

**UNDERSTANDING INDIGO THROUGH NOVEL
GERBANG DIALOG DANUR BY RISA SARASWATI:
A Study of Psychology Literary**

**MEMAHAMI INDIGO MELALUI NOVEL
GERBANG DIALOG DANUR KARYA RISA SARASWATI:
Kajian Psikologi Sastra**

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Abstract

The objective of this research is to acquire deep understanding about Indigo through novel, *Gerbang Dialog Danur's* novel by Risa Saraswati. *Danur* means of water that comes out from the rotten corpse. This qualitative research was conducted using content analysis method. This research was analyzed through structural literary approach and psychology literary approach. The data were collected through documents, and data observations about Indigo in *Gerbang Dialog Danur's* novel by Risa Saraswati. The result of this research revealed that abundance of Indigo and lack of Indigo were founded and described in *Gerbang Dialog Danur's* novel by Risa Saraswati. Those results lead to implication that Indonesian literature educator can use *Gerbang Dialog Danur's* novel by Risa Saraswati directly in the teaching of literature studies, especially for psychology literary. The findings lead to recommendation to Indonesian literature educator, literature researcher, novel reader, parents, and everyone generally.

Keyword: *Indigo children, novel, literature, psychology, teaching of literature*

Abstrak

Tujuan penelitian ini adalah untuk memperoleh pemahaman mendalam tentang Indigo melalui novel, yakni novel *Gerbang Dialog Danur* karya Risa Saraswati. *Danur* berarti air yang keluar dari mayat yang busuk. Penelitian kualitatif ini dilakukan dengan menggunakan metode analisis isi. Analisis penelitian dilakukan pendekatan psikologi



sastra. Data dikumpulkan melalui studi pustaka, dan observasi data tentang Indigo dalam novel *Gerbang Dialog Danur* karya Risa Saraswati. Hasil penelitian menunjukkan bahwa kelebihan Indigo dan kekurangan Indigo ditemukan serta digambarkan dalam novel *Gerbang Dialog Danur* karya Risa Saraswati. Hasil penelitian ini dapat diimplikasikan oleh pengajar sastra Indonesia, yakni dengan menggunakan novel *Gerbang Dialog Danur* karya Risa Saraswati secara langsung pada proses pengajaran. Hasil penelitian ini direkomendasikan untuk para pengajar sastra Indonesia, pembaca novel, peneliti sastra, para orang tua, dan setiap orang pada umumnya.

Kata kunci: anak Indigo, novel, sastra, psikologi, pengajaran sastra

Introduction

Learners in literature teaching have different psychological condition that make them have different perceptions in interpreting literature works although the core of the study is similar. Thus, in literature teachings in Indonesia, a literature work can be studied by using psychology literary approach. Through psychology literary approach, learners feel encourage to understand a concept of psychology. Literature teacher is more compelled to understand the psychological condition of their learners. Emzir and Rohman (Emzir & Rohman, 2015) state that the literature psychology reveals human problems depicted in spiritual description that can be stories that is already written. Stories contain psychological elements that can touch the readers, including touching the souls of the learners. Through literary psychology approach, we can know that the story line that closely relate to psychology may excite the learners' feelings to be able to understand different human problems, such as problems related to Indigo. Regarding psychology, Endraswara (Endraswara, 2008b) explained that language in literature is a psychological symbol. Literary language contains in depth psychic meaning and psychological symptoms that can be studied beyond the language. Therefore, literature psychology is worth to be studied in relation with language education. Learners can be taught more to understand language in literature by literature teachers, particularly Indonesian language, through studies based on literature psychology, such as Indigo in a novel.

Indigo people are people who were born with aura color of body "Indigo". The color of the Indigo aura is related to the activation of the sixth chakra in their body called Ajna's Chakra or the third eye chakra. Regarding the chakra, Puguh (Puguh, 2012) explained that the chakra is a kind of energy in the soul of Indigo where position is in the front of the forehead. The sensitivity of the third eye chakra possessed by Indigo makes them be able to read the thoughts and feelings of humans and the invisible beings.

Being born as an individual who has unique characteristic and inner sensitivity and intuition makes Indigo has a different character than nonIndigo. Ackerman (Ackerman, 1997) explained that the characteristic be related to personality get a bit attention in identifies of gifted individuals. The characteristic of Indigo that get a bit attention for society until make a perception that erroneous about Indigo. The unique characteristic and inner sensitivity and intuition that highly of Indigo turned out make a perception that erroneous with self identity of Indigo in social scope.

Yong and Arip (Yong & Arip, 2015) reinforced that the existence about perception that erroneous of Indigo in social scope because of the educator,

psychologist, and Indigo's counselor have not many references to identify the characteristic of Indigo. The minim of scientific references that discussed about Indigo deeply, make a misinterpretation of perception about Indigo in social scope. There is still a perception of the society who often only connect Indigo with mystical world or the supernatural world, also motivates researchers to realign again about Indigo's identity in the eyes of society.

In novel, Indigo can be represented by the major character. In novel, it can be exposed that Indigo description related to the abundance of Indigo and lack of Indigo. In relation to the behavior of the main character, the study for the psychology element focus on Indigo in a novel that represents the behavior of an Indigo that exists in daily lives. Regarding Indigo, a novel titled *Gerbang Dialog Danur* by Risa Saraswati exposes Indigo character. That novel tells the story of Indigo self-proclamation named Risa Saraswati who has sensitivity in seeing, listening, and interacting with astral or invisible creatures who is generally called ghost since young age, to the part that she is befriend with five Dutch children ghosts, namely Peter, Hans, Hendrick, William, and Jansen. Risa Saraswati describes Indigo in details and logically that is represented by herself as the main character in the novel *Gerbang Dialog Danur*. In the novel, an Indigo in the real daily lives is complete with in depth psychology element, namely concerning Indigo. Risa Saraswati as the writer of the novel can describe Indigo interestingly and in detailed that is represented by herself as the main character within the novel. As a writer, Risa Saraswati is also able to interpret all ghost stories exist in the novel *Gerbang Dialog Danur* really exist inreal experiences. The ability of Risa in exposing the historical side of the cause of death of ghosts that she has interacted with in logic and detail becomes one of the reasons why the researcher chooses to study the novel *Gerbang Dialog Danur*. Besides, the writer style that is honest and easily to be understood also ease the readers in understanding the content of the story especially related to Indigo in the novel. Risa Saraswati also packs an interesting story content full with the message of life and humanity. Risa with the Indigo character that she has since young age can be a positive lesson for the readers, both the readers including Indigo and nonIndigo.

Through interesting aspects exist in the novel *Gerbang Dialog Danur*, strengthen the assumption of researcher that the novel worth to be studied with psychology literary approach related to the study concerning Indigo. The researcher also assumes that the novel will be enjoyed by the learners in learning Indonesia literature, especially in learning a novel. The uniqueness of the story and background of the short story writer who is also an Indigo can increase the enthusiasm of the learners to study Indigo through novel *Gerbang Dialog Danur* by Risa Saraswati. Other positive consideration has become the reason for the researcher to study this novel is due to the novel has been reprinted for six times, with the six prints had been published in January of 2016, in which shows highly positive appreciation by community. Moreover, the story of the novel was applied to big screen *Danur* on march 30th, 2017 with more than one million viewers (1.196.583) in one week that strengthen the researcher to study the novel. The high number of viewers who watch the movie *Danur* in a short time made Jaya Suprana as the General Chairman of World Record Museum of Indonesia known as MURI to bestow the 7800th award of MURI to the movie(Sundari, 2017). In addition, since the number of the viewers who watch the

movie *Danur* is the highest number of viewers who watch movies in horror genre in Indonesia.

The focus of this research is about understanding Indigo through novel *Gerbang Dialog Danur* by Risa Saraswati with psychology literary. The sub focuses of this research are: (1) The abundance of Indigo in the main character in the novel *Gerbang Dialog Danur* by Risa Saraswati, and (2) The lack of Indigo on the main character in the novel *Gerbang Dialog Danur* by Risa Saraswati.

To understand Indigo through novel, nine relevant studies were found, among of them are: 1) a research article "*The Shift of Minangkabau Cultural Values In The Novel By Wisran Hadi (A Genetic Structuralism Approach)*" by Delia Putri that produces three conclusions: the intrinsic elements, included topic, slot, character, and setting; shift in cultural values in terms of social structure; and shift in cultural values in terms of the author's view (Putri, 2016); 2) a research article "*Gender Perspective In The Novels "Padang Bulan" and "Cinta di Dalam Gelas" By Andrea Hirata: A Study of Structure and Feminism Literary Criticism and Its Relevance as The Literature Reading Materials for High Schools*" by Tanita Liasna and Khairil Ansari that produces three conclusions: structure in biology novel "*Padang Bulan*" and "*Cinta di Dalam Gelas*" included topic, character, setting, point of view, and message; gender perspective that appeared in biology novel "*Padang Bulan*" and "*Cinta di Dalam Gelas*" that is equality of gender and inequity of gender; and biology novel "*Padang Bulan*" and "*Cinta di Dalam Gelas*" is very relevant as literature material in Senior High School (Liasna & Ansari, 2016); 3) a research article "*Plot In A Collection Of Short Stories "Sakinah Bersamamu" Works Of Asma Nadia With Feminism Analysis*" by Noermanzah that have two forms, plot forward and plot backward, with the stages of starting point with a simple introduction, conflict, recognition of conflict, complication, denouement, and resolution (Noermanzah, 2017); 4) a research article "*Humanity Degradation In The Novels Written By Minangkabau Ethnics*" by Yasnur Asri, Zulfadli, and M. Ismail Nst that produce conclusion: six forms of human degradation that are humanity degradation by social class, humanity degrade through human as material, humanity degradation through violence, humanity degradation community based social function, humanity degradation by power, and humanity degradation by matrilineal culture system (Asri, Zulfadli, & Ismail Nst, 2016); 5) a research article "*Representation Of Japanese Post-Colonial Experience In The Year Of 1942-1945 Based on Pramoedya Ananta Toer's Novel "Perburuan"*" by Rifqia Kartika Ningrum, Herman J. Waluyo, and Retno Winarni that produces conclusion is through the representation of characters in the novel *Perburuan* found the forms of resistance, betrayal, and characteristic's self-doubts (Ningrum, Waluyo, & Winarni, 2017); 6) a research article "*Psychological Interpretation of The Novel Stranger by Camus*" by R. Gnanasekaran that produces conclusion is Meursault's character in *The Stranger's* novel in considered a monster in a society based on the novel, when in fact the Meursault is a figure who maintains his dignity and is a modest man (Gnanasekaran, 2014); 7) a research article "*Stream of Consciousness Technique and Modern Novel: Psychological and Methodological Perspectives on Language Learning*" by Mirjana Lončar-Vynović that produces conclusion that psychology has an important role to the students's unconsciousness in the process of studying in the novel (Lončar-Vynović, 2013); 8) a research article "*Comparative Study on Individual's Performance Orientation and Their Aura Life Color*" by Priyal and Ramkumar resulting in the study that indigo, blue, and violet aura has an

aura of good loyalty and orientation (Priyal & Ramkumar, 2014); and 9) a research article "Understanding The Social and Emotional Needs of Gifted Children" by Jennifer Murdock—Smith, in his research states that there are children who have a unique in terms of social and emotional. Such children need to be understood. They are difficult to express their feelings so they need to be reassured that they are special (Murdock-Smith, 2013).

These research articles are relevant because all of them use novel as object in research and literary approach, such as Genetic Structuralism Approach, Structural Literary Approach, Feminism Literary Criticism, Feminisms Approach, Literary Sociology, Post-Colonial Theory, Psychology Literary, and Psychology. But, from those research articles cannot be found the research that analyze about Indigo through novel with psychology literary. Referring to the relevant studies that was described in the preceding paragraph, the research on Indigo through novel needs to be analyzed. This is because of the research in Indigo in the literary works, especially novels, had never been analyzed. Therefore, researcher has big motivation to conduct research "Understanding Indigo Through Novel *Gerbang Dialog Danur* by Risa Saraswati: A Study of Psychology Literary" to reveal deeply about Indigo through *Gerbang Dialog Danur*'s novel by Risa Saraswati represented by the main character I (Risa).

A story in a novel can contain psychological circumstances. A novel with psychological content can be analyzed with literature psychology. The meaning of novel by Welck and Warren translated by Melani Budianta (Welck & Warren, 2014) are descriptions of real life and behaviors, focusing on the importance of details, referring to realities and in-depth psychology. Such statements can open a new horizon that novels can be inspired from daily lives. This includes a novel writer who is inspired to write novels about his own spiritual condition and from his own experiences that relates to psychology. Abundance and lack of Indigo circumstances can be related to the teachings of novels in the scope of language education, especially through novel researches. It is closely related to the daily lives, namely daily lives in which individuals or a group of Indigo communities.

In relation to the Indigo phenomenon, it can be stated that Indigo is people with high sensitivity level, unique creativity, high intuition ability, healer, and people with their own charisma for those around (Rosenshein, 2013). Based on the explanation, it can be understood that Indigo is people with high sensitivity level, unique creativity, and different from common people. Besides, generally, Indigo is a person who is capable of healing other people with his own way. Indigo is also a person who have his own charisma in the view of others. Soeipto (Soeipto, 2011) also explained that Indigo is a new generation with an extremely unique character in comparison to previous generation. This uniqueness of Indigo character that can be reformed in teaching novels that can be studied using psychology literary approach. In the scope of language education, especially in teaching novels, learners with Indigo with unique characters are possible to be found.

The character uniqueness and intuition sensitivity as well as high spiritual behavior on Indigo can also create inappropriate perception with the true self identity of Indigo in social scope. However, there is a perception from the community that tend to only link Indigo with the mystical or supernatural world, which also motivate the researcher to straighten the true self identity of Indigo in the point of view of the community. In relation to that, Gerard qtd. In Carroll and Tober translated by Tanto

Hendy (Carroll & Tober, 2006) exposed that most of Indigo can see other creatures that are supernatural or invisible and they can explain what they have seen in details, and such thing is not an imagination. From the statement of Gerard, can be understood that Indigo has different sensitivity, one of which is the sensitivity of sight in seeing other dimension outside of the ability of seeing other people in general. Through that, it can be concluded that not all Indigo tend to relate to the mystical or supernatural world, even though most of those that relate to Indigo really do relate to those things. It begins from the Indigo phenomenon that catch the attention of the community in several countries, including Indonesia, the uniqueness of Indigo can be seen clearly in Indigo. High empathy in Indigo toward the surrounding environment, has become one of the characteristic of Indigo.

People consider the unique behavior and thinking as disturbance attitude. In addition, it can be exposed that the different types of Indigos, intelligences, and behaviors often lead them to be labeled by parents, teachers, and health professionals as *Attention Deficit Hyperactive Disorder* or *Attention Deficit Disorder* (Bagnol, Alexander, Ewing, & Chu, 2011). Through the explanation, the uniqueness of behavior patterns and thoughts of Indigo can be an indication for parents, teachers and medical personnel to be wiser in facing Indigo.

Indigo sensitivity in terms of intuition and spiritual become abundance. Carroll and Tober translated by Tanto Hendy (Carroll & Tober, 2006) explained that an Indigo can read other people like an open book. An ability in reading other people character has become one of the abundance that an Indigo can have. Besides, Indigo can also experience emotional mayhem. In relation to that, it was also known that an Indigo can be emotionally mess with other people who are not able to understand an Indigo (Carroll & Tober, 2006). Indigo has high self-esteem with strong integrity. It can influence the emotion of Indigo if they face other people who are not able to understand their characteristic.

In literature, especially novels, we can find depictions of Indigo closely related to the psychological side of humans. The study of Indigo in literary works with reference to the psychology of literature. Regarding psychology field, researchers can extract the explanation by Minderop (Minderop, 2010). He confirms that literary psychology is concerned with interpreting the text psychologically. Through the explanation, the analysis conducted to examine the literature related to the text viewed from the side of psychology. The analyzed text is the text that contains Indigo.

In relation to psychology literary, Sigmund Freud (Endraswara, 2008a) is a literary psychology pioneer. The literary works, such as the novel, Freud discussed the inner connection with the human psyche. In a literary work, especially novel, the description of Indigo can be seen through the image of the person's behavior and psychology depicted in the novel. The subject of Indigo in the novel shows the relationship between literature and psychology. The phenomenon in the novel *Gerbang Dialog Danur* in the form of Indigo. In relation to this, the novel *Gerbang Dialog Danur* by Risa Saraswati is one example of a novel depicting Indigo in it.

In the scope of teaching novel, learners with Indigo can also be found. Learners with Indigo have unique characters from other learners. The uniqueness in the characters of the learners with Indigo in relation to high intuition and spiritual abilities. Moreover, learners with Indigo were born with wise old souls and have high analysis ability in comparison to other general learners. The uniqueness in characters of the

learners with Indigo that become the reason that they need special treatments compare to other general learners. In social scope, Indigo is often linked to attentive and hyperactivity disorder. On the other hand, learners with Indigo have high intelligent compare to other general learners. Their abilities in exploring ideas are expressed through writing activities. Through writing activities, learners with Indigo can train their concentration and control their emotions. Such things strengthen that in the scope of language education, learners with Indigo includes in the category of learners who have the exceptions. Concerning that, Slavin translated by Marianto Samosir(Slavin, 2011) explained that the term *learners with exceptionalities* can be used to explain that each person whose physical and mental behaviors or behavior seem different than normal both higher and lower, so that extra service is needed to meet the person's needs. Based on the explanation of Slavin, learners with Indigo can be acknowledged to be included in the category of learners with exceptionalities since their needs in studying are different from other common learners, thus the teachers can provide special treatments in supporting learning activities of learners with Indigo.

In language education, learners with Indigo have talents in language skills can be found, one of which is writing. In general, learners with Indigo have talents in writing skills. Writing can be done by those as an effort to express their thoughts that may have not been delivered to the other people around them. In addition, one of them can be represented by Risa Saraswati, the writer of *Gerbang Dialog Danur* novel. Risa Saraswati who has been an Indigo since a child, is able to create an interesting literature work with simple and understandable language that is easily understood by her readers. Besides, generally Indigo writings have positive and philosophical messages. Such that is the same as the one done by Risa Saraswati in the novel *Gerbang Dialog Danur* which is related to this research. The existence of Indigo phenomenon in novels, encourage writers to analyze such things in depth. The Indigo that is pictured by the writer through the main character in a novel, can attract the interest of the learners in appreciating literature works, especially novels.

Method

The approach used in this research is a qualitative research with a content analysis method. Furthermore, literature approach that is used is a structural and psychological literary approach. This research is conducted through tracing data from books that support the research, internet, and interview with the Indigo source. The primary data that is used namely in a form of quotes contained about Indigo in the novel, namely is *Gerbang Dialog Danur's* novelby Risa Saraswati. The source of primary data used in this research is the novel *Gerbang Dialog Danur* by Risa Saraswati. The secondary data is the data as the result of an interview with Indigo source who understand Indigo circumstances and has read as well as comprehend the content of the novel *Gerbang Dialog Danur* by Risa Saraswati.

In this research, there are seven steps in the data collection procedure, namely: (1) reading the novel *Gerbang Dialog Danur* by Risa Saraswati, (2) searching interesting phenomena, (3) determining Indigo in the novel as research data, (4) determining the novel *Gerbang Dialog Danur* by Risa Saraswati as the source data, (5) determining the content analysis as the research method. Furthermore, researcher (6) determines structural and psychology literary approaches as research approach, and (7) conducts library study, Indigo observation in the novel. In the procedure of data

analysis, the researcher analyzed in details concerning the Indigo includes abundance of Indigo, and lack of Indigo. The researcher also made tables of work recapitulation.

Result and Discussion

The Abundance of Indigo on the Main Character in the Novel Gerbang Dialog Danur by Risa Saraswati

Based on the result of the research findings, 21 descriptions of the abundance of Indigo on the main character of I (Risa) can be explained in detailed through the working table of the number of observation data recapitulation with the following Indigo's abundances in table 1. Regarding the results, it can be synthesized that the main character of I (Risa) in the novel *Gerbang Dialog Danur* by Risa Saraswati have the abundance of Indigo, namely able to see and interact with the astral creatures with 10 findings, have the ability of *retrocognition* with 2 findings, have high sensitivity and empathy for 5 findings, and have the ability of *clairaudience* with 4 findings. Based on the abundance of Indigo in the main character in the novel *Gerbang Dialog Danur* by Risa Saraswati, we can conclude that she is able to see and interact with an astral creature which is advantages of Indigo that dominates the main character of I (Risa). The existence of the sixth sense related to her Indigo condition, making Risa to be able to communicate with the astral creatures around her, listen to stories of the astral creatures, see the past events that have been experienced by astral creatures related to the abundance of Indigo in a form of *retrocognition* ability to the character of Risa, so that she befriends with five astral creatures in a form of Dutch boys who always accompany Risa until today. The existence of the abundance of Indigo in the form of *retrocognition* on the main character I (Risa) also revealed through Risa who can see the past from her dream. Risa dreamed of seeing two girls. The first child was asleep in a bed, while the second girl was standing by the side of the first daughter. Both looked burned in a hug position. The *retrocognition* is an abundance of Indigo to the character Risa who can see the past events of her dreams, about the past of two beautiful girls who met Risa to tell their life story together. As for the dream trip Risa can be categorized as *Astral Projection*. Alvarado explained that the astral projection includes the body parts of the soul and the physical body. The soul body comes out of its substance to make projections (Alvarado, 2012). Dreams experienced by Risa associated with the fact in the past. This means that Risa has astral projections through dreams. She has astral projection her friend's past-her astral friend through dreams. The main character of I (Risa) also claims that she cannot cover her ability to see and interact with astral creatures, however, Risa can pretend to not know the existence of all astral creatures. Aside from that, I (Risa) can also call and listen to the voice of astral creatures around her related to the abundance of Indigo in a form of having the ability of *clairaudience* on the character of I (Risa). Based on the result and discussion, the abundance of Indigo cannot be found on the main character of I (Risa) which may be caused by the fact that Risa was born as Indigo with the domination of Indigo ability to see and interact with astral creatures, making I (Risa) not to have sensitivity to do telepathy.

Table 1. Working Table of Number of Observation Data Recapitulation of Indigo Abundance on The Main Character in the Novel *Gerbang Dialog Danur* by Risa Saraswati

No.	Abundance of Indigo	Number of Observation Data (Quotes)	Percentage (%)
1.	Able to see and interact with the astral creatures	10	47.62 %
2.	Able to do telepathy	0	0 %
3.	Able to read other people mind and feelings	0	0 %
4.	Have the ability of <i>clairvoyance</i>	0	0 %
5.	Have the ability to do <i>precognition</i>	0	0 %
6.	Have the ability of <i>retrocognition</i>	2	9.52 %
7.	Have the ability to do <i>mediumship</i>	0	0 %
8.	Have the ability to do psychometric	0	0 %
9.	Have the ability of hypnosis ability	0	0 %
10.	Have the ability of telekinesis	0	0 %
11.	Have high sensitivity and empathy	5	23.81 %
12.	Have the ability to do <i>clairsentience</i>	0	0 %
13.	Have the ability to do <i>clairaudience</i>	4	19.05 %
The total number		21	100 %

The Lack of Indigo on the Main Character in the Novel Gerbang Dialog Danur by Risa Saraswati

Based on the result of the research findings, 17 descriptions related to the disadvantages of Indigo on the main character in the novel *Gerbang Dialog Danur* by Risa Saraswati that can be explained in details through the following working table of the number of observation data recapitulation on the lack of Indigo.

Table 2. Working Table of Number of Observation Data Recapitulation on the Lack of Indigo on The Main Character in the Novel *Gerbang Dialog Danur* by Risa Saraswati

No.	Lack of Indigo	Number of Observation Data (Quotes)	Percentage (%)
1.	Often have headaches	1	5.88 %
2.	Often have trouble in sleeping	1	5.88 %
3.	Have a weak ulcer	0	0 %
4.	Have painful empathy	1	5.88 %
5.	Often confuse that lead to anger	1	5.88 %
6.	Have different personalities	2	11.76 %
7.	Dilemmatic	4	23.56 %
8.	Labeled as freaks	2	11.76 %
9.	Alienated by friends	0	0 %
10.	Easily to cry	2	11.76 %
11.	Does not like school	2	11.76 %
12.	Often care less about others who do not understand them	0	0 %
13.	Often does not feel belong to people of their peers	1	5.88%
14.	Often feel lazy to do their works	0	0%
The total number		17	100 %

Regarding the results, it can be synthesized that the main character of I (Risa) in the novel *Gerbang Dialog Danur* by Risa Saraswati has the lack of Indigo, such as often feel headaches for 1 finding, often have trouble sleeping for 1 finding, experience hurtful empathy for 1 finding, often feels confuse that leads to anger for 1 finding, have different personalities for 2 findings, dilemmatic for 4 findings, labeled as freaks for 2 findings, easy to cry for 2 findings, does not like school for 2 findings, and often does not feel belong with their peers for 1 finding. Based on the lack of Indigo on the main character in the novel *Gerbang Dialog Danur* by Risa Saraswati, we can conclude that the dilemmatic on the main character of I (Risa) dominates the content of the novel. The Indigo condition of the main character I (Risa) is often able to make Risa feels vulnerable and desperate in living her life as an Indigo. Risa also experiences depression during her childhood. There is a weird assumption on her from the people around her, a feeling of insecurities when she was with her peers at school, a self-conflict that often made Risa feels anxious to move on or live life with her Indigo condition, her body that is often possessed by the astral creatures, and her inability to meet the demands of the astral creatures that ask for her help often made her dilemmatic so that it pushed her once to commit a suicide by overdosing herself with nonprescription drugs, hurting her wrist, to jump off the public transportation that she was on and act ignorant to the astral creatures around her so that she does not have to deal with the life problems related to her Indigo situation. This is consistent with Kesner's statement that special people can be in pain until depression. As for the excessive dramatic side can lead to depression, emotional difficulties (Kesner, 2005).

About Indigo's deficiency can make Indigo suffer so it can make Indigo difficult to achieve. Therefore, Indigo must reduce excessive expectations to others.

Based on the results and discussion about the abundance of Indigo and lack of Indigo, it can be seen also that the main character I (Risa) has abundance of Indigo, one of them is the *retrocognition* that revealed through Risa who can see the past from her dream. Risa dreamed of seeing two girls. The first girl was asleep in a bed, while the second girl was standing by the side of the first girl. Both looked burned in hugging each other's position. *Retrocognition* is an abundance of Indigo to the character Risa who can see the past from her dream, about the past of two figures of beautiful girls who met Risa to tell the story of their life together. That dream trip from Risa's character can be categorized as *astral projection*. Regarding to the abundance of Indigo on the character I (Risa), Alvarado (Alvarado, 2012) reinforces that the *astral projection* includes the body parts of the soul and the physical body. The soul body comes out of its substance to make projections. The dreams those are experienced by Risa can be associated with the fact in the past. This means that Risa can do astral travelling through her dreams. She has projects her friend's past and her astral friend through the dreams.

Other than that, based on the results and discussion, one of the lack of Indigo is often feeling confused that lead to anger can also be discussed on the main character I (Risa) through the character Risa who feel confused and dizzy about the problems of invisible creatures who told their problems to Risa and asked to look for solutions to their problems. In addition, Risa's confusion also culminates in her anger toward invisible beings because when Risa needs them to listen to Risa's complaints, the invisible creatures disappear. Confusion to anger is often associated with ADHD. Lench, Levine, and Whalen (Lench, Levine, & Whalen, 2013) explained that Indigo children with ADHD are complex. However, Indigo children with ADHD can also have high sensitivity, in the sense of high caring towards others. Indigo with ADHD should more develop sense of optimism to avoid distress, depression, and excessive anger. Negative things should be minimized as much as possible.

Based on the result and discussion about understanding Indigo through novel, *Gerbang Dialog Danur* by Risa Saraswati, which is under consideration with the literature psychology, includes the abundance of Indigo, and lack of Indigo, can be implied in a form of literature teachings using literature works that contains Indigo and full with psychology element within it. Through novel *Gerbang Dialog Danur* by Risa Saraswati, it can be understood that literature not only entertains readers, but also conveys positive wisdoms about Indigo to its readers, that readers can better understand the abundance of Indigo and lack of Indigo, not isolate them, and more appreciation to Indigo. In addition, the novel also invites the readers to further try to really understand their concern for the condition of Indigo. Through the main character I (Risa), the novel readers can learn and understand well about the abundance of Indigo and lack of Indigo that represented by the character I (Risa) so that the novel readers can be more grateful for the grace of God and appreciate the Indigo more.

Conclusion

In this research concerning of understanding Indigo through novel, namely is *Gerbang Dialog Danur's novel* by Risa Saraswati, two conclusions were made, namely:

(1) being able to see and interact with the astral creatures is the abundance of Indigo that dominates the I (Risa). The existence of the sixth sense in relation to her Indigo condition, made Risa to be able to communicate with the astral creatures around her, listen to stories of the astral creatures, so that she befriend with five astral creatures in a form of Dutch boys who always accompany Risa until today, and (2) Dilemmatic is the lack of Indigo that dominates the main character of I (Risa). The Indigo condition of Risa often made Risa feels vulnerable and desperate in living her life as an Indigo, so that it encourages Risa to conduct a suicide attempt and act ignorant to the astral creatures around her.

This research is recommended for literature teachers to teach Indigo through novel, especially to teach about the abundance and lack of Indigo in a novel using literature psychology. In addition, the result of the research is also recommended for educators who are not only teaching but also understand the learners with Indigo condition without looking at their intelligent, social or linguistic condition so that they can obtain education service together at the regular school. In the process of character building of the learners with Indigo condition, the role of the educators is not only to teach the concept and meaning of good or bad deeds, since building a character is not as easy as transferring other knowledge however exemplary deed should be available at the school environment which then builds the characters on the learners with Indigo condition so that they are not only smart cognitively but they are also able to apply the knowledge of character education effectively.

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