



Obsessive-compulsive disorder (OCD) in Jennifer Niven's *All the Bright Places*

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This thesis is discusses Obsessive Compulsive Disorder (OCD) in Jennifer Niven's *All the Bright Places*. There are two characters, -Theodore Finch and Violet Markey, teenagers who suffers from the symptoms of OCD. The purpose of this study is to reveals the symptoms of OCD experiences by the two characters. The researcher applies qualitative descriptive method for disclosing the symptoms. The method lead the analysis of this thesis by collecting data from the novel *All the Bright Places*. The data analyses are problems experiences by the two characters, Theodore Finch and Violet Markey. The writer of this thesis also applies the psychoanalysis approach as a literary devices to analyses. The psychoanalysis approach is uses to describes the inner quality of characters in the novel All the Bright Places. There are two symptoms Violent Intrusive thought and Intrusive Thought. From the result of analysing it shows that they get 2 symptoms.

Keyword: *Obsessive, compulsive, disorder, violent intrusive thought, intrusive thought*

INTRODUCTION

Obsessions is defines as repetitive and repeated emotions, urges, or forms such are perceived as intrusive and inapplicable and that causes significant anxiety or rapid distress. Obsessions that have the goal of cutting down on a phase of stress are relevant to the existence of functional impairment in work. According to (A david, Clark, T Aaron, 2010) Individually, a person can experiences obsession with certain things, this obsession can be in the form of a person having thoughts that are always nagging that often appear repeatedly, causes by obsession disorders from sociocultural influences as well as beautiful experiences or important events experiences by each individual.

People who experiences high levels of obsession usually finds it difficult to control their repetitive thoughts, which can leads to illogical individual distress. A person who has intrusive thoughts to the point of obsession with committing suicide by assuming

repeatedly can disturb the mind. Many young people today get OCD usually caused by life pressure. Prilly Latuconsina is one of the artists in Indonesia affected by obsessive-compulsive disorder (OCD). Because Prilly, always cannot see messy things in her house, always wants to look neat.

Obsessions and compulsions need to be long-lasting or causes important distress or interruption in social, occupational, or other substance areas of functioning, because the perception of the disease interest its diagnosis, like perceptivity, must be given to all patients diagnosed with OCD. However, it is fair to be an existing OCD delays the onset of big depression more than the switch route (Zohar et al., 2012).

Compulsions are having a personality openly or repeatedly by having a mental attitude that is classified into a subjectively strong suggestion in each individual that reformulates reactions of any level (Abramowitz et al., 2009). A person who experiences compulsions having repeated actions in the compulsion stage functions neutrally and to reduce a person becoming obsessed with objects, and people, the condition of a person experiences compulsions is seen as exaggerated, and illogical. It is the strong subjective compulsiveness of seeking solutions to resist the failure of these suggestions that causes individuals with OCD to feel a loss of control over these suggestions. Compulsions can also cause lack of voluntary control to offer the feared outcome in obsessive concern. Compulsions affect counteract the feared event. Compulsions are not logically interconnected with the compulsions of a person who has intrusive thoughts that can continuously cause a person to experience obsession (Brady et al., 2021).

Obsessive-Compulsive Disorder definition

Obsessive-Compulsive Disorder (OCD) is characterized by obsessions (recurrent and intrusive thoughts) and/or compulsions (repetitive behaviors or intellectual acts) having serious results in a person's daily life (Schuyler & Geller, 2023). Epidemiological studies have shown that OCD is rather ordinary in teenagers.

OCD is also often associated with other mental disorders, consists of tics, attention deficit-hyperactivity disorder, anxiety, or melancholy, which grow the degree of soreness and complicate remedy and analysis (Hellberg et al., 2022).

In analyses the research object, the writer of this thesis will apply Sigmund Freud's psychoanalysis approach can describe the behavior of Obsessive-Compulsive Disorder the writer briefly becomes OCD. In psychoanalysis theory Sigmund Freud (Sharma et al., 2019) This approach focuses on the Personality theory of id, ego, and superego. OCD can attack mental as well as psychological disorders in a person's mind. People who suffer must often feel ever-changing such as anxiety, fear, and excessive worry. The reaction is natural and normal but there are some people around who feel it becomes unsafe and uncomfortable when they are near the person.

The symptoms of OCD can be recognized from a variety of factors including people who experience these symptoms involving excessive worrying, excessive worrying about illness, intrusive thoughts, violent thoughts, and someone who likes to clean things when exposed to contamination (Turner et al., 2018).

This study focuses on the character there have different symptoms. The characters consist of Theodore Finch and Violet Markey. The symptoms consist of Intrusive Thoughts and Violent intrusive thought.

The result of implementation based from the Novel the title is *All the Bright Places*. This novel tells about a teenager named Theodore Finch and Violet Markey both experienced suicidal thoughts. But they both have different problems in their lives. Finch's problems are so complete that he is obsessed with suicide. However, Violet has a trauma that makes her want to commit suicide but this desire is saved when she meets Finch.

The novel was such a best-seller that it was considered such a success that it was filmed in the cinema in 2020. Because the author of this novel tells the story of two teenagers who experience mental disorders. A work by Jennifer Niven's first bestselling book in Time Magazine, Guardian. And The novel tells about the problem Theodore Finch's character is a supporter of having a unique and different role in his personality in each role, such as experiences Obsessive-Compulsive Disorder, therefore, researchers are interested to know their personalities obsessively-compulsively in the novel *All The Bright Place* using the theory of psychological approaches Literature, their psychology and literature can be interconnected in terms of analyzing a person's personality

The writer finds several different symptoms in the two characters, the first of which Finch experiences Intrusive Thought which is always thinking many times about suicide. Until several attempts always failed in committing suicide. Always asking himself twice that he wants to kill himself. And the author concluded that Finch experienced Violent intrusive thought because Finch attempted suicide by hanging himself on a long rope to the ceiling of the roof in the position of someone wanting to kill himself.

The writer also examines this novel through the plot of the novel's characters, what the characters experience, the events that have been experienced by the characters, and how the characters can experience events that cause both OCD.

LITERATURE REVIEW

Previous research discusses, researchers find differences. Researchers find differences between previous research and the author's research. The writer focuses on analyzing two characters who experience OCD.

In previous studies, the researchers find a similar journal (Suminar, 2022) the thesis titled Violet Markey's character development in Jennifer Niven's *All The Bright Places* discusses the development of Violet's character and the development of the conflict faced by Violet, using a qualitative descriptive method, and using an intrinsic approach with interpretations.

The second previous study, (Khotimah, 2019) discusses the mental illness experiences by Aza in a novel entitled *Turtles All The Way Down*. Using descriptive qualitative methods, data collection techniques by selecting data, summarizes, and makes clusters. Uses the theory of psychoanalysis from Sigmund Freud. The result of this research is that Aza experiences OCD.

The differences between those previous studies is the data and the theory. The data from the research is the novel entitled *Turtles All The Way Down* tells about the causes of Aza's mental illness with obsessive-compulsive disorder with a psychoanalysis approach. While the novel entitled *All The Bright Places* tells about the development of Violet's conflict character with the intrinsic method. And the difference between researchers and previous studies is that researchers do not find similarities in the topics raised in the novel *All The Bright Places* at Universitas 17 August 1945.

METHOD

Literary Approach

This research focuses on uses the psychological approach of the character Theodore Finch in the novel *All the Bright Place*. Theodore Finch experiences a feeling of Obsessive-Compulsive Disorder feeling that causes him to commit suicide, so this approach uses as Psychoanalysis by Sigmund Freud (Sharma et al., 2019)

Psychoanalysis is a broad word describes includes a collection of theories in psychology and a group of procedures that stress the unconscious as an important component of individual adaptability and attitude (Szasz, 2018). This approach also studies both conscious and unconscious, id, ego, and superego.

Research Design

The study design is quantitative and qualitative. A mixed-method approach further provides specific instructions for Research study procedures (Ishtiaq, 2019). According to (Hamilton & Finley, 2019), a Qualitative research technique is a strategy or inquiry to investigates and comprehend a key phenomenon.

The research method uses is a descriptive qualitative method and the approach uses is a literary psychology approach. Therefore, the writer uses qualitative research because in this study both the data and research results obtains are verbal in the form of a

description of something. Concerning the research conducts by the writer qualitative research is a study that describes the changes in the behavior of characters due to mental disorders in the young adult fiction novel by Jennifer Niven entitled *All the Bright Places* with the study of literary psychology. To get the meaning in the form of a description of the changes in the behavior of the characters due to Obsessive-Compulsive Disorder, a content analysis activity is carries out on the novel.

Source of Data

The source of this data is the novel *All the Bright Places* in which personality written by Jennifer Niven published in 2015, development is revealed. The data is the information required to determine the pieces of evidence that will be uses in this investigation during the data analysis. This book is Published in the United States by Alfred A. KNOFF, published in 2015 this book has three-part and 266 pages. The data is takes from quotations in the novel and the references uses by journals and research.

Research Instrument

Research instruments are tools chosen and utilizes by researchers to assist them in conducting their data collection operations. While there are many techniques for carrying out such qualitative studies, the research instrument is a critical step in gathering data that is valid and trustworthy (Lavee & Itzhakov, 2021). So this writer uses research by himself.

Data Collection

The data are collects by following steps:

1. Reading the novel *All the Bright Places*
2. Identifying novel citations that fit the topic
3. Sorting out the parts of the text derived from novel quotes, next, adjusting the existing data according to theories related to the theory of psychoanalysis by Sigmund Freud
4. Makes Chart Tables easier to read so that Simplifying Research Reviews into Novels
5. Collecting data can be viewed in Appendix.

Data Analysis Procedure

In this study, the writer analyses data procedures such as:

1. Identify data relates to the research
2. Analyses the data uses the theory of Psychoanalysis by Sigmund Freud

3. Concludes the data that collects and also the data that analyses according to Sigmund Freud's theory.

4. The results of the analysis can be seen in Chapter IV.

RESULT AND DISCUSSION

RESULT

Table 1: Effect of OCD

NO	Effect of OCD			
	Depression	Anxiety	Suicide	Trauma
1	5.d Finch experiences feeling worthless and consider himself to be stupid. Finch is always considers like this by the people closest to him, which makes him feels minded. When Finch let himself always be considers stupid, Finch immediately rushed to run to eliminate the sentence that entered his mind (p.93)	10.a finch having sleep disturbances (p.119)	19.a According to his parents' view, Finch's death is not due to suicide and accidents, but for his parents Finch died because there is a causes that is not tells to his parents. Because Finch during his lifetime never tells his parents about any problems. (p.230)	5.c FncH tries to finds out deeply about Violet's problems, which makes her reluctant to tells her about his dead sister. (p.88)

Based on the table above, there are have various effect of OCD. There are 1 Depression, 1 Anxiety, 1 Trauma, 1 Suicide.

Table 2: Symptoms of OCD

NO	SYMPTOMS OF OCD	
	<i>INTRUSIVE THOUGHT</i>	<i>VIOLENT INTRUSIVE THOUGHT</i>
1	<p>1.a Finch sensed that today is best to die with him saying to himself in the morning. (p.1)</p> <p>1.b Finch tries to convince himself that he wanted to kill himself whether today or one day. Because Finch's position is on the balcony. (p.1)</p> <p>1.d Finch said that, don't save when tries to kill yourself. And Finch tells his friend Violet that she can kill herself. (p.22)</p>	<p>8a. Finch is looking for a way and thinks that he wants to try to hang himself (p.91)</p> <p>8.b Finch is looking for an article on suicide methods(p.91)</p>
2.	<p>3.c Finch search for articles on suicide (p.58)</p> <p>3.d Finch remains on the lookout for information about characters in his suicide at Purina Tower(p.58)</p>	
3.	14.c finch looking for articles on suicide(p.147)	
4.	15.a finch notes to himself about suicide (p.151)	

Table 3: Characters suffering OCD

CHARACTER SUFFERING OCD		
NO	THEODORE FINCH	VIOLET MARKEY
1.	8.a Finch is looking for a way and thinks that he wants to try to hang himself	Violet Markey suffers from obsessive-compulsive disorder (OCD) causes by an accident she had as a teenager. During her teenage years, Violet Markey and her sister Eleanor Markey are involved in a car accident. The accident claimed the life of her older sibling, Eleanor Markey.

DISCUSSION

Intrusive Thought Symptoms

When Finch wakes up in the morning he asks himself that morning is the best time to kill himself. [1.a] This thinks went on many times. The next time he talked to himself, Finch tries to convince himself that he wanted to kill himself either today or sometime in the future. Because Finch's position is on the balcony. [1.b] then finch asks his friend leading to the topic of the death he had plans for the chest. [1. d]

Based on the data [1a, 1b, 1.d] I interprets that, the incident of Finch's character experiences symptoms of Intrusive thoughts causes him to follow the hazy thought that Finch wanted to commit suicide, to the point that Finch also felt ready to die that day. A desire in Finch's mind continues to haunt the many times that come to his mind. If Finch does not follow his obsession, he will feels excessive anxiety so that Finch feels unable to control it stably. As if Finch's thoughts makes him unconsciously say that, and Finch tries to talk toward death. Based on the data [1.c] Finch is looking for ways and devising strategies so that his suicide attempt is successful.

The phenomena of Finch's Intrusive Thought is relevant to the concept of theory personality as discusses in a chapter of review-related literature. The *super-ego* and the role of the ego run Besides that there is also a conscious awareness that must be useful to others when he lives which is related to the *super-ego*. the character is included in the unconscious feelings in his subconscious state because in this situation it makes Finch unconscious saying like that when he wakes up in the morning.

Violent Intrusive Thought Symptoms

Finch likes to look for articles about suicide, starting from famous people committing suicide. Finch became thinks that for him when doing this method might be able to relieve his burden. Finch has symptoms of Violent Intrusive Thought with a level that is quite severe and can endanger himself that occurs in his life.

Finch searched for methods of suicide in the article. The article discusses the method of suicide using a rope that is hung with the right weight. And this method of suicide is considers easier by using a long rope and fast the suicide process [8.b]. Based on the data [8.a] I interprets that, Finch's incident in the event, has Violent Intrusive Thoughts because Finch wants to hang himself on a long rope and Finch looks for articles about suicide methods using ropes. In this incident, using Sigmund Freud's Theory.

Based on the data [8.a] I interprets that this occurs because Finch has a high ego in his desire to always finds out about hanging himself until Finch tries to do it using a long rope. Violent Intrusive Thought here states that Finch tries to hurt himself to a severe level, which is influenced by his ego mindset that will be able to endanger Finch's life. With this Ego in Sigmund Freud's Theory, Finch uses an Ego that demands that Finch must follow his ego which requires suicide.

Characters Suffering Obsessive-Compulsive Disorder

Theodore Finch

Furthermore, Based on the data [8.a & 8.b] I interprets that, Finch's incident in the event, has Violent Intrusive Thoughts because Finch wants to hang himself on a long rope and Finch looks for articles about suicide methods using ropes. In this incident, using Sigmund Freud's Theory.

Symptoms of OCD in Violet Markey

Violet Markey suffers from obsessive-compulsive disorder (OCD) causes by an accident she had as a teenager. During her teenage years, Violet Markey and her sister Eleanor Markey are involved in a car accident. The accident claimed the life of her older sibling, Eleanor Markey. After this, Violet felt so deeply traumatized when remembering the incident that it always makes her thinks of suicide too, Violet's thoughts like this makes her always thinks repeatedly. Until one day she came to a place where the scene is close to the bridge where the accident had occurs. Violet stands with her arms stretched out with her legs positioned to approach the cliff to jump until finally Finch finds Violet and holds Violet back from committing suicide. Violet is also happy to be friends with Finch, one of the people who can successfully heal her trauma so that Violet does not commit suicide.

I interprets that Violet Markey's OCD is causes by excessive trauma when she experiences a bad experiences that led to the death of her sister Eleanor Markey. Also,

the causes of OCD is characterized by various factors where Trauma can be one of the reasons why Violet suffers from OCD. OCD is caused by trauma with its thought patterns that are crossed with the events she experiences losing her sibling which can affect a person's thoughts to continue to remember continuously and repeatedly with clear memory, it can be said that Violet has OCD by having intrusive thoughts that makes her want to commit suicide.

Effects of Obsessive-Compulsive Disorder (OCD)

Anxiety

Finch experiences anxiety due to various causes, ranging from difficulty sleeping, feeling worried about the upcoming situation, and having difficulty socializing with his friends, people who think Finch is strange with his attitude. Finch always thinks that he is experiencing Anxiety at some point, which makes Finch excessively afraid of himself.

Finch searched for an article on suicide in the United States, which makes him anxious with this he feels the thought always haunted him, which makes Finch always imagine thinking about someone's incident with the event he did in the United States until it became difficult to sleep [9.a]. In the event of this incident, Finch seems to have anxiety that makes him follow his imagination, which is constantly thinking. Finch has a haunting thought that he always feels that he has difficulty sleeping and is restless. When Finch wants to vent his emotions and hold back his feelings that makes Finch have trouble sleeping. Finch thinks about what his teacher, Embryo, said. And also Finch searched for Violet's message on Facebook which makes him think and have difficulty sleeping from last night's incident [10.a].

Depression

Finch experiences feeling worthless and considers himself to be stupid. Finch is always considered like this by the people closest to him, which makes him feel minded. When Finch let himself always be considered stupid, Finch immediately rushed to run to eliminate the sentence that entered his mind [5.d].

Based on the data [5.d] I interpret that, Finch's depression is caused by his parent's divorce and lack of affection. Finch is always said to be stupid and useless which makes him lose his enthusiasm for life, always wants to commit suicide. Violet, on the other hand, also experiences symptoms of depression. Violet's effects are caused by Eleanor's accident which makes her lose her spirit to survive.

Suicide

The pastor took Finch's friends to the Golden Acres cemetery which is Finch's last resting place, all his friends cried seeing Finch want to be cremated, the pastor stated that Finch's incident is not included in suicide. But those who know the evidence experiences

by Finch want to commit suicide are only his closest friend, Violet his girlfriend. According to his parents' view, Finch's death is not due to suicide and accidents, but for his parents Finch died because there is a causes that is not tells to his parents. Because Finch during his lifetime never tells his parents about any problems. [19.a]

Based on the data [19.a] I interprets that Finch died because during his lifetime Finch is always looking for an article on suicide methods, seeing a character or an actor who died by jumping off a bridge, hanging himself to a rope and in the end, Finch finds an article according to which he easily committed suicide by taking a large number of pills, when his weakened body then Finch went to a lake without anyone knowing it to swim far and deep at the bottom of the lake, and Finch killed himself. Finally, Finch's body is cremated in one of the Golden Acres cemeteries which became his resting place for the last time, until Finch's family and friends mourned Finch's departure including his girlfriend Violet. During his lifetime, Finch is a closed person regarding what he experiences, so Finch had to finds out for himself psychiatric counselling tells his teacher. Mr. Embryo not to makes suicide attempts because only the closest people knew during his lifetime Finch always tries to commit suicide repeatedly.

Trauma

Based on the data [5.c] I interprets that, Violet is traumatized, which has an impact on her psychology. Violet always remembers what happened during the accident that takes Eleanor's life. Every time Violet wants to go through the incident, it makes her feels traumatized again. Violet feels that she is being pressured by her parents who are always demanding that she not travel with Finch because Violet's parents feels that Finch, Violet's friend, is strange.

CONCLUSION

The author found several data results and discussions that discuss Violent Intrusive Thought and Intrusive Thought. In the Intrusive thought data, the author found 7 data. As for Violent Intrusive thought, there are only 2 data. and the effects that occur on the character consist of Anxiety, trauma, suicide and depression. Each consists of 1 data. 1 data depression, 1 data suicide, 1 data anxiety, 1 data trauma. In this study using the theory analysed using Sigmund Freud, using the Theory of Personality. The author also uses a psychoanalysis approach. The method used is descriptive qualitative. In the character of Theodore Finch, there are symptoms of Violent and Intrusive thoughts caused by the divorce of his parents. While Violet became OCD because Violet was traumatised by her past events due to the accident she had experienced that caused Eleanor Markey to die

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