

The Influence of Traumatic Experience in Jennifer Niven's Novel 'All the Bright Places'

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Abstract

The purpose of this study is to analyze and reveal the post-traumatic mental disorder of the two main characters in the novel. The writer analyzes how the symptoms of PTSD (Post Traumatic Stress Disorder) are described, what impacts are experienced afterward, the causes of trauma, and how the self-defense mechanisms they use to overcome PTSD (Post Traumatic Stress Disorder). In this study, the writer uses a qualitative method. The writer also uses a psychoanalytic approach from Sigmund Freud and Freud's theory as well as about self-defense mechanisms, where the id, ego, and superego become the outline of Sigmund Freud's theory which shows how a person can determine the defense mechanism he will take. In the results of this study, the writers found several PTSD (Post Traumatic Stress Disorder) symptoms described by the two main characters such as sleep problems, nightmares, avoidance, and emptiness. PTSD (Post Traumatic Stress Disorder) also has several impacts on their lives such as OCD (Obsessive Compulsive Disorder), Suicidal Obsession, refusal to drive a car, and changes in cognitive function. Several causes of PTSD (Post Traumatic Stress Disorder) were also found, such as a bad family environment (parental divorce), bullying, and accidents involving death. In addition to the symptoms, impacts, and causes of trauma, both characters also carry out several defense mechanisms to overcome trauma such as reaction formation, rejection, displacement, conversion, and sublimation.

Keywords: *defense mechanism, literature, psychoanalysis, ptsd (post-traumatic stress disorder), sigmund freud*

A. Introduction

In life, everyone undergoes various experiences, encompassing events that occur, things seen, or tasks performed. Hohn (2013) describes experience as the interactive process between individuals and the world, encompassing communicative, historical, and cultural phenomena intertwined with individual circumstances.

Trauma is one such experience, amid a spectrum including sadness, happiness, fear, and anxiety. Novels, particularly fiction, frequently delve into such life issues. Trauma, a condition of mental distress following a distressing event, sheds light on human psychological states. The term "trauma" can vary in interpretation, with some viewing it as stress-induced injury.

Renowned singer Lady Gaga's experience with Post-Traumatic Stress Disorder (PTSD) exemplifies the impact of trauma. Gaga's trauma stemmed from early career abuse by a music producer, resulting in her deteriorating health and subsequent hospitalization (Savage, 2021). Despite her ordeal, she emerged resilient, offering support to others facing similar challenges.

Traumatic experiences aren't exclusive to celebrities. Teenagers Theodore Finch and Violet Markey in "All the Bright Places" (2015) grapple with trauma. Finch endures childhood abuse, while Violet copes with the aftermath of a fatal car accident involving her sister Eleanor. Their struggles with trauma and associated personality disorders are central to the narrative.

Understanding the psychological implications of trauma is crucial. Scholars like Tiansyah, Sartika, and Chandra have examined trauma in literary works. Tiansyah et al. (2021) analyzed Eleanor's trauma in "Eleanor Oliphant is Completely Fine," employing Sigmund Freud's psychoanalytic theory. Sartika (2020) explored trauma in Eka Kurniawan's "Seperti Dendam Rindu Harus Dibayar Tuntas" through Cathy Caruth's trauma and memory concepts. Chandra (2019) investigated defense mechanisms in Stephanie Burgis's "The Dragon With A Chocolate Heart" using Freudian psychoanalysis.

The present study explores trauma in Jennifer Niven's "All the Bright Places," focusing on Finch and Violet's experiences and their ensuing psychological challenges. By delving into teenage trauma, this study sheds light on the complexities of coping with trauma during formative years, ultimately emphasizing its lasting impact on individuals.

B. Method

The writer used qualitative methods in conducting study. The writer tried to analyze the psychological condition of the two main characters in the novel and focused on the trauma experience of Finch and Violet. In analyzed the novel, the writer collected data and theory from several websites and read several books related to theory to develop an analysis according to the theory chosen by the writer. "Qualitative analysis requires more effort to read and reread data notes, reflect on

what is read, and make comparisons based on logic and judgment” Neuman (2013, p. 510). From the above statement, it is intended that when analyzing using qualitative methods it is very necessary to read and reread the data that we collect. The data records that have been read must be understood and compared, so that the researcher understands the contents of the data and also understands how to combine any existing data to make appropriate research. The data in this study were collected from the novel “All the Bright Places” written by Jennifer Niven. This novel is fictional, and all events, dialogues, even all characters are the result of the writer's imagination. This novel was published in 2015 in the United States by Alfred A. Knopf. To obtain the right data in this study, the writers took several steps as follows:

- Reading the novel “All the Bright Places” several times to understand the storyline and the problems in it.
- Identifying trauma issues contained in the novel and identify sentences and narrative elements on the issue.
- Marking important things such as parts and pages of the novel.
- Note taking and grouping the data based on the theory that has been chosen by the writer.

The data have been collected is then analyzed using the theory of Psychoanalysis by Sigmund Freud (1856-1939) about trauma disorders to answer the statements of the problem, they are about what are the symptoms, impacts, causes, and the defense mechanisms portrayed by two major characters in “All the Bright Places” Novel.

C. Findings and Discussion

In this chapter, the data analyzed and explained consists of several data in determining the trauma experiences and the impact of that trauma on the character's personality experienced by Theodore Finch and Violet Markey in the novel “All the Bright Places”. The writer used the psychoanalysis theory by Sigmund Freud to analyze the issue. The writer discusses the Post Traumatic Stress Disorder experienced by the two main characters in the novel "All the Bright Places". Besides that, the writer also explains the impact of PTSD on the two main characters. In addition, the writer also explains the defense mechanism described by the two main characters in the novel. In analyzing the problem, some data are needed to strengthen the PTSD analysis in the novel. The writer identifies character problems first to make it easier to study and identify the impact of PTSD. The following is the data used to analyze the relationship between PTSD and the two main characters.

1.1 PTSD portrayed in the novel

After reading the novel, the writer found some symptoms of Post-Traumatic Stress Disorder that portrayed in “All the Bright Places” novel as following data:

1.1.1 Sleeping Problem

The sleeping problem, maintenances and none restorative sleep (insomnia) are common among individuals who are diagnosed with PTSD.

“I wasn’t asleep for a couple days or a week or two—I was asleep for the holidays, meaning thanksgiving, Christmas, and New Year’s. I can’t tell you what was different this time around, only that when I woke up, I felt deader than usual. Awake, yeah, but completely empty, like someone had been feasting on my blood.” (Niven, 2015, p.2)

When Finch has trouble sleeping, this indicates that he is already showing one of the symptoms of PTSD. The data above shows how Finch has been having trouble sleeping for a long time, even so, it could say he never sleeps at night. All night he stayed awake and felt himself empty it felt like someone was sucking his blood. The condition that occurs in Finch's character is because he has an anxiety disorder that keeps coming back to haunt him. He is always obsessed with death so that the thought always comes at any time, including at night in solitude when other people are sleeping. He realized that this worry was actually unnatural but difficult to control.

“I run until time my mind stops. Until the only thing I feel is the cold metal of the license plate in my hand and the pounding of my blood.” (Niven, 2015, p. 44)

The data above shows how Finch runs without stopping until only his mind says to stop, then he will stop. As he ran, he felt coldness in his hands, as if he had touched the metal of the license plate. Apart from that, he also felt that there was a flutter going on in his blood.

“I run for miles but don’t count them, I run until time stops. Until my mind stops. Until the only thing I feel is the cold metal of the license plate in my hand and the pounding of my blood.” (Niven, 2015, p. 45)

At night, when it was time to sleep, this anxiety that arose in him kept disturbing his sleep until he always vented it by running at night around the deserted streets in an attempt to get rid of his anxiety.

1.1.2 Nightmare

Experiencing a trauma such as a motor vehicle accident or violence is very likely to trigger nightmares. This nightmare has a negative impact on the trauma sufferer. Like

the data below, Violet Markey is always haunted by nightmares which indicate that she is experiencing PTSD symptoms. This nightmare was caused by a traumatic experience when she and her sister were involved in a car accident that eventually took her sister Eleanor's life.

“The nightmares started a month after the accident,”

Not just once, Violet had this nightmare for months and times. In her nightmares she always feels tormented, someone she doesn't know is trying to strangle her. (Niven, 2015, p. 13)

“That night, I have the same nightmare I’ve been having for months—the one where someone comes at me from behind and tries to strangle me. I feel the hands on my throat, pressing tighter and tighter, but I can’t see who’s doing it. Sometimes the person doesn’t get as far as touching me, but I know he’s there. Other times I can feel the breath going out of me. My head goes light, my body floats away, and I start to fall”. (Niven, 2015, p. 84-85)

From the data above, Violet has regular nightmares after the day of the accident, Violet describes what kind of nightmares she often experiences. She is once again showing one of the symptoms of PTSD (Post Traumatic Stress Disorder) which implies what she suffered for months after the accident happened.

These data show that nightmares cannot be underestimated, especially in victims of accidents and violence. Chronic nightmares will disrupt sleep and ruin life. Violet has been hyperarousal, which means overreacting, in everyday situations unrelated to an accident, this could include being unable to sleep or sleeping with nightmares.

1.1.3 Avoidance

People with PTSD usually show avoidance symptoms by trying to avoid things that can remind them of the traumatic event, avoiding crowds, even changing personal habits.

“Have you thought about returning to cheerleading?”

“No.”

“Student council?”

“No.”

“You still play flute in the orchestra?”

“I’m last chair.” That’s something that hasn’t changed since the accident. I always last chair because I’m not very good at flute.” (Niven, 2015, p. 16)

The data above clearly shows that Violet avoids all gatherings with people, that's why she avoided all of her previous activities. He would only feel safe and at ease, if she didn't meet the crowds in some of the gatherings.

1.1.4 Emptiness

Everyone feels emptiness at times, but people with Childhood PTSD are especially vulnerable to it. This is one of the classic adult symptoms of early trauma. And like most trauma symptoms, it is rooted in brain development and psychological development.

"I can't tell you what was different this time around, only that when I woke up, I felt deader than usual. Awake, yeah, but completely empty, like someone had been feasting on my blood. This is day six of being awake again, and my first week back at school since November 14." (Niven, 2015, p. 2-3)

The data above shows how Finch is alive but always feels an emptiness within himself. He did wake up from his sleep, even doing his usual activities, but no happiness added to his enthusiasm in life, only emptiness, even Finch felt like someone was sucking his blood.

1.2 The impacts of trauma on the two main characters

PTSD causes several negative impacts on both the characters Finch and Violet. The impact of this trauma is certainly related to the personality disorders of the two main characters. The following are some of the impacts described in the novel:

1.2.1 OCD (Obsessive Compulsive Disorder)

(OCD) displays unwanted thought patterns and fears and makes the perpetrator perform repetitive behaviors. Obsessions and compulsions interfere with daily activities and cause significant suffering. The more often the sufferer tries to ignore or stop his obsession, the stress and anxiety will be higher. Finally, people with OCD continue to be compelled to perform compulsive actions to relieve stress.

"I'm OCD," "I'm depressed," "I'm a cutter," they say. One poor bastard is ADHD, OCD, BPD, bipolar, and on top of it all has some sort of anxiety disorder. I'm the only one who is just Theodore Finch." (Niven, 2015, p. 219)

The data above confirms that this Finch character does suffer from a mental disorder, namely OCD (Obsessive Compulsive Disorder). Obsessive-compulsive disorder is a kind of mental disorder that afflicts a person, where the sufferer is depressed because of repetitive thoughts, causing the sufferer to take repeated actions. Finch himself actually realized that he was affected by OCD, but he couldn't control himself to do this. This OCD results in a mental health disorder or Finch's personality disorder.

1.2.2 Suicidal obsession

This suicide obsession is the result of the trauma experienced by the two main characters, Finch and Violet.

“Is today a good day to die? This is something I ask myself in the morning when I wake up” (Niven, 2015, p. 2)

There was nothing else Finch thought about more often than his obsession with suicide. Even every morning when he managed to wake up from his sleep, he always asked when the time of death would come.

“Is today the day? And if not today—when? I am asking myself this now as I stand on a narrow ledge six stories above the ground. I’m so high up, I’m practically part of the sky. I look down at the pavement below, and the world tilts. I close my eyes, enjoying the way everything spins. Maybe this time I’ll do it—let the air carry me away. It will be like floating in a pool, drifting off until there’s nothing.” (Niven, 2015, p. 2)

The data above shows the finch's action to commit suicide, he stands on a narrow ledge six stories above the ground. From above he looked down at the pavement below and realized he was at a height. He closed his eyes and enjoyed being at that height, he thought that this time maybe he would commit suicide, so he thought that the air would take him away and he no longer felt a thing.

“And then I go up to my room, climb onto a chair, and contemplate the mechanics of hanging.

Interesting fact: Hanging is the most frequently used method of suicide in the United Kingdom because, researchers say, it’s viewed as being both quick and easy.” (Niven, 2015, p. 106-107)

The data above shows how Finch is so obsessed with suicide. Finch always read articles from people who had committed suicide as material so he could imitate them. Until finally, he found the idea to commit suicide by hanging himself, this is often done by people in the British Empire. This method is considered easy and fast to take someone's life because it only requires a long rope that is adjusted to a person's weight. When Finch had matured the thought of preparing for his suicide attempt, he felt that this would not be effective because he has a tall body and low ceiling as if thinking it would not work.

“I take a breath and dive, grateful for the dark of the water and the warmth against my skin. I swim to get away from Josh Raymond, and my cheating father, Violet’s involved parents who are also her friends, my sad, deserted mother, and my bones.

I dive deeper, lungs tight and burning.” (Niven, 2015, p. 171)

The data above describes how Finch feels when he wants to commit suicide. He hates living in a world with people he thinks are cruel. Finch hates his cheating father and prefers to live with the woman of his choice, plus knowing that his father has a son named Josh Raymond makes his feelings even sadder. In addition, Finch feels hatred toward Violet's parents who do not allow him to be close to their child. Not to mention the conflict with his friends who are always considered strange and often cause problems at school. Finch feels the burden of his life is very heavy, and the more problems he faces, he feels, he is just a useless human, so he doesn't want to bother his mother. This social factor is very influential on his psyche, causing him currently suffer from mental disorders.

“I like it deeper, where the water feels heaviest. Water is better than running because it blocks everything out. Water is my special power, my way to cheat the Asleep and stop it from coming on.

I want to go even deeper than this, because the deeper the better. I want to keep going.” (Niven, 2015, p. 171)

The data above shows how Finch, in carrying out his attempted suicide, always follows the development of death cases that are currently being reported. Finch tries to follow a way to commit suicide by drowning himself under the water. At that time, he went to a lake called “Blue Hole” to swim with Violet. In fact, he himself had the intention to attempt suicide there but didn't tell Violet any of it. He dived to the bottom of the lake much deeper until all he saw was darkness without light and silence without sound. He held his breath for a long time until finally his thoughts of suicide were dispelled by the thought of Violet who was waiting for him on the surface of the lake.

“I find the sleeping pills in my mom's medicine cabinet. I take the whole bottle back to my room and drop half the contents down my throat. I stretch out on the floor of my closet, the bottle in my hand. I try to imagine my body shutting down, little by little, going totally numb. I almost feel the heaviness coming over me, even though I know it's too fast.” (Niven, 2015, p. 213)

The data above illustrates how Finch attempted to commit suicide by taking large amounts of sleeping pills. He found a bottle of sleeping pills in his mother's cupboard and poured half of it down his throat.

All the data above shows how Finch is always haunted by thoughts of committing suicide. This wish of his kept coming to his mind. If he doesn't comply with his obsession, Finch will feel his personality disorder is getting worse so he can't control it properly. Under these circumstances, Finch was always looking for ways to plan his suicide attempts until he found the right time to do so. Because he thought that his attempted suicide had to be well designed so that his death would look cool and peaceful.

Not only does Finch have an obsession with suicide, but Violet also has several times committed suicide. He wanted to end his life to get rid of any thoughts of guilt and traumatic events that haunted him.

“She stands a few feet away on the other side of the tower, ...” (Niven, 2015, p. 3)

The data above shows the figure of Violet Markey standing on a bridge. Theodore Finch who saw it tried to stop Violet. As a schoolmate, Finch knows very well how the popular girl has changed since mourning her brother's death. That was why it was not surprising that there was an assumption that Violet would attempt suicide.

“From down below, someone yells, “Violet? Is that Violet up there?”

“Oh God,” she says, so low I barely hear it. “OhGodOhGodOhGod.”

The wind blows her skirt and hair, and it looks like she’s going to fly away.” (Niven, 2015, p. 5)

The data above also shows Violet's attempted suicide when she was standing again at the bell's height. The other friends saw what happened, and cheered Violet from below, hoping that Violet wouldn't do that bad action. It was clear that Violet had been told that she had attempted suicide several times. It was also explained that at the height of the bell, the wind blew Violet's skirt and hair as if she was about to fly away.

1.2.3 Avoidance

Trauma after experiencing a traffic accident is very common and even has the potential to experience post-traumatic stress disorder (PTSD). Some of the most common indicators of PTSD after a car accident include: Constantly reliving the trauma, such as frequent flashbacks or recurring nightmares. Avoid anything related to the accident, such as driving or discussing the accident with other people. This is also felt by the character Violet, which is described in the data below.

“We just weren't sure...we didn't know if we'd ever see you drive again. The accident changed a lot of things and it took a lot of things.” (Niven, 2015, p. 11)

This is a serious impact on Violet's daily life. Due to the trauma that Violet experienced after the accident, she never drove a car again, this was because she felt a fear of remembering and reliving the traumatic events she had experienced.

Apart from not wanting to drive anymore, Violet had a serious trauma. She doesn't even want to go anywhere if she's driving by car. This had a long-lasting impact on Violet's life, even one year after the traumatic event she experienced.

1.2.4 Changes in cognitive function

The emotional experience of psychological trauma can have long-term cognitive effects. Typical symptoms of PTSD involve changes in cognitive processes such as memory, attention, planning, and problem-solving, underscoring the detrimental impact that negative emotions have on cognitive function.

“Writing was what I did best, better than being a daughter or girlfriend or sister. Writing was me. But now writing is one of the things I can't do” (Niven, 2015, p. 18)

The impact of fairly severe trauma can also be seen from above, it is explained that Violet can no longer write after the traumatic event. Of course, this was completely different from the previous Violet, she was a pretty great writer, and she admitted that writing was the thing she could do the most well out of all her abilities. She is very good at writing rather than being a daughter or being a brother.

1.3 The causes of trauma experienced by the two main characters

Post-Traumatic Stress Disorder and the impact of PTSD experienced by a person can occur for several reasons. The causes of this trauma can come from two factors, namely the internal and external environment. As in the case of the two main characters, here are some causes that make them experience the impact of trauma to cause personality disorders.

1.3.1 Bad family environment and Parental Divorce

Parents or caregivers play an important role in causing individuals to have personality disorders. This is because parents are the people who depend on the child. There are two major factors that cause a person to have a personality disorder, namely, separation and neglect, and parental abuse. Parents should be a person who protects their children and becomes a safe place for them. Separation and neglect including divorce will eliminate security for their children because love, security, and tenderness from both parents are basic needs for every individual; and if it happens, it will affect children's emotional and psychological development like

insecurity and anxiety. Parental abuse includes sexual or physical abuse. Parents should teach and set a good example for their children, but if children get violence from their parents, then it will interfere with the child's emotional growth and cause depression, and they will see their parents as evil and they think that they have no safe place.

“He left us once, when I was ten or eleven, said he couldn't deal with us anymore. I think he was with her then. He came back, but when he left for good, he made it clear it was our fault. Our fault he came back, our fault he had to leave. He just couldn't have a family.” (Niven, 2015, p. 170)

From the data above, it is explained that Finch's parents are divorced. His father left him with his mother and two brothers when he was ten or eleven years old.

“Ever since my dad left, she's tried really hard to be the cool parent. Still, I feel bad for her because she loves him, even though, at his core, he's selfish and rotten, and even though he left her for a woman named Rosemarie,” (Niven, 2015, p. 28)

Theodore Finch's family environment is the cause of his trauma. The biggest factor causing the trauma that led to the personality disorder came from his father who ignored him and physically abused him.

Since the divorce, he has lived with incomplete love, which he only gets from his mother figure. Even so, he felt even more sorry for his mother, because even though he was separated, his mother still loved his father very much, while his father was already very selfish and rotten for having left their family to marry another woman named Rosemarie. Finch views his father as a bad person and not a good example for him and his family. His parents' divorce has affected his emotional feelings towards his father. Since his father left his family, Finch only lives with his mother and his mother tries to be a good parent in raising her child even without a leader, namely her husband.

“I hold up my hands and they're shaking, because my hands, like the rest of me, would like to kill my father. Ever since I was ten and he sent Mom to the hospital with a busted chin, and then a year later when it was my turn.” (Niven, 2015, p. 102)

Further to the physical abuse by Finch's father, the data above shows how parental abuse has disturbed his emotional feelings, especially towards his father which made him violent and that made him have hatred towards his father. His desire to kill his father was a form of hatred for what his father had done to him. A child thinks that his father like this is cruel, disrespectful, and unsuitable as a parent.

“And then he's off the couch and lunging for me, and he catches me by the arm and wham, slams me into the wall. I hear the crack as my skull makes contact, and for a minute the room spins.” (Niven, 2015, p. 102)

The data above explains that Finch's father physically abused him. It can be seen that the violence against Finch is described in Finch's dialogue "he catches me by the arm and wham, slams me into the wall" (Niven, 2015:102) which causes pain in Finch's body.

Finch has fallen victim to his parent's divorce and separation. He also got parental abuse from his father when he hoped to get tenderness from his parents. Thus, physical violence will affect children's psychological emotions which make them see their parents as cruel figures.

1.3.2 Bullying

Bullying is a very bad thing in influencing someone's psychology, especially for children. Finch got that which made him worse.

“Why do they call you Theodore Freak?”

Now I'm studying the ground like it's the most interesting thing I've ever seen. It takes me a while to answer because I'm trying to decide how much to say. Honestly, Violet, I don't know why the kids don't like me. Lee. I mean, I know but I don't. I've always been different, but to me different is normal. I decide on a version of the truth.” (Niven, 2015, p. 44)

The data above explains how Finch gets bullied by other children on campus. Bullying is in the form of a call that is not good and not polite. The other kids on campus always called Finch "freak." This is because Finch often does things that are very different from other children. That was Finch, he had a different attitude, this was due to his bad experience with his father.

“I could just step off. It would be over in seconds. No more “Theodore Freak.” No more hurt. No more anything.” (Niven, 2015, p. 6)

The data above explains how Finch actually doesn't like the "Freak" calls that other kids make to him. He was annoyed by the call, that's why he wanted no more "Freak" addressed to him.

“Why don't you go ahead and get it over with, Freak?” (Niven, 2015, p. 7)

Here it is shown how other children always call Finch a "Freak", one of the children who bully Finch the most is Gabe Roamer. He is one of the novel's antagonists. He's a senior on the baseball team at Finch and Violet's school.

1.3.3 Accidents and deaths

Accidents experienced by a person not only cause physical injury, but also psychological such as trauma. According to a journal released by UMS, traffic accidents, especially those that result in serious injury or even death, may leave a deep imprint on the minds and feelings of the victims involved.

In the data below, it is explained that Eleanor Markey, sister of Violet Markey, had an accident and died. While Violet was with her get minor injury.

“Eleanor Markey, 18, a senior at Bartlett High School and member of the student congress, lost control of her car on A Street Bridge at approximately 12:45 a.m. April 5. Icy conditions and speed may have caused the crash. Eleanor was killed on impact. Her 16-year-old sister, Violet, a passenger in the vehicle, sustained only minor injuries.” (Niven, 2015, p. 27)

The data above shows that Violet was there at the time of the accident, she witnessed how the accident finally took the life of her sister, Eleanor. Violet, who had a minor injury, must have been very frightened and shocked at that time, until, in the end, the accident caused her to be deeply traumatized.

“But then the accident happened and I changed my mind.” (Niven, 2015, p. 14)

The data above shows how the accident has changed Violet's mind from all her wishes, hopes, and good aspirations. Violet and her older sister Eleanor get into a car accident that kills Eleanor, a tragedy that traumatizes Violet as well as Violet's mother and Violet's father. Violet and Eleanor are very close, and in this novel, Violet is overcome with grief for her sister.

1.4 Defense mechanisms described by the two main characters

And there are some defense mechanisms shown by two major characters to cope PTSD found in “All the Bright Places” novel such as:

1.4.1 Reaction Formation

Reaction formation is the process by which a person takes into the structure of his own ego, all or part of an object, which is then considered as an element of his own personality. In order not to comply with his bad wishes, then as a barrier the opposite attitude or behavior is taken.

“Theodore Finch, '80s kid, doesn't smoke. God, I hate him, the clean-cut, eager little prick. I leave the cigarette in my mouth unlit, trying to chew the nicotine out, and pick up the guitar, play along, then give it up and sit down at the computer” (Niven, 2015, p. 26)

When Finch's trauma and worries arise and are hard to get out of his mind, he always tries to find a way to get them out of him. This condition makes Finch think of smoking even though he is not a smoker.

“The nicotine scrapes at my throat, which is already raw, and I feel like throwing up, so I pull over onto the shoulder and walk around. I bend over, hands on my knees. I wait. When I don't get sick, I look at the road stretched out ahead and start to run” (Niven, 2015, p. 199)

He did the same thing again another time, when Finch's trauma and all his worries set in, he started running around town smoking cigarettes. Finch is not a smoker, therefore he does not enjoy cigarettes with satisfaction, but he feels his throat is tormented by the nicotine of the cigarette, in fact, every time he takes a cigarette he always feels nauseous and wants to vomit.

1.4.2 Denial

Denial is a defense mechanism that involves a refusal to accept reality, thus blocking external events from awareness.

"I take the glasses off and set them on the desk. They were stylish on her. They're ugly on me. Especially with the bangs. But maybe, if I wear the glasses long enough, I can be like her. I can see what she saw. I can be both of us at once so no one will have to miss her, most of all me." (Niven, 2015, p. 17)

The data above shows how Violet has been in denial about how she really loses and misses her sister Eleanor very much. She tried to cover up her sadness by wearing Eleanor's glasses, she thought that when she wore Eleanor's glasses, then Eleanor would still be there, would still be with her, and she would continue to see what Eleanor had seen with those glasses. By wearing Eleanor's glasses, she can be both "Violet and Eleanor" so that no one loses and no one misses Eleanor, because she considers Eleanor to be with her.

Denial as self-defense becomes a process mechanism where Violet avoids the reality that causes pain and anxiety, by subconsciously denying the existence of reality, which denial may be a thought, desire, or a situation and object. Denying reality that causes fear, pain, shame, or anxiety.

1.4.3 Displacement

A displacement is a form of subconscious self-defense in dealing with anxiety by moving a threatening object to a safer object. Displacement is an easy and common (natural) thing done by individuals to relieve stress and guilt. However, it becomes unnatural if individuals use this displacement continuously. Displacement occurs when anger, hatred, emotions, and other negative thoughts are directed at oneself and not at other objects. Displacement is also commonly associated with depression and suicidal obsessions.

"I push my limbs through the doors of the emergency room and say to the first person I see, "I swallowed pills and can't get them out of me. Get them out of me." (Niven, 2015, p. 43)

The data above explains how Finch, with all his efforts, always tries his actions to commit suicide. He tried to take a lot of drugs with the thought that it would be bad for his own body, so he thought maybe an overdose would end his life.

“I open my eyes and sit straight up, gasping, filling my lungs. I'm happy no one is here to see me because I'm sputtering and splashing and coughing up water. There's no rush of having survived, only emptiness, lungs that need air, and wet hair sticking to my face.” (Niven, 2015, p. 80)

The data above illustrates how Finch when performing his actions was obsessed with suicide. He has extreme feelings, and can easily go from feeling happy to sad to even sadder than one might imagine. Because of his mental disorder, he tried to submerge his whole body into a bathtub filled with water. He held his breath for a few minutes until he finally opened his eyes and sat up, Finch gasping for breath as his lungs burned from holding his breath for so long. However, he was relieved that no one had seen this incident.

Finch committed this suicide as well to try to forget all the chaos, all the trauma experiences, and all the effects of the trauma that he had felt so far. He wanted them to disappear from his mind and his life. Tried to do better self-defense, but he felt that suicide was the right step to be happier. If he dies and ends from the world then he will not feel all the painful things in his life rather than having to live in the world and just wrestle with the sufferings in his mind.

1.4.4 Conversion

The mechanism by which emotional conflict acquires external expression is through the motor, sensory, and somatic manifestations. For example, when a person is under stress, he becomes irritable, yells, or exercises. Likewise, Finch performs physical movements to eliminate all the chaos and anxiety in his mind due to his past traumas.

I run like hell, leaving Little Bastard behind. I run so hard and fast, I feel like my lungs will explode, and then I go harder and faster. I'm online my lungs and my legs to give out on me.” (Niven, 2015, p. 199)

The data explains how he tried to keep running until he felt himself like hell. The data above shows how Finch feels tired after a long time running around the deserted streets leaving the city of "Little Bastard". To get rid of the anxiety that always haunted him, he always did this action continuously until what was bothering his mind began to disappear. Finch ran harder and faster until he began to feel his lungs heat up from exhaustion. But in fact, after doing this action he will only get a temporary calm, and anxiety due to the same obsession will reappear.

1.4.5 Sublimation

Sublimation is a form of self-defense that leads to a positive strategy. People who apply this mechanism vent their emotions or feelings towards safer objects or activities (in a positive direction).

“Half an hour later, I stand back and look at the board. It is covered in fragments—some are words or sentences that may or may not become story ideas. Others are lines I like from books. In the last column, I have a section for New Nameless Web Magazine. On three separate Post-its, I've tacked beneath it: Lit. Love. Life. I'm not sure what these are supposed to be—categories or articles or just nice-sounding words. Even though it isn't much yet, I take a picture and send it to Finch. I write: Look what you've got me doing” (Niven, 2015, p. 128)

Violet with her mental state still haunted by trauma and all the guilt she experienced then began to struggle to defend herself. Violet defended herself by trying to do something positive again. After not writing again for quite a while, he started trying to write again. Violet begins to understand herself after Finch forces her to return to writing through their odyssey project. Violet hopes that by trying to write again, she will keep herself busy with positive things and will recover soon enough to forget the traumatic event.

“I cap the marker and grab one corner of the calendar and rip it down. I fold it up and shove it into the back of my closet, tossing the pen in after it. Then I slip out of my room and down the hall. “... I set her glasses down on her dresser. “Thanks for the loan,” I said. “But they make my head hurt. And they're ugly.” I can almost hear her laughing.” (Niven, 2015, p. 145)

In this data Violet also decided to throw her calendar and markers into the closet, which she had always counted her graduation after her sister Eleanor left. She also put Eleanor's glasses back on the table in her sister's room, which she had previously used as a lozenge. From that day on, Violet stopped counting the days. Violet jumps back to her usual activities and trying to recover from the trauma.

“Then we're under the blanket again, discussing all the places in the world we want to wander [...] Without consulting the computer, we list the places we might go, taking turns.” (Niven, 2015, p. 221)

Finch and Violet then toured Indiana to complete their task. There, they visit unusual or important sites. They also saw homemade roller coasters, visited Hoosier Hill which is the highest hill in Indiana, and many more. What is important to them is not only what sites they visit, but also what the trip means to them, especially Violet.

Bad events in the past had traumatized Theodore Finch and Violet Markey. The impact of the trauma has also disrupted their personalities, but they both strengthen

each other and share stories. Until then they together visited some unusual places, unique places, simple but extraordinary. They go on this journey in hopes of awakening and recovering from their trauma. Finch and Violet are still trying to do nice things to make them feel better and forget their traumatic events. Violet and Finch make plans for their future, traveling together beyond the confines of Indiana. It doesn't happen for him, but she still hopes to wander.

At the end of the analysis, it can be stated that the Post Traumatic Stress Disorder is a mental illness which happens after human being are directly witnessing or experiencing traumatic events. In "All the Bright Places" novel, the PTSD causes some symptoms such as sleeping problem, nightmare, avoidance, and emptiness.

In addition, PTSD causes some impacts to the two major character's lives such as OCD (Obsessive Compulsive Disorder), suicidal obsession, don't want to drive a car anymore, and changes in cognitive function which finally causes suicide attempt even to the point of finally deciding to end the life by committing suicide. In order to cope with PTSD, the two major characters do some defense mechanisms such as reaction formation, denial, displacement, conversion, and sublimation.

D. Conclusions

The novel "All the Bright Places" is a fictional novel by Jennifer Niven published in 2015. After finding and analyzing the data in the novel "All the Bright Places using Sigmund Freud's psychoanalysis theory, it can be concluded that the two main characters, Theodore Finch and Violet Markey suffer from one of the mental conditions, namely trauma (PTSD). This condition is described by the appearance of several symptoms, such as sleeping problems and emptiness experienced by Finch, while nightmares and avoidance, experienced by Violet.

The fact that bad experiences such as physical abuse by parents, parental divorce, and accidents caused death is not easy for teenagers to accept like themselves. Post-Traumatic Stress Disorder has some negative impacts on the lives of the two main characters causing them to have personality disorders. Finch suffers from OCD (Obsessive Compulsion Disorder), Violet no longer wants to drive a car, and experiences changes in cognitive function, while suicide obsessions are experienced by Finch and Violet.

The two main characters Finch and Violet also show Defense Mechanisms in dealing with the impact of the trauma they feel. Finch shows Reaction Formation, Displacement, and Conversion while Violet shows Denial, and both also show Sublimation. Despite all the impact of the trauma they have experienced, they are also still trying to survive and try to fight their trauma. Finch and Violet apply their respective methods of self-defense, although, in the end, only Violet manages to get back up, while Finch prefers to end his life by committing suicide. That's how Finch thought from the start that only death would stop him from experiencing all his traumatic suffering. The writer realizes that this study still needs many corrections. "All the Bright Places" novel by Jennifer Niven is a very interesting novel that can be

analyzed from various perspectives, but the writer only describes a few cases of PTSD in the story due to limitations of time. Regarding this study, the writer would like to give some suggestions to other writers who are interested in doing the same study, namely psychoanalysis. The writer suggests taking various problems related to personality or the human psyche to be analyzed using psychoanalysis theory. In addition, it is necessary to pay attention to the accuracy and completeness of these human personality problems which will be used as analysis data. It is also necessary to pay attention to the analysis made, each analysis must be correlated with context and a good storyline.

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