

## ABSTRACT

Dinda Ainun Sabrina. 2025. *“The Triangular Theory of Love Representation in The Summer I Turned Pretty by Jenny Han”*

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This study explores the representation of love in Jenny Han’s *The Summer I Turned Pretty* through Robert J. Sternberg’s Triangular Theory of Love, which conceptualizes love as comprising three interrelated components: intimacy, passion, and commitment. Focusing on the protagonist, Belly, and her emotional relationships with Conrad and Jeremiah Fisher, this research analyzes how these components emerge and interact in distinct patterns. The findings reveal that Belly’s bond with Jeremiah reflects companionate love marked by emotional closeness and commitment but lacking romantic passion. Conversely, her relationship with Conrad begins as infatuated love, dominated by intense attraction but initially lacking intimacy and commitment. As their emotional connection deepens and mutual understanding grows, intimacy and commitment gradually develop, culminating in consummate love the most balanced form according to Sternberg. This emotional progression illustrates how adolescent love evolves through internal growth, emotional vulnerability, and interpersonal challenges. Rather than presenting a simplified romantic storyline, the novel portrays two distinct emotional journeys that reflect different psychological needs and stages of maturity. By applying a psychological framework to literary analysis, this study bridges emotional realism with character development, and highlights how romantic experiences serve as catalysts for identity formation and emotional awareness. Through the lens of Sternberg’s theory, the novel offers a nuanced depiction of how love functions as both a personal and developmental force in adolescence.

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Keywords: commitment, intimacy, passion, Sternberg Triangular Theory of Love

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*Penelitian ini mengeksplorasi representasi cinta dalam novel The Summer I Turned Pretty karya Jenny Han melalui Teori Segitiga Cinta dari Robert J. Sternberg, yang mengkonseptualisasikan cinta sebagai gabungan dari tiga komponen utama: keintiman, gairah, dan komitmen. Fokus penelitian ini tertuju pada tokoh utama, Belly, serta hubungan emosionalnya dengan Conrad dan Jeremiah Fisher. Hasil analisis menunjukkan bahwa hubungan Belly dengan Jeremiah merepresentasikan cinta persahabatan (companionate love) ditandai oleh kedekatan emosional dan komitmen, namun tanpa gairah romantis. Sebaliknya, hubungan Belly dengan Conrad diawali sebagai cinta penuh hasrat (infatuated love) yang kuat, tetapi belum memiliki keintiman dan komitmen. Seiring berkembangnya hubungan dan saling pengertian, keintiman dan komitmen mulai terbentuk, hingga mencapai cinta sempurna (consummate love) bentuk cinta paling seimbang menurut Sternberg. Perjalanan emosional ini menggambarkan bagaimana cinta pada masa remaja berkembang melalui pertumbuhan batin, kerentanan emosional, dan tantangan relasional. Alih-alih menyajikan kisah cinta yang disederhanakan, novel ini memperlihatkan dua perjalanan emosional yang berbeda, masing-masing mencerminkan kebutuhan psikologis dan tahap kedewasaan yang berbeda. Dengan menerapkan kerangka psikologis dalam analisis sastra, penelitian ini menghubungkan realisme emosional dengan perkembangan karakter, serta menyoroti peran pengalaman romantis dalam pembentukan identitas dan kesadaran emosional remaja. Melalui lensa teori Sternberg, novel ini menyajikan gambaran yang mendalam tentang fungsi cinta sebagai kekuatan personal sekaligus perkembangan dalam masa remaja.*

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Kata Kunci: *gairah, keintiman, komitmen, Sternberg Teori Segitiga Cinta*