

Universitas Katolik Santo Thomas

Repositori Unika Santo Thomas

<http://eprints.ust.ac.id>

Fakultas Ilmu Budaya (FIB)
Program Studi Sastra Inggris

Undergraduate Papers

Simbolon, Johannes Bosko

2024

Mental Illness and Depression in Jennifer Niven's All the Bright Places

<http://eprints.ust.ac.id/id/eprint/91>

Downloaded from Repositori Institusi UST, Universitas Katolik Santo Thomas

MENTAL ILLNESS AND DEPRESSION
IN JENNIFER NIVEN'S *ALL THE BRIGHT PLACES*

**This undergraduate thesis is submitted as partial fulfilment to obtain
Bachelor Degree at English Department Faculty of Cultural Sciences
Catholic University of Saint Thomas Medan**



JOHANNES BOSKO SIMBOLON
Reg. No. 200210019

ENGLISH DEPARTMENT
FACULTY OF CULTURAL SCIENCES
CATHOLIC UNIVERSITY OF SAINT THOMAS
MEDAN
2024

**MENTAL ILLNESS AND DEPRESSION
IN JENNIFER NIVEN'S *ALL THE BRIGHT PLACES***

**This undergraduate thesis is submitted as partial fulfilment to obtain
Bachelor Degree at English Department Faculty of Cultural Sciences
Catholic University of Saint Thomas Medan**



JOHANNES BOSKO SIMBOLON
Reg. No. 200210019

**ENGLISH DEPARTMENT
FACULTY OF CULTURAL SCIENCES
CATHOLIC UNIVERSITY OF SAINT THOMAS
MEDAN
2024**

APPROVAL SHEET

THIS UNDERGRADUATE THESIS HAS BEEN APPROVED IN,
SEPTEMBER 2024

Supervisor I,

Supervisor II,

Dra. Rosa Maria Simamora, M.Hum
NIDN : 0113096701

Piara Benevolent Lariesta, S.S., M.Hum
NIDN : 0106048904

Approved by

Dean
Faculty of Cultural Sciences
Catholic University of Saint
Thomas Medan

Head of English Department
Faculty of Cultural Sciences
Catholic University of Saint
Thomas Medan

Drs. Jon Pinar Situmorang, SS., M.Hum, Ph.D
NIDN : 0110056201

Drs. Bonar Gurning, M.Hum
NIDN: 0102066202

THIS UNDERGRADUATE THESIS HAS BEEN APPROVED AND ASSESSED
BY THE EXAMINING BOARD OF ENGLISH DEPARTMENT,
FACULTY OF CULTURAL SCIENCES, CATHOLIC UNIVERSITY OF SAINT
THOMAS MEDAN ON (18 SEPTEMBER 2024)

Based on the decree of Dean of Faculty of Cultural Sciences,
Catholic University of Saint Thomas Medan

No : 028/FIB-UKS/A.40/2024

Date : 18 September 2024

The Thesis Examining Board

Chairperson : Drs. Bonar Gurning, M.Hum

Members : 1. Dra. Rosa Maria Simamora, M.Hum
2. Pioro Benevolent Lariesto, S.S., M.Hum

AUTHENTICITY STATEMENT

I, the undersigned,

Name : Johannes Bosko Simbolon

Place/Date of Birth : Sidikalang, 01 September 2002

Student Number : 200210019

Major : English Literature Departement

Faculty : Faculty Of Cultural Sciences

Solemnly declare that this thesis entitled "Mental Illness And Depression In Jennifer Niven's *All The Bright Places*" is my own work, free from plagiarism. Quotations are referenced in accordance with scientific writing ethics that apply. If it is proven that this thesis contains plagiarism deemed to have violated the rules, I am willing to accept sanctions for the act in accordance with the applicable regulations.

Medan, 18 September 2024

Johannes Bosko Simbolon

ACKNOWLEDGEMENTS

I thank the Almighty God for blessings and mercy are given to me so that I can finish this thesis on time in order to fulfill one of the requirements to obtain the Sarjana Degree in the English Department, Faculty of Cultural Sciences, Catholic University of Saint Thomas, Medan, North Sumatera.

I would like to thank my first consultants Dra. Rosa Maria Simamora M.Hum for her guidance, advice, patience, encouragement, and precious time so I can complete this thesis. I convey my thank to P. Benevolent Lariesto, SS.,M.Hum as my second consultant for his guidance and precious time. I would like to thank Drs. Bonar Gurning.,M.Hum for his precious suggestions when I proposed this thesis in the seminar.

I would express thanks to the Dean of Faculty of Cultural Sciences, Dr. Jon Piter Situmorang., SS., M.Hum, and all lectures and staffs of Faculty of Cultural Sciences especially of English Literature for their sharing me knowledge during my academic years.

My deepest thanks to big my family, my father, Eljon. F. Simbolon, and my mother, Maria Hotdia Nainggolan, for the support, advice, prayers, encouragement, and also the love that has been given to me during the lecture period. They have been my role models and motivation in completing this thesis as well as making my family proud. Thank you also to my beloved siblings, Paulina Simbolon, S.pd, Maria

Simbolon, Clemen Simbolon, Suriadi Selestino Simbolon, Anisa Kristina Simbolon, for their support and advice in completing my studies. Finally, I realize that this thesis is far from perfect, therefore, any constructive criticism and suggestions for the improvement of this thesis will be greatly appreciated.

Medan, August 2024

Johannes Bosko Simbolon
Reg. No. 200210019

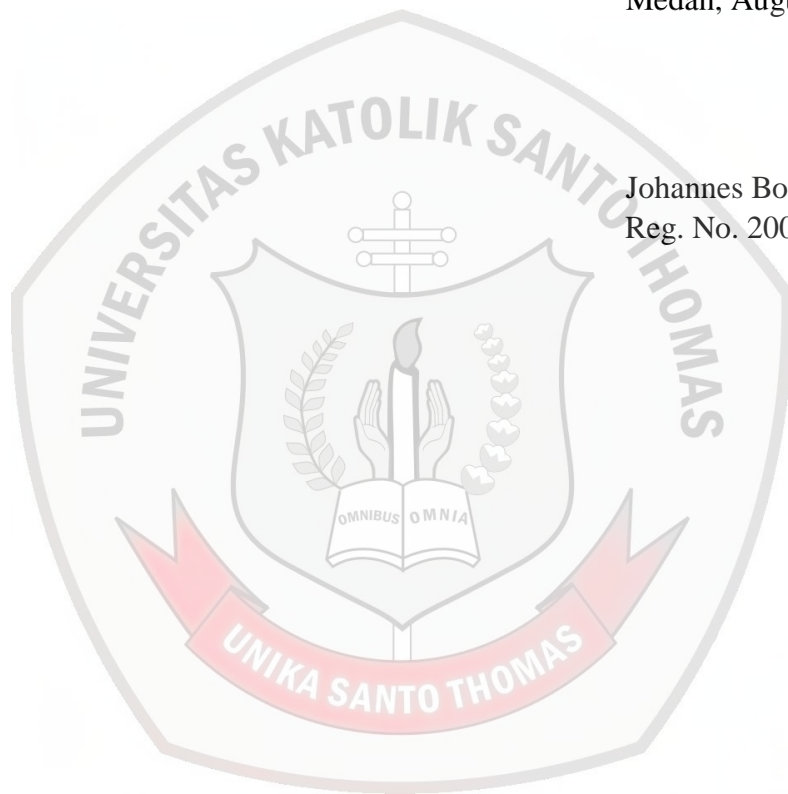


TABLE OF CONTENTS

INSIDE COVER.....	i
APPROVAL SHEET	ii
AUTHENTICITY STATEMENT	iv
ACKNOWLEDGEMENTS.....	v
TABLE OF CONTENTS.....	vii
ABSTRACT	viii
CHAPTER I INTRODUCTION.....	1
1.1 The Background of The Study	1
1.2 The Objective of The Study	8
1.3 The Scope of The Study	9
1.4 The Theoretical Approach.....	9
1.5 The Method of The Study	11
CHAPTER II WOMEN'S TRAUMATIC EXPERIENCES.....	12
2.1 Bipolar Disorder	14
2.2 Depression	17
CHAPTER III ANALYSIS	20
3.1 Bipolar Disorder	21
3.2 Depression	33
CHAPTER IV CONCLUSION.....	44
REFEREN	46

ABSTRACT

This study describes mental illness and depression. In this novel, Niven presents mental illness and depression through characters, setting and imagery. This is a qualitative narrative study purposed by Creswell which states that narrative is a type of qualitative in which researchers illustrate the lives of characters, collect and tell stories about individual lives, and write narratives about typical experiences. Using this method, data is collected through a collection of stories, The novel *All the Bright Places* is treated as the primary source. The secondary sources are obtained from various books and other relevant sources from the internet, such as online dictionaries, Cambridge and Wiktionary the free dictionary. The theory is psychoanalysis, which states that literary works, as a away for escape, healing problems and trauma. It reveals how person with mental illness i.e, bipolar disorder and depression. Represents the challenges faced by individuals with mental illness, including social stigma, feelings of isolation, and the characters' internal struggle to overcome their emotional pain./ In addition, this study found that through the relationship between Finch and Violet, Niven illustrates how social support and empathy can influence one's journey in dealing with mental illness. However, the novel also highlights the tragic reality of the lack of proper intervention into mental health issues.

Keywords: Mental illness, Bipolar disorder, trauma, and loss.

WORK CITED

- Abraham, K. (1911). Notes on the Psycho-Analytical Investigation and Treatment of Manic-Depressive Insanity and Allied Conditions.
- Aisyaroh. et. al (2022). Trend Penelitian Kesehatan Mental Remaja Di Indonesia Dan Faktor Yang Mempengaruhi: Literature Review. *Scientific Proceedings of Islamic and Complementary Medicine*, 1(1), 41–51.
<https://doi.org/10.55116/Spicm.V1i1.6>
- Allen, David M., et al. (2012). "The Bipolar Disorders: Improving Diagnosis, Guidance and Education (BRIDGE) study 1 by Angst." *ARCH GEN PSYCHIATRY* 69.6
- Arikunto, Suharsini. *Metodologi Penelitian*. PT. Rineka Cipta, 2002..
- Arviani. et. al. 2011. Isu Mental Illness dalam Film Bergenre Pscycopath. Repository UNTIRTA
- Astutik, Windu, and Ni Luh Made Asri Dewi. "Mental health problems among adolescent students." *Jurnal Keperawatan Indonesia* 25.2 (2022): 85-94.
- Cacioppo, John T., et al. "Loneliness within a Nomological Net: An Evolutionary Perspective." *Journal of Research in Personality*, vol. 40, no. 6, 2006, pp. 1054–1085. DOI: 10.1016/j.jrp.2005.11.007.
- Cantika Asmara Puspitaningrum, N., & Edi Pramono, R. (2023). *The Anxiety of Theodore Finch as Seen in All the Bright Places the Movie*. Loquēla (Journal

of Linguistics, Literature, and Education), 2(1), 1–12.doi.org/10.61276/loqulav2i1.28

Carlson, E. N., & Furr, R. M. (2023). Understanding closed personality through the lens of personality psychology. *Annual Review of Psychology*, 74(1), 123, 148.

Cherry, Kendra. 2015. *What Is 30, Psychology*. 2016. From at <http://psychology.about.com/od/psychology101/f/psychfaq.htm>[accessed:28//2016].
scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=cherry+kendra+basics+of+social+psychology&oq=cherry+kendra#d=gs_qabs&t=1716181692196&u=%23p%3D00VBAE0rJd8J

Creswell, John W. *Qualitative Inquiry and Research Design*. Sage Publications, 2007.

Erawati. et. al 2018. “Penerapan Hasil Penelitian :Pendidikan Kesehatan Jiwa Pada Masyarakat Melalui Implementasi Cmhn Di DesaKalegen Kecamatan Bandongan Kabupaten Magelang Tahun 2016. Link 13 (2): 53.
doi.org/10.31983/link.v13i2.2928.

Fadila,Ihda. *Mental Illness (Gangguan Mental)* hal. 3. Hello Sehat, 2021.
scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=fadila+ihda+hello+sehat&btnG=#d=gs_qabs&t=1716181734626&u=%23p%3DnNNNoVR_vAggJ

Freud, Sigmund. *New Introductory Lectures on Psychoanalysis*. London: Penguin Books 1991. *Journal of Psychology*, 1910, Vol 21 [2], pp. 181-218.

Gill, Richard. *Mastering English Literature*. Macmillan Education UK, 2006.

- Glaus, M. (2014). *Text complexity and young adult literature: Establishing its place*. *Journal of Adolescent & Adult Literacy*, 57(5), 407-416.
- Glenn, Wendy, et al., editors. *Meaning of Life and Realities of Loss. TAR: The Alan Review*, vol. 44, no. 2, 2017, pp. 98-01. [Google Scholar, scholar.lib.vt.edu/ejournals/ALAN/v44n2/](https://scholar.lib.vt.edu/ejournals/ALAN/v44n2/).
- Hidayat, Syaifurrahman, dan Elyk Dwi Mumpuningtias. 2018. Pendampingan Keluarga Dan Perawatan Orang Dengan Gangguan Jiwa Bebas Pasung. *JAPI Jurnal Akses Pengabdian Indonesia* 3(2):65. <https://doi.org/10.33366/japi.v3i2.990>.
- Husmiati, et al. 2018. Dukungan Terhadap Penyandang Disabilitas Mental Sebagai Strategi Mendukung Program Stop Pemasungan 2019.” *Sosio Konsepsia* 7 (1): 62–74. <https://doi.org/10.33007/ska.v7i1.1103>
- Kamalah, A. D., & Nafiah, H. (2020). Penyuluhan Manajemen Stress pada Kader Aisyiyah Ranting Timur II Pekajangan Kabupaten Pekalongan Prosiding University Research Colloquium, 480483. Retrieved from <https://repository.ureco1.org/index.php/proceeding/article/view/1233>.
- Kementerian Kesehatan RI. 2014. *Pasung dan keterpasungan sistem medis (studi kasus penderita gangguan jiwa di Indonesia)*, Kementerian Kesehatan RI. scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=kementerian+kesehatan&oq=kementerian+#d=gs_qabs&t=1716181814523&u=%23p%3DNuo9C_KC-lAJ

Kevin et.al (2024). Gangguan Mental (Mental Disorders). *Student Research Journal*, 2(3), 57–68. <https://doi.org/10.55606/srjyappi.v2i3.1230>

Khairunisa. et. al “PRODUKTIVITAS DAN DEPRESI DI INDONESIA: ANALISIS DATA INDONESIA FAMILY LIFE SURVEY 2014”. *Jurnal Ekonomi Dan Pembangunan*, Vol. 27, no. 2, Dec. 2019, pp. 75-84, [doi:10.14203/JEP.27.2.2019.75-84](https://doi.org/10.14203/JEP.27.2.2019.75-84).

Levounis, Petro. *Diagnostic and statistical manual of mental disorders*. 5th ed. scholar.google.com/citations?view_op=search_authors&mauthors=levounis+petros&hl=id&oi=ao

Lewis, C., & Dockter, J. (2011). *Reading literature in secondary school: Disciplinary discourses in global times*. In S. Wolf, K. Coats, P. Enciso, & C. Jenkins (Eds.), *Handbook of Research on children and Young Adult Literature* (pp. 76– 91). New York, NY: Routledge.

Mcintyre., Jhon *Treating Bipolar Disorder: A Quick Reference Guide*. www.psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/bipolar_guide.pdf. Accessed 18 September 2023. scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Mcintyre+john+treatin+g+bipolar+&btnG=#d=gs_qabs&t=1716181914180&u=%23p%3DZjylmTtgezAJ

Milner, M. (1980). *Freud and Literary Interpretation*. Paris: Gallimard.

Minderop. 2013. *Psikologi Sastra: Karya Sastra, Metode, Teori, dan Contoh Kasus*.

Jakarta: Yayasan Pustaka Obor Indonesia.

scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=minderop+psikologi+sastra&oq=minderop+#d=gs_qabs&t=1716181948167&u=%23p%3D07joRbLSvCsJ

Maina, Seilha. "All The Bright Places: Exploring Mental Health Issues in Young

Adults." *Her Culture*, 2019, www.herculture.org.

Mintz, D. (2015). "Bipolar Disorder: Overview, Diagnostic Evaluation and Treatment

MDandtheAustenRiggsCenter.https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Mintz%2C+D.+%282015%29.+Bipolar+Disorder%3A+Overview%2C+Diagnostic+Evaluation+and+Treatment.&btnG=.

Oldham, J. M. (2006). "Borderline Personality Disorder and Suicidality." *American Journal of Psychiatry*, (1), 20–26.

Parry, P. et al. (2012). The Bipolar Disorders: Improving Diagnosis, Guidance and Education (BRIDGE) study | by Angst. *ARCH GEN PSYCHIATRY*, 69(6).

Phillips, K. (2020). *Mental Illness Is Not Anyone's Fault*: A Review of NAMI, the National Alliance on Mental Illness. *Journal of Consumer Health on the Internet*, 24(75–81). doi.org/10.1080/15398285.2019.1710979

Pratiwi, K., & Rusinani, D. (2022). Literatur review : Gangguan mental depresi pada wanita. *Jurnal Ilmu Kebidanan*, 10(3), 103–110.

Purssey, R., et al. (2012) The Bipolar Disorders: Improving Diagnosis, Guidance and Education (BRIDGE) study | by Angst. *ARCH GEN PSYCHIATRY*, 69(6).

Rashid, Lamya Ahmad, and Isra Izzat Muhammad. *The Psychological Effects of Bullying on Theodor Finch in Jennifer Niven's All the Bright Places: A Sociological Study.* *Journal of Surra Man Raa*, vol. 16, no. 65, Dec. 2020, pp. 1562-1577. *University of Samarra College of Education.*

Razzak, Hira Abdul et al. "Depression: Prevalence and Associated Risk Factors in the United Arab Emirates." *Oman medical journal* vol. 34,4 (2019): 274-282. doi:10.5001/omj.2019.56

Rebecca W. Brendel. *Depression*, 2013. American Psychiatric. scholar.google.com/solar?hl=id&as_sdt=0%2C5&q=Rebecca+w+brendel+depression&btnG=#d=gs_qabst1716181995890&u=%23p%3D4z7G9_lZ9vYJ

Sachs, Adah, Graeme Galton. (2008). *Forensic Aspects of Dissociative Identity Disorder*. London: Karnac scholar.google.com/solar?hl=id&as_sdt=0%2C5&q=sach+adah+forensic+aspects+identity+disorder&btnG=&oq=sach+adah+forensic+aspects+identity+disor#d=gs.

Simamora, Rosa Maria, and Riandi Hasibuan. *Loss and Depression in Jennifer Niven's All the Bright Places*. *MUSE: Journal of Art*, vol. 2, no. 1, 2023, p. 40. [Google Scholar, scholar.google.com/solar?hl=id&as_sdt=0%2C5&q=Simamora%2C+Rosa+Maria%2C+and+Riandi+Hasibuan+%E2%80%9CLoss+and+Depression+in+Jennifer+Niven%E2%80%99s+All+the+Bright+Place](https://scholar.google.com/solar?hl=id&as_sdt=0%2C5&q=Simamora%2C+Rosa+Maria%2C+and+Riandi+Hasibuan+%E2%80%9CLoss+and+Depression+in+Jennifer+Niven%E2%80%99s+All+the+Bright+Place).

- Smith, J. A. (2018). *The psychological impact of depression on daily life*. Journal of Affective Disorders, 234(2), 45-56. <https://doi.org/10.1016/j.jad.2018.01.023>
- Smith, Kristin. "Book Review: *All the Bright Places*." *Plugged In*, 2015, www.pluggedin.com/book-reviews/all-the-bright-places.
- Stanton, R. (1965). *An Introduction to fiction*. New York: Holt, Rinehart and Winston Inc.
- Stern, Adolph. "Psychoanalytic investigation of and therapy in the border line group of neuroses." *The Psychoanalytic Quarterly* 7.4 (1938): 467-489.
- Suwarto. 2008. *Bullying: Mengatasi Kekerasan di Sekolah dan Lingkungan Anak*. PT Grasindo Anggota IKAPI. books.google.com
- Taylor, S. E. 1998. *Healthy Psychology*. New York: McGraw-Hill, Inc scholar.google.com/citations?user=d9gOvWMAAAAJ&hl=id&oi=sra
- Targum, Steven D, and Maurizio Fava. "Fatigue as a residual symptom of depression." *Innovations in clinical neuroscience* vol. 8,10 (2011): 40-3.
- University Tradition: Oxford American Pshyciatric Association. *What Is Depression?* www.psychiatry.org/patients-
- White, Caitlin. *We Should All Talk About All the Bright Places*. *Bustle*, 8 Jan. 2015, bustle.com/articles/57078-jennifer-nivens-all-the-bright-places-is-a-rare-novel-that-gets-mental-health-issues-so.
- Wijaya, Yeni D. *Kesehatan Mental di Indonesia: Kini dan Nanti*. *Buletin Jagaddhita*, vol.1, no. 1, 18 Feb. 2019, pp. 1-4. scholar.google.com/

[scholar?hl=id&as_sdt=0%2C5&q=wijaya+jeni+kesehatan+mental+di+indonesia&btnG=#d=gs_qabs&t=1716182130828&u=%23p%3D5ZEdrkMzqBYJ](https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=wijaya+jeni+kesehatan+mental+di+indonesia&btnG=#d=gs_qabs&t=1716182130828&u=%23p%3D5ZEdrkMzqBYJ)

Wiyatmi. 2011. *Pengantar Psikologi Sastra*. Yogyakarta: Kanwa Publisher.

scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=wijaya+jeni+kesehatan+mental+di+indonesia&btnG=#d=gs_qabs&t=1716182130828&u=%23p%3D5ZEdrkMzqBYJ

World Health Organization. (201). *Depression*. 2023

www.who.int/mediacentre/factsheets/fs369/en/

Zainol, Abidin. Et.al. *A Study of The Elements of Depression in All The Bright Places*

(2015 [S.I.], v. 9, n. 1, may 2020. ISSN 2289-6589. Available

at:<<https://myjms.mohe.gov.my/index.php/JeA/article/view/9520>>. Date

accessed: 01 may 2024. doi: <https://doi.org/10.24191/e-aj.v9i1.95>

