

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Literature is one of a form of art, that being include in writing production just like novels, poetry, plays, and a lot of more. Rene Wellek and Austin Warren (1949: 22) states, “The defenders of literature will believe that it is not an archaic survival but a permanence, and so will many who are neither poets nor teacher of poetry and who therefore lack the professional interest in survival. The experience of unique value in literature is basic to any theory concerning the nature of the value. Our shifting theories attempt to for progressively better justice to the experience”. Literature is one of art of language that put in a form of written that really complex, this art cannot be done spontaneously and have it owns certain style, this statement is supported by Raymond Chapman (1973: 13) that says, “Literature uses language as an artistic medium, not simply for communication or even expression. It is not spontaneous, whatever theories of spontaneous inspiration may sometimes have been canvassed. It is considered and developed in a way that is impossible for everyday conversation, or even for the more deliberate registers adopted for certain styles”.

Literary psychology delves into the examination of texts while considering the significance and influence of psychological research. It highlights the crucial involvement of psychology in scrutinizing literary pieces through a psychological lens, exploring the perspectives of the author, reader, or characters within the work. As articulated by Ratna (2004), this approach underscores the interplay between

psychological insights and the analysis of literature, emphasizing how the human mind and behavior manifest within the realm of storytelling and narrative exploration.

Bipolar disorder represents a type of disruption characterized by significant and intense mood swings experienced by the individual. As noted by Ryan and Jacki (2004), individuals grappling with bipolar disorder undergo profound fluctuations in their emotional states, oscillating between heightened euphoria and profound despair. This extreme variance in mood arises from the condition itself, compelling the individual to swiftly transition from periods of elevated or excessively positive moods (mania) to deep lows of sadness or depression, often surpassing a rational threshold. Samosir (2015) further elucidates the experience of individuals effected by bipolar disorder, emphasizing the pronounced and sometimes abrupt shifts in their emotional states, which can significantly effect their daily lives and relationships.

Related to the statement above "All the Bright Places" is a poignant and emotionally charged novel by Jennifer Niven that explores the themes of mental health, love, and loss. The story revolves around two high school students, Theodore Finch and Violet Markey, who meet on the ledge of their school's bell tower, both contemplating suicide. Finch, known for his eccentric behavior and labeled as the "freak" at school, forms an unexpected connection with Violet, a popular but grieving girl. As they embark on a school project together, wandering and discovering the wonders of their state, Indiana, Finch helps Violet confront and overcome her own struggles. The novel beautifully portrays the transformative power of love and friendship, demonstrating how the right person can bring light into even the darkest corners of one's life.

However, despite their deep connection, both characters grapple with inner demons. Finch, in particular, battles with bipolar disorder, and the novel sensitively explores the effect of mental illness on personal relationships. The narrative takes readers on an emotional roller coaster, filled with highs and lows, as Finch and Violet navigate their complex feelings for each other and the challenges that life throws at them. Tragically, the novel also addresses the harsh realities of mental health struggles and the effect of untreated conditions. It portrays the devastating effects of losing someone to suicide and the profound grief that follows. "All the Bright Places" is a heartrending yet ultimately hopeful tale that sheds light on the importance of understanding, compassion, and the resilience of the human spirit in the face of adversity.

The selection of this particular theme by the author stems from the profound inspiration drawn from the central character in the narrative. Upon the initial encounter with this novel, the writer found Theodore Finch, the main character, to be exceptionally captivating. Finch's character not only possesses intriguing qualities but also stands out for grappling with bipolar disorder. The author was particularly fascinated by the depth and complexity that Finch brings to the story, effectively immersing the reader in the myriad events and transformations that unfold in his life. The narrative's appeal lies in Finch's ability to serve as a conduit, guiding the reader through the intricacies of his experiences and the evolving landscape of his existence. This unique characteristic of the protagonist becomes a compelling focal point for discussion, elevating the novel to a level of interest that extends beyond mere entertainment. The writer is keen on delving into the nuances of the protagonist characters, recognizing that their portrayal plays a pivotal role in shaping the narrative's thematic richness and the reader's engagement with the storyline. In essence, the author's choice of exploring the protagonist characters, particularly

Theodore Finch, arises from the desire to unravel the layers of complexity inherent in their personalities. By examining the character dynamics, especially concerning bipolar disorder, the writer seeks to initiate a meaningful discussion that goes beyond the surface narrative. This deliberate selection adds depth to the novel's exploration and serves as a catalyst for a more profound analysis of the human experience as depicted through the lens of these compelling characters.

Based on the statement provided, the author likely chose the title "**Forms of Bipolar Disorder Episodes on the Protagonist's Body in Jennifer Niven's Novel All the Bright Places**" because it reflects the focus of the paper on exploring the manifestations of bipolar disorder experienced by the protagonist in the novel "*All the Bright Places*" by Jennifer Niven. The title emphasizes the examination of how bipolar disorder episodes manifest physically or behaviorally in the protagonist's body throughout the narrative. It aligns with the paper's objective of delving into the complexities of the character's mental health and its effect on the storyline.

1.2 Statement of the Problem

The writer has two problems in her study that will be the subject matters analyzed in chapter four of this research. They are formulated as follows:

1. What is the form of the manic episodes depicted in the novel *All the Bright Places*?
2. How does the depression episodes effect Theodore Finch's desire to commit suicide?

1.3 Objective of the Study

The objective of this study derives from the statement of the problem. Therefore, there are also one objectives that will uncover the problem. That are as follows:

1. To describe the forms of manic episodes that experienced by Theodore Finch.
2. To describe the depression episodes effect Theodore Finch's desire to commit suicide.

1.4 Scope of the Study

According to the statement of the problem and objective of the study, the writer limits his research to be analyzed. A scope is used to direct on the subject matter specifically. This study focuses on the potrayal of the protagonist's bipolar disorder episodes in *Jeniver Niven's novel All the bright places*. The writer limit the research only on Theodore finch as the protagonist character.

1.5 Significance of the Study

Theoretically, this paper serves as an invaluable tool for readers seeking a deeper understanding of the protagonist's struggle with bipolar disorder in the novel. It delves into the character's mental health intricacies, unraveling how bipolar disorder shapes their experiences and interactions. It invites exploration of psychological nuances, fostering nuanced understanding of mental health in literature. Additionally, it enhances appreciation for the author's deliberate selection of psychological themes, offering insights into narrative effect. Through theoretical analysis, it deepens understanding of how psychological elements enrich storytelling.

Practically, it offers valuable guidance for aspiring writers navigating portrayal of mental health issues sensitively. Writers can leverage its insights to craft narratives with psychological depth and emotional authenticity. It serves as a resource for academic and creative endeavors, offering a roadmap for exploration of bipolar disorder in literature. It provides concrete examples and analyses, informing future research, writing, and artistic endeavors. In essence, it bridges theoretical exploration and practical application, enriching discourse on mental health in storytelling.

CHAPTER II

REVIEW RELATED LITERATURE

2.1 Literature

Literature comprises written works that embody the values of compassion and are expressed in eloquent language. According to the Oxford Dictionary, literature is recognized as artistic writing, primarily encompassing novels, plays, and poems. It serves as a source of broad insights into human problems, societal issues, and intellectual matters in a distinctive manner. However, readers are expected to interpret literary works based on their own perspectives. R.J Rees (1973: 8) posits that "Literature can only come alive through the creative imagination; without this, all the technical skill in the world is useless." Literature is commonly categorized into fiction and non-fiction, reflecting people's general understanding of diverse textual forms. Nonetheless, literature encompasses various genres such as novels, non-fiction, poetry, plays, and more.

According to the perspective articulated by Rene Wellek and Austin Warren (1949: 22), the champions of literature contend that it transcends being a mere vestige of the past; instead, it stands as an enduring and timeless entity. This stance is not confined to the realm of poets or educators in the field of poetry but resonates with a broader audience lacking a professional vested interest in its continuity. The crux of this assertion lies in the belief that the distinctive and intrinsic value embedded in literature is foundational to any comprehensive theory seeking to elucidate its significance. The experience of engaging with literature, marked by its unique qualities, contributes to a profound and enriching understanding of the human experience. Literature, in its various forms, acts as a reservoir of enduring truths,

prompting the evolution of theories as they endeavor to more accurately encapsulate and acknowledge the profound and evolving value derived from the multifaceted experience of literature over time. It serves as a testament to the enduring effect and significance of literature in shaping our perceptions, philosophies, and collective understanding of the world.

2.2 Psychology in Literature

Meiliana (2020: 2) contends that literature and psychology share a profound connection due to their common focus on human beings and their intricate experiences. Both disciplines delve into aspects such as human reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts, and reconciliations, addressing individual and social concerns through diverse concepts, methods, and approaches. In essence, the statement emphasizes the interwoven nature of literature and psychology as they explore the complexities of the human experience. Psychological elements in literature encompass the exploration and depiction of the human mind, emotions, thoughts, and behavior within the framework of a literary work. Authors leverage psychological insights to craft characters with realistic motivations, desires, and flaws, fostering multidimensional personalities that resonate with readers. The internal conflicts, motivations, and fears of these characters contribute to narrative development, infusing the storyline with depth and relatability.

The choice of narrative perspective, such as first-person or third-person limited, influences readers' access to characters' thoughts and emotions, while techniques like stream of consciousness offer an intimate view into their psyche. Some literature delves into mental health issues, using narratives to destigmatize conditions like anxiety or depression and promote awareness and empathy. Symbolism and metaphor are employed to represent psychological concepts or states of mind, adding layers of

meaning to the narrative. The incorporation of psychoanalytic ideas, archetypes, and exploration of existential and philosophical themes further enrich the psychological dimension in literature. Ultimately, these elements evoke emotional responses in readers, creating a profound connection between the audience and the narrative. As indicated by Siswanto and referenced by Setianengrum (2008: 14), this investigation involves examining the psychological phenomena encountered by the main character in a literary piece. It focuses on how the character responds to both themselves and their surroundings, allowing psychological symptoms to manifest through the characters' behaviors. The exploration of psychology in literature predominantly relies on the capacity to interpret and reconstruct these phenomena in psychological terms. Consequently, psychological literature becomes an examination that delves into the inner world of the characters, emphasizing the importance of understanding and portraying the characters' psychological dimensions.

In the context of literary analysis using a psychological approach, Ratna (Ratna, 2015: 61) reveals that there are three main elements under consideration: the author, the literary work, and the reader. However, the primary focus in this approach is directed towards the relationship between the author and their work. This implies that understanding the author's psychological aspects during the creation of a literary piece takes center stage, as well as how these psychological dimensions are reflected within the produced literary text. The psychological approach in literature acknowledges that the psychological elements embedded in a literary work can provide profound insights into the creative process and motives behind the work. While the role of the reader is also acknowledged, this approach emphasizes that to fully comprehend the meaning and structure of a literary piece, greater attention needs to be given to the psychological understanding of the author. Thus, the psychological approach in literature not only

opens doors for character and conflict analyses within literary works but also explores the psychological aspects from the author's perspective, bringing a richer understanding of the emotional and intellectual background shaping the literary work.

Sigmund Freud (1856-1939) is a central figure in the examination of psychological aspects in literature. Freud introduced the concept of the "iceberg metaphor," characterizing the human subconscious as a largely unnoticed yet influential force shaping one's entire life. He categorized the structure of the human personality into three components: (1) the id, (2) the ego, and (3) the superego (Sehandi, 2018: 113).

Freud's breakdown of the human personality structure involves three interrelated elements: the id, the ego, and the superego. These components can be explained as follows:

- a) **Id:** The id represents the fundamental and unconscious part of an individual's personality, operating on the pleasure principle. It strives for immediate satisfaction and resides in the unconscious, serving as a reservoir of impulses and a source of psychic energy (Sehandi, 2018: 113; Minderop, 2011: 21).
- b) **Ego:** Emerging from the id, the ego's role is to control consciousness and make decisions about human behavior. Positioned between the conscious and unconscious realms, the ego acts as a mediator to reconcile the demands of impulses and the prohibitions of the superego (Sehandi, 2018: 113; Minderop, 2011: 21).
- c) **Superego:** The superego evolves from the ego as individuals grasp moral values, distinguishing between right and wrong. It mirrors societal values and raises awareness of moral obligations. In cases of transgressions, the superego

punishes the ego, inducing feelings of guilt. The ego constantly contends with the tension between the id and superego. If these conflicts cannot be effectively managed, the ego may be threatened, leading to the emergence of anxiety. In order to protect itself, the ego employs defensive reactions (Sehandi, 2018: 113).

2.3 Protagonists Character

The exploration of characters in a narrative is an essential aspect of psychological literature. The plot intricately weaves the reader into the lives of these characters, offering insights into their decision-making processes. As stated by Laughlin (1989), characters are the human elements in the story, guiding a series of events and eliciting curiosity and sympathy from the reader. This human element is central to psychological literature, as it delves into the complexities of the characters' minds, emotions, and behaviors. In psychological literature, characters are not merely individuals in fiction; they serve as conduits for exploring human experiences, motivations, and the intricacies of the psyche. The characters become more than just heroes or love interests; they represent the psychological depth that contributes to the richness of the narrative and engages readers on a profound level.

In line with Nugriyanto's (1998: 167) perspective, characters serve as strategic carriers and messengers, tasked with delivering the story's messages, morals, or intended themes to the reader. Their role extends beyond mere participants in the plot; characters are instrumental in conveying the underlying essence and values the author wishes to impart. Recognizing the pivotal role characters play in storytelling, authors must intricately introduce them, providing readers with sufficient details to visualize and connect with each character. This involves presenting vivid descriptions of

physical appearances and nuanced personality traits.

The main character or protagonist character in a narrative assumes a central position, influencing the plot's development and often playing a decisive role in resolving conflicts. This primary character not only steers the storyline but also shapes the overall narrative trajectory. However, the significance of secondary characters should not be overlooked. While they may not hold the spotlight, these characters play essential roles by supplying additional details, explanations, or actions that contribute to the story's depth and complexity.

Furthermore, the consistency of character behavior is crucial for reader engagement. Readers generally expect characters to act in a manner consistent with the descriptions provided by the author. This consistency not only enhances the believability of the narrative but also allows readers to connect more intimately with the characters, fostering a deeper understanding of their motivations and actions. In essence, characters are not mere entities within a story; they serve as conduits for readers to explore the intricacies of human nature and emotion, making them indispensable elements in the tapestry of psychological literature.

2.4 Bipolar Disorder Episodes

According to Maramis (2022: 19) Bipolar disorder is a psychiatric condition characterized by extreme changes in mood or affect. In this disorder, individuals may experience "manic" episodes marked by excessively high mood, increased energy, and impulsive behavior. On the other hand, there are "depressive" episodes accompanied by a profoundly low mood, loss of energy, and deep feelings of sadness. Bipolar disorder falls within the spectrum of mood disorders as it involves extreme fluctuations between two poles of mood. This condition can affect various aspects of an individual's

life, including interpersonal relationships, work, and daily activities.

Bipolar disorder, also known as manic depression, is a severe mental health condition characterized by significant and irregular mood fluctuations. These fluctuations involve episodes of intense 'highs,' clinically termed mania, and 'lows,' known as depression, lasting for varying durations, ranging from a few days to several weeks. Individuals with severe bipolar disorder may also experience psychotic symptoms like hallucinations, delusions, and may even entertain thoughts of self-harm or suicide. This disorder can profoundly effect a person's ability to function in their daily life, leading to damaged relationships, both personal and professional. It is essentially a brain disorder that induces changes in mood, energy levels, and overall functioning.

People with bipolar disorder may go through distinct episodes of mania and depression, and these episodes can switch rapidly, even occurring multiple times within a single week. Despite experiencing periods of neutral mood, individuals with bipolar disorder, when left untreated, may find it challenging to lead a normal life. However, with proper diagnosis and treatment, individuals with bipolar disorder can lead full and productive lives. It is crucial to understand that bipolar disorder is a long-term condition requiring ongoing management throughout a person's lifetime, much like conditions such as diabetes or heart disease.

Effective treatment plays a pivotal role in reducing the frequency and severity of episodes associated with bipolar disorder. A combination of medication, therapy, and counseling, such as cognitive-behavioral therapy, can be highly effective. The choice of treatment may vary based on factors like age, medical history, the severity of the condition, and the individual's tolerance to medication. Overall, managing bipolar

disorder involves a holistic approach that addresses both the biological and psychological aspects of the condition, offering individuals the opportunity to lead healthier and more productive lives.

However, the fluctuations in mood observed in this context tend to be relatively brief, lasting only for a few hours instead of extending over several days. Moreover, these mood changes do not typically manifest with the intense behavioral shifts or significant disruptions in daily activities and social interactions that are commonly exhibited by individuals undergoing mood episodes in bipolar disorder. In essence, the transient nature of these mood changes distinguishes them from the more prolonged and effectful shifts observed in individuals with bipolar disorder, emphasizing the nuanced differences in the two experiences. Bipolar disorder has the potential to interfere with an individual's relationships with family and friends, as well as create challenges in maintaining employment or attending school (American Psychiatric Association : 2021).

2.4.1 Forms of Bipolar Disorder Episodes

According to Cokorda Bagus Jaya Lesmana (13-17: 2017) in his book *Buku Panduan Belajar Koas Ilmu Kedokteran Jiwa* there are 2 types of bipolar disorder episodes that are :

2.4.1.1 Mania Episodes

Mania characterizes the active phase of bipolar disorder, and when it is milder, it is referred to as hypomania. The symptoms of mania can manifest in various ways. Individuals experiencing the "excited" side of bipolar disorder may feel highly competent, productive, sociable, and self-assured. As mania intensifies, behavior becomes more unpredictable, and judgment becomes impaired. People often make

impulsive decisions during manic periods, straining their relationships. Frequently, individuals are unaware of the negative consequences of these extreme actions. Common manifestations include extravagant spending, substance abuse (alcohol and drugs), and increased sexual activity. Perceived self-importance and unwarranted self-confidence during these periods can escalate into psychosis, marked by delusions and a loss of contact with reality. Seeking treatment during a manic episode is uncommon, as individuals may fail to recognize that anything is wrong.

Manic episodes are characterized by a pervasive increase in mood, expansiveness, or irritability that lasts for at least one week, or possibly shorter if the patient requires inpatient care; hypomanic episodes last for at least four days and have symptoms similar to mania but do not impair social or occupational functioning and also do not present psychotic symptoms. Both in mania and hypomania, there is a significantly increased self-confidence, decreased need for sleep, distractibility, increased physical and mental activity, and excessive involvement in enjoyable activities. There are 4 symptoms about manic episode according to Cokorda (2017), that are:

- A mild increase in mood, energy, activity, feelings of well-being, enhanced socializing and speaking abilities, excessive friendliness, increased sexuality, reduced need for sleep.
- Euphoria, occasional irritability, arrogance, rudeness, boastfulness, excessive joking.
- Disturbed concentration and attention span, resulting in reduced ability to work effectively, somewhat wasteful, and inclined to try new activities.
- Lasting for at least several consecutive days.

2.4.1.2 Depression Episodes

Depression stands in stark contrast to mania. During depressive episodes, individuals may feel dejected with a hopeless outlook. They lose interest in other people and harbor beliefs that they are irredeemably sinful or worthless (Gleitman et al., 2004:660). Explicitly, depression extends beyond the typical sadness experienced after a challenging day; it constitutes a medical disorder lasting a minimum of two weeks. This condition produces a blend of physical and emotional symptoms that significantly impede daily functioning. At the core of clinical depression is the absence of pleasure in activities that were once enjoyable. People commonly grapple with feelings of sadness, hopelessness, and pessimism, accompanied by an array of physical symptoms, including sleep disturbances, impaired concentration and memory, low energy levels, and changes in appetite. There are 4 symptoms about manic episode according to Cokorda (2017), that are:

1. **Persistent Sadness:** Feeling consistently sad, empty, or hopeless throughout most days.
2. **Loss of Interest or Pleasure:** Losing interest in activities or hobbies once enjoyed.
3. **Sleep Disturbances:** Experiencing changes in sleep patterns, such as difficulty falling asleep or oversleeping.
4. **Suicidal Thoughts:** Having recurrent thoughts of death or suicide, or engaging in self-harming behaviors.

2.3 Bipolar Disorders Effects

Bipolar disorder is a complex mental health condition that significantly effects individuals' lives, influencing their employment, social functioning, and overall

health. According to Stang et al. (2007), bipolar disorder affects approximately 1% of the population, with the prevalence of bipolar II disorder rising to over 3% in the United States. This condition is recognized as one of the ten most disabling conditions globally, affecting individuals across various nationalities, races, and socioeconomic statuses. The effect of Bipolar can be seen as below:

1. **Suicide Risk:** One of the most concerning aspects of bipolar disorder is the heightened risk of suicide among those affected. Research indicates that patients with bipolar disorder face a greater suicide risk than individuals with other psychiatric or medical illnesses. In a managed care population, it was found that two-thirds of patients with bipolar disorder were at substantial risk for suicide. This alarming statistic underscores the urgent need for effective monitoring and intervention strategies for individuals living with this condition.
2. **Employment and Social Functioning:** Employment and social functioning are significantly compromised for those with bipolar disorder. A primary care practice-based study revealed that 72.3% of individuals who screened positive for bipolar disorder sought professional help, yet only 8.4% received a formal diagnosis. Furthermore, a substantial portion—68.2%—was concurrently experiencing major depressive episodes, anxiety disorders, or substance use disorders. These overlapping issues complicate the lives of those affected and highlight the need for comprehensive treatment approaches.
3. **Health-Related Quality of Life:** Health-related quality of life is markedly poorer among individuals with bipolar disorder compared to those who do not screen positive for the condition. This deterioration in quality of

life extends beyond the individual, often effecting family dynamics and social relationships. Such pervasive effects emphasize the far-reaching implications of bipolar disorder on both personal and societal levels.

4. **Early Intervention:** Early intervention plays a critical role in managing bipolar disorder and can significantly alter the course of the illness. Identifiable risk factors, such as having a parent with early-onset bipolar disorder, can influence the trajectory of the condition. Addressing these risk factors through early intervention can help mitigate potential harm and improve outcomes for those at risk.

In conclusion, the effect of bipolar disorder is profound and multifaceted, effecting individuals in various aspects of their lives. The evidence from Stang et al. (2007) stresses the necessity of addressing this condition through early intervention, comprehensive treatment strategies, and continued research to improve the quality of life for those effected. Understanding bipolar disorder's complexities is crucial for developing effective policies and practices that support individuals and society at large.