

**AN ANALYSIS OF TOXIC POSITIVITY IN JENNIFER
NIVEN'S *ALL THE BRIGHT PLACES***

A THESIS

**Presented in a Partial Fulfilment of the Requirements for Completing
the Sarjana Degree in Department of English Literature**



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2025

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This is to certify that the Sarjana Thesis of **MUHAMMAD GILANG FIRRIKZI** entitled "**AN ANALYSIS OF TOXIC POSITIVITY IN JENNIFER NIVEN'S ALL THE BRIGHT PLACES**" has been approved by the thesis advisor for further approval by the Examining Committee.

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This is to certify that the Sarjana Thesis of **MUHAMMAD GILANG FIRRIKZI** entitled "**AN ANALYSIS OF TOXIC POSITIVITY IN JENNIFER NIVEN'S ALL THE BRIGHT PLACES**" has been examined and approved by the thesis Examining Committee as the requirement for Sarjana Degree in English Literature.

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“Tidak semua benih bunga mendapat fasilitas pupuk yang baik untuk ia tumbuh. Sebagian benih harus tummbuh tanpa fasilitas dan bahkan dengan badai yang lebih hebat”

DEDICATION AND ACKNOWLEDGEMENT

This thesis is dedicated to my beloved family, who never stopped believing in me. I also present this work to everyone silently struggling with healing, grief, and self-discovery, may you find your voice in the silence.

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ABSTRACT

This study explores the representation and psychological impact of *toxic positivity* in *All the Bright Places* by Jennifer Niven. The research focuses on how the two main characters, Theodore Finch and Violet Markey, suffer emotional consequences from suppressing negative feelings in order to appear “okay” or “fine”. This study applies a qualitative method using narrative analysis to examine how toxic positivity is portrayed through character behavior, symbolism, and narrative structure. The theoretical foundation includes Sigmund Freud’s theory of emotional repression to examine avoidance and denial of grief, and Carl Rogers’ theory of the real and ideal self to analyze how social expectations create emotional masks. Symbolism and narrative point of view are also employed to interpret how internal conflicts are subtly communicated. The findings reveal that toxic positivity in the novel manifests in forms such as emotional suppression, guilt, performative happiness, and avoidance of trauma. Finch displays forced optimism while concealing his internal struggles, whereas Violet internalizes pressure to recover and conforms to social expectations. Ultimately, *All the Bright Places* encourages a deeper awareness of emotional honesty by showing how unspoken pain shapes each character’s path toward healing.

Keywords: *toxic positivity, emotional suppression, emotional repression, real and ideal self, symbolism, psychological conflict.*