

# OBSESSIVE COMPULSIVE DISORDER (OCD) IN JENNIFER NIVEN'S *ALL THE BRIGHT PLACES*

<sup>1</sup>Vallencia Regita Hermanto, <sup>2</sup>Drs. Y. B. Agung Prasaja M.Hum

<sup>1</sup>Universitas 17 Agustus 1945, Indonesia ,

<sup>2</sup>Universitas 17 Agustus 1945, Indonesia

1) [Vallenciarr@gmail.com](mailto:Vallenciarr@gmail.com) <sup>2</sup>)

---

## ABSTRACT (Calibri Light, Bold, 14)

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.

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

---

Submitted:  
XX May 20xx

Accepted:  
XX June 20xx

Published:  
XX July 20xx

## 1. 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 disturbs 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 analyzing the research object, the writer of this thesis will apply Sigmund Freud's psychoanalysis approach to 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 who are the characters who experience ocd.

In previous studies, the researchers finds 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.

## 2. METHOD

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 investigate 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

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 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 & Itzchakov, 2021). So this writer uses research by himself.

The data are collects by following steps:

Reading the novel *All the Bright Places*, Identifying novel citations that fit the topic, 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, makes chart tables easier to read so that Simplifying Research Reviews into Novels, and Collecting data can be viewed in Appendix.

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

Identify data relates to the research, analyses the data uses the theory of Psychoanalysis by Sigmund Freud, concludes the data that collects and also the data that analyses according to Sigmund Freud's theory and The results of the analysis can be seen in Chapter IV.

## 3. RESULT AND DISCUSSION

### 3.1 RESULT

*Table 1, Symptoms of OCD*

NO	SYMPTOMS OF OCD	
	INTRUSIVE THOUGHT	VIOLENT INTRUSIVE THOUGHT

<p>1</p>	<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>
<p>2.</p>	<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>	
<p>3.</p>	<p>14.c finch looking for articles on suicide(p.147)</p>	
<p>4.</p>	<p>15.a finch notes to himself about suicide (p.151)</p>	

Based on the table above, there are 7 data on OCD Intrusive Thought symptoms experienced by Finch. While Violent Intrusive Thought is only 2.

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.

Table 3. Character suffering OCD

Based on the table, Finch and Violet suffering OCD

Table 3. Effect of severe OCD

Effect of severe OCD				
NO	DEPRESSION	ANXIETY	TRAUMA	SUICIDE
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)	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)	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)

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

## 4.2 DISCUSSION

### 4.2.1 Intrusive Thought Symptoms

From some of the data described above, including Intrusive Thought and Violent Intrusive Thought. Firstly, in the table on page 1, Finch experiences symptoms of. 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.

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.

Based on the data [3.c & 3.d] I interprets that, Finch is experiences Intrusive Thoughts when Finch searches for an article to finds more information about the method of suicide. The phenomena Finch thought are relevant to the concept of theory personality as discusses in the chapter of review-related literature. It also shows that this attitude is included in the unconscious where Finch has the intention of wants to commit suicide from Finch who is looking for suicide articles.

Based on the data [14.c] I interprets that Finch experiences Intrusive Thoughts and is always looking for suicide articles. In this incident, Finch felt that he always wanted to know a lot with his desire about articles related to suicide. The phenomena of Finch's Intrusive Thought is relevant to the concept of theory personality as discusses in the chapter of review-related literature. Finch's super-ego, which is aware of its thoughts related to the bad actions takes by Finch, searches for various suicide articles and makes Finch feels the Intrusive Thought thoughts repeatedly.

Based on the data [15.a] I interprets, in the incident, Finch wrote a Note about suicide which is something that Finch previously tells himself to kill himself one day. Finch experiences Intrusive Thought which makes his mind repetitive by thinks about things he is not sure he will do that day. And Finch thinks that suicide is something that cannot be underestimated by anyone, because suicide is something that cannot be joked about, and Finch writes like that to himself. In Sigmund Freud's theory, Finch's unconscious Id that writes like that has urges and impulses that makes Finch want to follow his thoughts in an Intrusive Thought.

#### 4.1.2 Violent Intrusive Thought Symptoms

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.

### 4.2. Characters Suffering OCD

#### 4.2.1 Theodore Finch

Based on the data [8.a] I interprets, Finch experiences OCD and tries to practice what he is after looking for suicide articles, in this incident, Finch experiences the type of Harm OCD type. Who always tries to hurt himself. Finch's actions in Obsessive-Compulsive Disorder makes Finch repeatedly search for suicide until he makes a suicide attempt.

#### 4.2.2 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.

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 causes 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

#### 4.3. Effect of Severe OCD

##### 4.3.1 Depression

Based on the data [5.d] I interprets that, Finch's depression is causes 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 causes by Eleanor's accident which makes her lose her spirit to survive.

##### 4.3.2 Anxiety

In the event of this incident, Finch seems to have anxiety that makes him follow his imagination, which is constantly thinks. 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 thinks and have difficulty sleeping from last night's incident [10.a].

##### 4.3.3 Suicide

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.



#### 4.3.4 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.

#### REFERENCES

- A david, Clark, T Aaron, B. (2010). *Cognitive Therapy of Anxiety Disorder*.
- Abramowitz, J. S., Taylor, S., & McKay, D. (2009). Obsessive-compulsive disorder. *The Lancet*, 374(9688), 491–499. [https://doi.org/10.1016/S0140-6736\(09\)60240-3](https://doi.org/10.1016/S0140-6736(09)60240-3)
- Brady, R. E., Badour, C. L., Arega, E. A., Levy, J. J., & Adams, T. G. (2021). Evaluating the mediating effects of perceived vulnerability to disease in the relation between disgust and contamination-based OCD. *Journal of Anxiety Disorders*, 79, 102384. <https://doi.org/10.1016/J.JANXDIS.2021.102384>
- Hamilton, A. B., & Finley, E. P. (2019). Qualitative methods in implementation research: An introduction. *Psychiatry Research*, 280, 112516. <https://doi.org/10.1016/J.PSYCHRES.2019.112516>
- Hellberg, S. N., Abramowitz, J. S., Ojalehto, H. J., Butcher, M. W., Buchholz, J. L., & Riemann, B. C. (2022). Co-occurring depression and obsessive-compulsive disorder : A dimensional network approach. *Journal of Affective Disorders*, 317(August), 417–426. <https://doi.org/10.1016/j.jad.2022.08.101>
- Ishtiaq, M. (2019). Book Review Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative and Mixed Methods Approaches* (4th ed.). Thousand Oaks, CA: Sage. *English Language Teaching*, 12(5), 40. <https://doi.org/10.5539/elt.v12n5p40>
- Khotimah, I. K. (2019). *Aza's Mental Illness Reflected In Turtles All the Way Down Novel: A Psychoanalytic Perspective*.
- Lavee, E., & Itzchakov, G. (2021). Good listening: A key element in establishing quality in qualitative research. *Qualitative Research*. <https://doi.org/10.1177/14687941211039402>
- Schuyler, M., & Geller, D. A. (2023). Childhood Obsessive–Compulsive Disorder. *Psychiatric Clinics of North America*, 46(1), 89–106. <https://doi.org/10.1016/J.PSC.2022.10.002>
- Sharma, A., Sangma, R. N., & Shadap, R. (2019). Assignment on Sigmund Freud ' s Psychoanalysis Theory of Meaning of personality : *Sigmund Freud's Psychoanalysis Theory of Personality*, 1–24.
- Suminar, I. D. (2022). VIOLET MARKEY'S CHARACTER DEVELOPMENT IN JENNIFER NIVEN'S ALL THE

BRIGHT PLACES. In *Braz Dent J.* 17 Agustus 1945 Surabaya.

Turner, C., O'Gorman, B., Nair, A., & O'Kearney, R. (2018). Moderators and predictors of response to cognitive behaviour therapy for pediatric obsessive-compulsive disorder: A systematic review. *Psychiatry Research*, 261, 50–60. <https://doi.org/10.1016/j.psychres.2017.12.034>

Zohar, J., Greenberg, B., & Denys, D. (2012). Obsessive-compulsive disorder. In *Neurobiology of psychiatric disorders*. (pp. 375–390). Elsevier Science Publishers B.V. <https://doi.org/10.1016/B978-0-444-52002-9.00021-8>