

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

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Abstract

This study investigates the depiction of bipolar disorder in Jennifer Niven's *All the Bright Places*, focusing on its impact on the protagonist, Theodore Finch. Using a psychological framework, the research draws on Lesmana's theory of bipolar disorder to analyze the manic and depressive episodes Finch experiences throughout the novel. The narrative vividly portrays Finch's drastic mood swings, alternating between periods of elevated euphoria and profound depression. This analysis examines how these emotional extremes shape Finch's interactions with others, influence his relationships, and contribute to his suicidal thoughts. Through a deep dive into Finch's character, the study emphasizes the challenges of living with bipolar disorder, illustrating how the disorder affects both personal identity and social dynamics. The findings reveal that Finch's experiences align with the characteristic patterns of manic and depressive episodes, as outlined in Lesmana's theory. Ultimately, the research highlights the importance of addressing mental health issues in literature, enriching the conversation on psychological themes and fostering greater empathy for those affected by such conditions.

Keywords: *bipolar disorder; novel; psychology; psychology in literature*

1. Introduction

Literature is one of a form of art, that being include in writing production just like novels, poetry, plays, and a lot of more. Wellek and Warren (1949: 22) states, "The defenders of literature will believe that it is not an archaic survival but a permanence, and so will many who are neither poets nor teacher of poetry and who therefore lack the professional interest in survival. The experience of unique value in literature is basic to any theory concerning the nature of the value. Our shifting theories attempt to for progressively better justice to the experience". Literature is one of art of language that put in a form of written that really complex, this art cannot be done spontaneously and have it owns certain style, this statement is supported by Chapman (1973: 13) that says, "Literature uses language as an artistic medium, not simply for communication or even expression. It is not spontaneous, whatever theories of spontaneous inspiration may sometimes have been canvassed. It is considered and developed in a way that is impossible for everyday conversation, or even for the more deliberate registers adopted for certain styles".

Literary psychology delves into the examination of texts while considering the significance and influence of psychological research. It highlights the crucial involvement of psychology in scrutinizing literary pieces through a psychological lens, exploring the perspectives of the author, reader, or characters within the work. As articulated by Ratna (2004), this approach underscores the interplay between psychological insights and the analysis of literature, emphasizing how the human mind and behavior manifest within the realm of storytelling and narrative exploration.

Bipolar disorder represents a type of disruption characterized by significant and intense mood swings experienced by the individual. As noted by Ryan and Jacki (2004), individuals grappling with bipolar disorder undergo profound fluctuations in their emotional states, oscillating between heightened euphoria and profound despair. This extreme variance in mood arises from the condition itself, compelling the individual to swiftly transition from periods of elevated or excessively positive moods (mania) to deep lows of sadness or depression, often surpassing a rational threshold. Samosir (2015) further elucidates the experience of individuals effected by bipolar disorder, emphasizing the pronounced and sometimes abrupt shifts in their emotional states, which can significantly effect their daily lives and relationships.

Related to the statement above *All the Bright Places* is a poignant and emotionally charged novel by Jennifer Niven that explores the themes of mental health, love, and loss. The story revolves around two high school students, Theodore Finch and Violet Markey, who meet on the ledge of their school's bell tower, both contemplating suicide. Finch, known for his eccentric behavior and labeled as the "freak" at school, forms an unexpected connection with Violet, a popular but grieving girl. As they embark on a school project together, wandering and discovering the wonders of their state, Indiana, Finch helps Violet confront and overcome her own struggles. The novel beautifully portrays the transformative power of love and friendship, demonstrating how the right person can bring light into even the darkest corners of one's life.

However, despite their deep connection, both characters grapple with inner demons. Finch, in particular, battles with bipolar disorder, and the novel sensitively explores the effect of mental illness on personal relationships. The narrative takes readers on an emotional roller coaster, filled with highs and lows, as Finch and Violet navigate their complex feelings for each other and the challenges that life throws at them. Tragically, the novel also addresses the harsh realities of mental health struggles and the effect of untreated conditions. It portrays the devastating effects of losing someone to suicide and the profound grief that follows. "All the Bright Places" is a heartrending yet ultimately hopeful tale that sheds light on the importance of understanding, compassion, and the resilience of the human spirit in the face of adversity.

The selection of this particular theme by the author stems from the profound inspiration drawn from the central character in the narrative. Upon the initial encounter with this novel, the writer found Theodore Finch, the main character, to be exceptionally captivating. Finch's character not only possesses intriguing qualities but also stands out for grappling with bipolar disorder. The author was particularly fascinated by the depth and complexity that Finch brings to the story, effectively immersing the reader in the myriad events and transformations that unfold in his life. The narrative's appeal lies in Finch's ability to serve as a conduit, guiding the reader through the intricacies of his experiences and the evolving landscape of his existence. This unique characteristic of the protagonist becomes a compelling focal point for

discussion, elevating the novel to a level of interest that extends beyond mere entertainment. The writer is keen on delving into the nuances of the protagonist characters, recognizing that their portrayal plays a pivotal role in shaping the narrative's thematic richness and the reader's engagement with the storyline. In essence, the author's choice of exploring the protagonist characters, particularly Theodore Finch, arises from the desire to unravel the layers of complexity inherent in their personalities. By examining the character dynamics, especially concerning bipolar disorder, the writer seeks to initiate a meaningful discussion that goes beyond the surface narrative. This deliberate selection adds depth to the novel's exploration and serves as a catalyst for a more profound analysis of the human experience as depicted through the lens of these compelling characters.

Based on the statement provided, the author likely chose the study about "Forms of Bipolar Disorder Episodes on the Protagonist's Body in Jennifer Niven's Novel *All the Bright Places*" because it reflects the focus of the paper on exploring the manifestations of bipolar disorder experienced by the protagonist in the novel *All the Bright Places* by Jennifer Niven. This study emphasizes the examination of how bipolar disorder episodes manifest physically or behaviorally in the protagonist's body throughout the narrative. It aligns with the paper's objective of delving into the complexities of the character's mental health and its effect on the storyline.

2. Literature Review

2.1 Psychology in Literature

Meiliana (2020: 2) contends that literature and psychology share a profound connection due to their common focus on human beings and their intricate experiences. Both disciplines delve into aspects such as human reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts, and reconciliations, addressing individual and social concerns through diverse concepts, methods, and approaches. In essence, the statement emphasizes the interwoven nature of literature and psychology as they explore the complexities of the human experience. Psychological elements in literature encompass the exploration and depiction of the human mind, emotions, thoughts, and behavior within the framework of a literary work. Authors leverage psychological insights to craft characters with realistic motivations, desires, and flaws, fostering multidimensional personalities that resonate with readers. The internal conflicts, motivations, and fears of these characters contribute to narrative development, infusing the storyline with depth and relatability.

The choice of narrative perspective, such as first-person or third-person limited, influences readers' access to characters' thoughts and emotions, while techniques like stream of consciousness offer an intimate view into their psyche. Some literature delves into mental health issues, using narratives to destigmatize conditions like anxiety or depression and promote awareness and empathy. Symbolism and metaphor are employed to represent psychological concepts or states of mind, adding layers of meaning to the narrative. The incorporation of psychoanalytic ideas, archetypes, and exploration of existential and philosophical themes further enrich the psychological dimension in literature. Ultimately, these elements evoke emotional responses in readers, creating a profound connection between the audience and the narrative. As indicated by Siswanto and referenced by Setianengrum (2008: 14), this investigation involves examining the psychological phenomena encountered by the main character in a literary piece. It focuses on how the character responds to both themselves and their

surroundings, allowing psychological symptoms to manifest through the characters' behaviors. The exploration of psychology in literature predominantly relies on the capacity to interpret and reconstruct these phenomena in psychological terms. Consequently, psychological literature becomes an examination that delves into the inner world of the characters, emphasizing the importance of understanding and portraying the characters' psychological dimensions.

In the context of literary analysis using a psychological approach, Ratna (2015: 61) reveals that there are three main elements under consideration: the author, the literary work, and the reader. However, the primary focus in this approach is directed towards the relationship between the author and their work. This implies that understanding the author's psychological aspects during the creation of a literary piece takes center stage, as well as how these psychological dimensions are reflected within the produced literary text. The psychological approach in literature acknowledges that the psychological elements embedded in a literary work can provide profound insights into the creative process and motives behind the work. While the role of the reader is also acknowledged, this approach emphasizes that to fully comprehend the meaning and structure of a literary piece, greater attention needs to be given to the psychological understanding of the author. Thus, the psychological approach in literature not only opens doors for character and conflict analyses within literary works but also explores the psychological aspects from the author's perspective, bringing a richer understanding of the emotional and intellectual background shaping the literary work.

Sigmund Freud (1856-1939) is a central figure in the examination of psychological aspects in literature. Freud introduced the concept of the "iceberg metaphor," characterizing the human subconscious as a largely unnoticed yet influential force shaping one's entire life. He categorized the structure of the human personality into three components: (1) the id, (2) the ego, and (3) the superego (Sehandi, 2018: 113).

Freud's breakdown of the human personality structure involves three interrelated elements: the id, the ego, and the superego. These components can be explained as follows:

- a. **Id:** The id represents the fundamental and unconscious part of an individual's personality, operating on the pleasure principle. It strives for immediate satisfaction and resides in the unconscious, serving as a reservoir of impulses and a source of psychic energy (Sehandi, 2018: 113; Minderop, 2011: 21).
- b. **Ego:** Emerging from the id, the ego's role is to control consciousness and make decisions about human behavior. Positioned between the conscious and unconscious realms, the ego acts as a mediator to reconcile the demands of impulses and the prohibitions of the superego (Sehandi, 2018: 113; Minderop, 2011: 21).
- c. **Superego:** The superego evolves from the ego as individuals grasp moral values, distinguishing between right and wrong. It mirrors societal values and raises awareness of moral obligations. In cases of transgressions, the superego punishes the ego, inducing feelings of guilt. The ego constantly contends with the tension between the id and superego. If these conflicts cannot be effectively managed, the ego may be threatened, leading to the emergence of anxiety. In order to protect itself, the ego employs defensive reactions (Sehandi, 2018: 113).

2.2 Protagonist Character

The exploration of characters in a narrative is an essential aspect of psychological literature. The plot intricately weaves the reader into the lives of these characters, offering insights into their decision-making processes. As stated by Laughlin (1989), characters are the human elements in the story, guiding a series of events and eliciting curiosity and sympathy from the reader. This human element is central to psychological literature, as it delves into the complexities of the characters' minds, emotions, and behaviors. In psychological literature, characters are not merely individuals in fiction; they serve as conduits for exploring human experiences, motivations, and the intricacies of the psyche. The characters become more than just heroes or love interests; they represent the psychological depth that contributes to the richness of the narrative and engages readers on a profound level.

In line with Nugriyantoro's perspective (1998: 167), characters serve as strategic carriers and messengers, tasked with delivering the story's messages, morals, or intended themes to the reader. Their role extends beyond mere participants in the plot; characters are instrumental in conveying the underlying essence and values the author wishes to impart. Recognizing the pivotal role characters play in storytelling, authors must intricately introduce them, providing readers with sufficient details to visualize and connect with each character. This involves presenting vivid descriptions of physical appearances and nuanced personality traits.

The main character or protagonist character in a narrative assumes a central position, influencing the plot's development and often playing a decisive role in resolving conflicts. This primary character not only steers the storyline but also shapes the overall narrative trajectory. However, the significance of secondary characters should not be overlooked. While they may not hold the spotlight, these characters play essential roles by supplying additional details, explanations, or actions that contribute to the story's depth and complexity.

Furthermore, the consistency of character behavior is crucial for reader engagement. Readers generally expect characters to act in a manner consistent with the descriptions provided by the author. This consistency not only enhances the believability of the narrative but also allows readers to connect more intimately with the characters, fostering a deeper understanding of their motivations and actions. In essence, characters are not mere entities within a story; they serve as conduits for readers to explore the intricacies of human nature and emotion, making them indispensable elements in the tapestry of psychological literature.

2.3 Bipolar Disorder Episodes

According to Maramis (2022: 19) Bipolar disorder is a psychiatric condition characterized by extreme changes in mood or effect. In this disorder, individuals may experience "manic" episodes marked by excessively high mood, increased energy, and impulsive behavior. On the other hand, there are "depressive" episodes accompanied by a profoundly low mood, loss of energy, and deep feelings of sadness. Bipolar disorder falls within the spectrum of mood disorders as it involves extreme fluctuations between two poles of mood. This condition can effect various aspects of an individual's life, including interpersonal relationships, work, and daily activities.

Bipolar disorder, also known as manic depression, is a severe mental health condition characterized by significant and irregular mood fluctuations. These fluctuations involve episodes of intense 'highs,' clinically termed mania, and 'lows,'

known as depression, lasting for varying durations, ranging from a few days to several weeks. Individuals with severe bipolar disorder may also experience psychotic symptoms like hallucinations, delusions, and may even entertain thoughts of self-harm or suicide. This disorder can profoundly effect a person's ability to function in their daily life, leading to damaged relationships, both personal and professional. It is essentially a brain disorder that induces changes in mood, energy levels, and overall functioning.

People with bipolar disorder may go through distinct episodes of mania and depression, and these episodes can switch rapidly, even occurring multiple times within a single week. Despite experiencing periods of neutral mood, individuals with bipolar disorder, when left untreated, may find it challenging to lead a normal life. However, with proper diagnosis and treatment, individuals with bipolar disorder can lead full and productive lives. It is crucial to understand that bipolar disorder is a long-term condition requiring ongoing management throughout a person's lifetime, much like conditions such as diabetes or heart disease.

Effective treatment plays a pivotal role in reducing the frequency and severity of episodes associated with bipolar disorder. A combination of medication, therapy, and counseling, such as cognitive-behavioral therapy, can be highly effective. The choice of treatment may vary based on factors like age, medical history, the severity of the condition, and the individual's tolerance to medication. Overall, managing bipolar disorder involves a holistic approach that addresses both the biological and psychological aspects of the condition, offering individuals the opportunity to lead healthier and more productive lives.

However, the fluctuations in mood observed in this context tend to be relatively brief, lasting only for a few hours instead of extending over several days. Moreover, these mood changes do not typically manifest with the intense behavioral shifts or significant disruptions in daily activities and social interactions that are commonly exhibited by individuals undergoing mood episodes in bipolar disorder. In essence, the transient nature of these mood changes distinguishes them from the more prolonged and effectful shifts observed in individuals with bipolar disorder, emphasizing the nuanced differences in the two experiences. Bipolar disorder has the potential to interfere with an individual's relationships with family and friends, as well as create challenges in maintaining employment or attending school (American Psychiatric Association: 2021).

2.3.1 Forms of Bipolar Disorder Episodes

According to Lesmana (2017: 13-17), there are 2 types of bipolar disorder episodes that are:

a. Mania Episodes

Mania characterizes the active phase of bipolar disorder, and when it is milder, it is referred to as hypomania. The symptoms of mania can manifest in various ways. Individuals experiencing the "excited" side of bipolar disorder may feel highly competent, productive, sociable, and self-assured. As mania intensifies, behavior becomes more unpredictable, and judgment becomes impaired. People often make impulsive decisions during manic periods, straining their relationships. Frequently, individuals are unaware of the negative consequences of these extreme actions. Common manifestations include extravagant spending, substance abuse (alcohol and drugs), and increased sexual activity. Perceived self-importance and unwarranted self-

confidence during these periods can escalate into psychosis, marked by delusions and a loss of contact with reality. Seeking treatment during a manic episode is uncommon, as individuals may fail to recognize that anything is wrong.

Manic episodes are characterized by a pervasive increase in mood, expansiveness, or irritability that lasts for at least one week, or possibly shorter if the patient requires inpatient care; hypomanic episodes last for at least four days and have symptoms similar to mania but do not impair social or occupational functioning and also do not present psychotic symptoms. Both in mania and hypomania, there is a significantly increased self-confidence, decreased need for sleep, distractibility, increased physical and mental activity, and excessive involvement in enjoyable activities. There are 4 symptoms about manic episode according to Cokorda (2017), that are: a mild increase in mood, energy, activity, feelings of well-being, enhanced socializing and speaking abilities, excessive friendliness, increased sexuality, reduced need for sleep; euphoria, occasional irritability, arrogance, rudeness, boastfulness, excessive joking; disturbed concentration and attention span, resulting in reduced ability to work effectively, somewhat wasteful, and inclined to try new activities; and lasting for at least several consecutive days.

b. Depression Episodes

Depression stands in stark contrast to mania. During depressive episodes, individuals may feel dejected with a hopeless outlook. They lose interest in other people and harbor beliefs that they are irredeemably sinful or worthless (Gleitman et al., 2004: 660). Explicitly, depression extends beyond the typical sadness experienced after a challenging day; it constitutes a medical disorder lasting a minimum of two weeks. This condition presents a blend of physical and emotional symptoms that significantly disrupt daily functioning. At the core of clinical depression is a marked inability to experience pleasure in activities that were once enjoyable. People often struggle with feelings of sadness, hopelessness, and pessimism, along with various physical symptoms such as sleep disturbances, difficulty with concentration and memory, low energy, and changes in appetite. According to Cokorda (2017), there are four key symptoms of a manic episode, which include:

1. Persistent Sadness: Feeling consistently sad, empty, or hopeless throughout most days.
2. Loss of Interest or Pleasure: Losing interest in activities or hobbies once enjoyed.
3. Sleep Disturbances: Experiencing changes in sleep patterns, such as difficulty falling asleep or oversleeping.
4. Suicidal Thoughts: Having recurrent thoughts of death or suicide, or engaging in self-harming behaviors.

3. Research Method

In conducting a research study, employing an effective methodology is crucial for obtaining accurate results. The research method serves as a systematic approach to observe, analyze, and elucidate the study. As highlighted by Syafrida Hafni Sahir (2021: 1), the research method is an essential means of engaging with research data to uncover the truth about a particular study. It initiates with a conceptualization that evolves into formulating the research question, generating an initial hypothesis, drawing insights from previous research, and subsequently processing and analyzing the data to arrive at a conclusion. This approach may encompass qualitative, quantitative, or a combination

of both methods. The research method essentially outlines how the researcher gathers the necessary data to address the research question or statement of the problem. In this particular research study, the chosen method is the qualitative descriptive design.

Pradoko (2017), as referenced by Syafrida Hafni Sahir (2021: 41), defines qualitative research design as a method used to delve into the intricacies of human social phenomena. This design aims to construct a comprehensive understanding by articulating intricate perspectives through words, capturing detailed views from informant sources within a natural setting. Qualitative research, according to this perspective, entails an exploratory journey that involves investigating multiple individual cases. The focus lies in discovering and eloquently describing the activities undertaken and their effect on human lives, prioritizing narrative descriptions over numerical data.

In the ensuing research process, the chosen steps include defining the research design, selecting appropriate data collection techniques, employing effective data analysis methods, and determining the suitable research instrument. This holistic approach acknowledges the richness and complexity inherent in human experiences, offering a nuanced view that goes beyond quantitative measurements.

Moreover, the study adopts the analytical descriptive method, as advocated by Ratna (2015: 53), to systematically and accurately portray the analyzed data. This method proves beneficial in offering a detailed representation of the facts and phenomena under investigation. When exploring the nuances of a novel, particularly its characters and their interactions, the analytical descriptive method emerges as a fitting choice, allowing for a nuanced exploration of the novel's intricacies and underlying themes.

4. Discussion

4.1 Bipolar Episodes in the Novel

a. Mania Episodes

As stated by Cokorda Bagus Jaya Lesmana (2017) in his book *Buku Panduan Belajar Koas Ilmu Kedokteran Jiwa Mania* represents the active phase of bipolar disorder, while a milder form is known as hypomania. The symptoms of mania can vary significantly. Individuals in the "excited" phase of bipolar disorder often feel extremely capable, productive, sociable, and confident. In the *All the Bright places*, Theodore Finch, the protagonist character showing symptoms of mania episodes. It can be seen in the quotations below:

Having an account will make me look sociable and normal, and maybe work to set the whole meeting-on- the-verge-of-suicide situation, so that she'll feel it's safe to know me (Jennifer Niven, 2015: 26).

The quotation by Theodore Finch above illustrates aspects of a manic episode through its focus on social perception and impulsivity. Finch's desire to appear "sociable and normal" reflects the elevated self-esteem often seen in mania, where individuals may feel a strong need for social validation. Additionally, the reference to a "meeting-on-the-verge-of-suicide" suggests a disconnection from the seriousness of his situation, a common trait in manic states where individuals may overlook consequences. This blend of seeking social acceptance while exhibiting reckless behavior highlights the complexities of mania. That quotation can be supported by the quotation below.

I want to bawl, but I tell myself: Disguise the pain. Don't call attention. Don't be noticed. So with every last ounce of energy—energy that will cost me a week, maybe more—I say, “He does the best he can. I mean he did. When he was alive. The best sucks, but at the end of the day, it's got more to do with him than me. And I mean, let's face it, who couldn't love me?”(Jenniver Niven, 2015: 188).

The passage illustrates Theodore Finch's manic episode through several key characteristics. His statement, "who couldn't love me?" reveals an inflated self-image, reflecting the exaggerated self-worth common in mania, where individuals often feel invulnerable. Additionally, Finch's internal conflict between wanting to "bawl" and suppressing his pain indicates emotional dysregulation, as he pushes aside intense feelings. The effort he expends to maintain this facade, using "every last ounce of energy," demonstrates the impulsive drive typical of manic states, leading individuals to engage in exhausting behaviors to uphold an image. Furthermore, his rationalization about his deceased loved one shows a disconnection from reality, another hallmark of mania where logic can become skewed. Together, these elements highlight Finch's struggle between his emotional turmoil and the persona he feels compelled to project, encapsulating the complexities of a manic episode.

“What do you know about bipolar disorder?”

I almost say, “What do you know about it?” But I make myself breathe and smile. “Is that the Jekyll-Hyde thing?” My voice sounds flat and even. Maybe a little bored, even though my mind and body are on alert. “Some people call it manic depression. It's a brain disorder that causes extreme shifts in mood and energy. It runs in families, but it can be treated.”(Jenniver Niven, 2015: 189)

This quote reflects characteristics of a manic episode through Finch's reactions and demeanor during the conversation with Mr. Embry. When Mr. Embry asks about bipolar disorder, Finch almost responds with sarcasm, indicating a heightened emotional state and defensiveness, which can be common in mania. His effort to "make myself breathe and smile" demonstrates an awareness of his internal conflict, suggesting a struggle to maintain composure despite feeling on edge. Finch's response, questioning if bipolar is the "Jekyll-Hyde thing," indicates a superficial engagement with the topic, which can be a hallmark of mania, where individuals often present a facade while their thoughts are racing. His voice sounding "flat and even" contrasts with the inner turmoil, revealing emotional dysregulation typical in manic episodes. Overall, Finch's behavior and thoughts during this exchange illustrate the complexities of living with bipolar disorder, highlighting both the impulsive nature and emotional challenges associated with manic states. The quotation above is supported by the quotation below:

His voice takes on the slow, deliberate tone of a man talking someone on a ledge. “Were you in the bell tower again today?” “Jesus, do you guys have, like, security cameras up there?”

“Answer me.”

“Yes, sir. But I was reading. Or trying to. I needed to clear my mind, and I couldn't do it down below with all the noise.”

"Finch, I hope you know I'm your friend, and that means I want to help you. But this is also a legal matter, and I have an obligation (Jennifer Niven, 2015: 189).

This exchange highlights key aspects of a manic episode through Finch's behavior and Mr. Embry's tone. Mr. Embry's slow, deliberate voice indicates serious concern for Finch's well-being, while questioning him about the bell tower points to risky behavior typical of mania. Finch's justification for being there—claiming he was "reading"—reflects a tendency to rationalize impulsive actions. His need to "clear my mind" suggests internal turmoil common in manic states. Mr. Embry's intention to help, balanced with his legal obligations, underscores the complexity of supporting someone in a manic episode, revealing the tension between Finch's desire for assistance and the seriousness of his actions.

I'm still here, and I'm grateful, because otherwise I would be missing this. Sometimes it's good to be awake.

"So not today," I sing. "Because she smiled at me (Jennifer Niven, 2015: 29)."

This quotation by Finch exemplifies a manic episode through his heightened emotions and impulsive behavior. His statement, "I'm still here, and I'm grateful," reflects an intense awareness of life, which is often magnified during mania. The phrase "sometimes it's good to be awake" suggests an exaggerated appreciation for existence, typical of the euphoric state seen in manic episodes. Finch's singing "So not today, because she smiled at me" indicates impulsivity and a focus on external validation, both common in mania. The act of singing in response to a simple interaction illustrates his heightened emotional sensitivity and the tendency to find joy in small things, often to an extreme degree. Overall, this quotation captures Finch's enthusiastic and impulsive mindset, characteristic of manic states.

b. Depression Episodes

As stated by Cokorda Bagus Jaya Lesmana (2017) in his book *Buku Panduan Belajar Koas Ilmu Kedokteran Jiwa* At the heart of clinical depression is the inability to derive pleasure from activities that were once enjoyable. Individuals often struggle with feelings of sadness, hopelessness, and pessimism, along with various physical symptoms, including sleep disturbances, difficulties with concentration and memory, low energy levels, and changes in appetite. In the *All the Bright places*, Theodore Finch, the protagonist character showing symptoms of depression episodes. It can be seen in the quotations below:

Is today a good day to die?

This is something I ask myself in the morning when I wake up. In third period when I'm trying to keep my eyes open while Mr. Schroeder drones on and on. At the supper table as I'm passing the green beans. At night when I'm lying awake because my brain won't shut o due to all there is to think about.

Is today the day?

And if not today—when?(Jennifer Niven, 2015: 1)

The quotation from Theodore Finch illustrates his battle with depression through several significant aspects. First, his repeated question, "Is today a good day to die?" shows deep existential pondering, indicating a persistent feeling of hopelessness. Second, his difficulty staying awake in class reflects a disconnection from his environment, a common experience in depression where even simple tasks feel overwhelming. Additionally, his struggle to silence his racing thoughts at night points to the mental chaos associated with depression, preventing him from finding any peace. Finally, the line "And if not today—when?" emphasizes a sense of urgency and despair, suggesting a cycle of hopelessness where each day seems indistinguishable from the last. Overall, Finch's reflections capture the profound weight of depression through existential questioning, disconnection, mental turmoil, and a pressing sense of urgency regarding his emotional state. This is supported by the quotation below:

I can't tell you what was different this time around, only that when I woke up, I felt deader than usual. Awake, yeah, but completely empty, like someone had been feasting on my blood. This is day six of being awake again, and my first week back at school since November 14 (Jenniver Niven, 2015: 1).

In the passage above, Finch describes a particularly intense experience of depression. He notes feeling "deader than usual," which conveys a heightened sense of emptiness and despair. The imagery of someone "feasting on my blood" suggests a profound sense of depletion and vulnerability. As he mentions being awake for six days, it highlights his struggle with both insomnia and the weight of returning to school after a long absence. Overall, these elements reflect the deep emotional and physical toll that depression takes on him, emphasizing feelings of exhaustion and a profound disconnect from life.

"I get these headaches sometimes. No big deal." This isn't an out-and-out lie, because the headaches are a part of it. It's like my brain is ringing so fast that it can't keep up with itself. Words. Colors. Sounds. Sometimes everything else fades into the background and all I'm left with is sound (Jenniver Niven, 2015: 99).

In this passage, Finch expresses key symptoms of depression and anxiety through his experience of headaches. He refers to them as "no big deal," indicating a tendency to minimize his struggles, yet they serve as a physical manifestation of his mental distress. Finch describes his brain "firing so fast," which reflects racing thoughts commonly associated with anxiety and depression, creating a sense of chaos within him. The overwhelming sensory experience of "words, colors, sounds" illustrates how he struggles to process stimuli, leading to a disconnect from reality. Ultimately, being left with only sound highlights his isolation and entrapment within his own mind, capturing the profound internal turmoil that characterizes depressive episodes.

A string of thoughts runs through my head like a song I can't get rid of, over and over in the same order: I am broken. I am a fraud. I am impossible to love. It's only a matter of time until Violet figures it out. You warned her. What does she want from you? You told her how it was. Bipolar disorder, my mind says, labeling itself. Bipolar, bipolar, bipolar. And then it starts all over again: I am broken. I am a fraud. I am impossible to love. ... (Jenniver Niven, 2015: 194)

In this passage above, Finch articulates the relentless cycle of negative self-talk characteristic of depression and mental health struggles. His thoughts repeat like an unwanted song, emphasizing a deep sense of hopelessness and self-criticism. The phrases "I am broken," "I am a fraud," and "I am impossible to love" reflect his internalized beliefs about himself, suggesting feelings of worthlessness and inadequacy. The mention of Violet and his concern that she will discover his perceived flaws indicates anxiety about relationships and the fear of being truly known. By labeling his condition as "Bipolar disorder," Finch tries to define his struggle, yet this only intensifies the repetitive nature of his thoughts. Ultimately, the cyclical pattern of negativity underscores the profound impact of mental health issues on his self-perception and emotional state.

"Listen, I'm the freak. I'm the weirdo. I'm the troublemaker. I start fights. I let people down. Don't make Finch mad, whatever you do. Oh, there he goes again, in one of his moods. Moody Finch. Angry Finch. Unpredictable Finch. Crazy Finch. But I'm not a compilation of symptoms. Not a casualty of shitty parents and an even shittier chemical makeup. Not a problem. Not a diagnosis. Not an illness. Not something to be rescued. I'm a person." He smiles the awful smile again. "I bet by now you're pretty sorry you picked that particular ledge that particular day (Jennifer Niven, 2015: 216)."

In this passage above, Finch confronts the labels and stereotypes that others assign to him due to his mental health struggles. He acknowledges being seen as the "freak" and "troublemaker," highlighting the negative perceptions surrounding his behavior. Despite these labels, he fiercely asserts his humanity, rejecting the idea that he is merely a collection of symptoms or a product of his circumstances. This insistence on being recognized as a person, rather than a diagnosis, underscores his desire for understanding and acceptance beyond his mental health challenges. The "awful smile" he mentions suggests a mix of defiance and pain, reflecting the complexity of his emotions. His closing remark indicates a sense of bitterness about how his struggles are perceived, implying that those judgments have profound implications on his identity and relationships. Overall, this passage captures Finch's struggle for self-identity in the face of societal stigma and personal turmoil.

5. Conclusion

This study highlights the multifaceted portrayal of manic and depressive episodes in Theodore Finch's character in *All the Bright Places*. The manic episodes are characterized by heightened energy, impulsive actions, and euphoric states, which drive much of Finch's behavior and decision-making throughout the novel. These episodes not only shape his interactions with others but also propel the narrative, adding complexity and unpredictability to his character. In contrast, Finch's depressive episodes are marked by profound sadness, emotional withdrawal, and a pervasive sense of hopelessness, which often leads to suicidal ideation. These darker moments of his life severely impair his ability to function, affecting his daily routine and relationships with those around him. The novel's depiction of bipolar disorder provides a compelling and nuanced exploration of the condition, offering readers a deeper understanding of its impact on an individual's mental and emotional well-being. The representation of Finch's mental health struggles in *All the Bright Places* contributes to raising awareness and fostering empathy for those affected by bipolar disorder. It emphasizes the

importance of mental health awareness and provides valuable insights into the challenges faced by individuals living with such conditions. By presenting a relatable and fully realized character in Finch, the novel fosters emotional engagement, encouraging readers to reflect on the complexities of mental illness and its effects on both the individual and their relationships. Through this psychological lens, the novel not only serves as a window into Finch's world but also facilitates broader conversations about the significance of mental health, both in literature and in society. The emotional depth of the narrative makes it an essential work in contributing to greater understanding and support for those struggling with similar mental health issues.

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