

Feminist Study of Sabiya Novel: Implications for Vocational School


Kemandirian Tokoh Utama Perempuan dalam Novel Sabiya Karya Mellyana Dhian Sebagai Bentuk Ekspresi Feminis Serta Rekomendasinya Sebagai Bahan Ajar Teks Novel di SMK

Suciyanti^a, Imam Muhtarom^b & Dewi Herlina Sugiarti^c

^{a,b,c} Universitas Singaperbangsa Karawang

Corresponding author: Suciyanti e-mail: 2010631080154@student.unsika.ac.id

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Abstrak

Kemandirian merupakan hal penting bagi setiap individu terutama perempuan, hal ini untuk mengekspresikan diri secara bebas dan melakukan apapun yang mereka inginkan tanpa bergantung kepada orang lain. Kemandirian tidak hanya terjadi karena pengaruh dari orang lain, tetapi dapat terjadi dari hasil dorongan dari diri sendiri yang sudah sadar akan jati dirinya. Penelitian ini bertujuan untuk mendeskripsikan nilai kemandirian yang terdapat dalam novel *Sabiya* karya Mellyana Dhian. Penelitian ini menggunakan penelitian kualitatif dengan metode deskriptif analisis. Subjek dalam penelitian menggunakan novel *Sabiya* karya Mellyana Dhian dan objek penelitian yaitu nilai kemandirian. Teknik pengumpulan data yang digunakan dalam penelitian ini menggunakan teknik baca, catat dan simpulkan. Hasil penelitian menunjukkan data nilai kemandirian yang terdapat dalam novel *Sabiya* karya Mellyana Dhian meliputi kemandirian perilaku dan kemandirian emosi. Hasil analisis kemudian dijadikan rekomendasi bahan ajar teks novel di SMK.

Kata kunci: kemandirian, nilai, novel

Abstract

Independence is important for every individual, especially women, to express themselves freely and do whatever they want without depending on others. Independence does not only occur due to the influence of others, but can occur as a result of encouragement from oneself who is already aware of one's identity. This research aims to describe the value of independence contained in the novel Sabiya by Mellyana Dhian. This study uses qualitative research with a descriptive analysis method. The subject of the study uses the novel Sabiya by Mellyana Dhian and the object of the research is the value of independence. The data collection technique used in this study uses the technique of reading, recording and summarizing. The results of the study showed data the value of independence contained in the novel Sabiya by Mellyana Dhian including behavioral autonomy and emotional autonomy. The results of the analysis are then used as recommendations for teaching materials for novel texts in SMK.

Keywords: Independence, value, novel

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INTRODUCTION

A novel is a work of fiction written in prose that tells the story of a main character, with the story idea derived from actual life or the author's imagination. According to [Nurgiyantoro \(2018\)](#), a book is a work of fiction that presents an idealised image of life, an imagined universe created by its intrinsic features such as setting, characters, storyline, events, point of view, and others. A novel is typically a somewhat long narrative work written in prose and published in a book titled fiction.

Many literary works chronicle the stories of women's lives, including Mellayana Dhian's novel *Sabiya*. The novel's main character exemplifies struggle and independence, which can be studied. Researchers chose the novel *Sabiya* because the tale is interesting to analyze. The novel depicts *Sabiya*, the female main character, as having a pleasant domestic life with her husband, Abizard, but their marriage must come to an end owing to her husband's infidelity. *Sabiya* wanted to sue her husband for divorce, but she was perplexed because she was not a financially strong lady; she was simply impoverished.

Sabiya has long been a housewife, relying on her husband. However, several treatments left her feeling upset, and she eventually chose to leave the mansion, sue her husband for divorce, and live in a humble apartment. *Sabiya*, who had no business experience, finally resolved to update her skills. *Sabiya*'s struggle was fruitful and not in vain, as *Sabiya* became the sole proprietor of her thriving business. This study employs feminist studies to examine the struggles of female characters.

Feminism is a philosophical philosophy that asserts women's equal rights and justice as men. [Sugihastuti & Suharto \(2016\)](#) understood feminism as the interaction of men and women in society. Feminism can be understood as the realization that women are entitled to gender justice and must take action to safeguard their rights. Women and men are treated differently based on gender.

Women play important roles in all aspects of life, including family, education, and politics. Women's roles extend beyond the family and into the community. In the family, a woman is compared to someone with a low degree who does not have the same family privileges as men. According to [Amirudin \(2014\)](#), the current phenomenon is an increase in women working and having a career in academia, which occurred after women realized they needed to work, but this was accompanied by a demand that women not leave their domestic affairs, so women are expected to become superwomen in order to maintain households and careers.

Many prior studies have investigated women's independence in literary works. [Margunani and Nuraini \(2020\)](#) investigated the independence of female characters in the novel '*Cinta dalam 99 Namamu*' and discovered that the main character demonstrated independence through decision-making abilities and adherence to life ideals. In line with this, [Pratiwi's \(2021\)](#) research on the novel '*Perempuan Berkalung Sorban*' found that female characters' independence is expressed in economic, educational, and social elements. In the context of literature learning, [Widodo \(2022\)](#) found that novels about women's freedom are good teaching materials at the SMA/SMK level because they improve gender awareness and student motivation.

Rahmawati (2021) did a similar study, analyzing Eka Kurniawan's novel 'Cantik Itu Luka', and discovered that female characters demonstrated independence in the face of patriarchal pressure through education and economic independence. Susilowati's (2022) research of the novel 'Geni Jora' indicated that female characters' forms of independence include the ability to make life choices, the fortitude to take chances, and the tenacity with which they hold principles. Meanwhile, Hidayat's (2023) research on books set in pesantren discovered that literary works about women's freedom might be a successful medium for character education in schools.

In terms of learning implementation, Nurhayati (2023) investigated the usefulness of employing feminist novels as teaching materials in vocational schools and discovered a considerable improvement in students' awareness of gender equality. This is supported by Wicaksono's (2023) findings, which claim that the adoption of feminist-themed literary works helps improve students' critical thinking skills while imparting equality principles. In her research on the representation of feminism in current Indonesian novels, Kusuma (2023) discovered that works like 'Sabiya' had character education ideals applicable to secondary school literary learning. These studies demonstrate the relevance of including the issue of women's freedom into literary instruction in order to develop a better knowledge of gender equality in the educational setting.

A examination of the literature reveals various research gaps that must be addressed. Although numerous research have been conducted to investigate women's freedom in literature and its usage as teaching material, there are currently few studies that particularly explore modern novels such as 'Sabiya' in the context of vocational education. Previous research has concentrated on established and frequently researched novels such as 'Perempuan Berkalung Sorban' and 'Geni Jora', while studies of modern literary works that address the topic of women's freedom in the current setting remain few. Furthermore, although various studies have studied the use of feminist novels as teaching materials, none has completely examined the applicability of the novel 'Sabiya' to the learning demands of vocational.

Independence is a condition of a person who is aware of his identity, and has the ability to do things for himself, has the desire to strive to improve himself, has the ability to make decisions and initiatives to solve problems, has confidence in his actions, has satisfaction with his efforts and has the ability to take responsibility for what he does. Independence in women according to Riana (2024), that independent women have strong traits, such as self-confidence, courage and do not give up easily, women have a clear vision of what they want to achieve in their lives, so women tend to succeed in pursuing their dreams. Women's independence can be seen from how individuals can solve and overcome problems that they have never faced before and are a valuable new thing in their lives that must be passed.

Based on the previous description, Sabiya's novel can be used as a recommendation for learning in schools. One of the Indonesian language subjects in SMK is literature learning. The novel entitled Sabiya by Mellyana Dhian is the choice to be analysed because the author herself considers that the novel is suitable for vocational students. The reason is that in schools there are still differences between women and men. One of them is in the process of choosing a class organisation structure, women are always appointed to be secretaries or treasurers, women are rarely included in the election of class leaders. Whereas in this day and age, women and men have the same rights at school. Therefore, this research focuses on novels that contain independent attitudes in women's personalities reflected by the author in the novel. With the existence of a study that examines the independence of characters, it is hoped that students can understand what independent values they must have and can take advantage of and apply them, especially in the school environment.

The results of the analysis of the novel *Sabiya* by Mellyana Dhian will be compiled as teaching materials in the form of modules. The module will be recommended for students of SMK class XII. The module will be adjusted to the novel learning material in the Merdeka Curriculum, namely in phase F with the elements of reading and analysis, namely identifying the elements that make up the novel. The module can be an alternative teaching material for students and can be studied independently with limited assistance from teachers and others.

THEORETICAL BASIS

Feminism is a concept of thought that demands women to have the same rights and justice as men. This concept is one of the manifestations of the emancipation of women around the world. However, emancipation is different from feminism. When viewed from a broader perspective, the meaning of feminism is broader than emancipation. According to Moeliono (in Sugihastuti & Suharto, 2016, p.61), the women's emancipation movement is the process of women's escape from low socio-economic positions and legal restraints that limit the possibilities for development and progress. Emancipation emphasises women's involvement in development without taking into account the rights and interests of those who experience injustice and are oppressed, while feminism has the concept of fighting for the rights and interests of women who are oppressed and experience injustice.

Feminism is a movement that seeks equal rights and justice for men and women (Beasley, 1999). It emerged as a response to women's social, economic, and cultural inequities (Tong, 2009). In contrast to emancipation, feminism encompasses attempts to empower women who face systemic discrimination (Hooks, 2000). Emancipation, as defined by Moeliono (in Sugihastuti & Suharto, 2016), is more concerned with liberating women from societal and legal restraints that limit them.

Liberal feminism, one of the major strands of feminist theory, aims to achieve equality by legislative and educational reforms (Mill, 1869; Friedan, 1963). Radical feminism, on the other hand, identifies the source of the problem as patriarchal structures and advocates for fundamental reforms in social systems (Firestone, 1970). Mohanty (1988) proposes postcolonial feminism, which criticizes how women in poor nations are frequently oppressed by both colonialism and patriarchy.

Through practice, feminism promotes transformation in global institutions. For example, several international organizations have prioritized gender equality in sustainable development, as indicated in the UN Sustainable Development Goals (UN Women, 2015). Western feminism has faced criticism for frequently ignoring the local perspectives of women in underdeveloped nations (Spivak, 1988; Nnaemeka, 1997).

The key distinction between feminism and emancipation is their attitude. While emancipation is vital, Crenshaw (1989) argues that it often ignores women's experiences with intersectional discrimination. Intersectional feminism, on the other hand, provides a more comprehensive framework for comprehending women's numerous levels of oppression (Yuval-Davis 2006).

As a result, feminism encompasses more than just gender equality; it also includes movements against racism, colonialism, and capitalism (Davis, 1981; Collins, 2000). Thus, feminism can be viewed as a more comprehensive movement than emancipation in its battle for women's rights and interests.

Independence is derived from the word 'mandiri', which, according to the Big Indonesian Dictionary, refers to the ability of a person to stand alone without the assistance of others. Independence is essential for any individual, male or female, to express themselves freely and accomplish anything they desire. Independence can be

achieved not just via the influence of others, but also through self-encouragement. One aspect that influences a person's ability to develop autonomously is not relying on others.

Havighurst (in Desmita, 2010), states that independent individuals have four aspects within themselves, including (1) intellectual aspects, namely the willingness to think and solve problems on their own, (2) social aspects, namely the willingness to build relationships actively and not depend, (3) emotional aspects, namely the willingness to manage their own emotions, and finally (4) economic aspects, namely the willingness to manage their own economy. Meanwhile, according to Steinberg (2017, p.247), suggests that independence is a person's ability to behave independently. Steinberg describes independence into two characteristics, which are as follows.

1. Behavioural autonomy

The ability to make one's own decisions without regard to the wishes of others and to be able to carry out these decisions. Opinions from others can be taken into consideration when making decisions. Steinberg (2017, p.254) states that there are three characteristics of behavioural independence in a person, including:

a. Changes in decision making ability

Changes in decision-making capacity reflect the dynamics of cognitive and affective processes that allow people to appraise risk, analyze new information, and alter their methods in response to circumstances. According to recent research, cognitive flexibility is critical for assuring decision-making quality, particularly in complicated or uncertain scenarios (Feng et al., 2022). This competency includes aspects of re-evaluating risks based on new knowledge, often known as an evidence-based approach to decision-making. For example, in the digital economy, successful decision-making frequently requires the integration of data-driven information to achieve strategic results (Settembre-Blundo et al., 2021). Furthermore, emotional and perceptual elements frequently influence risk comprehension, which can be improved by developing self-control mechanisms and evidence-based techniques (Wang et al., 2022).

According to research, attention, memory, and emotion processing all have a substantial impact on strategic decision-making capacity. The combination of these aspects allows people to critically analyze options and respond fast to environmental changes (Peters et al., 2023). Other research shows that the ability to adapt to new situations and be flexible in responding to change promotes more inventive and effective decision-making, particularly in organizations under intense competitive pressure (Gigerenzer & Gaissmaier, 2011).

b. Changes in susceptibility to the influence

Changes in susceptibility to influence describe the dynamic process by which individuals or groups change their ability to accept, absorb, or be influenced by external factors. This can happen for a variety of reasons, including psychological, social, and cultural changes, as well as personal experiences that shape how a person responds to and interacts with external factors. For example, an individual who was previously easily influenced by the opinions of others may become more critical and independent after receiving an education or going through various life experiences that shape his personality and mindset, resulting in a significant change in his susceptibility to external influences.

Furthermore, Lee and Kim's (2022) research found that developing confidence in the current day necessitates a comprehensive approach that takes into account psychological, social, and digital factors. They discovered that people with high levels of digital literacy have more sophisticated and flexible self-esteem. This suggests that the concept of self-confidence is evolving alongside changes in the social and technical setting.

c. *Changes in feelings of self reliance*

Changes in feelings of self-reliance are complicated psychological processes that characterize an individual's ability to believe in their own potential. According to [Chen et al.'s \(2021\)](#) research, the idea of self-confidence is greatly influenced by the changing social and environmental situation. According to Rodriguez and Martinez's (2020) study, digital elements and technology adaptability have an increasing influence on the development of self-confidence nowadays.

2. Emotional Autonomy

Emotional independence is independence related to changes in an individual's emotional relationship with the closest person. [Steinberg \(2017, p.249\)](#) states that there are four characteristics of emotional independence, which are as follows.

- a. De-idealisation refers to someone who sees their closest person for who they are, rather than as a perfect and ideal person who cannot make mistakes.
- b. Seeing the other as persons refers to an individual's perception of those around them as adults in general, capable of adjusting their position in response to changing circumstances.
- c. Nondependency is defined as an individual who depends on their own abilities rather than relying on others for assistance, but is not fully free of their influence.
- d. Individuation, is an individual who is able and has the strength to overcome problems personally in relationships with others.

Based on the previously indicated features of independence, Steinberg's two qualities of independence, behavioral autonomy and emotional autonomy, are appropriate for this study. This is because Steinberg's independence qualities are more symbolic of the independence of female characters in Mellyana Dhian's novel *Sabiya*.

Such as previous research conducted by [Soraya \(2013\)](#) entitled 'The Independence of the Female Main Character in Bertolt Brencht's *Mutter Courage Und Ihre Kinder*: Feminist Literary Criticism'. The study used Steinberg's theory. The previous study used a drama subject, while this study used the subject of a novel. The results of the study show the attitude of the independent female main character, in accordance with the aspects that have been put forward by Steinbreg, namely aspects of behavioural autonomy and aspects of emotional autonomy, which both of these studies will then be used as teaching materials.

Interdisciplinary studies in contemporary literary research have experienced significant developments, with a multidimensional approach that integrates critical perspectives from various scientific domains ([Widianto et al., 2019](#); [Purwanto & Suyitno, 2018](#); [Fitriani et al., 2020](#)). The evolution of literary research methodology is not only limited to text analysis, but has penetrated the complexity of social, psychological, and cultural constructions that surround the production and reception of literary works ([Kurniawan et al., 2021](#); [Wardhani et al., 2022](#)). The feminist literary criticism approach, for example, has developed from mere representational reading to an analytical instrument capable of dismantling hegemonic structures in literary narratives ([Setiawan et al., 2020](#); [Hidayat et al., 2019](#)).

Psychological development theory, particularly the concept of autonomy introduced by Steinberg, provides a complex theoretical framework in exploring the dynamics of literary characters' identity formation ([Pratiwi et al., 2022](#); [Rohman et al., 2021](#)). Aspects of behavioural autonomy and emotional autonomy are not only parameters for structural analysis, but also an entry point for understanding the dialectics of power, resistance and identity negotiation in a narrative context ([Susanto et al., 2022](#); [Widodo et al., 2021](#)). Comparative research that adopts this interdisciplinary approach

allows researchers to deconstruct the construction of characters that have been considered given and taken for granted (Nugroho et al., 2020; Purnomo et al., 2019).

The methodological significance of this kind of approach lies in its ability to dismantle dominant narratives, present voices that have been marginalised, and provide space for alternative interpretations in reading literary texts (Listyaningrum et al., 2023; Santoso et al., 2022). This is not just about representation, but also about how the process of representation itself becomes a battleground for meaning, identity, and symbolic power (Cahyono et al., 2021; Rahmawati et al., 2020).

METHOD

This research is obtained directly through quotations from the novel *Sabiya* by Mellyana Dhian. The data source in this research is the novel *Sabiya* by Mellyana Dhian. In this study, using a type of qualitative research with analytical descriptive method. The analytical descriptive method according to Sugiyono (2015, p.147) is a method of analysing data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalisations. For data collection methods using hermeneutic techniques. Hamady & Edi Yusrianto (2003) state that the hermeneutic technique is a technique of reading, recording and concluding.

The reading technique used in this study is to read the writing of the contents of the novel *Sabiya* by Mellyana Dhian repeatedly to get the desired data regarding aspects of independence according to Steinbreg (2017), the note technique is used to mark and record the parts that match the independence data according to Steinberg's (2017) theoretical aspects, while the inference technique is to conclude the data that has been recorded and marked before. The data analysis process in this study is interactive with steps, namely data reduction, data presentation, and conclusion drawing. In this study, data reduction is focused on the novel *Sabiya* by Mellyana Dhian, focusing on the attitude of independence of the main female character according to aspects of Steinberg's theory (2017), for data presentation researchers will limit the data that has been obtained previously regarding the value of independence in an arranged manner which will then be concluded, while for further conclusion drawing the data that has been compiled will be compared with each other to draw conclusions as answers to existing problems.

To increase the research's validity, a data triangulation technique provided by Denzin (2012: 82) was utilized, which involved comparing numerous sources and beliefs about the independence of female characters in literature. Data analysis was supplemented by Geertz's thick description approach (in Stake, 2010: 49) to investigate the socio-cultural backdrop of the novel's character development. The analytical framework is improved by incorporating Showalter's (2014, p.93) feminist literary criticism theory, which provides a thorough examination of how female characters' independence is represented in literary works. The analysis results were then validated using expert judgment in accordance with Creswell and Poth's (2018, p.163) recommendations to ensure the reliability of data interpretation. The entire analytical process is based on Ricoeur's hermeneutic paradigm (Bryman, 2016, p.384), which emphasizes a thorough knowledge of the meaning of texts in social and cultural contexts.

To clarify the research process, the following table presents the instrument for analysing the main character's independence aspects that refer to Steinberg's (2017) theory as shown in Table 1. This instrument is used as a guide in analysing the data found in the novel. Furthermore, the research flow is presented in the form of a chart to illustrate the systematic stages carried out in this study, starting from data collection to drawing conclusions.

Table 1.

Instrument for analyzing the main character's independence aspect.

Aspects of Independence	Indicators	Descriptors
Behavioral Autonomy	<ul style="list-style-type: none"> • decision-making ability • Independently 	<ul style="list-style-type: none"> • responsible for choices • Facing consequences
Emotional Autonomy	<ul style="list-style-type: none"> • not depend on others • Emotional control 	<ul style="list-style-type: none"> • able to solve own problems • take a decision on their own
Value Autonomy	<ul style="list-style-type: none"> • principles of independent living • Life view 	<ul style="list-style-type: none"> • Personal value • hold on to one's own convictions

Based on the table [Table 1](#). above, this study instrument examines features of the main character's independence, which are separated into three major dimensions. First, behavioural autonomy assesses the character's ability to make independent judgments, accept responsibility for their actions, and confront the repercussions of those decisions. Second, emotional autonomy investigates how the characters demonstrate a lack of reliance on others, the ability to control their emotions, the ability to solve their own problems, and the ability to make independent judgments without external influence. Third, value autonomy examines how characters hold the principles of autonomous living, have a clear outlook on life, display strong personal values, and firmness in holding personal ideas. These three factors serve as the foundation for a thorough investigation of the main character's level of independence in the work under consideration. Researchers can use the specified indicators and descriptors to discover and analyze expressions of character independence in a systematic and structured manner.

DISCUSSIONS

Based on data analysis that has been carried out using the theory of independence proposed by [Steinberg \(2017\)](#). This theory divides independence into two, namely the first aspect of behavioural autonomy, behavioural autonomy is divided into three aspects including, changes in decision making ability, changes in susceptibility to the influence, and changes in feelings of self reliance. The second aspect of emotional autonomy is divided into four aspects including de-idealisation, seeing the other as people, nondependency, and individuation. The results of the analyses that have been carried out on the novel *Sabiya* by Mellyana Dhian are as follows.

Behavioral Autonomy

The aspect of independence relates to behaviour. Behaviour here refers to the ability to make one's own decisions without regard to the wishes of others and to be able to carry out these decisions. Opinions from others can be taken into consideration when making decisions. [Steinberg \(2017, p.254\)](#) states that there are three characteristics of behavioural independence in a person, including:

Changes in decision making ability

This aspect is the ability to make decisions. In Mellyana Dhian's *Sabiya* when Sabiya dares to make big decisions in her life and is aware of the risks that will occur later. Sabiya dared to start a business to show everyone, especially her mother, that she could live without her husband. Although Sabiya knew nothing about business at the time, she was aware of the hazards that would arise if she had to start from scratch in order to comprehend the business she would establish. Sabiya began her journey to understanding the business world by reading biographies of notable business executives. This is supported by the quote below.

"Tekadku untuk membangun usaha semakin kuat. Membuktikan kepada Ibu kalau aku bisa hidup tanpa bergantung kepada lelaki itu. Di usia Ibu yang tak muda lagi, aku ingin membuatnya bangga kalau Sabiya anak satu-satunya adalah wanita kuat. Dapat berdiri sendiri tanpa bayang-bayang suami." (Sabiya, 2022, p.38)

'My determination to build a business is getting stronger. Proving to Mum that I can live without depending on that man. At Mum's age, I want to make her proud that Sabiya, her only child, is a strong woman. Can stand on her own without the shadow of a husband.'

"Daripada aku terus berpelukan dengan rasa insecure, tanganku mengambil buku biografi tokoh pembisnis terkenal. Dari artikel yang pernah ku baca pola pikir seseorang bergantung dari apa yang di baca. Makannya aku mulai membaca buku-buku motivasi bisnis supaya lebih banyak energi positif dalam diriku. Meski tidak bisa di pungkiri kalau kekhawatiran masih membelenggu." (Sabiya, 2022, p.41)

'Instead of me continuing to cuddle with insecurity, my hand picked up a biography book of a famous businessman. From the articles I've read, a person's mindset depends on what they read. That's why I started reading business motivation books so that there would be more positive energy in me. Although it cannot be denied that worry is still shackling me.'

Changes in susceptibility to the influence

Individuals are able to adjust the influence of others with an attitude that is not easily influenced. Individuals will consider the influence of others. If it suits him he will accept, but if on the contrary he will reject. In the novel *Sabiya* by Mellyana Dhian, there are several aspects that can prove that the character Sabiya can choose and accept the influence of others that are suitable for her.

When Sabiya was about to start a business. Sabiya did not feel confident, because she was not an educated woman. But with the advice and motivation given by her business partner, Sabiya began to believe in the business she was about to start. Sabiya proved that she would accept advice that she thought was good for her. This can be proven by the quote below.

"Mata Raka berbinar memotivasiku. Dia sangat energik. Pantas kalau banyak lembaga mengundangnya menjadi motivator bisnis. "Pak Raka jujur saja saya bukan wanita berpendidikan. Gak Cuma pengetahuan, tapi sudut pandang saya mungkin berbeda dengan Bapak atau Yasmin."

'Raka's sparkling eyes motivate me. He is very energetic. No wonder so many organisations invite him to be a business motivator. 'Mr Raka, to be honest, I am not an educated woman. Not only knowledge, but my point of view may be different from yours or Yasmin's.'

"Maaf. Kalau di logika Mbak memang akan gagal. Mbak sedikit tahu tentang bisnis. Coba Mbak buka faktanya kalau Mbak ada saya yang akan menjadi rekan dan ada Yasmin sosok wanita entrepreneur. Kalau Mbak sendiri mungkin sembilan puluh lima persen akan gagal. Nyatanya ada Yasmin dan saya, kan?"

'Sorry. By your logic, it will fail. You know little about business. Try to open the facts if you have me as your partner and Yasmin as an entrepreneurial woman. If you were alone, maybe ninety-five per cent would fail. In fact, you have Yasmin and me, right?'

"Benar juga. Ada dua orang hebat yang mendorongku. Meski belum lama aku dekat dengan Yasmin, pun baru mengenal Raka, aku yakin mereka tulus ingin membantu." (Sabiya, 2022, p.43)

'That's right. There were two great people who encouraged me. Even though I haven't been close to Yasmin for long, nor have I known Raka, I'm sure they sincerely want to help.'

Changes in feelings of self reliance

One of the traits that individuals must have is an independent attitude. By having an independent nature, individuals will not depend on other individuals to do something. Sabiya's character is able to rely on her own abilities, when she is in a situation that requires her to be independent.

When Sabiya was asked to send a proposal and a business agreement. Sabiya did not understand how to use a laptop, Sabiya only touched Abizard's laptop a few times. Sabiya immediately lost confidence because she didn't understand how to use a laptop. But with her enthusiasm to start a new business, Sabiya will take a computer course. Sabiya proves that she must rely on her own abilities. This can be proven by the quote below.

"Aku melongo. Menyentuh laptop saja bisa dihitung jari atau hanya memasukan laptop Abizard ke tasnya. Apa itu proposal? Lalu, akad perjanjian? Semangat yang tadi kumiliki langsung turun. Pesimis. Pasti banyak yang menertawakan, orang seperti aku membangun bisnis. Setelah ini aku berniat mendaftar kursus komputer." (Sabiya, 2022, p.92)

'I was gawking. You can count on your fingers the number of times you've touched a laptop or just put Abizard's laptop in his bag. What's a proposal? And a contract? The enthusiasm I had earlier dropped immediately. Pessimistic. There must be a lot of people laughing at someone like me building a business. After this, I intend to enrol in a computer course.'

Later, Sabiya managed to master Microsoft Word. Sabiya had quit her computer course because she was pregnant and didn't have much time, but Sabiya managed to prove that she was able to rely on her own abilities by learning the muscles through the internet and finally being able to master Microsoft Word. This can be proven by the quote below.

"Sedikit demi sedikit aku mulai menguasai microsoft word. Belajar otodidak dari internet dan kadang bertanya ke Yasmin. Aku memang berhenti dari kursus komputer, karena waktu tidak cukup belum lagi sering mual yang sangat mengganggu." (Sabiya, 2022, p.169)

'Little by little I started to master Microsoft Word. Self-taught from the internet and sometimes ask Yasmin. I did quit the computer course, because there was not enough time not to mention the frequent nausea that was very disturbing.'

Emotional Autonomy

Emotional independence is an independence that relates to changes in an individual's emotional relationship with the closest person. In this aspect, individuals will see the people around them as real human beings, who have weaknesses and have made mistakes. Individuals who have independent emotions are determined by the following characteristics.

De-idealization

In this section, individuals are able to see the closest people as they are, meaning that they do not see them as perfect and ideal people, who cannot make mistakes. The behaviour that can be seen is that individuals who view the closest people do not always know and are right. In Sabiya's novel there is a part where Sabiya does not see the closest person as perfect.

When her husband's behaviour changed. Abizard used to be a loving and gentle husband. But after Abizard cheated on her, his attitude began to change. Abizard became an obsessive protagonist who did not want to be abandoned. However, Abizard once left Sabiya alone and preferred to hold the hand of his mistress. Sabiya thinks that her husband

is now crazy. Sabiya shows an attitude if Sabiya does not see Abizard as a perfect individual and will not make mistakes. This can be proven by the quote below.

"Gigiku menggertak. Suamiku memang sudah sinting. Bisa-bisanya kasihan dengan wanita itu dari pada istrinya yang sedang dia sayat-sayat hatinya. Aku tidak bisa mengatakan apa-apa lagi. Hanya bisa menelan pahitnya kenyataan menyaksikan Abizard menggenggam tangan Naila menuju mobil. Sekarang yang tersisa hanya pandangan aneh dari orang-orang dihadapanku. Aku mengasihani diriku sendiri." (Sabiya, 2022, p.45)

'I realised again. The gentle, loving Abizard had disappeared somewhere. My proud protagonist has turned into an antagonist. A terrifying figure full of obsession who doesn't want to be left behind.'

Seeing the other as people

In this section, individuals are able to view people around them like adults in general, who are able to place their positions according to conditions and situations. In Sabiya's novel, there is a part where Sabiya views other individuals as the same as others.

When Sabiya looked at Raka who was able to place his position according to the situation. Sabiya thought Raka did not know Naila, but her assumption was wrong, Raka knew Naila and Raka did not explain how he knew Naila. It turned out that Raka knew the woman who was cheating on her husband, and Sabiya wondered why when things happened to her and Naila, Raka didn't seem to recognise her. This became a question in Sabiya's mind. The change of view proves Sabiya's emotional independence. This can be proven by the quote below.

"Loh, kok kamu di sini? Tiba-tiba Raka mengajak Naila bicara. Aku menatap Yasmin, pun sebaliknya. Tidak menyangka kalau mereka saling mengenal."

"Eh tapi, waktu di restoran kenapa Raka tidak mengenal Naila.?" Batinku masih bertanya-tanya teringat kejadian beberapa waktu silam. Di samping itu, Naila menyapa balik Raka dengan wajah menampakan keraguan."

'Why are you here? Raka suddenly engaged Naila in conversation. I looked at Yasmin, and vice versa. I didn't realise they knew each other.'

'Eh but, at the restaurant why didn't Raka recognise Naila?' My mind was still wondering as I recalled the incident some time ago. Besides, Naila greeted Raka back with a look of doubt on her face.'

"Alih-alih menjelaskan kepada Yamin, Raka malah menunjukan betapa dekatnya dia dengan Naila. "Kita bisa bicara di luar, Nai? Mau ngomong penting banget. Mumpung ketemu. Susah loh ketemu sama kamu. Bulan lalau aja kita janjia gagal." Dengan tenang dia bicara. Lembut, santai, tapi tetap berwibawa." (Sabiya, 2022, p.62)

'Instead of explaining to Yamin, Raka showed how close he was to Naila. 'Can we talk outside, Nai? I have something really important to say. Let's meet. It's hard to meet you. Last month we had a failed appointment.' He spoke calmly. Soft, relaxed, but still authoritative.'

Nondependency

In this section, it is seen when individuals rely more on their own abilities, rather than needing the help of others but not completely free from their influence. In the novel Sabiya by Mellyana Dhian, there is a part where Sabiya has a desire to stand on her own. When Sabiya had the desire to have her own business. When her husband had an affair with another woman her determination became stronger, Sabiya was more convinced to open her own business and not depend on men. Sabiya wants to prove to her mother that she is able to stand alone without a man. Sabiya proves that she relies more on her own abilities and does not need help from her husband. This can be proven by the quote below.

"Tekadku untuk membangun usaha semakin kuat. Membuktikan kepada Ibu kalau aku bisa hidup tanpa bergantung kepada lelaki itu. Dia usia Ibu yang tidak lagi muda, aku ingin membuat Ibu bangga kalau Sabiya, anak satu-satunya adalah wanita kuat. Dapat berdiri sendiri tanpa bayang-bayang suami." (Sabiya, 2022, p.37)

'My determination to build a business is getting stronger. Proving to Mum that I can live without depending on that man. She is no longer young, I want to make her proud that Sabiya, her only daughter, is a strong woman. Can stand on her own without the shadow of a husband.

Individuation

In this section, individuals are able and have the strength to overcome problems personally in relationships with others. In Sabiya's novel, there is a part where Sabiya is able to overcome the problems that occur to her. When there was a misunderstanding between Sabiya and Ibu. Mum thinks that Sabiya is the one who is wrong and cheating on her in her household. Mother misunderstood Sabiya because Sabiya had not told her mother that Abizard was the one who cheated on her. Finally Sabiya explained to her mother what really happened, Sabiya hoped that her mother would understand the explanation. Sabiya proved that Sabiya was able to overcome the problem personally by explaining the cause of the problem without involving other people, especially men. This can be proven by the quote below.

"Ibu benci sama kamu! Bisa-bisanya kamu melakukan perselingkuhan." (Sabiya, 2022, p.79)

'Mum hates you! How could you commit infidelity.'

"Di kamar, kami duduk di sisi ranjang saling berhadapan. "Sabiya pikir kalau diam akan buat Ibu paham. Sabiya kira lebih baik Ibu tahu besok-besok saja, tapi nyatanya Sabiya salah. Ibu malah semakin mengira yang enggak-enggak. Sabiya gak tahu Ibu bisa berpikir seburuk itu karena apa, yang jelas Sabiya selalu setia mengabdikan kepada suami seperti nasihat ibu. Oh ya, Bu. Raka tidak sekeji itu. Sabiya gak ada apa-apa kecuali teman bisnis. Ibu tahu gak? Bingkisan yang Sabiya bawa pulang dari acara amal kantor Kak Abizard itu dari raka. Isinya CD music dan produk parfum milik calon istrinya."

'In the room, we sat on the side of the bed facing each other. 'Sabiya thought that keeping quiet would make you understand. Sabiya thought it would be better for you to know tomorrow, but she was wrong. Mum thought even more things that were not true. Sabiya doesn't know what makes you think so badly, but Sabiya has always been faithful to her husband as you advised her. Oh yes, Mum. Raka is not that cruel. Sabiya is nothing but a business friend. You know what? The parcel Sabiya brought home from the charity event at Abizard's office was from Raka. It contained a music CD and his future wife's perfume.'

"Ibu berkaca-kaca. Dia memelukku sangat erat. Dalam hati aku berjanji, "Aku akan membahagiakan Ibu dan diriku sendiri dengan caraku." Tidak tahu apa arti pelukan itu. Semoga ibu paham dan tidak memintaku bertahan." (Sabiya, 2022, p.82)

'Mum was teary-eyed. She hugged me very tightly. I silently promised, 'I will make you and myself happy in my own way.' I don't know what that hug meant. I hope you understand and don't ask me to stay.'

Based on an analysis of Mellyana Dhian's novel "Sabiya" using [Steinberg's \(2017\)](#) theoretical framework of independence, the protagonist shows remarkable improvement in both behavioral and emotional autonomy. In terms of behavioral autonomy, Sabiya shows significant improvement in her ability to make independent judgments, particularly in starting her own business despite her low schooling. She demonstrates selective susceptibility to influence by mindfully accepting assistance from business partners while keeping her autonomy, as well as self-reliance through her willingness to master new skills such as computer literacy. In terms of emotional autonomy, Sabiya develops mature perspectives by de-idealizing her husband Abizard, viewing others as complex individuals (particularly in her interactions with Raka), reducing reliance on male support, and handling personal conflicts independently, particularly in resolving disagreements with her mother. These findings demonstrate how the character's path reflects a thorough development of independence on both behavioral and emotional levels, transforming her from a dependent wife to a self-sufficient individual.

CONCLUSION

The results of this study show the attitude possessed by Sabiya's character. Sabiya's character is able to show all aspects of independence proposed by Steinberg, namely aspects of behavioural autonomy and emotional autonomy. Behavioural autonomy includes changes in decision making ability, changes in susceptibility to the influence, and changes in feelings of self reliance. Meanwhile, emotional autonomy includes de-idealisation, seeing the other as people, nondependency, and individuation. Based on these aspects, Sabiya's character is able to show all aspects of independence in accordance with Steinberg's theory and proves that she is an independent woman and does not depend on men in every decision making that occurs in her life. This research on the value of independence can be used as a recommendation for teaching materials in schools in the form of modules. The module was chosen because it has a function in learning activities that facilitate students in the learning process. With the module, students can measure their own ability to master the material discussed in the module. To assess whether or not a module is useful for students in the learning process. With the research that examines the value of independence in a woman, it is hoped that students will be able to apply independent values to themselves both in the school environment and outside of school.

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Not applicable

Availability of Data and Materials

All the data generated and analyzed during the current study are not publicly accessible due to confidentiality concerns but are available from the corresponding author upon reasonable request.

Competing Interests

The authors declare that they have no competing interests

Authors' Contribution

Suciyanti, Imam Muhtarom and Dewi Herlina Sugiarti developed the main conceptual ideas, contributed to data collection, perform analysis, and wrote the manuscript.

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