

## **CHAPTER ONE**

### **INTRODUCTION**

This chapter consists of background of study, problem statements, objective of study, and scope of study.

#### **1.1 Background of the Study**

The term psychology in literature was stated by Wellek and Warren in 1963 as follows: “By ‘psychology of literature,’ we can mean the psychological study of the writer, as a type and as a person, or the study of the creative process or the study of the psychological types and laws present within works of literature, or, finally, the effects of literature on its readers.”. Psychology has a strong relationship with literature, (Kiranamita &Samanik, 2021). Both literature and psychology deal with human beings and their reactions, views of the world, miseries, wishes, aspirations, fears, disputes and reconciliations; individual and social problems, using a variety of ideas, processes, and approaches. An author reflects the real event in life through his or her tendency, perceptions, philosophies, and value judgments, and opens doors to readers into unknown and unseen realms not only through arousing feelings and emotions but also by assisting them in discovering the meaning of life and nature. Obviously, literature enables individuals to inquire and know about their identities by intensifying consciousness and awareness, (Mahendra & Amelia,2020). It should be remembered that in most scientific studies, fine arts, and literature, man and existence have always been central themes.

It's important to note that literature and psychology both cater to the imagination and emotions. In his well-known book *Psychology and Literature* (1990:217), Jung writes that it is clear enough that psychology, being the study of psychic mechanisms, can be brought to bear upon the study of literature, for the human psyche is the womb of all sciences and arts. Jung addresses the relationship between psychology and art by focusing on their relative values, stating that psychology and the study of art will still need to look to one another for guidance, and neither will invalidate the other. Both principles are true in spite of their relativity (1990:218). Jung also claims that clues about the writers can be found in their works. In the course of explaining, analyzing, and addressing topics related to male-female relationships, man's position in society, his interests, shortcomings, and accomplishments as well as mental illness.

In the society, the issue of mental illness is a taboo matter. Most of society do not realize about the existence of the sufferer of mental illness. It makes the existence of the sufferers of mental disorder especially bipolar disorder cannot be identified easily by the society in most developed country all over the world. Their existence are undertreated. *All the Bright Places* is a depiction of society's treatment towards bipolar disorder sufferer based on their understanding about mental illness. This book is known as a young adult novel written by Jennifer Niven which was first published in 2015. This fiction told the story of two teenagers who met each other with the same mental condition. The story focused on the first character only who named

Theodore Finch. He suffered a bipolar disorder. It made him could not control his emotion whenever it came and dominated himself. His environment and family did not realize that he suffered that kind of mental illness. Even his friends at school bullied him because of his bad tempered. Sometimes he just ignored his friends' bad treatment towards him. But it was not something he could control all over the time. The words out from his friends' mouth sometimes were hurt him so hard so he often get involved to a little tangle with his classmate.

Finch's family condition also sanctioned him to make a commotion. His father left him and his sister and mother. His father was very abusive. Mental illness represents a complex interplay of genes and environment. By looking at his father character, it can be considered that Finch suffered bipolar disorder because of his father. It was supported by his parent's marital status. They got divorced after his father was discovered cheating with another woman and got pregnancy. This condition made his mother hurt so much. She did not really care about how Finch lived his life. They were rarely having a deep conversation and or only discussed a serious topic related to Finch's feeling. The presence of Violet Markey seemed influenced him a little. Their first encounter in the bell tower at school was unforgettable because they had the same purpose climbing over the tower. They both wanted to end their life with the different reason. But, each of them was cancelled the plan. Their encounter was not stopped there because they were classmate and after their first meeting, they got closer and finally they had a crush each other.

The relationships which they lived changed their life. Whether Finch or Violet, they unconsciously supported each other until Roamer, Violet's ex who often bullied

Finch and asked him to keep distancing with Violet. He liked a trouble maker who deliberately wanted to make Finch and Violet's relationships are going bad. For the first time, Finch could not bear it. He was mad at the condition that did not support him. He thought that all of the things he did were wrong and no one supported him. But, he sometimes could control his emotion when he treated badly by Roamer and other friends. There was no other choice to face Roamer except fighting.

In addition, Violet's parents who did not agree that their daughter close to Finch. They thought that Finch was not a good boy because he was a broken home child. They believed that Finch could not make their daughter happy, whereas, since the incident happened to her and her sister, Violet was brave to drive a car because of Finch. She became a charming girl like she was because of Finch. But, Violet parents never knew that. Because of this, Finch felt so down and disappointed. After this accident, the symptoms were clearly shown in this chapter. Because whenever Finch felt messy and anxious, he could not sleep. It was hard for him to take a rest. Consequently, he would run towards home at the late night. He also often consumed anti-depressant pills. Besides, he also escaped from home and went to the sea and swam as deep as he could. This habit led him to end his life at the end. The counseling treatment at school did not help him so much because he also did not really hear the advice given by the counselor.

By looking at the story of the main character who suffered bipolar disorder, the aims of the researcher conducts this study is to measure, how the bipolar disorder sufferer portrayed in this fiction. In addition, the researcher wants to make society aware with the symptoms that are shown by the sufferers then understand how to

treat them better or at least they know how to understand the sufferer when they are on the levels of their worse.. As what has been stated previously that bipolar disorder often undertreated because of the society who know less towards this mental illness. They think that this kind of mental illness is not a serious illness and need to be paid attention more. In fact, it is a dangerous illness. It is so painful for the sufferer. It also can lead the sufferer to attempt suicide. As what had been reported by the research conducted previously that most of the cause adolescent die because of suicidal urge. Thus, the aim of this study is to find out how does the bipolar disorder portrayed in Jennifer Niven's *All The Bright Places*.

### **1.2. Problem Statements**

In consort with the background of the study predefined by the researcher previously, the problem of statements formulated is that how does bipolar disorder portrayed in *All The Bright Places* novel?

### **1.3. Objectives of the Study**

According to the statement of problems above, the researcher would like to propose the objective of study as to identify the portrayal of bipolar disorder in *All The Bright Places* novel.

### **1.4. The Use of Study**

This research will be helpful for future researchers especially for the society. Therefore, the use of the study of this research is divided into two, as follows:

#### **1.4.1. Practically**

As the research conducted, it is hoped that this research can be used as helpful reference and provide specific information to the society regarding the person who suffers any kind of mental illness and it is expected can provide the contributing about science, especially in social psychology, developmental psychology, and adolescent psychology. This is expected to be used as guide for further research related to bipolar disorder mental illness in specific. Furthermore, it is hoped that the research can be used as reference for the English Literature students who are interested and or analyzed this novel or even more other novel. It can gives information clearly and advice to people. In particular, for any parents in this world who undeniable still need a new insight about mental illness for understand more about their children mental conditions. In addition, this research is conducted with the purpose it can be used to understand the novel deeply as a reading material.

#### **1.4.2. Theoretically**

The theory used inside this research can be used by other future researchers to conduct an analysis about Bipolar Disorder. The symptoms and effects of Bipolar Disorder described in this paper can serve as examples for others who are interested in human personalities and how they evolve especially about mental illness. It can also be employed by other future researchers who are interested in psychological criticism.

#### **1.5. Scope of the Study**

The main character, Finch, as the symptoms that already mentioned previously by the writer meets the diagnostic as depressive episode. In order to prevent non-

relevant problems, this research will be limited to the novel of *All the Bright Places* by Jennifer Niven. The study focuses on the main character only who suffers bipolar disorder and the effects depicted in the novel. By analyzing the symptoms, the type of bipolar disorder, the factors and the effect of Bipolar Disorder suffered by the main character to prevent the unspecific explanation about the issue being discussed.