

BIPOLAR DISORDER IN JENNIFER NIVEN'S *ALL THE BRIGHT PLACES*

A THESIS

Presented in a Partial Fulfillment of the Requirements for Completing the Degree
Bachelor of Literature in the Department of English Literature



By

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2025

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This is to certify that the Sarjana Thesis of RACHMA BUDIANI entitled **"BIPOLAR DISORDER IN JENNIVER NIVEN'S *ALL THE BRIGHT PLACES*"** has been approved by the thesis advisor for further approval by the Examining Committee.

Surabaya, July 12, 2025

Advisor,



Drs. Danu Wahyono, M.Hum

APPROVAL SHEET II

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MOTTO

The hardest part of ending is to starting again

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ABSTRACT

This study is entitled Bipolar Disorder in Jennifer Niven's *All The Bright Places* which discusses the bipolar disorder experienced by a teenage boy named Theodore Finch, who is the main character. It focuses on the symptoms, causes, and effects of bipolar disorder. This thesis applies qualitative descriptive method, combined with a psychological approach due to its relevance to the topic of bipolar disorder. The theories applied in this study are Sigmund Freud's psychoanalytic theory, Karl Abraham's view on early traumatic losses, and clinical criteria from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), supported by contemporary research. The analysis shows that the symptoms of bipolar disorder consist of manic, depressive, and mixed episodes. Finch experiences all three episodes persistently. The causes of his bipolar disorder are linked to psychological factors, such as childhood trauma caused by his abusive father, and environmental factors, such as bullying from his schoolmates. Finch's condition worsens due to the absence of proper therapy, leading him to misuse pills as a coping mechanism. Theodore Finch's struggle with bipolar disorder illustrates the profound impact of mental illness on both individuals and those around them. Bipolar disorder significantly affects Finch's life, ultimately leading to his tragic death. Despite receiving care and support from people like his guidance counselor and Violet, his emotional pain, family trauma, and social isolation ultimately lead to his tragic death, highlighting the importance of understanding mental health and fostering compassionate support systems.

Keywords: *Bipolar disorder, causes of bipolar disorder, effects of bipolar disorder, symptoms of bipolar disorder, mental illness*