

CHAPTER IV

CONCLUSION

In the analysis of Violet Markey's character in Jennifer Niven's *All the Bright Places*, it is concluded that the traumatic experience caused by a car accident that took her sister Eleanor's life leads to significant symptoms of post-traumatic stress disorder. These symptoms include flashbacks to distressing memories, avoidance of trauma-related problems, mood swings, and changes in threat responses, which clearly reflect the deep emotional and psychological distress caused by the traumatic event, the car accident. This traumatic experience profoundly affects Violet's mental and emotional health, leading to suicidal thoughts, relational pressure, disagreements, and social disruption, which significantly impact her daily life.

Through exploring various treatment options, such as counseling and Finch's support, Violet begins to find her way toward healing. With consistent psychological support, she gradually comes to terms with her condition and returns to living her life normally. This case underscores the importance of comprehensive trauma management, given that emotional and psychological impacts require careful attention. For optimal recovery, Violet needs psychological therapy, social support, and, if necessary, medical treatment. Appropriate interventions will assist her in restoring her quality of life following the traumatic experiences she has endured.

This research thesis provides in-depth insights into the complex emotions experienced by Violet, enriching readers' understanding of the character and

illustrating how psychological conditions are portrayed in fiction. The aim of this research thesis is to deepen readers' understanding of post-traumatic stress disorder and to raise awareness of the importance of mental health in everyday life. In addition to being relevant for academic review, this research thesis also has practical implications in the fields of psychology and mental health, contributing to the development of more effective prevention strategies. Therefore, the findings of this research thesis serve as a reference for academics in understanding and addressing post-traumatic stress disorder.