society, both young teenagers and adults.

One of the novels that raises the theme of bullying among teenagers is Kawakami's *Heaven*. The novel *Heaven* by Mieko Kawakami is a novel that never loses its appeal. Since it was published in Japan in 2009, this work was only translated into English in 2020. This novel is one of the novels that has many readers. Only 185 pages of the novel *Heaven* are immediately able to show the issue of bullying which deserves attention. The novel tells the story of the 14-year-old main character being bullied by his sadistic classmates, who make fun of his lazy eyes. Because of his eyes, he is called "Eyes" by his friends. One afternoon in a park, he sees some animal feces covered in sand and imagines being force-fed by his tormentors. The scene initially feels gratuitous and cartoonish, but we quickly adapt to the nightmare the main character is experiencing. At the end of the novel. Because of the bullying, the main character attempts suicide.

The reason why the researcher chose this novel is because this novel by Meiko Kawakami provides a memorable reading experience. The narrative in this novel reflects the complexity of emotions experienced by the characters. The reader seems to feel what emotions the main character is experiencing in the novel. In addition, questions about life are also touched upon in this novel. Through the eyes of a teenage boy who tries to find the meaning of his existence amidst the hatred

and torment he experiences. How the character who initially felt his life was meaningless and so miserable that he tried to commit suicide found the spirit to stay alive and find the meaning of his heaven.

The emotions experienced by the character in *Heaven* are a result of the bullying they experience. Talking about bullying is no stranger to people around the world, including the country while this book is published, Japan. Japan is a country with a high number of child deaths. Statistical data released by the Japanese National Police Agency in March 2023 stated that in 2022 there would be 514 school-age children who would end their lives (Nakagawa, 2023). This is the highest record since this data was released in 1980. Unfortunately, according to data compiled by Japan times (2023) since 2007, this figure has been relatively stable at around 300 per year. Most of the reasons children commit suicide are due to stress and bullying. This is because bullying causes deep trauma for the victim of bullying.

Bullying cases in Japan have been a serious problem for many years. Although Japan is known as a country with a very polite, harmonious culture, this is not always the case. Bullying behavior is most common among students in Japan. According in Job in Japan (2023) Since 2022 many schools in Japan reported almost 610,000 cases of bullying among students. Most cases of bullying among students involve verbal abuse such as threatening or insulting the victim of bullying. The result of many cases of bullying among school students is a large number of suicides.

Statistics show that suicide is the leading cause of death among individuals aged 6-18, with many students under the age of 18 committing suicide by 2022.

Bullying has an effect on the victim. Bullying has long-term consequences for its victims. According to Wolke & Lereya (2015) Bullying experiences in children and adolescents have negative consequences for mental and physical health, social relationships, education, and employment in adulthood. Those who experience bullying often face a high risk of mental health disorders, such as depression, anxiety, and low self-esteem, that can persist into adulthood. In addition, the experience of bullying can lead to long-term health problems, including physical illness. This can be exacerbated when victims of bullying never try to fight back, report or seek support from others.

Therefore, it is very important to raise awareness about what bullying is and what forms it can take, and what impact it can have. Forms of bullying can be physical and non-physical. Physical bullying usually occurs directly to the victim such as kicking, hitting, pushing, and so on. While non-physical bullying can be in the form of verbal and nonverbal bullying. Thus, this study discusses the bullying behavior experienced by the main character in the novel *Heaven* and how the bullying affects the main character.

Before this research was conducted, there were many other researchers who studied bullying, especially in the school environment. The first is a thesis by Wulur (2021) entitled "*Bullying Behaviour In School As Reflected In The Novel 'Wonder' By R.J Palacio: Psychological Approach.*" This research discusses the bullying

behavior experienced by the characters in the novel “Wonder” by R.J. Palacio. The focus is on identifying the forms of bullying and the psychological impact experienced by the characters, such as decreased health and loss of friendships. The approach used is psychological with a qualitative descriptive method. This research uses a qualitative descriptive method and a psychological approach.

The second, research by Ali, Eka, & Ayuningtyas (2019) entitled “*Bullying Effect as Reflected in Palacio's Wonder: A Psychological Approach*”. This study describes the storyline of Palacio's Wonder novel and describes the effects of bullying experienced by the main character. This research uses qualitative descriptive method. This study uses a psychological approach to analyze the effects of bullying experienced by the main character in the novel. The theory used in this research is the bullying effect theory from Daniels et al (2009), Thijs & Verkuyten (2008), Domenech et al (2009), and Lee (2004: 16). The psychological approach according to Subhan (2017), Albertine (2010), Wellek and Werren (1956), James (1947) and Dennis (1986). The results of this study are the effects of bullying experienced by Auggie, including psychological impacts such as depression, the importance of family support and moral values such as courage and empathy.

Third, research by Santosa (2022) entitled “*The Analysis of Bullying Experienced By Eleanor in Rainbow Rowell's Eleanor & Park*.” This study examines the types and effects of bullying experienced by Eleanor in the novel Eleanor & Park. Using a psychological approach, it was found that Eleanor experienced physical, verbal, and sexual bullying, which resulted in shame, low

self-esteem, depression, and suicidal thoughts. In addition to the three previous studies that discuss the types and effects of bullying using a psychological approach. The following are also some previous studies that show research on bullying in schools with different approaches. Among them are as follows:

The first is a thesis by Sagitri (2021) entitled “*The effect of Bullying on Hannah Reflected on Jay Ashis's Thirteen Reason why Novel (2007): A sociological Perspective*” This research discusses the effects of bullying on Hannah Baker as reflected in the novel “Thirteen Reasons Why” by Jay. The main focus of the research is to explain the indicators of bullying, the depiction of bullying in the novel, and the reasons for the author's choice of bullying themes. The method used is a sociological approach with primary and secondary data analysis. The results of this study show that bullying causes significant negative effects, which contribute to Hannah's tragic fate.

The second is thesis by Lestari (2020) entitled “*Bullying in Wonder Novel: A Psychosocial Prespective*” This research discusses the oppression experienced by the character August in the novel and its impact on his psychosocial condition. This research uses Erikson's psychosocial development theory. The results of this study are four types of bullying (relational, verbal, physical, and mental), as well as the impact of bullying that makes August feel alienated and anti-social.

The third is research by Sakti, Rahman, Amir, & Sahib (2024) entitled “*The Tendency for Verbal Bullying to Occur Among the Main Characters in the Novel Stargirl and Unfriend You: Masihkah Kau Temanku?*” This research discusses the

types of bullying that often occur in two different novels with the same theme. Researchers studied this with the aim of describing the problem of bullying that often occurs, especially among teenagers. The method used in this research is a sociological approach using the theory of genetic structuralism. The result of this study is that verbal bullying often occurs, because this bullying is the easiest for school children to do, bullying that easily influences others to carry out bullying activities.

Then the fourth previous study is a thesis conducted by Salsabila (2019) entitled "*The Impact of Bullying Experienced by Daelyn Rice In The Novel "By The Time You Read This I'll Be Dead"*" This research discusses the types of bullying and investigates the impact of bullying experienced by the main character, Daelyn Rice. The results showed that Daelyn Rice experienced three types of bullying, namely: First, the character experiences physical bullying, verbal bullying, and psychological or social bullying. Second, Daelyn Rice has four impacts of bullying experienced, namely: academic impact, social impact, psychological impact and physical impact.

The fifth is research conducted by Pratiwi & Nugroho (2023) entitled "*The Impacts Of Bullying On The Main Character In The Movie "Laal Singh Chadha" (2022) By Advait Chandan"*" This research used a qualitative descriptive approach. The results of this study show that there are two types of bullying experienced by the main character, namely physical and verbal bullying. In addition, there are three

impacts of bullying on the main character in the movie *Laal Singhs Chaddha*, namely low psychological well-being, poor self-adjustment, and psychological stress.

The sixth is Hammadi Khalifa (2023) entitled “*Reflections of Bullying on Children's Personality in R. J. Palacio's "Wonder" Novel: Psychologically and Socially.*” This study discusses the impact of bullying on the development of children's personality in the novel “Wonder” by R. J. Palacio, as well as the issue of discrimination experienced by the main character. The method used is a qualitative analysis approach to explore Olweus' recommendations for dealing with bullying and the importance of self-acceptance in society. The research shows that bullying has a significant impact on children's personality development, including self-confidence and self-acceptance.

The seventh is research by Palacio & Setyowati Ni Made Widisanti S (2019) entitled “*Social Discrimination as Part of The Process of Forming the Main Character's Social Identity in The Novel Wonder.*” This study discusses the social discrimination experienced by the main character in the novel “Wonder” by R.J. Palacio, as well as the process of forming his social identity. The method used is descriptive analysis, with data collection techniques through literature review which includes book reviews, and relevant literature. The research shows that the main character experiences social discrimination both directly and indirectly. The social discrimination experienced can contribute to the formation of social identity, especially if supported by family support.

After comparing the ten studies above, this research has similarities. The similarity between previous research and this study is that both analyze bullying and the impact of bullying. However, there are differences between previous studies and this study. The difference lies in the object that researchers use. Researchers used Kawakami's Heaven Novel. There has been no research that discusses bullying in Kawakami's Heaven. In addition, the difference between this research and previous research is the method used. The researcher uses the literary criticism method and psychology approach to analyze the types of bullying experienced by the main character and look for the impact of the bullying.

Another difference between this research and these studies is the use of theories, methods and approaches. Previous studies related to the theme of bullying have used various theories, approaches, and methodologies. For example, Daniels' (2009) bullying theory was applied in a study with a sociological approach and analysis of primary and secondary data. In addition, some studies use genetic structuralism theory with a sociological approach. In contrast, these studies use a descriptive qualitative approach using Olweus' theory of handling bullying and its impact on life in the community. However, these are limitations in the above studies, such as the lack of attention to literary criticism as an analytical tool and the lack of using a psychological approach to understanding the experience of bullying in victims. Therefore, this study uses a critical approach and a psychological approach. Literary criticism deeply explores the issue of bullying represented in literary texts, especially in a psychological context. In addition, the psychological approach is used to furthermore understand the internal dynamics of characters who experience

bullying, including emotional and mental impacts. The research used in this study is also different from previous studies. The research uses Rigby's theory (2007) as a foundation to understand the form of bullying faced by the main character and its impact on the main character.

B. The problems of the Study

Based on the background of the study above, the researcher is interested in analyzing the problems which are formulated as follows:

1. What are the bullying experienced by the main character in Meiko Kawakami's *Heaven*?
2. What are the psychological impact of bullying in Meiko Kawakami's *Heaven*?

C. Significance of the Study

This research is expected to contribute theoretically and practically. Theoretically, it is expected to provide information about the forms of bullying that occur in the school environment, especially the theory put forward by Ken Rigby. In addition, this research can add insight and knowledge into the impact of bullying in schools.

Practically, the research hopes to be useful for readers, especially literature students, who want to develop their knowledge about literature, especially how to analyze it using literary criticism or a psychology approach or how to analyze the form and impact of bullying. This research is also expected to provide insight into the serious impact of bullying that cannot be underestimated.

D. Scope and Limitation

To avoid irrelevant discussion, the research is limited to only a few parts of the novel "*Heaven*". The author focuses on the main character in the novel and what bullying behavior is experienced by the main character. The main character is the object to be analyzed. The scope of this research is the form of bullying behavior experienced by the main character and the impact of bullying on the main character.

E. Definitions of Key Terms

1. **Bullying:** Bullying is the act of taking repeated actions, either psychologically or physically, carried out by a group of stronger people against weaker people (Rigby, 2007, p. 15).
2. **Main Character:** The main character is the character who takes precedence in the storytelling of a novel. The main character is the dominant character in the story (Nurgiyantoro, 2013, p. 259).
3. **Psychological approach:** The psychological approach is used to understand and analyze human behavior, thoughts, and emotions through psychological principles and theories. This approach explores how psychological factors such as perception, motivation, past experiences, or thought patterns influence a person's actions and decisions (Mulatsih Maria Vicentia Eka & Lucianus, 2024).

CHAPTER II

REVIEW OF RELATED LITERATURE

This study focuses on the form of bullying experienced by Eyes as the main character and how the bullying impacts Eyes, therefore a theoretical framework is created here to provide a deep understanding of the overall concept of this study. Two parts are explained in this chapter.

A. Psychological Approach

According to Yummah, Rahma, & Rahmadi, (2022, p. 1) Psychology comes from the ancient Greek words psyche (soul, spirit) and logos (science, study). Etymologically, psychology means the study of the soul. However, because the soul is abstract, psychology focuses on its manifestations and expressions, such as behavior and mental processes. So, psychology can be interpreted as the study of human behavior and mental processes. Based on Henriques (2004), psychology can be defined as the study of human behavior at the individual level, with a focus on social and cultural contexts. It is considered a hybrid discipline that links formal psychology with the social sciences, enabling a deeper understanding of the complexities of human behavior. The goal is integrating various perspectives to provide a more comprehensive picture of human behavior.

Psychology can not only be used to study human behavior in the real and social world but also to study behavior in literary works. Literary works can also depict the psychological dimensions of humans (Mulatsih Maria Vicentia Eka &

Lucianus, 2024). The relationship between psychology and literary works can occur because literary works reflect the reality of real life. The object of research that can be done can be the author's psychology depicted in literary works or the psychology of the characters depicted in literary works. Literary criticism using the point of view of psychology aims to explore the motivation, behavior, and mental state of the characters in the story.

Psychological studies in literary works can be done in various ways, such as analyzing the author's psychology reflected in literary works or exploring the psychological dimensions of the characters depicted in the story. Literary criticism uses a psychological approach to explore the characters' motivations, behaviors, and conditions more deeply. This approach provides a deeper understanding of the characters in literary works and enriches literary analysis with psychological insights.

B. Bullying

According to Rigby (2002, p. 35), experts generally define bullying as a form of aggressive behavior that is intentional, repeated and involves an imbalance of power between the perpetrator and the victim. However, depending on their theoretical approach and research context, each researcher provides a different focus and perspective in defining bullying.

Olweus (1993, p. 31) states that bullying as aggressive behavior that is repeated and involves an imbalance of power between the perpetrator and the victim. Olweus emphasizes that bullying occurs when someone intentionally causes

physical or emotional harm to another person on an ongoing basis. Furthermore, Farrington (1998), a criminologist from England, defines bullying as bullying that is carried out repeatedly, both physically and psychologically, against people who are less potent by more powerful people. Meanwhile, Rigby (2007, p. 15) defines bullying as repeated bullying, both psychologically and physically, perpetrated by a group of stronger people against weaker people.

The above definitions show that bullying is a complex phenomenon that can occur in various forms and environments, ranging from schools, workplaces, home environments, and other places. However, bullying behavior often occurs in the school environment. Some school students think they have particular strengths or skills, such as being the group leader, so they feel superior, and it is used to hurt others. Some children have stronger personalities, more power than others, and are determined, making them prone to imposing their will on others (Rigby, 2007, p. 12). Actions taken by students who are stronger than others can be physical or verbal violence. Therefore, bullying among school children is a social evil that cannot be underestimated; the consequences can be more significant than imagined.

Everyone needs to know what bullying is and the significant impact it has on victims. By knowing what bullying is, its types, and how the behavior occurs, people can be more sensitive to the signs that appear and can take steps to prevent it. Awareness of the impact is also necessary because victims of bullying often experience prolonged trauma, such as frustration, depression, and decreased self-confidence (Rigby, 2007, p. 30). Therefore, understanding what bullying is, the

types of bullying, and its impact is important not only for victims but also for perpetrators, educators, parents, and the broader community to create a safe environment for all individuals. The following are the forms of bullying and the impact of bullying proposed by Rigby.

1. Forms of Bullying

In general, bullying is divided into two types: direct and indirect bullying. Direct bullying is aggressive behavior done physically or non-physically, such as hitting, threatening, or taunting someone (Woods & Wolke, 2004). Meanwhile, indirect bullying is indirect bullying that involves spreading rumours, social exclusion, or manipulating relationships without direct physical action (Rivers & Smith, 1994).

Based on Rigby (2007, p. 20), the fundamental differences in bullying behavior are physical and non-physical or psychological forms. Bullying in physical form can be in the form of hitting, beating, kicking, and so on. Then, according to Rigby, bullying in a non-physical form is divided into two types, namely verbal and non-verbal. The following is the explanation:

a. Physical Bullying

Physical bullying can be defined as a form of aggression that involves physical actions such as hitting, pushing and kicking (Wang, Iannotti, & Nansel, 2009) These actions are considered a form of direct bullying to harm the victim. In addition, physical bullying only happens once. It is often carried out continuously against the victim and creates

a consistent pattern of intimidation. An example of physical bullying in a school setting is a student being hit or kicked intentionally by a classmate. Because of its apparent nature, physical bullying is often easier to recognize than other forms of bullying.

b. Non-Physical Bullying

Non-physical bullying is a form of bullying that does not involve direct physical contact but still aims to hurt, harm, or degrade the victim emotionally, socially, or psychologically. These actions are usually carried out through words, attitudes, or behaviors that affect the victim's feelings and self-esteem. Non-physical bullying is often more difficult to recognize than physical bullying because its effects are internal and not always visible. According to Rigby (2007) non-physical bullying is divided into two groups: verbal bullying and non-verbal bullying.

Verbal bullying is a form of bullying that involves behaviors such as calling names, mocking, or demeaning others in a hurtful way (Wang et al., 2009). Whereas non-verbal bullying is bullying behavior carried out through actions such as facial expressions and body movements, which aim to make the victim uncomfortable or depressed (Rigby, 2007). This explanation shows a difference between verbal and non-verbal bullying, which lies in how the perpetrator conveys his aggression. Verbal bullying is done through words or direct speech, such as taunts, insults, threats, etc, while non-verbal bullying is done without

words but through actions, such as facial expressions, body language or symbols that demean the victim.

2. Impact of Bullying

Bullying in school has a significant impact on its victims. Bullying victims alone can experience mental health problems, such as anxiety and trauma. In addition, if the victim experiences physical violence, it results in health and injury. According to Rigby (2007), the impact of bullying is divided into two parts: long-term and short-term and long-term impacts.

a. Short-term impact of bullying

Short-term impact can be defined as the immediate impact the victim feels after experiencing bullying. After the bullying incident occurs, victims usually experience various short-term impacts that can affect their physical, mental, and social conditions (Rigby, 2007, p. 65). For example, victims experience a decline in physical health due to prolonged stress, such as headaches, digestive problems, or fatigue due to sleep disorders. Prolonged stress due to bullying can lead to health problems. However, short-term effects are often temporary and can be reduced if the victim gets support from the environment, such as family, friends, and significant others (Rigby, 2007, p. 66). These effects also depend on how the victim responds to the bullying. Some may feel frustrated and withdraw from socializing, while others can overcome the problem quickly and rebuild their self-confidence.

1). Health Problems

Bullying can result in health problems. These health problems can be caused by the physical actions of the perpetrator or caused by the victim feeling stressed. Prolonged stress triggers the body's stress response system to remain active for long, resulting in excessive production of stress hormones such as cholesterol and adrenaline (McEwen, Mirsky, & Hatch, 2007). These hormones are designed to help the body from various dangers, but when we feel stressed continuously, activation of the stress response will cause disease susceptibility. Furthermore, Sapolsky (2004) revealed that stress can change the body's response to stress, affecting metabolism, digestion, and immunity. Sapolsky also explained that prolonged stress can cause sleep disturbances and fatigue.

The problem of headaches due to prolonged stress causes increased muscle tension, especially in the vicinity around the head and neck, which triggers headaches. For example, a student who is bullied at school every day will feel anxious continuously, causing prolonged headaches (Gini & Pozzoli, 2013). Furthermore, victims of bullying are also at risk of experiencing disturbances in the digestive system. For example, a student who is bullied may experience eating disorders due to anxiety that suppresses normal digestive function. According to (Baldry, Farrington, & Sorrentino, 2015), prolonged stress caused by bullying is closely related to the emergence of digestive disorders in adolescents. Furthermore, bullying can disrupt the victim's sleep quality, which in turn can lead to fatigue. The

continuous stress experienced by victims of bullying often triggers nightmares, insomnia, or poor sleep. According to, victims of bullying have a higher risk of sleep disturbance, which contributes to physical and mental fatigue (Nielsen, Tangen, Idsoe, Matthiesen, & Magerøy, 2015). For example, a student who is often bullied at school will feel afraid to face the next day, making it difficult to sleep.

2). Hopelessness

Victims also tend to feel a decrease in self-esteem, a deep sense of shame, and loss of self-confidence due to the treatment they receive (Rigby, 2007). Losing friends is also a problem of the social impact of bullying. Victims are often isolated or afraid to interact with others. According to Arseneault, Bowes, & Shakoor (2010) Victims of bullying often experience anxiety, depression, and behavioral problems. They show reduced academic achievement and social isolation. These short-term effects can sometimes lead to more serious thoughts, such as feelings of hopelessness and the urge to commit dangerous acts such as self-harm or suicide. Victims of bullying often feel that they have no power or control over the situation. For example, a student who is bullied at school will begin to feel that no one can help him, neither friends nor teachers. This feeling can affect his motivation to do his daily activities. Another example is when a bullied person feels that no one cares about them, they will feel sad and end up crying. The victim will feel helpless and lose hope.

3). Self- Harm

Self-Harm Victims of bullying often use their outlet for pain to commit harmful acts against themselves (A. B. Klomek, Sourander, & Gould, 2010). This is done in an attempt to control emotional pain or as a response to feelings of worthlessness. A student experiencing bullying will begin to hurt himself as “self-punishment” or a way of distracting from his emotional pain. In more severe cases, the desire to harm oneself may develop into suicidal thoughts.

b. Long-term impact of bullying

- c. The long-term effects of bullying often have more profound and lasting consequences after the bullying incident (Rigby, 2007). The effects of bullying are long-lasting, often occurring years after the bullying experience, even into adulthood. One of the most common impacts is the psychological impact, which can make victims become antisocial individuals and have difficulty forming new relationships. This psychological trauma can include deep trauma, anxiety, depression, insecurity, and even suicidal tendencies. In addition, victims also experience excessive anxiety, inability to trust others, and sleep disorders such as insomnia or recurring nightmares that remind them of bad experiences.

1) Deep trauma

Bullying can cause deep trauma that affects the way the victim kicks himself and the world around him. This trauma often stems from intense or repeated experiences of bullying, which leave an emotional aftertaste that is difficult to overcome (L. , Rivers & Noret, 2010). For example, a person who their peers constantly put down will feel worthless even if the bullying stops. These feelings may reappear in future social or professional relationships.

2) Anxiety

Victims of bullying often experience long-term anxiety. This can appear as a fear of going to public places or a constant worry that they will be the target of bullying again (Craig, 1998). For example, a student his classmates bully may feel anxious whenever he has to go to school. This may negatively affect his academic performance or make him withdraw from the social environment.

3) Depression

One of the serious effects of bullying is depression, which can cause victims to lose interest in daily activities, feel empty, or even think about ending their lives (Anat Brunstein Klomek, Sourander, & Gould, n.d.). For example, a teenager who is a victim of bullying may feel

depressed due to receiving regular negative criticism on social media. This may exacerbate sadness and feelings of isolation.

4) Low Self-Confidence (Insecurity)

Victims of bullying often lose self-confidence, feel insecure, and fear their environment. This can affect how they behave and take risks in the future (Hawker & Boulton, 2000) For example, a child teased for their appearance may feel uncomfortable even speaking in public for fear of being teased again. This effect may last until the child is an adult.

The long-term impact of bullying not only affects the victim's emotions but can also affect their development in adulthood. For example, victims who experience bullying as children or adolescents tend to grow up with insecurity and low self-confidence, which affects their ability to face life's challenges. Victims of bullying often feel that they are not good enough, resulting in low self-confidence. This can affect them in various life aspects, such as relationships and decision-making difficulties. These feelings tend to carry over into adulthood.

5) Difficulty Facing Life's Challenges

Victims of bullying also lack the emotional resilience to cope with future stress or challenges. This can be due to childhood experiences where they were not allowed to learn to cope with conflict. A person who is often bullied and not emotionally supported will tend to have difficulty

handling conflicts as an adult, such as in their future workplace or pressures in their relationships (Arseneault et al., 2010).

Then bullying can also affect the victim's mindset, which makes them feel worthless or feel like they have failed to meet society's expectations. Bullying can affect the way victims view themselves. They tend to feel worthless or have failed to meet the standards or expectations of those around them, so they close themselves off and find it difficult to interact with others. Another difference between this research and other studies is the use of theories, methods and approaches. This impact is sometimes seen as difficulty managing emotions, pent-up anger, or a tendency to avoid social responsibility. Therefore, it is important to pay special attention to victims of bullying, not only to deal with short-term impacts but also to prevent long-term effects that can limit their quality of life in the future. In addition, bullying that involves physical violence also has an impact on health. The negative health impacts on victims of bullying can cause problems that continue into adulthood (Takizawa, Maughan, & Arseneault, 2014). Victims can experience serious injuries due to physical violence, resulting in victims experiencing physical disabilities or certain body function disorders.

6) Suicidal Tendencies

The long-term impact of bullying can involve grave risks to the victim's mental health, including suicidal tendencies (Rigby, 2007, p. 64).

Rigby (2007) also explained that some students are not so resilient, and some do not access sources of emotional support from others. As a result, they experience significant emotional and psychological distress. Over time, they will feel prolonged feelings of sadness, loss of interest, and hopelessness until suicidal feelings arise. Due to the constant emotional distress, the victim may feel that the only way to end their suffering is to end their life. A study conducted by A. B. Klomek, Sourander, & Gould (2010) showed a strong association between bullying experiences during childhood and an increased risk of suicidal thoughts or actions in adolescence and adulthood. Victims with bullying experiences had twice the risk of thinking or attempting suicide compared to those who were not victimized.

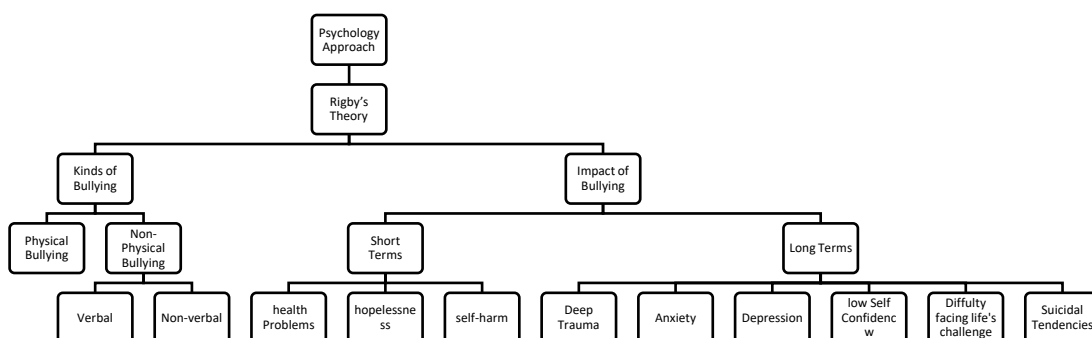


Figure 1: Theoretical Framework

CHAPTER III

RESEARCH METHOD

This chapter is intended to explain how the researcher analyzes the types of bullying experienced by Eyes and the impact of the bullying on Eyes in Mieko Kawakami's *Heaven*.

A. Research Design

To analyze Kawakami's *Heaven*, the researcher uses literary criticism. The purpose of using literary criticism by a researcher is so that the researcher can examine what problems the main character faces and how the character deals with these problems. According to Thamarana (2015) literary criticism refers to the act of interpreting and studying literature. A literary critic is not someone who simply radiates the value or quality of a literary work, rather someone who argues on behalf of an interpretation or understanding of the particular meaning of a literary text. The task of a literary critic is to explain and try to reach a critical understanding of what a literary text means in terms of aesthetics, as well as social, political, and cultural statements and suggestions. In analyzing this novel, the researcher uses a psychological approach. The theory used in this research is Ken Rigby's theory about bullying in school.

B. Data Source

The researcher took data from the novel *Heaven*, by Meiko Kawakami, which was published in Japan in 2009 and translated into English in 2021. The publisher of this novel is Europa Edition, the translators were Sam Bett and David Boyd. The thickness of this novel is 185 pages. Researcher took data only focusing on how the main character found the meaning of life when feeling the pain of bullying at school. The data contained in the novel are words, phrases, and sentences that lead to the form of bullying behavior experienced by the main character and the impact of the bullying. Researcher also used books and several relevant journals to support the main data. The data collection method used in this research is thorough reading and in-depth understanding. This is done to keep the data obtained efficiently.

C. Data Collection

Steps that have been taken by the researcher to collect data. The first is that the researcher reads the entire story in the novel *Heaven*. Second, the researcher looks for the bullying experienced by the main character in the story. The next step is that the researcher marks important points to make it easier for the researcher to analyze. Then the researcher wrote down the data to make it easier to retrieve and remember.

D. Data Analysis

Data analysis was conducted in several key steps. This analysis was done after collecting the data. The data analyzed consisted of data that was selected and

relevant to the research problem. The steps taken in analyzing information are to look for data that has a relationship with the theory of bullying by Rigby. After this step, the researcher evaluates and interpret the existing data based on the theory of bullying by Rigby. The researcher reads the whole story and marks important points to be found and analyzed. Then the researcher performs problem solving and finally concludes.

CHAPTER IV

FINDING AND DISCUSSION

This chapter provides an analysis of the data that has been collected to find answers to the research problems. It has been mentioned earlier that this research aims to find out what forms of bullying Eyes experienced and what the impact of the bullying is. Therefore, this chapter is divided into two main parts. The first part presents and analyzes the data collected from the novel *Heaven* that reflects the form of bullying experienced by Eyes. The second part presents and analyzes the data reflecting the impact of the bullying on Eyes, the main character.

A. The bullying experienced by the main character in Meiko Kawakami's

Heaven

In the novel, it is told that the main character is called Eyes by his friends at school. He is called Eyes because he has lazy eyes. It is said that Eyes always experiences bullying at school, especially by his classmates. His friends often mistreat him. They always bully Eyes both physically and non-physically. The following is the form of bullying that the main character always gets from his friends.

1. Physical Bullying

Physical bullying is considered a direct form of bullying that aims to physically harm the victim. Physical bullying can be in the form of hitting, molesting, kicking and so on that physically injure (Rigby, 2007, p. 20). In this

heaven novel Eyes also experiences physical bullying continuously. Eyes is subjected to physical bullying by his friends every day. This behavior does not only consist of one action, but they do several kinds of physical bullying. This research found various forms of bullying experienced by Eyes, as described by Rigby.

a. Kicked

Eyes, who is the main character in Heaven, is often bullied by his friends. Not infrequently they commit acts of physical bullying in the form of kicks. In an incident in the novel, it is told that the main character often experiences physical bullying in the form of kicks.

“Almost every day, Ninomiya and the others made me carry their backpacks, kicked me like it was nothing, whacked me on the head with their recorders, or made me run around for them”(p.2)

In the data above, it can be seen that Eyes is often told to carry his friends' bags, experiencing violence in the form of being kicked and carried on his head. These actions are a form of physical bullying that causes pain. According to Rigby's theory (2007), Bullying in physical form can be in the form of hitting, mistreating, kicking and so on that physically injure. In this context, both the perpetrator and the victim are involved in physical actions that can cause injury, whether mild or severe. The evidence above shows that the physical bullying experienced by Eyes, reflects the unbalanced power relation between the perpetrator and the victim. The perpetrator utilizes his physical strength to hurt Eyes, while Eyes cannot fight back and protect himself.

Because the nature of bullying is continuous, Eyes also experiences physical bullying continuously. Therefore, in addition to the events above, the evidence that Eyes often experiences physical bullying is when the main character is suddenly hit in the knee:

“He kicked me right in the knee with the instep of his foot. This kicking, punching, or pushing me, Ninomiya and his friends were careful not to leave a mark. When I got home and saw I had no bruises, I always wondered how they could have learned this kind of trick. They kicked me in the knees and thighs, but never hit the same place twice. One of them booted me in the chest like he was checking to see how soft I was”. (p.9)

The data shows the bullying experienced by Eyes, which Ninomiya and his friends did. After the class ended, Ninomiya and his friends prevented Eyes from leaving. In the classroom, Ninomiya and the others began to torture Eyes. Ninomiya started to put the chalk in Eyes' nose and then kicked his knee with the back of his foot. Not stopping there, they continued to beat Eyes repeatedly but deliberately avoided the same areas to ensure that there were visible scars or bruises, which could prove their actions. This proves that the main character experienced physical bullying because it involves the physical act of hitting (Rigby, 2007). The action is considered a form of physical bullying because it involves physical contact and is done to hurt Eyes as the victim. Ninomiya and his friends tried to hit different areas so as not to cause scars, but their actions resulted in injuries and wounds.

“A bunch of classes were cancelled in preparation for the big night, giving Ninomiya and his friends ample opportunity to bully me harder. After school and in the halls and in the schoolyard, excitement filled the air, but I was still taking orders from Ninomiya, and getting kicked in the chest. At lunch they sent me to buy them snacks. I always ate my lunch alone. So did Kojima”. (p.14)

The data above tells the story of when all the classes were busy preparing for the choir competition and formal school events. Many lessons were canceled in preparation for the event, but this became an opportunity for Ninomiya and his friends to exacerbate bullying. While everyone was busy with preparations, Ninomiya and his friends continued to treat Eyes harshly. Eyes even got a kick on his chest. The action is an act of physical bullying, in line with the concept proposed by Rigby. Direct bullying according to Rigby is an action that involves direct physical contact. Actions that are considered a form of physical bullying aim to physically harm the victim. Bullying in physical form can be in the form of hitting, mistreating, kicking and so on that physically injure the victim.

Physical bullying in the form of kicking continues to be felt by the main character. the bullying is getting worse day by day. Ninomiya and his friends keep doing it. At that time the main character was in the school hallway to avoid Ninomiya and his friends. Unfortunately, the main character met one of Ninomiya's friends. Ninomiya's friend kicked the main character. In the novel, this is described as follows:

“A dull pain plowed into my leg. On the way down, I did my best to dodge Kojima, twisting away from his, but landed on my shoulder and bashed my cheekbone on the floor. Ninomiya was standing next to the guy who had kicked me. He didn't look amused. “Whise do you think you're going?” They marched me across the school, through the courtyard, to the area in front of the gymnasium” (p.81).

As the class ended and all the students left, Eyes grabbed his bag and slipped out, following the crowd without thinking about what to do afterwards.

He just wanted to run away. But while passing through the hallway, someone suddenly kicked him and made him fall down. Then Ninomiya appeared and dragged Eyes through the school, across the courtyard, to the front of the gym. This action taken by Ninomiya and his friend is physical bullying because it involves direct contact and is done to hurt the main character. Rigby's theory explains that physical bullying is that which involves direct action and is done to hurt. This proves that the actions taken by Ninomiya and his friend are physical bullying. In this case, the treatment received by Eyes can injure his body and cause pain.

“Momose came over. Without a word, he grabbed the ball and ripped open the gash before stretching it back over my head. It squeaked as he fitted it around my skull, until the moment when my nose filled with the smell of dust and I could no longer see. My body cramped into a tight mass, and I could see a psychotic animation flashing just behind my forehead. I shook my head like a maniac and tried to run, but one of them kicked me in the leg and yelled at me to stand still. The skin of the ball stopped before my chin, leaving my bottom lip open to the air” (p.85).

The above data shows that Eyes was subjected to bullying behavior. Without any weapons, Momose picked up the broken ball, tore off the broken part, and placed it on the main character's head. The ball completely blocked the Eyes's vision. The smell of dust from the ball filled his nose, and he began to feel claustrophobic and depressed. Eyes panicked and tried to run away, but one of them kicked his leg and shouted at him to be quiet. As a result of these actions, the protagonist felt helpless with the physical pressure he was experiencing. he felt trapped, shaken.

Although the actions taken by Ninomiya and his friends caused pain, they did not stop the action. They force the main character to go to the fitness center to continue their bullying. They showed excitement by jumping up and down as if they had found a toy. Ninomiya and his friends plan to torture the protagonist. Ninomiya tells the protagonist to tie off his glasses and tie them up. Ninomiya laughs, telling them they will play “human soccer” using a volleyball. The game is played by kicking the ball to push the leading player into the goal. It is at this moment that the bullies again torture the protagonist.

This action by Ninomiya and his friend is physical bullying because it involves direct contact and is done to hurt the main character. In Rigby's theory (2007), it is explained that physical bullying involves direct physical action that is carried out deliberately to harm or injure the victim. They deliberately make Eyes feel pain, discomfort, and helplessness. Forcibly placing a ball on the head causes impaired vision and physical distress. Later, when someone kicks his leg, it causes pain and forces him to stop moving.

The physical bullying in the form of kicks did not stop this. The bullying continued until Eyes felt sweaty, trapped, and forced to act like a ball in a game of “human soccer.” When Eyes tried to stand up, he lost his balance and fell. Every time he tried to stand up, people kept knocking him down while laughing and kicking him, which is also explained in the following novel excerpt:

“... One of them grabbed me by the arms and hoisted me up, dragging me as I kicked. They yelled at me to stand up straight. “Come on, let’s do this. When I say go. Just like soccer, alright? Proper kicks, boys” (p.85).

In the above excerpt from the novel, it can be seen that Ninomiya mocks him by saying that he is not the best "ball" but good enough for the game. One pulled Eyes roughly, lifting him by raising both his arms. They shouted for him to stand up straight and prepare to start the game, directing him to be treated like a ball in a soccer game with a hard kick. The bullying committed by Ninomiya and his team falls under physical bullying. Physical bullying involves direct physical action that is done deliberately to harm or injure the victim. The result of this bullying also occurred when, suddenly, the main character felt a shock that made him fall on his back to the floor. It caused a sharp pain in his face and made it difficult for him to breathe. All that pain left him disoriented, and his face went numb. He rolled his body into a ball, trying to reduce the pain from Ninomiya and his friends' kicks. However, even so, they did not stop the game action. The physical violence against the character by kicking Eyes continued until Eyes' s condition was terrible. In the novel, it is described as follows:

“I still couldn’t feel my face. Tears gushed from my eyes nonstop. After a while, I felt them loosening the necktie they had tied around my hands, and saw through squinting eyes the silhouette of legs. They kicked over my glasses. When I reached out a hand and grabbed for them, I noticed the blood pooling on the floor. Like someone had left a sink running, only blood. Fresh blood, primary red” (p.87).

In the novel, the main character is in a terrible state of panic. As he felt his neck being released from the bonds that bound his hands, he saw the shadow

of a foot kicking his glasses off. After that, he realized that there was a pool of blood on the floor. The action is a form of physical bullying because it is done by direct contact and causes pain. The bleeding experienced by the main character is a sign that he has been traumatized by violence, be it from the punches or kicks he experienced. The bleeding he experienced made it clear evidence that Eyes experienced physical bullying. Thus, this event shows a pattern of bullying and aggression that reflects physical bullying as described in Rigby's (2007) theory. Rigby explains that physical bullying involves physical actions that aim to harm the victim.

The physical bullying committed by Ninomiya and his friends did not stop. Every time there is an opportunity, they act. One day, the main character experiences intimidation and abusive behavior from Ninomiya and his friends. The incident is narrated in the novel below:

“Don’t let us stop you,” one of them said. He kicked me in the knee, getting mud on my jeans. One of the girls wailed with laughter. I fixed my left eye on the knee they had kicked and touched my fingers to the streak of mud. Real mud. From a kick. He kicked me in the knee. I tried to make this sink in. I didn’t feel anything like pain. I heard a rumble of laughter. A bunch of them were saying “Hurry up and do it!” Kojima stared at the ground. “Disgusting,” Ninomiya said. “So this is whise you two get nasty?” The girls cheered. The guys kicked me in the knees again. This time I definitely fel”t (p.152)

In the quote above, Eyes are subjected to rude behavior from Ninomiya and Memose. One kicked him in the knee, soiling it and drawing laughter from the others. Although it did not hurt initially, the protagonist felt real pain when kicked a second time. The action is classified as physical bullying because

kicking Eyes' knee is a physical action that aims to hurt. The protagonist felt pain after being kicked, which shows that the action had a physical impact. Apart from causing pain, the action creates an unsafe atmosphere and threatens the main character. This is one of the acts of bullying. Physical abuse in the form of kicks experienced by the main character is also found in the novel excerpt: “*One of the men kicked my thigh so hard that the previous kick felt like a love tap*” (p. 25). The quote shows a physical action that aims to hurt Eyes. This can be seen from the actions of Ninomiya and his friends that caused pain. In addition, the novel excerpt shows that the kick was strong enough to make the previous kick feel like a gentle touch. Furthermore, the excerpt shows that the kick was strong enough to make the previous kick feel like a soft touch. In these words, the act of kicking the inner thigh by Ninomiya and his friends is a form of physical violence because the act is done to hurt the main character.

b. Push

Another form of Physical bullying faced by the main character is a form of bullying in the form of encouragement. Pushing someone can be classified as a form of physical violence because it involves direct action and can hurt someone. When someone is pushed, they can feel physical pain due to the impact of the push. The pain experienced is an indication that the act is physical bullying. In the novel Heaven, the main character also experiences physical bullying in this form. One proof that the main character experienced bullying by being pushed is in the following novel:

“Whethis they were kicking or punching or pushing me, Ninomiya and his friends were careful not to ever leave a mark. When I got home and saw I had no bruises, I always wondered wise they could have learned this kind of trick. They kicked me in the knees and thighs, but never hit the same place twice. One of them booted me in the chest, like he was checking to see how soft I was. They pushed me, threw me into a wall. I staggered and crashed into a desk. Happens all the time, I told myself. It’s nothing. It happens. I waited for it to end” (p.9)

The data above shows that the main character experienced physical bullying by Ninomiya and his friends repeatedly. The data states that Eyes experienced physical abuse by his friends. They committed various forms of assault, such as kicking, hitting, and pushing. His friends intentionally carried out these actions and tried not to leave marks on the main character's body. Therefore, his friends never attacked him in the same space twice. This action caused discomfort and created an atmosphere of constant tension, which made the main character feel threatened every time he interacted with them. The actions experienced by Eyes in the excerpt are included in physical bullying because it is a direct action that aims to harm Eyes. This action is in line with Rigby's explanation that physical bullying is not only direct and aggressive, but also repeated to create a continuous pattern of intimidation.

The form of pushing that hurts the Eyes also happens continuously. His friends never felt guilty but enjoyed it immensely. On one occasion, Eyes was forced to drink a dirty, milky liquid. The liquid turned out to be a mixture of chalk dust mixed with water, which made the Eyes feel disgusted.

“I did this for all three pieces. One of them yelled, “Lemonade! Lemonade!” and brought me a plastic cup streaked with paint and full of a dirty milky liquid. Chalk dust dissolved in water. Pushed against the wall, cup pressed into my face, I drank it all. As the liquid traveled down my throat, I felt the urge to vomit, and the next thing I knew I had thrown everything up” (p.10)

The data above shows that Eyes was forced to drink the dirty liquid. Eyes's friends pushed him against the wall, and the cup was placed on his face. Although the main character felt like vomiting, his friends didn't care. The action is physical bullying because this is a direct action of pushing the main character to the wall and forcing forced to drink dirty liquid against his will. This action shows that there is an element of physical coercion by his friends to make Eyes do something he does not want. Not only was he forced to drink disgusting water, he was also humiliated in front of his classmates. Such actions can leave mental wounds and can add to the psychological burden of the violence he experienced.

To make matters worse, the acts of violence committed by Ninomiya and his friends were repeated. When these students were busy with school activities, Ninomiya and his friends bullied Eyes. One of the forms of bullying experienced by the main character is by pushing and burying his in the locker.

“One of the guys pushed me to make me fit. The door clanged shut. This wasn't my first time inside a locker. I was no stranger to the dustclogged air and muted darkness” (p.15)

The bullying experienced by Eyes in the quote above is a form of physical bullying. This bullying is proven by direct actions that hurt the main character. Eyes were pushed into the locker, forcing Eyes inside until the locker door closed loudly. Inside the locker, Eyes felt the dusty and dark air. Eyes felt the dusty and dark air. Eyes felt uncomfortable inside the locker. The locker felt cramped and scary to him. This situation shows that the main character feels physically and mentally trapped inside the locker. The actions taken by Ninomiya and his friends reflect the form of

violence described by Rigby, while bullying involves direct physical action that is done to hurt, and is done repeatedly.

“We went around to the left and skirted the sheer face of the building, stopping at a low door. It was marked as an emergency exit, made from what looked to be flimsy aluminum. They turned the knob and went in, shoes on, pushing at the shoulders of my blazer. From whise the door opened, it was a few steps up to a wing of the stage at the back of the gymnasium, whise the bundled curtains dangled from the ceiling. The old fabric stank of dust. When I stopped, they shoved me from behind so hard I tripped and almost fell over. My bag slipped off my shoulder, and the book in the open front pocket fell to my feet. I hurried to stuff it back in”(p.82)

In this excerpt from the novel, it is clear that Eyes was bullied when he was forced into the building through the emergency exit. When the emergency exit was used to enter the building, Eyes experienced intimidation and violence. Others pushed him so hard that he almost fell, his bag slipped off his shoulder, and his book fell to the floor. Eyes appeared helpless, distressed, and uncomfortable while experiencing physical violence, such as being pushed until he lost his balance. This action is considered physical bullying. Being pushed so hard that the main character almost fell is a form of physical because it involves the use of physical force that can injure or cause physical discomfort to the victim. Physical bullying can also be actions that cause pain, discomfort, or threats to a person's physique, such as when the main character is pushed roughly.

Pushing someone can be considered a form of physical bullying because physical contact is done by force to hurt or harm another person, pushing someone can be categorized as an act of physical violence. Pushing someone is a physical act done without the permission or consent of the person being pushed. The actions carried out by these people are included in the category of coercion, which can

cause injury and discomfort. The risk of injury that occurs when pushing someone can cause injuries such as bruises, broken bones, wounds, or even head injuries. In addition, pushing is also often used to suppress or dominate others and can lead to aggressive behavior. This is what Ninomiya and his friends did.

c. Beating

Another form of bullying faced by the main character is beatings. The main character spends the whole day thinking about his problems, especially the beatings he might receive from Ninomiya and his friends. In the novel, it is explained as follows:

"I spent the rest of the day wondering what to do and thought of nothing else during recess, to the point that my head started to hurt and I lost my appetite. This was no doubt in my mind that when I showed up at the spot, Ninomiya and the others would be there waiting, ready to deliver the beating of a lifetime. Seeing me show up, they'd circle around and revel in their latest game at my expense. Things were only going to get worse" (p.2)

In the novel, it is explained that Ninomiya and his friends often bully the main character. They usually intimidate or torture the main character, physically and mentally, so that he feels afraid and anxious. The thought of a possible beating makes him very anxious, to the point that his head hurts, and he loses his appetite. Based on the story, the main character believes that if he goes to the designated place, Ninomiya and his friends wait to "deliver the beating of a lifetime." This shows that Ninomiya and his group are toying with the main character and have often committed violence or oppression before.

The bullying experienced by the main character includes both physical bullying. The physical bullying experienced by Eyes can be seen when Eyes says that he might get "the beating of a lifetime." This sentence shows that Ninomiya and his group have committed a physical attack. This indicates that this is a threat of physics, or maybe there has been a previous experience when he was beaten or physically hurt by them. This threat of physics makes Eyes feel physically threatened.

In addition to being physically threatened, Eyes also feels emotionally threatened. Constant anxiety, headaches, loss of appetite, and deep fear indicate that the main character is experiencing tremendous psychological pressure. The thought of himself being humiliated by Ninomiya makes the main character stressed. This is a form of violence that results in damaging the main character's mentality. Ninomiya and his friends play with the main character's feelings so that he feels afraid, anxious, and helpless.

d. Grabbed

The physical bullying committed by Ninomiya and his friends against Eyes is by grabbing Eyes's neck. In the novel it is explained that one of Ninomiya's friends pulled Eyes's hair:

"Class was over, but I turned around, because I had no choice, as rotten as I felt. One of Ninomiya's friends grabbed me by the neck and dragged me back into the classroom. This happened all the time. Ninomiya was in the middle of the room, sitting on a desk. That was his style." (p.8)

Eyes, in the story is forced to return to class even though he feels uncomfortable. Eyes in this story are really in a difficult situation. He is trapped in a pattern of bullying that seems to have become a routine while Ninomiya and his group are in control, and the main character has almost no power to fight back. This certainly makes the main character feel helpless and depressed. One of Ninomiya's friends pulls his neck roughly. In this situation, the main character may feel isolated and have difficulty finding a way out of the bullying cycle.

Ninomiya and his friends' actions are a form of physical bullying. They pull Eyes back and hold his neck, which is a form of physical bullying. This action is called physical bullying because it involves physical contact that is done intentionally and by force. The action also causes pain or discomfort. Pulling or forcing like this shows that the main character is being treated physically harshly.

In addition to physical bullying, this is a clear element of psychological pressure in this story. Eyes feels like he has no choice and feels bad. This shows that there is fear, discomfort, or anxiety every time he has to face a situation of constant intimidation. This makes Eyes feel trapped and helpless and causes him to lose his self-confidence. Although the actions taken by Ninomiya's friends are forms of bullying, none of them stop the action. The action continues continuously. One of the incidents experienced by Eyes is told in the novel:

“One of them grabbed me by the arms and hoisted me up, dragging me as I kicked. They yelled at me to stand up straight. “Come on, let’s do this. When I say go. Just like soccer, alright? Proper kicks, boys.” My clasped hands were white at the knuckles, and my knees were quivering so badly that I could almost hear them vibrate. I flexed every single muscle, squeezed my eyes shut, and clenched my teeth so hard I felt the blood pulse through my forehead. My face was hideous. I felt my lips retreating from my teeth. Breath bubbled through my spit” (p.86)

In the data, it can be seen that Eyes is being bullied. One of the bullies grabs his arm and then lifts and drags him. This action is an act of physical bullying because it involves unwanted physical contact. In addition, the words "they lifted me while dragging me" indicate that the main character is not only forced to move but is also involved in more extreme violence. The bullies talk about "kicking" like in a soccer game, which indicates that the main character may experience this physics by being kicked by Ninomiya and his friends, reinforcing the very real physical threat.

Another physical bullying experienced by Eyes in the novel excerpt above is violence that damages the main character's mentality. The mental pressure experienced by the main character is very strong, as seen from his physical reactions: shaking hands, tense muscles, clenched teeth, and heavy breathing. This shows that the main character is very scared, under tremendous pressure, and may feel panicked or gripped by anxiety. He tries to hold himself back to stay strong but feels scared and helpless. The description of his face "turning ugly" and his "lips pulling away from his teeth" suggests a physical response to the terror he experienced, while the body reacts to the violence he experienced. The violence experienced by the main character can also be seen in the novel excerpt below:

“I couldn't move. Someone's hands grabbed my head and tugged. My face came free from the ball. It was painfully bright, even with my eyes shut. I couldn't open them or sit up” (p.87).

In the novel excerpt, Eyes experiences a situation where he feels unable to move, and someone grabs his head and pulls him. The character's face appears trapped or obstructed by something described as a “ball” (possibly an object or device covering the face), and the other person pulls him to release his face from the object. When his face is freed, the protagonist feels a bright and painful light, although his eyes remain closed. Eyes also feels unable to open his eyes or sit up, which suggests that he may be weak or helpless.

The actions taken by Ninomiya and his friends are considered as physical bullying as it involves physical actions and violation of Eyes' privacy. The physical bullying done by the bullies can be seen when one of them grabbed the Eyes's head and pulled his without his consent. This action is coercive as the main character cannot move or do anything to stop it. Physical bullying like this is a form of bullying because it involves control and coercion over another person's body. This act experienced by Eyes continued every day. On one occasion, Eyes tried to escape from the crowd surrounding his. He held Kojima's hand tightly and tried to slip through the gap between the people. However, his attempt failed when they caught him by the back of his shirt and knocked him to the ground, causing him and Kojima to fall together.

“I shook my head and planted myself down onto the tires. I squeezed Kojima’s hand, hard. Then even harder. I dove through a gap between the guys in front of me, trying to escape, but they grabbed the back of my shirt and threw me to the ground. I was still holding onto Kojima’s hand, so we fell together. I asked his if he was okay. His eyes were wide open. He sat up and nodded, without actually looking at me. We were crouching on the ground, surrounded, fenced in by their gaze” (p.154).

What the main character experienced in the text above is included in physical bullying. The act involves direct physical action and physical coercion. The main character tries to escape, but a group of people catch him by grabbing the back of his shirt and throwing him to the ground. This physical act forces someone to be in an unwanted situation. Throwing the main character to the ground to control Eyes is an act of physical bullying. This is because it involves potentially harmful physical contact, especially when the main character cannot defend themselves.

Ninomiya and his friends' actions against the main character, such as grabbing his arm, shirt, and head, are acts of violence. The act of grabbing someone is included in violence because it involves the use of physical force without consent, which can cause pain and discomfort or limit the main character's freedom.

2. Non-Physical Bullying

Another form of bullying according to Rigby is non-physical bullying. Non-physical bullying is divided into two types: verbal and non-verbal. Verbal bullying is a form of bullying that involves behaviors such as berating, mocking, or demeaning others in a hurtful way. Verbal bullying is done through words or direct speech such as taunts, insults, threats, etc. Non-verbal bullying is bullying behavior

that is carried out through actions such as facial expressions, body movements, which aim to make the victim uncomfortable or depressed. Eyes, the main character in the Heaven novel story, often experiences non-physical bullying by his friends.

a. Verbal Bullying

In addition to physical bullying, the main character also experienced verbal violence. One of the examples that Eyes experienced verbal bullying was when the main character was often called “Eyes.” Instead of calling the main character by his name, the bullies call him “Eyes” because he has lazy eyes.

“To them, I was “Eyes.” They called me over and made me do random things, or knocked me down, or made me run for my life around the track at recess while they watched me from inside. Ninomiya and his friends laughed at me, as usual, from the windows.” (p. 14)

The data shows that Eyes experienced a form of bullying that involves behaviors such as berating, mocking, or undermining his self-esteem. This bully is by Rigby's statement which explains that verbal bullying involves berating, or mocking which aims to insult. The verbal bullying carried out by his friends was done by using direct insulting words. In this context, the main character experiences verbal bullying in the form of a derogatory nickname, 'eyes'. The nickname is used to make fun of the main character's physical condition who has a lazy eye or squint.

“Just being around you makes me sick.”

“He sat down on a desk, put a black elastic in his lips, and drew his hair into a ponytail”.

“Doesn't he make you sick?” The unpopular girls he was addressing were so embarrassed that they blushed, but they smiled at him and nodded.

"You get it, Eyes? Nobody wants you around." (p. 15)

The data above explains that the main character suffers from verbal bullying, which is shown to undermine the main character's self-esteem. Ninomiya said being around the main character made his sick; no one wants you. The sentence is a form of verbal insult that leads to demeaning the main character's dignity and social rejection. In addition, such remarks are deliberately uttered to create a sense of inferiority, as if the main character's presence is embarrassing and disturbing. Ninomiya expressed his disgust and tried to make others ostracize the main character. Ninomiya uses his social power to control others' perception that Eyes is unwanted and unworthy of being among them. Also, Ninomiya does not call the main character by his name; he calls the main character "Eyes", which refers to his squinted eyes. This action by Ninomiya is verbal bullying involving mocking the main character with "Eyes". Ninomiya did this to hurt and humiliate him. By Rigby's explanation, verbal bullying is carried out through spoken words to mock and insult Eyes.

"Ninomiya, who had been making some girls laugh a few desks away, came over to join us. When he got near me he pinched his nose and moaned like he was puking."

"What is that? What the hell is that smell?" He waved his hand in front of his face. "You trying to kill us or something? Wash yourself before you come to class. You ever take a bath?" Everyone thought this was hilarious." (p. 78)

The data explained that the Eyes experienced verbal bullying by insulting the main character's smell. Ninomiya uses mocking and harassing

words such as “What is that smell?” and “Did you ever take a bath?” to humiliate the main character in front of others, especially his classmates. Ninomiya pretends to feel sick and covers his nose when he is near the main character. This implies that the main character has an unpleasant and dirty odor. This action is an insulting act that lowers the main character's self-esteem. This insult implies that the main character has an unpleasant and disgusting body odor. Ninomiya creates a negative image of the main character to the other classmates. This makes the main character feel marginalized. Through these insults, Ninomiya also strengthens the impression that the main character does not deserve to be accepted in his group.

“Game it is. Can’t wait. I found this in a book while you were gone. You’re gonna love it.”

“He laughed. So did everybody else. “Don’t leave,” he said. “You do, you’re dead.” (p. 78)

It is explained in the novel that the main character experienced this verbal violence in the form of threats and intimidation. The sentence above contains threats directly intended to frighten and control the main character's behavior. This threat caused fear and pressure on the main character. The words chosen and the laughter of Ninomiya and his friends create an atmosphere of intimidation and humiliation. The data also shows that Ninomiya threatened Eyes by saying that he should not leave or he would die. In this context, the verbal bullying by Ninomiya is part of the threat that creates fear.

“Hey Eyes, what happened to your desk?” one of them asked, still laughing. I sat motionless and didn’t answer.

“We heard someone in your family died.” It was the guy who hit me with his folder. “We offer our, uh, what was it called again?” he asked another student next to him. “It’s eulogy.” “No, elegy.” They were having a great time. The word they were groping for was “condolences,” but I wasn’t going to be the one to say it.” (p. 78)

The data above explains that Eyes experiences verbal bullying through ridicule and humiliation related to Eye's misfortune. Ninomiya and his friends mocked the main character for the death of his family members. Apart from showing a lack of pity and empathy towards the main character, they make the death of the Eyes's family a joke by pretending to express condolences and intending to insult. This situation is seen when they ask questions like “What happened to your desk?” and pretend to convey a “eulogy” or “elegy” with jokes while laughing. The actions of his friends show that they do not respect the sadness experienced by the main character. Instead of using the right words of condolence, they instead make it a joke and a joke. Instead of using the correct words of condolence, they made it into a joke and a laughingstock. This bully is a form of verbal violence that uses the protagonist's suffering as a tool to humiliate and degrade the main character. The words spoken by Ninomiya who said that Eyes' ears were big, made him irritated. Is a form of non-verbal bullying. Then Ninomiya also said that Eyes should be a ball. Both words are a form of non-verbal bullying which Rigby said that the bullying was done to insult the victim.

Another verbal bullying that Eyes experienced also occurred when he was dragged by his friends into a room. Inside the room, he was tortured and humiliated. In the novel, it is described as follows:

“Eyes, I want you to be the best ball you can be. Be one with the ball. Know what I mean? You better move like a real ball”

“Your ears are huge,” he said. “Man, this is pissing me off.” (p. 85)

Another situation that shows that the main character experiences verbal bullying is when the main character is taunted about his physicality. The bullies mock and degrade the protagonist's physique and force him to submit to humiliation, even being treated as an object of entertainment. When Ninomiya says, “Eyes, I want you to be the best ball you can be. Be one with the ball.”, he treats the main character not as a human being but as a “ball”. This shows a condescending attitude and makes the main character feel worthless. Other sentences, such as “Your ears are huge” and “Man, this is pissing me off”, are physical insults aimed at humiliating the main character. The comments are a form of verbal violence that degrades the main character's appearance, aiming to insult his physicality. Ninomiya also considers the protagonist's ears as annoying.

“Disgusting,” Ninomiya said. “So this is whise you two get nasty?”

“The girls cheered. The guys kicked me in the knees again. This time I definitely felt it. “Right thise?” “Gross,” one of the girls said. Some of them laughed. Momose stood apart from the group, arms crossed like Ninomiya.” (p. 152)

In this excerpt, the protagonist experiences verbal bullying in the form of taunts and insults aimed at damaging his reputation and self-esteem. Ninomiya uses the word "Disgusting" and asks, "So this is where you two are up to no good?" to insinuate that the protagonist is engaging in "disgusting" or "inappropriate" behavior. Not only does this taunt contain a direct insult, but it is also a form of slander designed to embarrass Eyes in front of the group.

Words like "disgusting" and "filthy" are thrown around by Ninomiya and several other female students aim to humiliate Eyes, portraying him as someone who is "dirty" or "immoral". In such a way, the bullies create a negative image of Eyes, which causes Eyes to feel embarrassed and alienated by his friends. The action is exacerbated by the physical encouragement of these men, who kick the Eyes's knee. The actions taken by these bullies cause the main character to feel helpless and alienated by his surroundings. The cheers and laughter of the other boys reinforce the impact of this verbal bullying, making him feel that he is being humiliated by his peers. This verbal bullying forms a very hostile and psychologically stressful environment for the protagonist, making him feel like he is being bullied.

B. The psychological impact of bullying on the main character in Meiko

Kawakami's *Heaven*

The bullying Eyes experienced had a significant impact on his daily life. Victims of bullying themselves can experience mental health issues, such as anxiety and trauma. In addition, if the victim experiences physical violence, it results in health and injury. According to Rigby (2007), the impact of bullying is divided into two parts: long-term and short and long-term.

1. Short-term impact

After experiencing bullying, victims of bullying will experience various short-term impacts that affect their physical, mental, and social conditions. Physically, victims can experience health problems, such as being injured. In addition, victims can also experience a decline in health due to prolonged stress, such as headaches, digestive problems, or fatigue due to lack of sleep. Mentally, victims often feel less confident and have difficulty socializing. Not infrequently, bullying also triggers feelings of despair. This study will explain the short-term impacts of bullying experienced by Eyes.

a. Health Problems

Bullying can result in health problems. These health problems can be caused by the physical actions of the perpetrator or caused by the victim feeling stressed.

I still couldn't feel my face. Tears gushed from my eyes nonstop. After a while, I felt them loosening the necktie they had tied around my hands, and saw through squinting eyes the silhouette of legs.

Like someone had left a sink running, only blood. Fresh blood, primary red. I opened my eyes wide, amazed I had had this much blood to lose (p.76).

The data above shows when his friends physically bullied Eyes in the gym by being kicked and hit. The actions taken by his friends had an impact on Eyes' physical condition. Eyes suffered injuries and bleeding on his limbs. Bullying to the point of causing injuries is an impact of bullying. Based on Rigby, the impact that the victim directly feels after experiencing bullying is called a short-term impact. In addition, the short-term impact of this bullying is temporary and can be cured over time by being treated. Based on this, it can be said that the impact experienced by Eyes is short-term. These short-term impacts felt by Eyes after being bullied are as follows.

My clasped hands were white at the knuckles, and my knees were quivering so badly that I could almost hear them vibrate. I flexed every single muscle, squeezed my eyes shut, and clenched my teeth so hard I felt the blood pulse through my forehead. My face was hideous. I felt my lips retreating from my teeth. Breath bubbled through my spit. I had never felt my heart beat so ferociously. My pulse crunched in my ear, like wet sand. Like if I stuck my finger in, I could have felt it. This was the first time I experienced panic as a sound (p.75).

In the data, it is explained that Eyes suffered an injury after receiving bullying behavior. The visible impact is Eyes trembling knees, which shows that the victim is experiencing panic and fear. In addition, another thing that shows that Eyes feels fear is when his hands turn white, as if his muscles feel tense. Based on what Eyes feels, it can be said that Eyes is having a panic attack. The panic attack experienced by Eyes is a short-term impact of bullying. As stated by Rigby, the short-term impact of bullying occurs after the bullying is carried out. This impact is usually physical or psychological. The short-term

impact experienced by Eyes is visible in physical and psychological forms. His body shows signs of stress, such as tension, muscle, heart palpitations, and difficulty breathing, which are psychological reactions to the incident that has been experienced. However, even so, the panic attack experienced by Eyes is temporary and can be overcome after he feels calm.

That night, I could barely sleep. My body was so heavy and ragged. I kept feeling like I had to throw up, but closing my eyes only stirred my nerves. The darkness behind my eyes drifted between deep and shallow, but it felt like sleep was never going to come. My throat hurt like I was being strangled, and my futon was stiflingly hot. It hurt to breathe. My attempts at sleep just scared sleep away. (p.85)

The data describes the long-term impact of bullying on Eyes. The impact received by Eyes is having difficulty sleeping due to the feeling of heaviness and fatigue felt by his body. This situation explains the effects of scales and acute stress that cause difficulty sleeping. Then, Eyes also experiences vomiting and pain in his throat. Then Eyes also has difficulty breathing. The things experienced by Eyes indicate that Eyes feels anxiety, emotional tension, and fear. The short-term impacts of bullying reflected in this paragraph include sleep disturbances, physical symptoms due to stress (such as sore throat and difficulty breathing), and acute anxiety. The combination of these physical and mental factors shows that the victim experiences an immediate response to trauma, which inhibits the ability to recover quickly. If not treated immediately, this condition can continue to have a more serious long-term impact.

b. Hopelessness

Bullying can cause victims to feel there is no way to improve the situation. They may feel trapped, with no solution or way out. They lose interest in things they previously enjoyed and feel it's pointless to try. Eventually they can only vent their emotions by crying.

I started crying all night long. Not really consciously crying, so much as feeling tears drip from my eyes, like when you realize that you're sweating. I couldn't stop the tears. I asked myself if I was sad, but I'd lost touch with what sadness was supposed to be. If crying means you're sad, then I was definitely sad, but isn't that the opposite of how it's supposed to go? The tears kept coming, streaming down my face. My chest pounded. Too many times to count, I sat paralyzed in bed and watched the night come to an end (p.94)

When Eyes cries for no apparent reason, it often reflects the feeling that nothing can change his situation. He feels alone in facing problems. The data shows the short-term impact of bullying experienced by Eyes. According to Rigby, the short-term impact of bullying can be interpreted as the immediate impact felt by the victim after experiencing bullying. After the bullying incident occurs, victims usually experience various short-term impacts that can affect their physical, mental, and social conditions. In the data above, the eyes are described as unable to stop crying all night. was confused as to why he kept crying without being able to stop it. This uncontrollable crying reflects a feeling of helplessness to cope with the situation he is experiencing. Based on the evidence above, it can be said that Eyes felt a sense of helplessness or loss of hope. The short-term impacts he experienced were crying uncontrollably, chest pain, and fatigue. This combination of impacts reflects the condition of victims

who experience severe emotional stress due to bullying trauma, with physical and mental symptoms that interfere with Eyes' ability to rest or recover. In a study conducted by Satriawan & Rahayu (2020) on the causes of PTSD, it is mentioned that the many negative experiences of a person can trigger depression and anxiety that interfere with mental health. This is relevant to the case experienced by Eyes, where she experienced emotional stress due to various adverse experiences that made her often cry endlessly because she felt hopeless. The constant experience of bullying made Eyes feel stressed and lose hope. Despite this, Eyes did not develop a more serious stress disorder or PTSD, but the emotional impact she felt still shows how much pressure she was under due to the bullying.

The combination of these impacts reflects the victim's condition of experiencing severe emotional stress due to bullying trauma, with physical and mental symptoms that interfere with Eyes' ability to rest or recover. However, these effects are temporary as Eyes eventually overcome the anxiety and stress by writing a letter to his best friend, Kojima.

c. Self-Harm

Victims of bullying often use their outlet for pain (A. B. Klomek et al., 2010). To commit harmful acts against themselves. This is done to control emotional pain or as a response to feelings of worthlessness.

I thought about taking medicine to kill myself. I would fill my throat with white pills. They'd pile up at the bottom of my stomach. I imagined the pills mixing with the acid in my stomach, and wondered how the medicine would affect my body, how it would kill me. With medicine, I thought, you probably fall asleep and never notice that it's happening. That sounded like the right way to go, but it was still so far away (p.93).

Victims of bullying often experience anxiety, depression, and behavioral problems. According to Rigby, these short-term effects can sometimes lead to more serious thoughts, such as feelings of hopelessness and urges to commit dangerous acts such as self-harm or suicide. Based on Rigby's explanation, it can be said that Eyes experienced the short-term effects of bullying. Eyes said he wanted to end his life in response to the emotional stress caused by bullying. This reflects that Eyes was depressed due to bullying. In addition, Eyes not only thought about ending his life but also detailed the method he wanted to use to end his life. Eyes felt that suicide was the only way to end the suffering. This situation shows that Eyes felt a deep sense of hopelessness. However, because the short-term effects experienced by Eyes were not permanent and would disappear if he got encouragement and/or motivation, he was able to overcome his feelings of depression and fatigue. The short-term effects of bullying experienced by Eyes could be overcome by his thinking about the consequences of suicide as well as support from Kojima, who tirelessly sent him letters. It was because of Kojima's letters that Eyes was able to recover and abandon his intention to commit suicide.

2. Long-term Impact

The long-term effects of bullying often have more profound and lasting consequences after the bullying incident (Rigby, 2007). The effects of bullying are long-lasting, often occurring years after the bullying experience, even into adulthood. Here are the long-term effects that Eyes experienced due to bullying in his school.

a. Low self Confidence

According to Rigby, the long-term impact of bullying often has more profound and more lasting consequences after the bullying incident. The impact of bullying is long-lasting, often occurring years after the bullying experience, even into adulthood. In the novel *Heaven, Eyes*, the main character also experiences the long-term impact of bullying. The long-term impact experienced by Eya is seen that Eyes is an antisocial individual and has difficulty forming new relationships. In situations like this, the role of the family becomes very important in shaping young people's thoughts and values. As stated by Mundi Rahayu (2020) Families can create a safe and supportive environment, so that they have a place to recover from the trauma of bullying, develop self-confidence, and learn to build healthy relationships in the future.

That was the first day I wrote back to Kojima. I had never written anyone a letter, and I had no idea what to say or how to say it, but with my freshly sharpened pencil, I wrote whatever came to mind, then erased most of it, until finally I had something I could keep (p.13).

The data explains that Eyes has difficulty establishing a new relationship with his new friend, Kojima. Eyes has difficulty writing a letter to Kojima because Kojima is his first friend at school. He often deletes the letter. This habit shows a lack of self-confidence, which is the impact of bullying. During his time at school, Eyes never had friends, and no one wanted to be friends with him. That is what makes Eyes insecure and difficult to start friendships, the difficulty in determining what to write or how to write reflects the social anxiety that often occurs in Eyes as a victim of bullying had difficulty writing letters to Kojima because Kojima was his first friend at school. He often

deleted the letters he had written, indicating a lack of self-confidence as a result of bullying. During his school days, Eyes never had any friends, and no one wanted to be friends with him. This situation made him feel insecure, and he had difficulty initiating friendships. His difficulty in deciding what to write or how to write a letter reflected the social anxiety he often experienced as a victim of bullying.

Eyes's self-confidence grew because he did not receive support from his family. His father rarely came home, and his mother paid little attention to him, which exacerbated his fear and increased his self-confidence because he thought no one cared. As said by Rahayu (2020), the family plays an important role in shaping young people's thoughts and values. By creating a safe and supportive environment, families can help children overcome trauma, build self-confidence, and learn healthy social relationships without that support. However, Eyes did not get that in his family. As a result, Eyes continued to feel fear and insecurity, making it difficult for him to form relationships with others, including Kojima.

Eyes thinks about how Kojima will receive his actions because of his previous bullying experience, in which he was often criticized and insulted. It is explained that a person who is often bullied will feel uncomfortable even to speak in public for fear of being insulted, or ostracized. This difficulty continues to be felt by Eyes, and he cannot overcome it. He always finds it difficult to start writing a letter or even starting a conversation with Kojima. He feels insecure and is afraid that his actions will not be accepted. Difficulty in

establishing social relationships and self-confidence will continue to be experienced by Eyes because Eyes never try to establish relationships with these people because he feels afraid and unconfident.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter explains the conclusions and suggestions of this study. The conclusions cover the findings of the entire analysis that has been discussed previously, while the suggestions are intended for readers and researchers who are interested in the research theme.

A. Conclusion

The results of this study indicate that bullying in the school environment can be divided into two types, namely physical bullying and non-physical bullying. Eyes, as the main character in *Heaven* by Meiko Kawakami, experiences bullying in the form of physical and non-physical bullying continuously. The physical bullying experienced by the main character is in the form of actions such as kicking, pushing, hitting, and grabbing. These actions are deliberately carried out by his friends to hurt and oppress Eyes. The non-physical bullying experienced by Eyes is divided into two, namely verbal and non-verbal bullying. Verbal bullying experienced by Eyes is in the form of mocking words intended to insult and hurt his feelings. The impact of bullying experienced by Eyes is short-term and long-term. The short-term impact experienced by Eyes is a physical impact that results in injuries such as bleeding, wounds, and bruises. In addition, the short-term impact experienced by Eyes is in the form of psychological impacts that are very stressful, tired, have trouble sleeping, and even think about committing suicide. However, this does not last long and can be overcome. Then, the long-term impact

experienced by Eyes is in the form of Eyes' difficulty establishing social relationships with others because he is afraid of disappointing his friend.

B. Suggestion

Some recommendations that can be given from the results of this study are as follows: The researcher suggests that more parties conduct literary criticism of the novel Heaven. The researcher also suggests that this research conduct research on bullying and the impact of bullying. This is because bullying, especially those involving violence, is a severe case. It is not uncommon for victims to feel very depressed to the point of committing suicide. By researching this topic, it is hoped that it can help understand how someone, especially victims of bullying, deals with difficulties in their lives and how they can survive traumatic experiences due to bullying. It is also hoped that this research can be helpful for readers and further researchers as a reference to understand the form of bullying and its impact on victims, especially those who use Ken Rigby's theory.

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