

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

Mental health issue is the main issue that is portrayed in “*All the Bright Places*”. Two teenagers, Violet Markey, and Theodore Finch portray this issue. Both of these characters are fighting their own mental health issues triggered by their personal traumas. It shows that teenagers can also experience mental health issues which can affect their life and how they socialize. Theodore Finch is shown as someone who is trying to hide his problems by showing he cares for his loved ones and sometimes he even makes himself uncontactable. In contrast to Finch, Violet Markey wants to isolate herself, even from her parents and close friends after she experienced the traumatic event. It is her way of her express herself that she is not in her stable state. Finch and Markey portray that everyone has their own way to express their feelings and behaviors.

This movie is divided into two sequences the first half of the movie focuses on how Finch gave an effort to drag Violet out of her darkness. The second half focuses on how Violet tries to rescue Finch to get himself to his right self. This film shows that both characters are brought together and shared a level of understanding about each of their problems from their personal mental health issues. It also shows the tone of the film when they haven't get to know each other and understand each other, it seems gloomy. However, it changes when they finally shared their fathom towards and about each other.

Theodore Finch and Violet Markey are the main characters in “*All the Bright Places*” movie. This movie is an adaptation of Jennifer Niven's young adult novel. The

movie shows how teenagers found love or gloss in grief or darkness. Finch helps Markey to brighten her life and even helps her recover from her trauma. Finch got his chance to help Markey since one of the subjects in their class require them to wander Indiana. This movie reveals how one is able to help others with their problem, but they aren't able to help themselves. They may don't want to be a burden to their loved ones, so they decided not to share their problem with others. However, sometimes they don't know or can't express their problems through words, and which part they want to share. Or else, there may be some reasons that make them aren't able to share their problems or thoughts.

The main character is a significant aspect to extend the plot of the story, which gives the most impact on what happens in the story (Yustina Fitriani, 2019). Character in a movie or story is related to psychology (Endraswara, 2003). The psychology of literature can be analyzed through assumptions.

This research will focus on how both main characters' dialogue and how they face the conflict that occurs among them. By this, the writer needs to recognize the characterization in the movie. These characterizations can be seen by how the character before their traumatic event, although they are not always portrayed clearly. However, we can recognize them by the dialogue or when they tell the story about it. If those characterizations have been conceived, we can see how those characters develop within the movie.

*"All the Bright Places"* is a movie that represents mental health issues among teenagers. This research is intriguing in discussing mental health, especially among the youth. Thus, the writer decided to use the psychoanalytic theory by Sigmund Freud to analyze the issue that occurs in the movie. This theory helps the writer to understand and get the point about the character's personality and its development, as stated in

Journal by Dr. K.J. Sibi entitled Sigmund Freud and Psychoanalysis Theory.

Psychology is a field of study of the human mind and behavior. Psychoanalysis is the first study of psychotherapy development. Thus, this research uses Sigmund Freud's theory to analyze since he was the most influential person in psychology and the father of psychoanalysis theory. Freud combines three significant aspects of human personality, which are the Id, Ego, and Superego. These aspects are represented by one's behavior in society.

According to Freud, there are three important concepts of the theory, which are the Id, Ego, and Superego. The id is the unconscious part of the psyche to give respond immediately to human desire, and needs. The ego works to satisfy the human desire for the Id's demands in the appropriate manner in society. Superego is a controller between Id and Ego which is a personality aspect that reflects not a realistic principle, but rather an idealistic standard. The standard has a relation to norms in society or the environment.

Freud indicates that there are three stages of the human mind, which are conscious, preconscious, and unconscious. The conscious stage is when we are aware of our thoughts, feelings, and behaviors. The preconscious stage is when we carry the available memory, in this stage, we can retrieve memories into the conscious mind. The unconscious is the feelings, thoughts, and behaviors that are outside of our awareness, it contains the unpleasant feelings or memories in our lives. These stages are stated in Freud's Iceberg theory which are things that shape human behavior and thought.

In addition, this study slightly uses van Leeuwen to understand the sign and symbols which occur in the movie. A sign is an element that has a direct and conventional relationship with its meaning. Thus, a symbol is a representation that has

an indirect relationship with meaning.

This research will be focusing on how the characters face their issues in such young ages and how they bring themselves out of their darkness. Psychoanalysis theory in this research will help the writer to give the perspective about psychology and characterization of the characters by relating to the important aspects of this theory.

Choosing the movie adaption of All the Bright Places over the novel for analysis in this thesis is influenced by several contextual and social factors. In our fast-paced society, time constraints often make watching a movie a more feasible option than reading a novel. Additionally, this movie offers a visual and auditory experience that can enhance engagement and understanding.

The emotional impact of visual storytelling is another crucial factor. This movie delivers powerful emotional experience through the use of visuals, music, and performances, making the theme of All the Bright Places more immediate. Seeing characters brought to life by actors can foster a deeper connection and empathy, which is particularly important for a story dealing with sensitive issues like mental health and trauma.

The social context significantly influences the choice of the movie adaptation of All the Bright Places over the novel for analysis. In today's digital age, movies are more readily accessible and can be watched quickly. Movie also foster social engagement, as movie can possibly be watched in group settings or discussed widely on social media, creating shared experience and broader conversations about the themes. The shared experience can raise awareness about the issues in the movie, which is mental health.

## **1.2 Research Questions**

The research question of this study is these three following questions:

1. How are the phenomenon of mental health issues of PTSD and bipolar disorder portrayed in the movie?
2. How do both main characters solve their psychological issues of trauma from the perspective of psychoanalysis theory in *All the Bright Places* movie?

### **1.3 Purpose of the Study**

By aiming this study, the writer intended to show what kind of mental health issues occur in the “*All the Bright Places*” movie and how they relate to the teenagers that are affected by trauma. This study also obliged to show how their trauma affects their daily life and how they overcome it. Moreover, this study shall reveal how both main characters solve their psychological issues. By using the psychoanalysis theory by Sigmund Freud, this study shall reveal those psychological issues which appear in the movie. Furthermore, the writer expects that people would be more aware of those who are having their lowest point in life.

### **1.4 Scope of the Study**

This study focuses on how psychological issues are depicted in the movie, and how they affect both main characters in their lives. “*All the Bright Places*” was released in 2020 and adapted from the young adult novel of the same title written by Jennifer Niven. The characterizations, dialogues, and relevant visual aspects will be analyzed in this research.

### **1.5 Significance of the Study**

The writer expects this study can be useful as a reference for the analysis of the main characters using psychoanalysis theory which focuses on the behaviors of the characters in a movie. This study attempts to implement the theories of literary works which to give an understanding of how trauma can affect someone’s behavior in their

daily life. The result of this study is expected to be beneficial for other researchers doing similar research.

## 1.6 Previous Study

When writing this thesis, the writer came across a prior study that examined Psychoanalysis as its object. The initial research was carried out by Fitriani (2019). The research entitled *The Analysis of Psychological Aspects of The Main Character in Movie "Joker" Based on Sigmund Freud theory*. The researcher aims to analyze the main character on the movie "Joker" by Todd Phillips. The main character's Id manifests as negative thoughts about the unfairness of life, stemming from adverse reactions from those around him. His Ego drives him to kill those he perceives as wrong, aiming to fulfill the demands of the Id through rational thinking. His Superego, influenced by the moral principles instilled by parents and society, aims to protect good people, reflecting an idealistic standard.

The second research was carried out by Winmayil (2014). The title of the research is *The Emotional Abusing and Being Abused in Roy's The God of Small Things*. The research examines the traumatized mental states of children, women, and the untouchables, identifying these as the underlying causes of their grim futures. Emotional abuse, whether through neglect or verbal assault, damages one's self-esteem. Roy's *The God of Small Things* delves into this psychological trauma. The third research was conducted by Songyang Zhang (2020). The title of the research is *Psychoanalysis: The Influence of Freud's Theory in Personality Psychology*. The research aims to explore the impact of Sigmund Freud's psychoanalysis theory on other personality psychologists. Freud's influence on these psychologists illuminates the overall development of Personality Psychology as a distinct field.

The fourth research was conducted by Rahmawati (2021). The title of the research

is Theodore Finch's Suicide Reflected in *All The Bright Places* Novel by Jennifer Niven (2015): A Psychological Perspective. The research aims to describe Theodore Finch's characteristics, uncover the reasons behind his decision to commit suicide, and identify the methods he used to threaten his life. Due to his bipolar disorder, Finch attempts to alleviate his suffering through life-threatening actions. These actions occur at various stages, including general anxiety, anxiety disorder, stress, and hysteria, ultimately leading to his complete suicide.

The four previous mentioned above have addressed different issues. Some of the above writers also analyzed their problems using Sigmund Freud (1896) Psychoanalysis theory. While previous studies have typically examined literary works or theoretical concepts, this study focuses specifically on the movie *All the Bright Places*. This shift offers insight into how mental health issues and psychological resolutions are portrayed in visual storytelling. Secondly, where previous studies centered around specific psychological conditions or the theoretical impacts of psychoanalysis, this study investigates mental health issues more broadly. This study analyze how mental health issues are portrayed and resolved in the movie *All the Bright Places* through psychoanalysis, focusing on character behaviors and offering a modern, practical application of psychological theories beside the Psychoanalysis theory by Sigmund Freud.