

Finding Light Through Fragility: A Critical Review of Kita Pasti Bahagia

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Book Information

Kita Pasti Bahagia is a contemporary Indonesian novel written by Tissa Biani and published in 2021 by PT Bukune Kreatif Cipta. The book consists of 160 pages and carries the ISBN 9786022204015. Positioned within the genre of inspirational and young adult fiction, the novel explores themes of emotional struggle, healing, and the gradual pursuit of happiness in the face of personal challenges. Through accessible language and reflective narration, the author presents characters who navigate inner conflict, vulnerability, and growth, emphasizing that happiness is not an instant condition but a process shaped by resilience and self-acceptance. With its concise structure and relatable psychological themes, the novel contributes to contemporary Indonesian popular literature by offering motivational insight into self-development and emotional maturity.

Keywords: happiness, emotional resilience, young adult fiction

INTRODUCTION

In recent years, self-improvement literature has gained significant popularity, especially among teenagers and young adults. The rise of social media platforms has created new challenges related to self-esteem, identity formation, and social comparison. Many young people feel pressured to meet unrealistic standards of success, beauty, and achievement displayed online. As a result, motivational and self-development books have become important tools to help individuals navigate these challenges. Kita Pasti Bahagia by Tissa Biani is one of the contemporary Indonesian self-improvement books that addresses these issues. The book offers reflections on happiness, self-confidence, love, friendship, and personal growth. The title itself, which translates to “We Will Surely Be Happy,” conveys optimism and reassurance. This book is particularly relevant for teenagers who are still searching for their identity and struggling with emotional instability.

The purpose of this review is to examine the content of the book, summarize its main ideas, and critically evaluate its strengths and weaknesses. By analyzing this book, the review aims to explore how it contributes to personal development discourse and its relevance in today’s social context.

SUMMARY OF THE BOOK

Kita Pasti Bahagia is a self-improvement book that presents reflections on life, happiness, dreams, relationships, and emotional struggles. The book is written in a light and conversational style, making it easy to understand for teenage and young adult readers. Rather than presenting complex theories, the author shares motivational thoughts and relatable experiences that reflect common problems faced by young people today. One of the central themes of the book is self-acceptance. The author emphasizes that many individuals often compare themselves to others, especially through social media. Seeing other people’s achievements, lifestyles, and appearances may cause feelings of insecurity

and inadequacy. Through several reflections, the author encourages readers to focus on their own journey instead of competing with others. Happiness, according to the book, is not about being better than someone else but about accepting who we are, including our imperfections.

The book is structured in short reflective sections, each discussing a particular emotional experience or life lesson. Some sections focus on self-worth and the importance of recognizing personal value. Others discuss how to handle negative comments and criticism from people who may not understand our struggles. The author repeatedly reminds readers that external opinions should not determine their sense of identity. Another important theme discussed in the book is friendship. The author explains that true friendship should bring positive energy, mutual support, and emotional safety. Readers are reminded to choose friends wisely and avoid toxic relationships that can damage self-confidence. The book also discusses feelings of longing, attachment, and disappointment in friendships, acknowledging that not all relationships last forever. Through these reflections, readers are encouraged to accept change as a natural part of life.

Love and heartbreak are also significant topics in the book. The author describes how falling in love can bring happiness but also vulnerability. Emotional attachment can make someone feel complete, yet it can also lead to deep sadness when expectations are not met. Heartbreak, however, is presented as a valuable life lesson rather than a permanent failure. The author suggests that painful experiences help individuals grow emotionally and become stronger. Instead of blaming themselves, readers are encouraged to reflect and learn from the experience. Dreams and ambitions are also explored in this book. The author motivates readers not to give up on their goals despite criticism or negative comments from others. One of the key messages highlighted in the book is that individuals should not listen to people who try to bring them down. As long as someone stays true to themselves and understands their limits, they have the right to pursue what they love. This message is particularly relevant for young readers who often face doubt and uncertainty about their future.

Visually, the book contains many illustrations and attractive layouts, which make it engaging for young readers. The combination of short texts, motivational quotes, and images creates a comfortable reading experience. The layout design supports the reflective tone of the book, allowing readers to pause and think about each message. Overall, *Kita Pasti Bahagia* functions as a motivational companion that reassures readers that happiness is achievable through self-love, resilience, and authenticity. The book does not promise instant solutions but encourages gradual emotional growth and self-awareness.

CRITICAL EVALUATION

From a critical perspective, *Kita Pasti Bahagia* has several strengths. First, the language used in the book is simple, relatable, and emotionally engaging. This makes the book accessible to teenage readers who may not be familiar with academic or psychological terminology. The motivational tone creates a sense of closeness between the author and the reader, as if the author is speaking directly to them in a supportive and empathetic manner.

Second, the book is highly relevant to contemporary social issues, particularly the impact of social media on mental health. In today's digital era, social comparison has become more intense due to constant exposure to curated online content. Many adolescents experience low self-esteem as a result of comparing their lives to idealized images presented on social media. The book addresses this issue effectively by encouraging readers to focus on self-growth rather than external validation. This message aligns with

psychological discussions about self-esteem and self-acceptance, even though the book does not explicitly mention academic theories.

Another strength of the book lies in its emotional resonance. The discussions about friendship, love, and heartbreak reflect real experiences commonly faced by adolescents. By acknowledging these emotions, the book validates readers' feelings and reassures them that such struggles are normal parts of life. This validation can help reduce feelings of isolation and emotional confusion among young readers. However, the book also has some weaknesses. One limitation is the lack of theoretical or empirical support. Unlike academic self-help books that incorporate psychological research, this book relies mainly on personal reflections and motivational statements. As a result, its academic contribution is limited. The arguments are inspiring but not deeply analyzed from a scholarly perspective. Readers who seek evidence-based explanations may find the content less rigorous.

Additionally, while the presence of illustrations and visual elements makes the book attractive and accessible, it may also reduce the density of discussion. Some sections present similar motivational messages repeatedly without expanding them into deeper analysis. This repetition may limit the intellectual depth of the book. In terms of contribution, the book is more suitable as a popular motivational text rather than an academic reference. Nevertheless, it plays an important role in promoting positive thinking, resilience, and emotional awareness among young readers. For teenagers who are experiencing identity confusion or low self-confidence, this book can serve as an encouraging guide.

Overall, despite its limitations in academic depth, *Kita Pasti Bahagia* successfully delivers its central message: happiness begins with self-acceptance and courage to be authentic. Its strength lies in its emotional accessibility and relevance to contemporary youth culture. Therefore, while it may not serve as a scholarly resource, it remains valuable as a supportive and motivational reading material.

REFLECTION & CONCLUSION

In conclusion, *Kita Pasti Bahagia* is a motivational book that addresses emotional and psychological challenges faced by today's youth. Its strengths lie in its relatable language, relevant themes, and encouraging tone. Although it lacks strong academic foundations, it effectively motivates readers to value themselves and pursue their dreams. This book is highly recommended for teenagers and young adults who are struggling with self-confidence, social comparison, and emotional instability. By promoting self-acceptance and resilience, the book contributes positively to readers' personal growth. Ultimately, it reminds us that happiness is not something distant, but something we can build from within ourselves.