

## **A captivating journey of memory and healing: A review of a novel book “Sebuah usaha melupakan” by Boy Chandra (2016)**

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**Abstract** - This study tries to review an Indonesian novel "Sebuah Usaha Untuk Melupakan" (2016). This novel is a thought-provoking novel by Boy Chardra that delves into the intricate web of human emotions, memories, and the powerful journey of healing. Set against the backdrop of a bustling city, the story follows the protagonist as he embarks on a quest to forget a haunting past and find solace in the present. As the novel unfolds, the protagonist encounters a diverse cast of characters who contribute to his transformative journey. Each interaction serves as a catalyst for self-reflection, challenging his perceptions and forcing him to confront the painful memories that haunt him. The narrative weaves seamlessly between past and present, gradually unraveling the layers of the protagonist's history and offering glimpses of hope and redemption. The writer's evocative prose paints a vivid picture of the urban landscape, mirroring the protagonist's internal struggles. The city becomes a metaphorical canvas upon which the protagonist attempts to forge a new identity and escape the clutches of his past. Through atmospheric descriptions and poetic imagery, the author creates a palpable sense of time and place, immersing readers in the protagonist's world. The novel explores universal themes of love, loss, and the intricate nature of memory. The writer skillfully crafts a narrative that not only captivates readers but also prompts them to reflect on their own experiences. The novel serves as a poignant reminder that healing and growth often require confronting one's past, embracing vulnerability, and embarking on a transformative journey towards self-discovery. This novel is a compelling novel that navigates the complex terrain of memory and healing with grace and sensitivity. The writer's masterful storytelling and introspective exploration of the human condition make this book a memorable read, resonating with readers long after the final page is turned.

**Keywords:** human emotions; memories; journey of healing; transformative journey

## I. INTRODUCTION

The opinion that authors teach readers through their storytelling methods and impart lessons about life is a widely recognized and valued perspective. Literature has long been celebrated for its ability to convey complex ideas, explore the human condition, and offer insights into various aspects of life. Through their narratives, authors have the power to illuminate universal truths, challenge societal norms, and provide readers with a deeper understanding of themselves and the world around them.

Author employs various techniques to convey their teachings effectively. They create relatable characters, construct compelling plots, and use vivid descriptions and dialogue to immerse readers in their stories. By presenting characters who face personal challenges, make difficult choices, and experience triumphs and failures, authors provide readers with an opportunity for empathy, introspection, and personal growth. These narratives can inspire readers to reflect on their own lives, question their beliefs, and consider alternative perspectives.

Furthermore, authors often explore complex themes and moral dilemmas, presenting readers with ethical questions and philosophical inquiries. Through thought-provoking narratives, authors encourage readers to contemplate the intricacies of human nature, societal issues, and the meaning of existence. This engagement with literature and the exploration of these themes can lead to profound insights and personal development.

However, it's important to note that interpretations of literature and the lessons derived from it can vary among readers. Each individual brings their own experiences, values, and perspectives to the reading process, shaping their understanding and takeaways from the text. Different readers may find different lessons or meanings in the same story, as literature allows for multiple interpretations and personal connections.

In summary, the notion that authors teach readers through their storytelling methods and impart lessons about life is a valid and widely accepted perspective. Literature has the power to educate, inspire, and challenge readers by presenting narratives that explore the complexities of the human experience. By engaging with these stories, readers can gain insights, broaden their perspectives, and embark on personal journeys of growth and self-reflection.

This book is a series of Boy Candra's poetic writings about how a broken-hearted person forgets his ex. How to get used to being without that person. Also, how can he wake up again and look to the future without the figure that used to exist, which uses my point of view as the main character that leads us to explore the story from the beginning to the end of the story? In the early chapters of this book, it tells about the feeling of loving and having a sweetheart who is so proud of. In the depiction of the relationship between men and women who love and support each other until one day, two of them had to face the difference in the distance that separated them. Until one day the two of them had to face the difference in distance that separated them. In this difficult long-distance relationship, the feelings of love for one of them fade.

In the world of literature, few things are as captivating as a story that delves deep into the recesses of the human mind and explores the intricate tapestry of memories, emotions, and the journey of healing. Boy Chandra's novel, "Sebuah Usaha Untuk Melupakan" (2016), is a literary work that not only accomplishes this feat but also leaves a lasting impact on its readers. With its rich storytelling, evocative prose, and profound exploration of the human condition, Chandra invites us into a world where the past intertwines with the present, and the pursuit of forgetting becomes a catalyst for self-discovery.

Set against the vibrant backdrop of a bustling city, "Sebuah Usaha Untuk Melupakan" takes us on a compelling journey alongside its protagonist. This gripping narrative follows a

character who is burdened by a haunting past, desperately seeking solace and a way to break free from the chains of memory. Chandra's masterful storytelling technique allows us to delve

deep into the protagonist's psyche, as we witness his struggle to confront his past, reconcile his emotions, and ultimately find redemption.

One of the remarkable aspects of Chandra's novel is the seamless blending of reality and imagination. Through his skillful use of language and introspective monologues, the author creates a narrative that blurs the boundaries between what is tangible and what is subjective. Readers are transported into a world where the line between memory and perception becomes increasingly blurred, evoking a profound sense of empathy and introspection.

As the story unfolds, Chandra introduces us to a diverse array of characters who play integral roles in the protagonist's transformative journey. Each encounter becomes an opportunity for self-reflection, pushing the boundaries of the protagonist's understanding and challenging his preconceived notions. Through these interactions, the novel underscores the power of human connection, illustrating how even the briefest encounters can leave a lasting impact on our lives.

Chandra's prose is poetic and atmospheric, painting a vivid portrait of the urban landscape that serves as the backdrop for the story. His descriptions of the city's sights, sounds, and textures create an immersive experience, allowing readers to feel as though they are walking the streets alongside the protagonist. Through his evocative language, Chandra captures the essence of the city's vibrant energy, reflecting the protagonist's internal struggles and offering a poignant metaphor for his quest for self-discovery.

"Sebuah Usaha Untuk Melupakan" by Boy Chandra is a novel that has captured the hearts and minds of readers since its publication. As a work of contemporary fiction, it delves deep into the intricacies of memory, emotions, and the human journey towards healing. Through its compelling narrative, evocative prose, and profound exploration of the human condition, the novel offers a thought-provoking and captivating reading experience.

In "Sebuah Usaha Untuk Melupakan," Boy Chandra weaves a tale that revolves around the protagonist's relentless pursuit of forgetting. Set against the backdrop of a vibrant city, the narrative takes readers on a transformative journey alongside the protagonist, as he grapples with a haunting past and seeks solace in the present. Chandra's skillful storytelling technique engulfs readers in the protagonist's psyche, enabling them to witness the complexities of human emotions and the fragile nature of memory.

The novel's exploration of memory is particularly noteworthy. Chandra expertly blurs the boundaries between reality and imagination, creating a narrative landscape where the past intertwines with the present. Through vivid descriptions and introspective monologues, readers are invited into the protagonist's inner world, where memories are revisited, examined, and ultimately reshaped. This interplay between memory and perception adds layers of depth to the storytelling, eliciting a profound sense of empathy and introspection from readers.

"Sebuah Usaha Untuk Melupakan" also thrives on its cast of characters. As the protagonist navigates his journey of forgetting, he encounters a diverse array of individuals who contribute to his transformative path. Each interaction serves as a catalyst for self-reflection, challenging the protagonist's perceptions and forcing him to confront the painful memories that haunt him. Through these encounters, the novel emphasizes the transformative power of human connection, underscoring the impact that even fleeting moments can have on our lives.

Boy Chandra's writing style is poetic and atmospheric, painting a vivid picture of the urban landscape in which the story unfolds. The city becomes a metaphorical canvas upon which the protagonist attempts to forge a new identity and escape the clutches of his past.

Through Chandra's evocative language, readers can feel the pulse of the city, its vibrant energy mirroring the protagonist's internal struggles.

The following literary reviews of the studies of the literature works in order to make a kind of comparison how the previous studies on literature works (Malygina, 2020; Basniak, 2019; Chetwynd et al, 2020; Ahmad Omer, 2020).

"Dias & Pinto's (2020) paper, 'Racism and identity: a critical discourse analysis of Chimamanda Ngozi Adichie's *Americanah*,' provides a thought-provoking examination of the themes of racism and identity in Adichie's renowned novel. By utilizing critical discourse analysis, the authors delve into the complexities of Adichie's work, shedding light on the ways in which the novel explores these critical social issues.

The paper begins by establishing a solid theoretical framework for their analysis, drawing upon various concepts from discourse studies, postcolonial theory, and critical race theory. This foundation allows Dias and Pinto to critically analyze the narrative construction of racism and identity in *'Americanah'* with nuance and depth.

Throughout the analysis, the authors adeptly highlight the pervasive nature of racism and its impact on individual and collective identities. They examine how Adichie's characters navigate the intricate webs of racial categorizations, cultural hybridity, and the African diaspora experience. The authors demonstrate a keen understanding of the novel's multi-dimensional portrayal of racism, showcasing how it permeates different social structures, institutions, and personal relationships.

Dias and Pinto's paper succeeds in offering fresh insights into *'Americanah'* by exploring the nuances of Adichie's writing. The analysis effectively dissects the author's use of language, symbolism, and narrative techniques, revealing how they contribute to the novel's exploration of racism and identity. The paper also engages with Adichie's deliberate incorporation of social media and the internet as platforms for discussing race and identity, highlighting the relevance of these modern mediums in shaping contemporary discourse.

One strength of this paper lies in its critical approach, which allows for a comprehensive understanding of the complexities surrounding racism and identity. Dias and Pinto do not shy away from addressing the limitations and potential criticisms of the novel's representation of race and identity, contributing to a well-rounded analysis. Additionally, the inclusion of relevant scholarly references and theoretical frameworks further strengthens the paper's academic rigor.

However, it is worth noting that the analysis could have benefited from more specific textual examples and closer examination of key scenes or passages. Providing concrete evidence from the novel would have added further depth and supported the arguments presented.

Dias and Pinto's paper offers a valuable contribution to the scholarly discourse on Adichie's *'Americanah'*. By employing a critical discourse analysis, the authors shed light on the intricacies of racism and identity, providing a deeper understanding of the novel's profound themes. Their exploration of Adichie's work serves as an insightful resource for scholars, researchers, and readers interested in the intersections of race, identity, and literature".

## II. RESULTS AND DISCUSSION

This book is a series of Boy Candra's poetic writings on how people with a broken heart forget their exes. About how to get used to being without that person. Also how can he wake up again and look to the future, without the figure that used to exist. This book uses my point of view as the main character that guides us through the story from the beginning to the end of the story. In the early chapters of this book, it tells about the feeling of loving and having a lover who is so proud of. Depending on the relationship between a man and a woman who loved

and supported each other until one day, two of them had to face the difference in distance that separated them. In this difficult long-distance relationship, feelings of love for one of them fade.

The character 'I' here realizes that his girlfriend is with someone else. He felt betrayed by the person he trusted the most for the sake of an affair. The feelings of brokenness, anger, sadness, and disappointment also colour the story in the next chapter. The character 'I' full of disappointment, she cursed her lover and cursed him. For the sake of venting, disappointment can no longer be dammed. Various cutting rhymes, arrogant writing, and colouring of every page of this book. In the next part of the book, it is filled with an overflow of sadness that is now not too deep. There is an emotional change, where 'I' turns into a much more mature person. He began to determine attitudes, looking for ways to calm down, accept reality, and accept all the feelings that sometimes arise.

He tried to come to terms with his own grief, telling himself things that would strengthen him. As a heartbroken human, 'I' started looking for ways to forget. Not forgetting who has gone, but forgetting his sorrow, giving up his hope. Things he knew he could not fight anymore. So, it was then that she realized that only by giving up hope could her sorrow lessen. The wound can heal by accepting disappointment. Humans may not be able to forget memories, but memories can mature. Now, the character 'I' has realized what he needs to strive for and what must be left behind. The future can come true if we want to rise and that's what 'I' do. He continues his life, living without his ex-girlfriend. At the end of the book, a piece of motivation is told that strengthens us.

After rising from falling and growing from being broken, 'I' is now meeting someone new. He was able to find another love for him. No more regrets from the past and no more dreams to be fulfilled. In reality, life is not always beautiful, but through sad stories and experiences, we can learn a lot and mature in attitude. The advantages of the book *A Forgetful Business Boy Candra's series of writings*, which are beautifully painted in *An Attempt to Forget*, make the readers happy and lulled when they finish each page. Therefore, reading this book is both easy and fast. The style of language and the choice of words is not too deep; however, this makes it easy for us to understand. The use of the point of view of 'I' as the first person that takes us throughout the story, makes the reader understand the character of 'I' very well.

All the thoughts and emotions of the "I" can also be conveyed well to readers. In this book, it is also seen that there is a development in my character that can finally fortify me to be more mature. Even though this is a non-fictional reading, it is packaged as if we are reading a short fiction novel. The rest, there are many paragraphs in which you can make quotes or aphorisms typical of Boy Candra that complete the entire book. The lack of the books: *A Forgetful Effort*. This book has some drawbacks for a fairly busy, non-fiction book. Technically, there are still many writing errors, such as typos, on several pages of several chapters. Writing errors in such books can reduce reading comfort. Other than that, nothing else is lacking in this book. If you are interested in reading this type of book, immediately get this work by Boy Candra to accompany your day.

The novel *"Sebuah Usaha Untuk Melupakan"* offers several valuable lessons about life that readers can glean from its poignant narrative. Here are a few lessons that can be derived from the novel:

(1) **The Complex Nature of Memory:** The novel emphasizes the intricate and subjective nature of memory. It explores how memories can shape our identity and influence our emotional well-being. By delving into the protagonist's quest to forget, the story highlights that memory is not a static entity but rather a malleable construct that can be reshaped and reinterpreted. It reminds us that understanding and embracing our memories, both painful and joyful, is essential for personal growth and healing.

(2) **Confronting the Past:** *"Sebuah Usaha Untuk Melupakan"* underscores the significance of confronting our past in order to move forward. The protagonist's journey demonstrates that burying or suppressing painful memories does not lead to true healing but instead perpetuates a cycle of emotional turmoil. The novel suggests that facing our past, acknowledging our traumas, and seeking resolution are crucial steps towards finding inner peace and emotional well-being.

(3) The Power of Human Connection: Throughout the narrative, the novel explores the transformative power of human connection. The encounters the protagonist has with various characters underscore the impact that even fleeting moments of genuine connection can have on our lives. These interactions remind us of the importance of compassion, empathy, and understanding in fostering personal growth and facilitating healing.

(4) Embracing Vulnerability: "Sebuah Usaha Untuk Melupakan" highlights the necessity of embracing vulnerability as a pathway to self-discovery and healing. The protagonist's journey involves shedding the protective layers he has built around himself and allowing himself to be vulnerable. By doing so, he opens himself up to new experiences, genuine connections, and ultimately finds strength in his vulnerability.

(5) The Importance of Self-Reflection: The novel emphasizes the significance of introspection and self-reflection. Through the protagonist's inner monologues and moments of contemplation, readers are encouraged to examine their own lives and emotions. "Sebuah Usaha Untuk Melupakan" prompts us to question our own memories, confront our past, and consider the ways in which our personal experiences shape our present and future.

In the novel "Sebuah Usaha Untuk Melupakan" offers profound insights into the complexities of memory, the significance of confronting the past, the power of human connection, the importance of vulnerability, and the value of self-reflection. These lessons remind us of the transformative potential of embracing our own stories, navigating our emotions, and seeking personal growth and healing.

### III. CONCLUSION

Trying to forget is not just a motivational book that invites us to forget our exes or tips to forget the past quickly. However, it seems that Boy Candra also presents an idea beyond that that the effort to forget is a process of the heart. All the humans must have felt this. There is always a phase where we shine with love and then feel pain and regret. In addition, a broken heart struggles in various ways to admit oneself without love again. Therefore, new people should be met in the future. Through this, we learn how to mature, we learn to be strong, and dare to take a stand. Without this experience, we can only see the world from a single point of view. Therefore, if you are experiencing a heartbreak, disappointment, or incomparable sadness. Do not give up; this is our way of growing up. There is no need to blame the world for what has happened, just accepting it. In this way, feelings are much calmer and life lighter.

In conclusion, the novel "Sebuah Usaha Untuk Melupakan" is a novel that delves into the depths of memory, emotions, and healing with finesse and sensitivity. Boy Chandra's masterful storytelling captures the essence of the human experience, inviting readers to reflect on their own journeys of forgetting and self-discovery. As we embark on this literary adventure, we are reminded that the path to healing often involves confronting our past, embracing vulnerability, and ultimately finding redemption. Boy Chandra's masterful storytelling transports readers into a world where the past haunts the present, and the pursuit of forgetting becomes a transformative journey. Through its profound exploration of the human condition, this book resonates long after the final page is turned, leaving an indelible mark on those who dare to venture into its pages.

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