

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Trauma, as a deeply impactful psychological experience, influences how individuals engage with their environment and affects their long-term mental and emotional well-being. According to Cavanagh, trauma can be defined as an experience that is profoundly unsettling or causes deep emotional distress (1992:48). Each individual can experience trauma in various forms, whether physical, emotional, or psychological. Traumatic events may include accidents, natural disasters, physical violence, or the loss of a loved one. Trauma can be viewed as a disorder when it disrupts an individual's mental health and well-being, necessitating diagnosis and treatment. However, trauma is also a normal reaction to stressful events, with its impact varying from person to person.

One psychological disorder that can develop as a result of trauma is post-traumatic stress disorder. According to Bessel van der Kolk, post-traumatic stress disorder is a condition where memories of traumatic events dominate an individual's consciousness, affecting their overall well-being (2000:1). This condition may be characterized by symptoms such as flashbacks, nightmares, and persistent anxiety. These symptoms can significantly disrupt the individual's daily life, affecting social interactions, work, and personal relationships. Therefore, a deeper understanding of post-traumatic stress disorder, its symptoms, causes, effects, and treatments is crucial for supporting individuals affected by this condition.

In the literary world, post-traumatic stress disorder is a prominent theme frequently explored in various works, including novels. The objective of this research thesis is to explore post-traumatic stress disorder suffered by Violet Markey in Jennifer Niven's *All the Bright Places*. The novel tells the story of Violet Markey, who experiences a traumatic event along with her sister, Eleanor Markey, in the form of a car accident. The accident results in Violet suffering from post-traumatic stress disorder due to the direct loss of her sister, who died in the accident. By highlighting the symptoms, causes, and psychological impact experienced by Violet, this novel not only provides insight into the condition of post-traumatic stress disorder but also emphasizes the importance of emotional support and understanding in the recovery process.

1.2 Problems of the Study

- 1.2.1 What are the symptoms of Violet Markey's post-traumatic stress disorder in Jennifer Niven's *All the Bright Places*?
- 1.2.2 What are the causes of Violet Markey's post-traumatic stress disorder in Jennifer Niven's *All the Bright Places*?
- 1.2.3 What are the effects of Violet Markey's post-traumatic stress disorder in Jennifer Niven's *All the Bright Places*?
- 1.2.4 How is the treatment of Violet Markey's recovery in Jennifer Niven's *All the Bright Places*?

1.3 Objectives of the Study

- 1.3.1 To analyze the symptoms of Violet Markey's post-traumatic stress disorder in Jennifer Niven's *All the Bright Places*.

1.3.2 To analyze the causes of Violet Markey's post-traumatic stress disorder in Jennifer Niven's *All the Bright Places*.

1.3.3 To analyze the effects of Violet Markey's post-traumatic stress disorder in Jennifer Niven's *All the Bright Places*.

1.3.4 To analyze the treatment of Violet Markey's recovery in Jennifer Niven's *All the Bright Places*.

1.4 Previous Studies

There are several studies related to the novel *All the Bright Places* by Jennifer Niven which refers to the psychological aspect. The first is a journal article entitled *Theodore Finch's Bipolar Disorder in Jennifer Niven's All the Bright Places* written by Catlea Xmas Ratushima and Haryati Sulityorini in 2017. This study describes a bipolar disorder suffered by Theodore Finch.

The second is an academic journal article entitled *A Study of the Elements of Depression in "All the Bright Places" (2015)* written by Zaireen Zuleiqha Zainol Abidin and Mohd Syuhaidi Abu Bakar in 2018. This study discusses and explores the behavioral elements of depression through the main characters, Theodore Finch and Violet Markey.

The third is a research paper entitled *Theodore Finch's Borderline Personality Disorder in Jennifer Niven's All the Bright Places* written by Rawadan Reza Rachman and Ali Mustofa in 2019. This study aims to describe personality disorders and the factors that cause them experienced by Theodore Finch.

The fourth is an undergraduate thesis entitled *Bipolar Disorder in Jennifer Niven's All the Bright Places (2015): A Bipolarist Perspective* written by Tri Yuliyanti in 2020. This study describes the characteristics and causes of bipolar disorder and depression suffered by Theodore Finch.

The fifth is an undergraduate thesis entitled *Social Conflict of Theodore Finch in the Novel All the Bright Places by Jennifer Niven* written by Tiara Arti Issar Nur Cahya in 2021. This study discusses the types, causes, and solutions of the conflicts experienced by Theodore Finch.

The sixth is an undergraduate thesis entitled *The Conflicts Experienced by the Main Characters in Jennifer Niven's Novel: All the Bright Places* written by Fatimah Zahra Winra Saputri in 2021. This study aims to describe the types, causes, and solutions of conflicts experienced by Theodore Finch and Violet Markey.

The seventh is an undergraduate thesis entitled *Defence Mechanisms of Theodore Finch and Violet Markey in Facing Conflicts Seen in Jennifer Niven's All the Bright Places* written by Citra Murni Susilawati in 2022. This study discusses the character characteristics, conflicts, and defense mechanisms of Theodore Finch and Violet Markey.

The eighth is a research paper entitled *Finch's Conflicts and Personality Analysis as the Main Character Portrayed in All the Bright Places* written by Anak Agung Ayu Istri Kumala Dewi, Ni Made Verayanti Utami, and I Wayan Jumiarta in 2022. This study describes Theodore Finch's personality through the id, ego, and superego.

The ninth is the term paper entitled *The Effect of Bipolar Disorder of the Main Character in Movie Script "All the Bright Places" by Jennifer Niven* written by Nurul Hafiza Rizalia Putri in 2022. This study discusses the effects of bipolar disorder on Theodore Finch's character in his life.

The last is a journal article entitled *Violet Markey's Character Development in Jennifer Niven's All the Bright Places* written by Isma Dwi Suminar in 2022. This study describes character development, and conflict, and also reveals the character development of Violet Markey.

This research thesis has three aspects that differ from previous studies. First, the topic of this research thesis discusses post-traumatic stress disorder. Second, this research thesis uses the theory of post-traumatic stress disorder from the American Psychological Association. The last, this research thesis presents Theodore Finch's role as a treatment for Violet Markey's recovery.

1.5 Scope of the Study

This research thesis examines both intrinsic and extrinsic elements of the novel *All the Bright Places*. The intrinsic elements include character analysis, conflicts, and settings, with a primary focus on Violet Markey. The extrinsic element discussed is post-traumatic stress disorder, including its symptoms, causes, effects, and treatments based on American Psychological Association theory. By examining both the intrinsic and extrinsic elements, this research thesis aims to highlight how trauma shapes Violet's character development within the novel.